

Wednesday 15 November 2023

Let's Be Heard: Sharing Scotland's COVID Experience This is the Scottish COVID-19 Inquiry's listening project. Everyone who was in Scotland between 1 January 2020 to 31 December 2022, or was affected by decisions made in Scotland during this time, is being invited to share their experiences of the pandemic with Let's Be Heard. The project is keen to hear about what lessons should be learned and is asking for experiences to be submitted by **Wednesday 20 December**.

Find out the ways that individuals and groups can take part in Let's Be Heard by visiting [Let's Be Heard | Sharing Scotland's COVID experience \(covid19inquiry.scot\)](https://www.covid19inquiry.scot). Paper copies of the submission form can be requested by emailing LetsBeHeard@covid19inquiry.scot, leaving a voicemail at 0808 175 5555, or by writing to Freepost SCOTTISH COVID-19 INQUIRY. Paper forms have also been distributed to GP surgeries, care homes, pharmacies, libraries and other community buildings across Scotland. Let's Be Heard is the main way in which people can contribute to the Inquiry's investigations and help inform its reports and recommendations.

Car parking – Foresterhill Health Campus We have two important updates on car parking at Foresterhill:

- The car park adjacent to the Rotunda entrance to ARI will be closed off on Friday, to allow for crane access and roof repairs on Saturday (18 November). Works should be complete, and the car park returned to use at 5pm on Saturday.
- A temporary one-way system will be introduced to the staff (shale) car park on Foresterhill Health Campus from 6pm this Sunday (19 November), for a period of approximately 6 weeks. This is to allow essential construction work for the Flood Mitigation and Greenspace projects. There will be a construction compound in the car park, which will mean a reduction of around 25 spaces. We apologise for any inconvenience these works will cause; please follow the traffic management signs.

Patient Christmas Presents – final reminder Each year NHS Grampian Charity (formerly Endowment Funds) invites staff to apply for funding to buy a small Christmas gift for patients who will be spending the festive period in hospital. You can apply for up to £10 per patient, and all applications must be approved, and an approval number issued, before any purchases are made. The charity is not able to reimburse anyone who purchases items without an approval number.

The deadline to submit applications for Christmas gifts is **this Friday** (17 November), to allow charity staff time to process and issue approvals in time for Christmas. We are unfortunately unable to process any Christmas present applications received after this date. Visit the charity's intranet site to download the relevant application forms: [Pages - default \(scot.nhs.uk\)](https://www.scot.nhs.uk)

Fraud prevention Today for #FraudWeek we're looking at the threat from inside the organisation and a look at how we protect our data and the importance of information governance. To find out more click the following link: [Insider Threat - Data \(sharepoint.com\)](#)

HCSW Medication Administration Great news! Promoting Effective Medicines Administration Practice (PEMAP) - the learning package for HCSWs administering medicine - [is now available on Turas Learn](#). While this course has open access on Turas, NHS Education for Scotland are very clear it is for NHS staff at Levels 3 & 4 of the national career development framework **only**. A local group is working on a policy for Grampian, so while we'd encourage eligible healthcare support workers to have a look at the training, they **will not** be able to administer medication until this policy is finalised. There will be further updates via this brief; in the meantime, if you have any questions about the HCSW Medication Administration Framework please contact Ali McGruther, (Chief Nurse, Aberdeenshire HSCP) via alison.mcgruther@nhs.scot

Culture Collaborative You are invited to attend the next Culture Collaborative session on Wednesday 22 November, 2-3.20pm. The focus of this meeting will be two spotlight sessions, the first session will be hosted by Helen Moffat and entitled: 'Our experience of introducing Schwartz Rounds in the Palliative team'. In advance of this presentation, there is a [10-minute video on Schwartz Rounds](#) which you are encouraged to view. The second session will be hosted by Sue Rayner and focus on Values Based Reflective Practise. The Culture Collaborative is open to everyone working in health & social care in Grampian. If you are interested in attending, please contact gram.culturematters@nhs.scot. We look forward to seeing you there!

Respite and short breaks for carers The Shared Care Scotland Short Breaks Directory is a valuable online resource designed to support individuals and families in Scotland who require respite and short break services. It's an easily accessible platform that connects people with a wide range of short break providers across the country. Learn more: [Short break providers | Shared Care Scotland](#)

We Care Wellbeing Wednesday

- Culture Matters Roadshow – the next culture matters roadshow will take place at Peterhead Community Hospital foyer next Monday (20 November) between 11am-1pm. This series of roadshows aims to support the development of a values-based culture which is supportive, inclusive and empowering. If you have any questions about the roadshows, please email gram.culturematters@nhs.scot
- Guided Journaling - journaling is recognised as being helpful in reducing anxiety and can help us become more flexible and accepting in our thinking. These 30-minute guided journaling sessions give you the opportunity to pause and reflect. The facilitator will guide you through the journaling process and each session will have a wellbeing focus. No prior journaling experience is necessary. Upcoming sessions: Tuesday 21 November (5-5.30pm); Thursday 23 November (8-8.30am); Tuesday 28 November (5-5.30pm); Thursday 30 November (8-8.30am). To find out more and book a space, click here: [Guided Journaling Session | Turas | Learn \(nhs.scot\)](#)

Tune of the day Regular requester Emily Christie takes the reins once again, this time asking for Kepa Junkera and [Gaztelugatxeko Martxa](#), an artist she discovered at Celtic Connections (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