

Friday 18 July 2025

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**Help break the stigma for birth parents** The Supporting Birth Parents Project, developed to support parents whose children have been permanently removed from their care, has secured £75,000 in funding from the Corra Foundation to continue providing peer support, group and one-to-one sessions, and mentoring. The project provides a trauma-informed space where birth parents can heal, connect, and be empowered by others with shared experiences. The stigma around birth parents is real – but it's often based on harmful assumptions. Many of the parents have faced domestic abuse, trauma, and isolation. This project is about listening, understanding and helping others feel less alone.

Please watch and share this [short film where birth parents share their experiences](#) in their own words. The project team can provide support for birth parents, attend team meetings or staff events to deliver information and training sessions, and offer guidance to start local support groups. For more information, email [leanne.ferries@nhs.scot](mailto:leanne.ferries@nhs.scot)

**GHAT 40<sup>th</sup> anniversary exhibition** The Grampian Hospitals Art Trust is marking 40 years of healing through art this year. As part of the celebrations a special exhibition is taking at the iconic Bon Accord (Uptown) Baths in Aberdeen. Between 10am-4pm this weekend and next, you can see a range of pieces from GHAT's collection, some of which have not been on display for years. Entry is free, but donations to support the restoration of the Baths are welcome

## That was the week that was

Monday 14 – public holiday, no brief issued.

Tuesday 15 – use of non-standard patient areas, car parking at Foresterhill, new style sharps bins

Wednesday 16 – iMatter action planning reminder, spotlight on realistic medicine

Thursday 17 – feedback survey – reduction in the working week, local VBRP® training

All briefs are stored online, [just click this link](#) or visit Working with Us>HR Portal>NHSG Staff Daily Briefs on the NHS Grampian website.

**STAR Award** Do you want to nominate a colleague or team for a STAR award? All you need to do is complete this form: [STAR Award nomination form](#) to nominate a colleague or team for a STAR award.

**Tune of the day** As the Tall Ships sail into Aberdeen, you've come over all nautical! Fiona McAllan, part of the secretarial team at RACH, suggests [Sail Away](#) by David Gray. Donna Duncan, support services manager in Domestic & Support Services, requests [Fisherman's Blues](#) by The Waterboys.

If you don't know your port from your starboard, Martha McConnachie (Hospital@Home pharmacy team) is here to help with her request of [Raining in My Heart](#) by Buddy Holly. She's leaving the team for a new post and is sad to say goodbye. Also showing no inclination to travel to Davy Jones' locker are the health improvement team, who have collectively had the [Jurassic Park theme](#) stuck in their heads all week and want everyone else to be in the same position.

Whether you're at the Tall Ships or giving it a wide berth (geddit?) I wish you a superb weekend when it comes. You are, as ever, some bunch (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)