

Wednesday 16 September 2026

NHS public sector reform update A letter has been shared by Interim Chief Executive of NHS Scotland & Director General for Health and Social Care, Christine McLaughlin for all NHS staff. This follows the Scottish Government's Programme for Government announcement. A Question and Answer document has also been provided, representing the most common themes emerging from staff engagement, and reflecting areas where colleagues are seeking greater clarity and reassurance. [Follow this link to read both documents](#) (networked devices only).

24 litre clinical waste bins – secure the lids All relevant clinical colleagues are asked to watch the instructional video, [available via this link](#), on how to properly attach lids to the 24 litre clinical waste bins.

Too many of these are appearing in the clinical waste transfer station without their lids attached properly, and there is a high risk of these lids coming off while in transit, resulting in loose sharps within Eurobins. Not only are these classed as a non-conformance by our clinical waste contractor, which could incur a penalty fine for NHS Grampian, but loose sharps within Eurobins are also putting others at risk as they need to be lifted out and disposed of properly. Any issues or questions, please contact gram.scar@nhs.scot

Public holiday – 28 September A reminder our next public holiday is on Monday 28 September. Public holiday dates have been agreed up to and including the 2028/29 financial year and can be viewed by [following this intranet link](#).

Adult weight management service update: Type 2 diabetes remission programmes The national digital Type 2 diabetes remission programme using Counterweight Plus is now live. This programme is designed to complement the locally delivered remission pathway. [Follow this link for further information](#) and referral guidance on both local and national type 2 diabetes remission programmes. Information sessions for colleagues will take place on Tuesday 22 September and Tuesday 29 September, 1-1.30pm. Joining information is available via the link above. Please do not hesitate to contact the Adult Weight Management Team with any queries gram.adultweightmanagementservice@nhs.scot.

Get ready for Falls Awareness Week This [national campaign](#) gets underway next week bringing healthcare professionals together to explore evidence-based falls prevention strategies. [Follow this link to find a range of resources](#) for all teams to use. There are also useful falls training resources on [Turas](#).

Medline are hosting webinars including [Falls and Bone Health: Easy Wins](#) on Friday 25 September from 12noon to 1pm. Colleagues will have a presence on the ARI concourse on Wednesday 23 and Thursday 24 September from 10am-12noon. If you are undertaking any activities as part of the week you would like to highlight, please email gram.socialmedia@nhs.scot with any photos colleagues have given their consent to be shared on social media.

Research Capacity and Culture Tool (RCCT) Survey All nurses, midwives, and AHPs (NMAHPs) are invited [to complete the survey available via this link](#), to help us continue to develop the most appropriate research support structures and activities for them. Whether you consider yourself to be 'research active' or not, your views matter.

The survey has the support of the Executive Nurse Director and AHP Director. It has been ethically approved by Robert Gordon University's School of Health Research Ethics Committee (Ref SHS/26/19) and registered as a service evaluation with the local QIAT team.

City Discharge to Assess team's nursing provision It has been agreed that when a patient has been identified as suitable for Discharge to Assess, and nursing follow up if needed in Aberdeen, liaison nurses or ward staff should send the request to gram.integratednursingteam@nhs.scot If you have any questions, please email HospitalDelayedDischarge@aberdeencity.gov.uk

NNU's plea to 'Everyone. Every Time' Our Neonatal Unit colleagues are encouraging all staff to [remember important hand hygiene measures](#) before entering the unit. The ask of EVERYONE entering the Neonatal Unit is to **wash your hands AND use hand gel** before proceeding past the locker room.

Green Car Scheme tried and tested If you're wondering whether the new Green Car Salary Sacrifice Scheme could provide the best deal for you, find out what one of your colleagues who has already given it a spin has to say about it. [Follow this link to find out more.](#)

Grampian Research Office update A regular three-yearly review and update of the joint University of Aberdeen - NHS Grampian Standard Operating Procedures (SOPs) for researchers has taken place. [Follow this link to view all the important details and access the new SOPs.](#)

Newly qualified AHPs welcome session If you are a newly qualified allied health professional and have joined the organisation in the last 6 months, you are invited to a welcome session on Wednesday 7 October 11am-12.30pm. This provides an opportunity to meet our AHP Director, Lynn Morrison and AHP practice education Leads, Julie Gillespie and Ann-marie Anderson. [For more information, please follow this link.](#) Invites will be sent out closer to the time, so please put a hold in your diary in the meantime.

Research & Development newsletter The latest edition is out now; [follow this link to check it out.](#)

Support mental health research Robert Gordon University and NHS Grampian colleagues are conducting a research study, funded by NHS Grampian Charity, exploring the mental health needs of young people (aged 16-24 years old) from ethnic minority communities (including eastern European communities) in the Grampian region. Could you help? [Follow this link to take part in a survey.](#)

Wellbeing, Culture, and Development Wednesday

Celebrate What Went Well As we look towards new horizons, it's worth taking a moment to recognise achievements, positive experiences, and things you've enjoyed over the summer.

Are you attending Celebrating Excellence this year? The event is an opportunity to recognise the outstanding work of our staff, share learning and inspire others to adopt ideas and improvements in their own areas. Recognition is a powerful motivator, and celebrating success helps build a positive culture

where people feel valued and encouraged to contribute. You'll see both new and returning presenters sharing their experiences and helping spread learning across NHS Grampian.

For more details and to register, please follow these links:

- [24 September: Elgin City Football Club](#)
- [1 October: Garioch Heritage Centre, Inverurie](#)
- [26 November: Curl Aberdeen](#)

For more information or to raise any queries, please contact the team via gram.wcd@nhs.scot

Tune of the day In support of colleagues driving forward sustainability initiatives across NHS Grampian, from bins to food waste to cars and everything in between, we're going green with today's tunes choice. An early shout out for Climate Week Scotland coming up at the end of the month and a reminder that Climate Week North East begins on Saturday. With our new Nature Garden opening today, here's [What a Wonderful World](#), by Louis Armstrong. Keep up the wonderful work, folks!

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.dailybrief@nhs.scot