

# Daily Brief...



Monday 19 January 2026

**Reminder - all-staff call with CET - today** You are warmly invited to join members of the Chief Executive Team on an all-staff call today between 12-12.30pm. [No need to book, simply use this joining link.](#)

**'10 before 10' starting today in ARI** As shared in Friday's brief, the '10 before 10' project gets underway in ARI today. This aims to ensure 10 meaningful patient moves happen in the hospital each day between 8-10am. [You can read more about '10 before 10' via this intranet link.](#)

**Personal use of social media policy** [We encourage all colleagues to read this policy](#); it does not exist to interfere with your personal use of social media, but rather to highlight the risks and help you minimise them. Please remember, any social media activity – whether on the NHS Grampian accounts or anywhere else – which results in harm, distress, or loss of reputation to patients, your colleagues, or the organisation may be considered gross misconduct.

**Cervical Cancer Prevention Week** This week is cervical cancer prevention week. Attending regular (every five years) screening is vital to detect any changes in the cervix. As NHS staff, we can play an important role in raising awareness of screening among colleagues, family and friends. The SU2C screening checker is a helpful tool anyone can use, available via this link: [Screening Checker | Stand Up To Cancer](#)

Remember, dedicated staff screening appointments are available at ARI, Dr Gray's, and Maryhill Group Practice in Elgin. If you are due (or overdue) for a cervical screen and find it difficult to attend a routine appointment, [you can find more information on the intranet by following this link.](#)

There's a helpful module available on Turas which explains all the national screening programmes on offer; [you can access it by following this link \(log-in required\)](#). Alternatively, you can arrange local face to face training by contacting [chidiebere.ogwo@nhs.scot](mailto:chidiebere.ogwo@nhs.scot)

**2026 Grampian MCN Conferences** [Please follow this link](#) for details of our 2026 Grampian MCN professional conferences for stroke, respiratory, diabetes, and palliative and end of life care. Registration will open approximately 8 weeks before each event, so stay tuned! If you're not already on the MCN mailing lists and would like to receive updates, contact [gram.mcn@nhs.scot](mailto:gram.mcn@nhs.scot) to subscribe.

**Leading Person-Centred Cultures and Care – 2026 dates** This innovative programme is available to all NMAHPs who are in a senior clinical leadership role (Band 6 and above), supporting them to develop confidence and competence in the capabilities detailed in the Leading Excellence in Care Framework. 2026 dates are now available for booking; [for further information and an application form, follow this link](#).

**ICYMI - Putting you in the FRAME - help us shape future education and career development frameworks** Stuart Tuckwood, NMAHP lead at NES, will be at the ARI Rotunda tomorrow (Tuesday), between 10am and 3pm to answer any questions you may have about the FRAME project. This aims to better understand how education and career development frameworks for NMAHPs are developed, implemented and used. You can also take part in the survey, which takes around 10 minutes, [by following this link](#). It is open until Wednesday.

**Pause for thought** What do you need to sustain you over the coming days? Will you find this within yourself, or through others?

**Tune of the day** You never let me down; do you know that? Last week I set a theme of tunes sampled to great effect on new songs and you've risen to the challenge. Viki Rafferty kicks us off with the sublime Earth Wind and Fire and The Emotions and [Boogie Wonderland](#). Stretch 'n' Vern took the riff and repurposed it for [I'm Alive](#) and if those songs don't blow the cobwebs away, I don't know what will! Thanks also to Susan Jensen, who's request of Postmodern Jukebox and [All About That Bass](#) is just the ticket for a Monday morning.

Today is your annual reminder to take any suggestion today is 'Blue Monday' with a pinch of salt; it has its roots in a campaign to sell holidays. With all that being said, if you – or someone you know – is struggling, the Samaritans are available 24/7 on 116 123. Alternatively, you can call Breathing Space on 0800 83 85 87; their lines are open 6pm-2am, Monday-Thursday, and from 6pm Friday right through to 6am Monday (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)