

# Daily Brief...



Monday 16 June 2025

**Nearly 80% of posts filled as maternity team transforms Dr Gray's Hospital** The team needed to deliver a full, modern maternity service in Moray is rapidly taking shape with nearly 80% of key posts now filled at Dr Gray's Hospital. Neil Gray, Cabinet Secretary for Health and Social Care, toured the maternity ward on Friday to see the transformation first-hand. [Read the full news release.](#)

**Don't share or reuse passwords** Everyone is issued with computer log-in accounts and passwords on joining the organisation. Do not share these accounts and passwords with anyone else. This increases the risk of an unauthorised person seeing and potentially sharing your personal data. Your NHS password must be unique. Do not reuse your NHS username or password in another system in your personal life or reuse passwords from your personal life at work. If you use systems requiring additional passwords (Turas, Datix etc), those passwords must also be unique. All passwords must meet our password standard: at least 12 characters long, consisting of three unique words, and changed annually. Adding upper case letters, numbers, and/or special characters (!?%) isn't required, but will further strengthen your password.

**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 some examples of current realistic medicine projects:

- **Future Care Planning and Treatment Escalation Plans (TEPs)** It remains our ambition to have a TEP for all inpatients. A virtual learning event is happening on 28 August from 3-4.30pm and will include local and national speakers. If you have work you would like to share or are interested in attending, please contact [gram.realisticmedicine@nhs.scot](mailto:gram.realisticmedicine@nhs.scot)
- **Co-designing projects** The realistic medicine team will share how people living with migraine including staff members were involved in co-designing the improving migraine management project at the Neurological Conditions Improvement Network on 18 June from 12-1pm. If you would like to join this webinar, please contact [gram.realisticmedicine@nhs.scot](mailto:gram.realisticmedicine@nhs.scot)

You can read more about our Realistic Medicine programme here: [May 2025: NHS Grampian Realistic Medicine Accountability and Assurance Report](#)

**Save the date – GAPF development event** The annual Grampian Area Partnership Forum (GAPF) development event will be held on Thursday 18 September 2025 from 9am to 4pm in Curl Aberdeen. The theme is 'Changing Through Challenging Times'.

Sector/Portfolio Partnership Forums and Local Partnership Groups are encouraged to bring 2-3 colleagues who are new to Partnership and/or GAPF, as well as those already involved in Partnership

working. More details will be shared nearer the time, including an outline programme but please save the date meantime.

**Research conference** The [programme for the 10th Grampian Research Conference](#) 'Breaking Traditional Disciplinary Boundaries' is now available to view on the intranet (networked devices only). This event incorporates the NHS Research Scotland Reproductive Health & Childbirth and the University of Aberdeen Interdisciplinary Institute and will be held on 27 and 28 June 2025 at the P&J Live in Aberdeen. Registration is free. Please register now to confirm your attendance using this form: <https://forms.office.com/e/C7vJcEC4zk>

**Sands awareness week** This week is Stillbirth and Neonatal Death (Sands) awareness week. Locally, Sands support both bereaved families and the healthcare professionals who look after them. If you have lost a baby, or know someone who has, you can find the details of the local support groups here: [Sands Groups | Sands - Saving babies' lives. Supporting bereaved families.](#)

**Poetry Blether** The last Poetry Blether session of this current run will take place this Wednesday (18 June) at 12noon. Poetry Blether is a relaxed, 'words for wellbeing' session. It is peer-led so there are no poetry 'experts' in the room and no prior experience or expertise in using poetry for wellbeing is expected of any participant. The only thing you need is pen and paper within easy reach. Our theme for this session is 'Holding on, Letting go'. Find out more in [NHSG Libraries - Poetry Blether](#) and email [gram.drgrayslibrary@nhs.scot](mailto:gram.drgrayslibrary@nhs.scot) for the joining link.

**Pause for thought** It can be easy to be caught in the trap of destination addiction: *It will all be fine when ...* In focusing on the destination, what might you be missing on the journey?

**Tune of the day** Today's request comes from Angela Cran, a community mental health nurse, and it comes from the heart: *I'd like to request [The Great Beyond](#) by Kidpenny. I had not heard this tune until last Sunday and it is now already a firm favourite. I have worked for the NHS since my first shift on the bank in May 2019. Over the last couple of years I have experienced the other side of the organisation, being a patient going through breast cancer treatment. I cannot commend the care and treatment I received highly enough, from all departments. I have been fundraising recently for both Maggie's and Friends of Anchor. I recently undertook a skydive for Friends of Anchor, and it was thrilling. I would never have considered skydiving before cancer, but I definitely now have that 'you only live once' attitude to life. The song I have picked was the soundtrack to the video I got of my experience, and it resonated with me straight away. The lyrics totally spoke to me, it's how I feel about life right now. Can't stop playing it.*

Thanks to Angela for sharing such a personal request (KJ).

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)