

Wednesday 14 February 2024

HIV prevention & the role of pre-exposure prophylaxis There were 20 new HIV diagnoses in Grampian in 2023 (compared to 14 in 2022). There remains a risk of sexual acquisition in the local population, particularly for sexually active gay, bisexual, and other men who have sex with men (GBMSM). This risk may not be fully appreciated, and the protective benefits of pre-exposure prophylaxis (PrEP), post-exposure prophylaxis (PEP) and condoms amongst sexually active GBMSM might be underestimated. PrEP is available free from Grampian Sexual Health Service. PEP can be accessed from Grampian Sexual Health and via NHS24 out of hours. Free condoms can be accessed via gram.freecondoms@nhs.scot

We recommend anyone who feels they may benefit from PrEP attends Grampian Sexual Health for assessment, especially GBMSM who are sexually active with new partners. Please promote this advice within your services and encourage anyone who may benefit from it to discuss their options with Grampian Sexual Health Service.

(Dr Daniela Brawley, Consultant in Consultant in Sexual Health & HIV, and Sexual Health & HIV Lead for NHS Grampian Sexual Health and Blood Borne Virus MCN & Chris Littlejohn, Consultant in Public Health & Strategic Lead for Sexual Health and BBV)

Financial position Our first staff drop-in focusing on the board's financial position will take place tomorrow (Thursday), on Teams, 12.30-1.30pm. [You can join using this link](#); if you cannot attend, there will be two further sessions, as follows (same link for all sessions):

- Wednesday 21 February, 5-6pm
- Monday 26 February, 10-11am

We would encourage everyone to watch Adam Coldwells' video update before attending one of these meetings; it's available to view here: [Finance Update - Adam Coldwells \(youtube.com\)](#)

Measles update Last week we shared a detailed update on the current position with measles, given rising cases across Europe and in some parts of England. Not had the chance to read it? It's available [on the NHS Grampian website here](#).

Baird & ANCHOR project – road closure To allow for essential work at The Baird Family Hospital, a section of road outside RACH will be CLOSED from Monday 19 February, for approximately 3 months. Access to the Emergency Departments for RACH and ED is unchanged; to access the car park at RACH, please use the Westburn Road or Cornhill Road entrances. An alternative route is in place for emergency vehicles from the helipad only – please see map below. We apologise for any inconvenience caused.

- **Public Health mental health training calendar Feb-April** Public Health offer a range of wellbeing sessions, all bookable through Turas, details below. Training is limited to 20 participants per session and takes place via MS Teams. If you don't have a Turas account, [please click here to register](#). The register button is at the top right of screen. Once in Turas, to book on, please select the course dates tab and book from there. The courses are open to everyone working for the NHS, health & social care partnerships, and Third Sector organisations in Grampian.

| COURSE | DATE | TIME |
|---|---------------------|---------------|
| Promoting Resilience | Monday 19 February | 10.00 – 12.00 |
| Recovery in Mental Health | Tuesday 20 February | 10.00 – 11.30 |
| Relaxation Workshop | Monday 26 February | 14.00 – 15.30 |
| Promoting Resilience | Tuesday 27 February | 14.00 – 16.00 |
| Recovery in Mental Health | Monday 4 March | 14.00 – 15.30 |
| Stress Awareness | Tuesday 5 March | 14.00 – 15.30 |
| Relaxation Workshop | Monday 11 March | 10.00 - 11.30 |
| Stress Awareness | Tuesday 12 March | 10.00 – 11.30 |
| Promoting Resilience | Monday 18 March | 10.00 – 12.00 |
| Recovery in Mental Health | Tuesday 19 March | 09.30 – 11.00 |
| Relaxation Workshop | Monday 25 March | 14.00 – 15.30 |
| Stress Awareness | Tuesday 26 March | 14.00 – 15.30 |
| Recovery in Mental Health | Tuesday 2 April | 14.00 – 15.30 |
| Relaxation Workshop | Monday 8 April | 10.00 – 11.30 |
| Stress Awareness | Tuesday 9 April | 10.00 – 11.30 |
| Promoting Resilience | Monday 15 April | 10.00 – 12.00 |
| Recovery in Mental Health | Tuesday 16 April | 10.00 – 11.30 |
| Relaxation Workshop | Monday 22 April | 14.00 – 15.30 |
| Stress Awareness | Tuesday 23 April | 14.00 – 15.30 |
| Promoting Resilience | Monday 29 April | 10.00 – 12.00 |
| Recovery in Mental Health | Tuesday 30 April | 10.00 – 11.30 |

For any issues with training course sign-ups, please contact: gram.mentalhealthtraining@nhs.scot

Tune of the day We are feeling the love on St Valentine's Day! First up, Lynsey McIntosh (tissue viability nurse specialist) got in touch to ask for a tune, simply because she enjoys this feature so much. Lynsey's requested [Edge of Seventeen](#) by Stevie Nicks. Secondly Lesley Hall (assistant board secretary) has asked for a little something from ABC. The band recently performed The Lexicon of Love in full in Glasgow and we understand Martin Fry looked as suave as ever! [The Look of Love](#) seems appropriate.

If this is all too touchy-feely for you, go straight to [Love Stinks](#) by J Geils Band (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