

Daily Brief...



Wednesday 23 July 2025

Agenda for Change – reduction in the working week – reminder If you were employed by us, under Agenda for Change, when we implemented the first reduction in the working week last year, then you're invited [to complete this short survey](#). Your feedback will help shape the implementation of the next reduction to 36 hours/week. Hearing from as many colleagues as possible is vital to making this process a success. If preferred, you can scan the QR below to access the survey, which should only take 2-3 minutes to complete. This survey will close at 9am on Friday so don't delay!



'Think Before You Throw' – sort metal and battery waste As we have shared in this brief, there have been near misses at our clinical waste contractor, because batteries, battery operated devices, or other metals have ended up in orange stream waste. This has led to fires and put individuals' safety at risk. Neil Duncan, our waste manager, has been working closely with national colleagues to develop 'Think Before You Throw' - there's more information available here: [Think before you throw – sort metal and battery waste correctly to keep people safe](#). One third of NHS Scotland waste is incorrectly put into orange stream waste. Orange stream waste is three times more expensive to process. Think Before You Throw, put safety first, and cut costs.

Transport support from THInC Do patients in your service report problems travelling to and from appointments? Please let them know about THInC – the transport advice service supported by NHS Grampian, Aberdeenshire and Aberdeen City Councils, and Nestrans. If someone can't get to their health or social care appointment on their own, THInC can help them explore suitable transport options. In some cases, THInC can even arrange transport on the patient's behalf (at their own cost). Posters and contact cards are available directly from THInC and you should include their contact information in patient appointment letters:

- Phone: 01467 536111 (Monday to Friday, 9am-4.30pm)
- Email: travel@thinc-hub.org

Road closure – Foresterhill Loop Road There will be a single lane closure on the Loop Road at Foresterhill this Friday (25 July) between 9am-3pm. Stop/Go traffic management will be in place. Please observe all signage and directions.

Scottish Cancer Network – clinical management pathways Two new national clinical management pathways – covering prostate and head & neck cancers – have been published. You can read the pathways in full [via this link to the Right Decisions website](#).

Diabetes guideline – management of Hyperosmolar Hyperglycaemic State (HHS) A new guideline has been developed to support the management of HHS in adults. It can be printed and completed as a paper-based document and is valid for use in adults across NHS Grampian. This guidance has been produced as part of a Quality Improvement Project and therefore outcome, process, and balancing measures will be reviewed in due course. [The document is saved on Grampian Guidance via this link](#) There is a QR code at the end of the guideline; scan this to give your feedback or complete this short form: [Any feedback on this guidance?](#)

Wellbeing, Culture, and Development Wednesday

- **Tired but wired at night?** Poor sleep could be the root cause and improving it might be easier than you think. Healthpoint has created four short videos to help understand how sleep affects mental, emotional, and physical wellbeing. Learn what habits to start and which to stop to support better rest. Prioritising sleep is one of the most effective ways to feel better, think clearer, and live healthier. There's more information about sleep [on the We Care website via this link](#). The Sleepio and Daylight services are available to NHS staff at no cost; follow the relevant links to find out more: [more information on Sleepio via this link](#) and [more information about Daylight here](#).
- **Coaching Skills for Managers** This blended learning is for managers at all levels who want to lead through coaching. [Application is via Turas](#) (log-in required), cohorts start monthly from September.
- **Getting the Best from Your Appraisal** This session looks at the benefits of PDPs, explores how to write SMART objectives, and shows how to record Appraisal discussions on Turas. Booking is on Turas via this link: [Getting the Best from Your Appraisal | Turas | Learn](#)

For more information or to raise any queries please contact the team via gram.wcd@nhs.scot

Tune of the day First up, we say 'Bon Voyage' to Robyn Anderson of the breast screening team. She's off to join the screening team in Irvine; Stephanie and all the team hope every time she hears [Bye Bye Baby](#), she'll be reminded of the good times in Aberdeen.

Farewell too, to Ozzy Osborne, who has left the stage for the final time. What else, but [Paranoid](#)? You want to take this one to 11... (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