

Friday 12 September 2025

**Falls Awareness Week** This national campaign gets underway on Monday, to increase awareness around falls prevention and management, and to promote meaningful activity. There are several webinars planned – details below – which may be of interest. To register, simply follow the relevant link.

<p><b>Title:</b> Developing a national e-learning course on bed rails, &amp; patient transfer trolleys</p> <p><b>Date:</b> 16 September at 2.30pm</p> <p><a href="#">Register for this webinar</a></p>	<p><b>Title:</b> Post-fall medical examination - a new resource</p> <p><b>Date:</b> 17 September 12pm</p> <p><a href="#">Register for this webinar</a></p>
<p><b>Title:</b> Bedrest isn't rest: Deconditioning affects everyone</p> <p><b>Date:</b> 22 September at 12pm</p> <p><a href="#">Register for this webinar</a></p>	<p><b>Title:</b> Toilet Runway Project</p> <p><b>Date:</b> 26 September at 12pm</p> <p><a href="#">Register for this webinar</a></p>

The Strategic Falls and Safer Mobility Group [have developed these resources](#) which you are free to use throughout the coming week. There [are also useful falls training resources on Turas](#) (log-in required). There will be information stalls at ARI from 10am on Tuesday 16 and Friday 19 September, you're welcome to pop along. If you are undertaking any activities as part of falls awareness week in your areas we would love to hear from you! Please get in touch via [gram.qiat@nhs.scot](mailto:gram.qiat@nhs.scot) and we can share your work on NHS Grampian social media pages.

**Scottish Learning Disability Week – health checks and training** We round off Scottish Learning Disability Week with updates on the annual health checks available to those with a learning disability and the training support available to you as health and social care staff:

- **Annual learning disability health checks** We continue to carry out Adult Learning Disability Health Checks, using a nurse led approach. In City, the health checks are carried out at Aberdeen City Vaccination & Wellbeing Hub, The Len Ironside Centre, and at the inpatient wards at Royal Cornhill Hospital. Aberdeenshire are using vaccination centres. Moray have recruited a dedicated nurse to carry out the health checks working out of the General Practices (GPs). For more information, please email [mhldprogrammeteam@aberdeencity.gov.uk](mailto:mhldprogrammeteam@aberdeencity.gov.uk)
- **Essentials of Learning Disability** is a learning resource developed by NES, which aims to establish a strong foundation for understanding the needs and experiences of people with learning disabilities, aimed at the whole health and social care workforce. We encourage everyone to take a look and complete the modules. [Essentials of Learning Disability | Turas | Learn](#)

**Annual service of thanksgiving and remembrance** This service will take place this Sunday (14 September) at 3pm, at Aberdeen Fountainhall Church (formerly Queen's Cross Church). It will be led by members of the Spiritual Care Team, assisted by other staff in NHS Grampian, and supported by NHS Grampian Charity. This service is for anyone whose loved one has died in any of the hospitals or units in Grampian. It is a time of reflection and remembering with words and music and is open to those of all faiths and none. All welcome. Contact [gram.spiritualcare@nhs.scot](mailto:gram.spiritualcare@nhs.scot) or on ext 53316 for more information.

**FREE WayWORD Festival workshop** As part of the University of Aberdeen's WayWORD festival, a free 'Creativity for your Mental Health for Healthcare Workers' event will take place at the Suttie Centre, this Sunday, from 1pm to 4.30pm. The session is open to local healthcare staff, new doctors, and senior years medical students (Y4 and 5). Sponsored in memory of Dr Jeannie MacLeod, the workshop will provide an opportunity to try out art and writing in ways that can be incorporated, whether daily or occasionally, into busy, medically focussed lives, for enjoyment, stress-relief and self-discovery. Places are free but [please book in advance](#). You will be asked to provide your NHS or student ID number.

### **That was the week that was**

Monday 8 – registration opens for Foresterhill staff parking, ongoing corridor closure in ARI

Tuesday 9 – reflections on day spent with SAS crews, learning disability communication boxes

Wednesday 10 – pensions – annual benefit statements, linen services update

Thursday 11 – iMatter action planning record performance, upcoming steam shutdown at Foresterhill

All briefs are stored online, [just click this link](#) or visit Working with Us>HR Portal>NHSG Staff Daily Briefs on the NHS Grampian website.

**STAR Award** Felicitations and congratulations to Louise Proctor, receptionist in ICU, on her recent STAR Award presentation. Louise has been described as an exceptional receptionist, offering compassion and calm reassurance to families during difficult times. She's a vital support to clinical teams, ensuring clear communication and anticipating needs. Louise regularly goes above and beyond, covering extra shifts and maintaining a high standard of care. Her empathy and dedication make her a valued team member. Do you know someone like Louise? Nominating a colleague or team for a STAR award is super simple; all you need to do is complete this short form: [STAR Award nomination form](#).

**Tune of the day** The end continues; Spinal Tap are back. For Friday, turn your speakers up to 11 and enjoy (is that the word?) [Stonehenge](#) (there are a few swear words in this clip, for info).

It's been another packed week. Whether you're ready for a few days of rest or keeping the show on the road over the weekend, thank you for all you do (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](mailto:gram.communications@nhs.scot)