

Thursday 24 July 2025

Stage 4 escalation update We are at the early stages of developing an improvement plan. This is aimed at getting us onto a secure, sustainable footing, both with regards to finance and our overall performance. This will involve lots of you via our formal structures such as consultation with line managers, GAPF, and ACF, as well as more informal opportunities. Existing plans, such as our work on planned care and unscheduled care, will inform this alongside the external diagnostic report undertaken by KPMG.

During w/c 4 August, we will be meeting with various groups to share key findings from this report and how we will incorporate it into our broader improvement plan. The wider SLT session on 11 August will further consider this and there will be additional open sessions that week; keep an eye on this brief for details of how to take part. The assurance board has held its second meeting; this was a positive and supportive session and minutes of this will be posted on the dedicated website: [NHS Grampian Assurance Board - gov.scot](#)

Adrenal Crisis – recognition, prevention, and treatment A 20-minute eLearning course is available on Turas to support any clinical staff treating people who receive steroid therapy and hold a Steroid Emergency Card. This course will enable them to identify people at risk of an adrenal crisis and correctly identify signs and symptoms. This will help prevent an adrenal crisis when prompt treatment is administered. [To complete this course, follow this link](#) (log-in required) or search 'Adrenal crisis: recognition, prevention and treatment' on Turas. Further information on treatment is available here: [Adrenal crisis | Society for Endocrinology](#) For specialist advice email the Endocrine Specialist Nurses gram.steroidadvice@nhs.scot

ICYMI - ARI Pink Zone cafe – weekend closure This coming weekend will be the final weekend opening at the ARI Pink Zone cafe. It will continue to operate Monday-Friday, 7.30am-2.30pm. Aroma ECC is open 9am-7.30pm at weekends and offers breakfast rolls, sandwiches, snacks, and hot and cold drinks. Aroma Cairngorm is open 8.30am-7pm at weekends and serves hot food (including breakfast), sandwiches, snacks, and hot and cold drinks. From Saturday 2 August staff will be charged a reduced rate for hot food at Aroma Cairngorm; simply show your ID badge to the catering team. Discounts are only available on Saturdays/Sundays.

Blood donation – now available at Aberdeen City Vaccination & Wellbeing Hub We're excited to confirm the team at the vaccination & wellbeing hub have teamed up with SNBTS to offer blood donor sessions! Taking place on Friday 8 August and Monday 11 August, between 9.30-11.30am and 1-3pm (both days), it's hoped 80 donors will attend over the two days. To check your eligibility and book an appointment for these sessions – or at any blood donation opportunity – [visit the Scotblood website](#), email nss.snbtsenquiry@nhs.scot or call 0345 90 90 999

Ticket offer – Inverted Wonderland NHS staff can bag a 10% discount to this show, which reimagines Alice In Wonderland as a magical theatrical circus production. Aerial silks, double trapeze, and mesmerising hoop performances are all in store at Aberdeen Arts Centre on 12 & 13 September. Tickets can be booked here: [Inverted Wonderland | Aberdeen Arts Centre](#), use the code NHS10 at checkout.

Tune of the day Susan Godlington in the Digital team reminds us the Tour De France is seriously heating up with just four days of racing to go. Today? A mere 171.5km between Vif and Courchevel Col De La Loze. To accompany them, Queen and [Bicycle Race](#).

Mairi Stenhouse is leaving the Central Orange health visiting team in Aberdeen, as she has completed her training and has a new post. The team are very sad to see her go and have requested James Blunt and [Goodbye My Lover](#) (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