

Daily Brief...

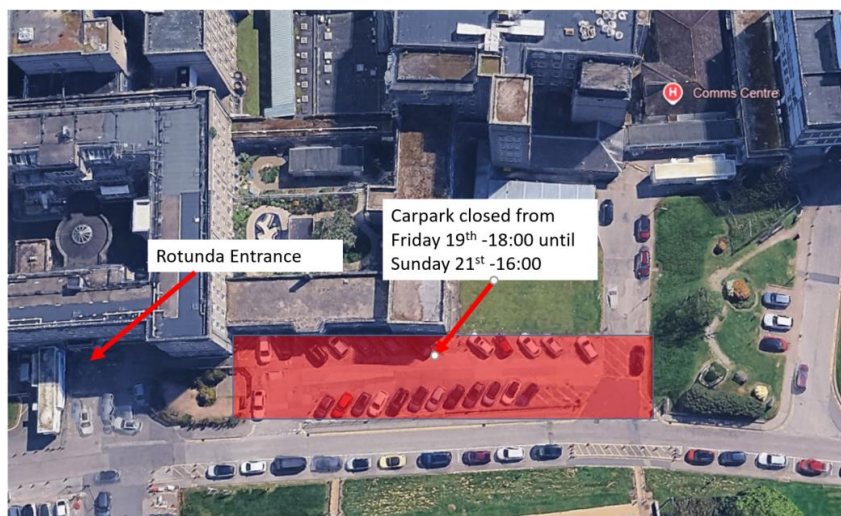
Tuesday 16 December 2025

'Flu update As of Sunday (the most recent data we have available) there were 57 people in hospital with 'flu across Grampian. The majority are in ARI, with cases also recorded in DGH and RACH, the latter also seeing cases of RSV in children.

As a reminder, staff and visitors in ARI and RACH are being asked to wear fluid repellent surgical masks in clinical areas. The infection prevention and control team are running advice sessions on managing patients, equipment, and the environment to prevent transmission of winter viruses. You don't need to book, just follow the Teams link to the most convenient session. [All dates/times are at this link](#). If you are eligible for a 'flu jab, and haven't had it yet, please take up the offer. Vaccination centres are open for drop-ins; for the latest information, [simply follow this link](#).

Please remind family, friends, neighbours, etc to **not** visit people in hospital if they have symptoms of respiratory illnesses (cough, sore throat, runny nose) or if they have had episodes of diarrhoea and/or vomiting. You should not attend work if unwell with an illness which can be passed on. If you have experienced diarrhoea and/or vomiting you should be 48 hours symptom free before returning to work.

ARI Rotunda car park closure Please be aware the Rotunda car park (see image below) will be closed from 6pm this Friday (19 December) until approximately 4pm on Sunday 21 December. This is to allow for crane operations. We apologise for any inconvenience; please ensure vehicles are removed from this area by 6pm on Friday.



Virtual carol service With support from the NHS Grampian Charity, the spiritual care team have produced their annual carol service video. The service focuses on the reality that peace doesn't happen above the complex grid of life but amid it. The ups and downs of the original Christmas story illustrate that thought very well because things were far from easy for Mary and Joseph on the long journey that led them to Bethlehem. [You can watch the service and share it with patients via this link.](#)

Save the Date – primary/secondary Care Adverse Events Forum The next primary/secondary care Adverse Events Shared Learning Forum will be held on 18 February 2026, between 12.30-2pm via MS Teams. The purpose of this forum is to provide a safe supportive space to discuss clinically important events spanning primary and secondary care. The cases for discussion at the 18 February meeting have been confirmed as Morbidity in relation to steroid sick day rule and Mortality in relation to anticoagulation therapy. For joining instructions or to suggest topics for future meetings please contact Dr Hazem Youssef via hazem.youssef@nhs.scot or Dr Linda Downie via linda.downie@nhs.scot

Conversation Cafés supporting recovery This January, Humanising Healthcare is bringing 3rd-year medical students and people in recovery together for open, honest conversations about addiction and recovery at Aberdeen Medical School. If you, or anyone you know, are in recovery from an alcohol or drug problem, we'd love for you to join us and help shape the next generation of doctors. Your experiences can make a real difference in breaking down stigma and building understanding. You can watch a short video which explains more about the project [by following this link](#). For more info, contact Zack at zack@scottishrecoveryconsortium.org

Early pregnancy loss memorial service The spiritual care team will host a winter memorial service for babies lost in early pregnancy tomorrow (17 December) at 10.30am in the East Chapel of Aberdeen crematorium. All welcome.

NHS Grampian Charity Did you know the NHS Grampian Charity will be bringing its charity roadshow to Aberdeen Royal Infirmary this week for National 'Elf Service Week'? The charity team will be at the main concourse today, tomorrow, and Thursday, between 10am and 2pm to meet staff, patients and visitors, and to answer any questions you have about the charity. We have lots of information, freebies, and tasty treats, so please do pop along to say hello if you are in ARI.

Tune of the day Dayle Crichton, podiatry team lead in Moray, points out it is 50 years this year since Pink Floyd's Wish You Were Here was released. As he rightly notes the title track has a certain amount of resonance at this time of year. Here it is, [performed live by Dave Gilmour in 1994](#)

Emma Watson from health intelligence requests the evergreen [Merry Xmas Everybody](#) by Slade, dedicated to her colleagues who are gathering for a festive pizza party later today (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