

Daily Brief...



Wednesday 21 May 2025

Reflective space and spiritual care Amongst the many pressures and stresses you may be feeling, we want to remind you of some of the reflective spaces and support available through the Spiritual Care Team. The chapels and sanctuaries in our buildings are open 24/7 for anyone to use for private thoughts, quiet reflection and breathing space. These currently offer simple reflective activities for the fifth anniversary of COVID. Formal and informal staff support is also available from chaplains, who you can speak to as you see them or who can be contacted via gram.chaplaincy@nhs.scot

A short online time for reflection on COVID times, of images, music and words, remains available here: [Season of COVID-19 Remembrance March 2025](#)

Value & Sustainability Programme - Quarter 4 Bulletin We are pleased to share the most recent [update from the Value & Sustainability \(V&S\) Programme](#) (intranet link, networked devices only), covering Jan-Mar 2025. This bulletin follows our escalation to Stage 4 of the NHS Scotland support and intervention framework. It highlights the significant savings this programme - and by extension, you and all your hard work - have realised. Without V&S we would find ourselves in a much worse financial position. This programme, along with the additional and very welcome support we will receive as part of Stage 4, will be vital to our continued journey back to financial balance.

ICYMI - NMAHP clinical doctorate programme Nurses, midwives, and AHPs are invited to apply for the University of Stirling clinical doctorate programme. There is one funded place available this year (fees only). Information about the programme and how to apply [can be found on the intranet here](#) (networked devices only). Kay Cooper (for AHPs) k.cooper@rgu.ac.uk and Debbie Baldie (for nurses & midwives) deborah.baldie@nhs.scot are happy to have informal discussions and can provide feedback on one draft of application forms. Please note the closing date is **Friday 13 June at 12 noon** with interviews week beginning 23 June.

NoSCAR Seminar Series 2025 The next seminar in this series focused on applied nursing, midwifery, and AHP research is on Wednesday 3 June, between 1.30-2.30pm. It will focus on qualitative & quantitative research methods in practice. All welcome, [simply use this link to join the meeting](#).

Grampian Pride 2025 – message from Alison Evison *"I am really looking forward to this year's parade, taking place on Saturday 7 June, and I am delighted NHS Grampian will once again be taking part. This is a great opportunity for us to demonstrate our support of LGBTQIA+ colleagues, patients, and individuals living across the region. If you would like to join the #ProudToBeNHSG delegation, all you need to do [is fill in this short form](#) and the Corporate Communications team will be in touch to make arrangements. See you there!"*

Aberdeen Sports Village Corporate Games Just 3 events to go in the 2025 Corporate Games! The swimming event took place last Friday and the competitors had a great time (more on this below). We are still looking for participants for the following events:

- **Athletics** Events include 100m sprint, 100m x 4 relay, long jump, shot putt. This event takes place on Saturday 14 June at the Chris Anderson stadium at ASV.
- **The HYROX fitness challenge** A real test of fitness, including indoor skiing, running, sled push/pull, burpees, farmer's carry and wall balls. Takes place on the evening of Thursday 26 June.

If you're interested in either of these events, contact gram.sports@nhs.scot

Wellbeing, Culture, and Development Wednesday

- **New Management Development Programme - now live!** The new Management Development Programme is open for applicants, find out more here: [The Management Development Programme \(MDP\) has been reviewed](#). Booking is via Turas (log-in required): [Management Development Programme | Turas | Learn](#)
- **Smile Month: 12 May – 12 June** This year's theme, "Feed Your Smile," focuses on how a balanced diet supports healthy teeth and gums. What you eat and drink plays a vital role in oral health. Nutritious foods help maintain strong teeth, while poor choices can lead to decay, gum disease, and enamel erosion. Understanding the link between diet and oral health is key to keeping your smile confident and healthy for life. Visit the [We Care Oral Health webpage](#) to learn how to feed your smile, care for your mouth, and find a dentist.

To contact WCD please email gram.wcd@nhs.scot

Tune of the day Last Friday Caitlin Rees (ED), Jenna Davidson (Dental School), Rebekah Rogers (Woodend Outpatients) and Rachel Medich (AMH Theatres) represented NHS Grampian in the swimming event at the ASV Corporate Games. They had an absolute blast and came a very respectable fifth place. Rachel has asked for [Nightswimming](#) by R.E.M. as the training sessions took place at night at the Sports Village when the footie was on...you can imagine the journey home! (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