

Thursday 12 February 2026

Information session - core priorities for 2026/27 As per the Teams invite sent out yesterday afternoon, you are invited to join this information session, 3.30-4pm, tomorrow (Friday). You'll hear about work underway to develop and refine our priorities over the year ahead. It's your opportunity to hear about what's been developed so far and to share your comments and thoughts, ahead of a paper being considered at the public Board meeting in March. We'd really welcome your views and hope you can join us. If you haven't received the invite, please email gram.communications@nhs.scot to request the link.

Unscheduled Care update The Unscheduled Care Programme Board continues to oversee work to improve patient flow and reduce pressure across urgent and emergency care services. Like many areas of the system, unscheduled care is experiencing ongoing operational challenges, particularly linked to workforce availability and community care capacity. However, teams across NHS Grampian and partner organisations are actively working together to address these pressures.

The programme continues to use data and modelling to guide its work and identify priority actions that will have the greatest impact and there are several positive developments. Recruitment is progressing well in several workstreams, and targeted improvement work is underway through the Whole System Improvement Plan. New and expanded models of care, including Hospital at Home and enhanced community assessment arrangements are being carefully monitored and beginning to make a difference. Strong links are established between programme board workstreams and operational teams, meaning improvements are being embedded into day-to-day practice, supporting safer and more effective care for patients.

Staff Flu Vaccination Survey The vaccinations and immunisations team are looking to gather experiences of - and viewpoints on - the 2025/26 staff flu vaccination programme. Whether you received your flu vaccination or not, if you work in health or social care within Grampian, we want to hear from you. [To complete the survey, simply follow this link](#). It'll take around 5 minutes; your answers will be completely anonymous and will help shape the way staff flu vaccines are delivered. To help us spread the word and get as many responses as possible, [please print and share the poster at this link](#). Thank you.

Ashgrove House/Foresterhill House & Annexe heating – further update We have agreed an action plan with one of our contractors and have instructed them to complete the initial phase of the works by Monday 16 February. Temporary hot-water boilers will be delivered to site on that date, with connection to the building scheduled for the following day. We are optimistic normal heating will be fully restored by Wednesday 18 February.

We want to stress again how grateful we are for the patience shown by colleagues in these buildings; we appreciate how difficult it is to work there at present.

Personal deliveries As a reminder, personal mail/packages should not be ordered to work addresses. It significantly increases the workload of the mail room team, who process and deliver many thousands of work-related items each week. Please use click & collect services, such as the lockers next to the accessible car parking spaces between the Suttie Centre and the Rowett Institute at Foresterhill.

If work-related items are being delivered by courier, please ensure the address is as clear as possible, to aid prompt and correct delivery. Some NHS site postcodes default to a particular address; it pays to check this, before checking out.

Respiratory MCN evening roadshow event Registration is now open for the upcoming Respiratory MCN evening roadshow. It will take place on Tuesday 17 March at the Station Hotel in Stonehaven between 6.30-8.45pm, with refreshments provided. [Please follow this link to register.](#)

Allied Health Professions Journal Club Join fellow AHPs on the last Tuesday of each month to read and discuss relevant papers, build confidence in critical appraisal, share insights, and build a supportive research active community. All are welcome, whether you're new to research or an evidence enthusiast. Meetings take place on Teams, between 4-4.45pm. [February's article for discussion can be read here;](#) there's no need to book, [just follow this Teams link to join the meeting.](#)

Sleepio and Daylight – available now Sleepio is a free, evidence-based, digital Cognitive Behavioural Therapy (CBT) programme for insomnia and poor sleep, available to all residents in Scotland through NHS Scotland. It helps users fall asleep faster and reduce nightly waking through a 6-week programme, accessible via web or app. [You can find out more about Sleepio via this link.](#)

Daylight is a self-referral online programme to help with anxiety. It is based on CBT principles and has a strong RCT evidence base. It is a structured programme, available instantly, and can be accessed 24/7 including for use when people are struggling. [Follow this link to try Daylight.](#)

ICYMI - invitation to join NHS Grampian Staff Disability Network We are delighted to invite colleagues to join our Staff Disability Network, where you can connect, share experiences, and make our workplace better. The network is open to all staff, whether you identify as disabled, are diagnosed with having an impairment, disability, or a long-term health condition, or you simply wish to support disability. Our first meeting is on Tuesday 17 February, 1-2.30pm via Teams. [You can register by completing this form.](#)

Tune of the day Amy Muirhead (part of the secretarial team at RACH) makes today's first request; she's got confirmed tickets for Scotland's World Cup game in Boston and is fully in countdown mode! For Amy, The Dropkick Murphys and [I'm Shipping Up To Boston.](#)

For those of us of a certain vintage, Dawson's Creek was essential Sunday morning viewing, therefore we have to mark the untimely passing of James Van Der Beek with [I Don't Want To Wait](#) by Paula Cole (EP)

If you want to request a tune, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot