

# Daily Brief...



Monday 20 April 2026

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**Ask Laura – new edition** In the latest episode, [available via this link](#), Laura sits down with employee director Steven Lindsay to answer your questions on a broad range of issues. Expenses, uniforms, workload, investment decisions, communications, capacity, and ways of working across NHS Grampian are all covered. As usual, we've included topic links below so you can go directly to the questions most relevant to you:

- [00:00 Introduction](#)
- [01:54 Green car salary sacrifice scheme](#)
- [02:10 Travel expenses & fuel costs](#)
- [03:54 ANP uniforms](#)
- [05:30 Reduced Working Week and caseloads/workloads](#)
- [07:55 Magnet & Pathway to Excellence accreditation](#)
- [10:14 Late appointment letters and DNAs](#)
- [12:40 Paediatric HDU capacity](#)
- [14:52 Office rationalisation & home working](#)
- [18:22 “Mad March” annual leave](#)
- [20:05 Timely email replies](#)
- [22:57 Complaint responses and inaccuracies](#)
- [25:07 Clear, joined-up plan for staff wellbeing support](#)

If you have feedback, or a question you'd like Laura to consider in a future Ask Laura session, please email [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot). Remember to indicate if you would like your question asked anonymously.

**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.

**2026/27 post-registration degree funding** Applications for nursing & midwifery post-registration funding for degree courses and professional development are now open. [Please follow this link to apply](#). For further queries please contact [gram.acutepostregfunding@nhs.scot](mailto:gram.acutepostregfunding@nhs.scot). Applications must be received by 4pm on Tuesday 12 May.

**NoS adult major trauma education session** You are invited to attend the next session in this series, taking place this Thursday (23 April), between 12-1pm, on Teams. The topic is 'Using STAG data to improve the quality of our trauma care', presented by Dr Sarah White, Angela Allan, Emma Donald, Roslyn Campbell, and Kat Forsyth. No need to book, [simply use this link to join the meeting](#).

**Prehabilitation Project** Prehabilitation (prehab) is about getting yourself ready before major hospital treatment. This can include stopping smoking, eating well, looking after your mental health, and exercise. These steps can support recovery and help reduce complications after treatment.

[We have developed a digital resource for health and care staff, available via this link](#), to explain more about prehabilitation and support available across the region and beyond.

We're also planning an online event, entitled "Training before the Race: Good Cancer Prehabilitation Practice". This shared learning event will educate and provide an opportunity to share good practise. If you would like to contribute to this event, as a presenter or by providing a digital poster, please email [gram.realisticmedicine@nhs.scot](mailto:gram.realisticmedicine@nhs.scot). A confirmed date and time will be shared in due course, so watch this space.

**Pause for thought** The question isn't whether silence is costly - it is. The question is whether you're willing to pay the price. What difference could you make?

**Tune of the day** The Aberdeen Student Show – the brilliantly titled 'Cove Actually' - opens at HMT later this week. Many of the cast are also part of our staff family, including Emmah Chibesakunda from sexual health. To wish them all the best, Emmah has requested [Jump by The Pointer Sisters](#). There is also a discount on balcony tickets available – head to Your Space on the intranet to find out more (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)