

Friday 22 May 2026

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**iMatter 2026 – progress report** The 2026 iMatter survey window opened on Monday and we are delighted to report our response rate is already sitting at 27%. The survey link is emailed directly, so check your inboxes and get involved. It takes less than 10 minutes to complete, and the survey window is open until 5pm on Monday 8 June

**Grampian Sexual and Reproductive Health Service – annual update** This event will take place on Friday 5 June (9am-12pm) in Training Rooms 4 & 5, White Zone, Aberdeen Health Village. Space is limited, and online participation will be facilitated, but we encourage taking part face to face if possible.

The event is aimed at the multi-agency team involved in sexual and reproductive health, and would interest general practitioners, practice nurses, school nurses, women's services, pharmacy services and trainees in relevant specialities. The topics will include contraception and UK MEX update; endometriosis update; sexual wellbeing of young people; and case studies on presentations to sexual health on a Friday afternoon. [Please follow this link to complete the registration form.](#)

**Aberdeen City Population Mental Health Action Plan** We are pleased to share the Aberdeen City Population Mental Health Action Plan 2026–2027, which sets out how partners across the city will work together to improve mental health and wellbeing. To read the plan, [simply follow this link](#). If you would like to connect into this work, share learning, or help shape future priorities, please contact: [healthimprovement@aberdeencity.gov.uk](mailto:healthimprovement@aberdeencity.gov.uk)

**Healing Arts Scotland launch** You are warmly invited to join us in Aberdeen on Monday 15 June for the launch of Healing Arts Scotland. The event will feature panel discussions, Q&As, keynote speakers, spotlight speakers, workshops, and creative wellbeing activities connected to the themes of Healing Arts Scotland 2026. It will be a day of inspiration, connection, and creativity, exploring how the arts can support health and wellbeing for individuals and communities. The event will take place at the Suttie Centre, 10.30am-4pm. All tickets are less than £10, with some free spaces available. [To find out more, follow this link.](#)

**Work/life balance podcast** Dr Clare Bostock, geriatrician, was a recent guest on the Royal College of Physicians of Edinburgh podcast 'Career Conversations', discussing work/life balance. If this is of interest to you, [simply follow this link to listen.](#)

## That was the week that was

Monday 18 – Occupational Health Service downtime/reduced service, national step count challenge

Tuesday 19 – working together to reduce food waste, Inspiring Quality newsletter

Wednesday 20 – reminder re: use of NHS vehicles, launch of online pre-operative assessment service

Thursday 21 – Terrorism (Protection of Premises) Act 2025, CPR training kiosk installed in ARI

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** As we highlighted briefly on Monday, we have two STAR Award presentations to share this week; Lyndsey Spiers from the MEMS team and senior charge nurse Debbie Whyte. Lyndsey was nominated for the exceptional spirit she shows in all aspects of her work, consistently going above and beyond. Debbie's nomination highlighted her leadership qualities and the significant improvements to patient flow and care processes she has led. Bravo to both of them! If you know a team, or individual, STAR, making a nomination couldn't be easier; [all you need to do is complete the short form available via this link](#).

**Tune of the day** Best of luck to Amye McLeod who is leaving Haematology Labs to take up her new position with the Blood Transfusion Service. From all your colleagues wishing you well, here's [Bat Out of Hell by Meatloaf](#).

Audrey Steele-Chalmers, AHP Lead for Moray, is celebrating a BIG birthday today. Her colleagues send their love and best wishes; here's the Number 1 on the day she was born, [Fernando](#).

It's World Goth Day. Sisters of Mercy and [Temple Of Love](#) should do the job. Remember, goths don't age. They just get darker.

Finally, for the parents (or just the 'interested' among you), Pedro Pascal is reading the bedtime story on CBeebies tonight. You're welcome. Have an excellent weekend when it comes (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)