

# Daily Brief...



Wednesday 16 July 2025

**iMatter action planning** Managers, remember you have until Monday 18 August to discuss your iMatter reports with your teams and identify one meaningful action to improve staff experience. This isn't just a compliance step; it's a vital opportunity to turn feedback into tangible improvements, truly living the NHS Grampian values of Caring, Listening, Improving. If you've already had these conversations, that's great! Remember action plans should be uploaded on the iMatter system. Last year, only 45% of teams submitted a plan. Let's aim higher this year and actively shape a more positive environment for everyone.

**Spotlight on Realistic Medicine** Our Realistic Medicine programme helps support, create, and share ways of working making it easier to do the right thing. It isn't theoretical; here are concrete examples of realistic medicine:

- **Future Care Planning and Treatment Escalation Plans (TEPs)** It remains our ambition to have a TEP for all inpatients. There are lots of great examples TEPs and other types of Future Care Planning being used to improve patient care. A virtual learning event is happening on 28 August, 3-4.30pm, and will include local and national speakers. We have a full programme planned, but you can still get involved. If you would like to attend this event and/or submit a virtual poster please contact [gram.realisticmedicine@nhs.scot](mailto:gram.realisticmedicine@nhs.scot)
- **The Migraine Trust Workplace Pledge** Improving the lives of people living with migraine was a key realistic medicine project between 2023 and 2025. As highlighted on Friday, we have become the first health board to sign this pledge. If you live with migraine, you can find helpful advice and resources [via this webpage](#).
- **2025 Realistic Medicine Casebook** The Scottish Government's recently published Realistic Medicine Casebook offers lots of learning across a broad range of services and areas, across Scotland. We're delighted to say it also features some Grampian projects. You can read it for yourself here: [Realistic Medicine Casebook](#)

**Adult weight management programmes** Local partners in Sport and Leisure across Grampian offer a combined physical activity and nutrition education and support programme to people who meet the following criteria:

- Those 18 years of age or over
- With a BMI of 25 – 37.9 (or a BMI of over 23 for some minority ethnic groups)
- Who are ready to make a change

People can self-refer, or health care professionals can refer patients directly themselves. Further [information can be found via this link](#).

**Scotland's Health Awards** Nominations are now open for Scotland's Health Awards 2025. This event celebrates the very best individuals and teams working in the NHS in Scotland. There are 17 categories available, with Healthcare Scientist and Pharmacist new categories for 2025. Nominations will close on Sunday 17 August. The awards will be handed out at an event in Edinburgh on 6 November. Nominations can be made here: [Scotland's Health Awards 2025](#) Please note you will need to create an account to nominate.

### **Wellbeing, Culture, and Development Wednesday**

- **Self-Care Month** This annual event runs from 24 June, leading up to International Self-Care Day on 24 July. It's a global initiative encouraging individuals to take proactive steps toward better physical, mental, and emotional health. The month promotes awareness of self-care practices like regular exercise, healthy eating, stress management, and responsible use of healthcare resources. To help support your wellbeing you can access our [Self-Care Checklist here](#) or visit our website to access different recourses: [We Care \(wellbeing support for health & social care staff\)](#)
- **Financial Sessions-Spaces Available** Spaces remain available for both the [Partial Retirement session](#), running 25 July, 9.30-11.30am, and the [Retirement Planning Session](#) running 7 August, 1-3.30pm. Both sessions will be held via MS Teams; links require a Turas log-in.

For more information or to raise any queries please contact the team via [gram.wcd@nhs.scot](mailto:gram.wcd@nhs.scot)

**Tune of the day** Nicky MacBeath, part of the NHS Grampian Charity team, makes today's request, inspired by the Stereophonics Aberdeen gig later this year. The announcement had her reflecting using her pocket money to buy Now 51, which included their version of [Handbags and Gladrags](#) (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)