

Wednesday 24 June 2026

Baird and ANCHOR project update A national oversight board, led by Scottish Government officials, is being set up to provide additional support to this project. Interim director of infrastructure, sustainability, and support services, Jug Johal, said: *"We welcome the appointment of the oversight board and the extra level of assurance it will bring to the projects. We look forward to continuing to work closely with the Scottish Government in the coming weeks and months."*

"We are currently working with the contractor to resolve remaining issues in order to achieve a KSAR approved status with NHS Assure. Once these buildings are open patients from NHS Grampian, and further afield, will have excellent facilities that will serve them for the decades to come."

National Wellbeing Week "Being immersed in loss and suffering daily and expecting not to be touched by it, is as unrealistic as expecting to walk through water without getting wet." Prof Rachel Remen

In healthcare, the water includes current pressures, trauma exposure, moral distress, and the emotional impact of caring. When we know it will be wet outside, we prepare - and afterwards, we warm up and restore ourselves. Self-Compassion offers a way in which we can restore ourselves in response to the challenges of our work. In psychology, compassion is defined as: "a sensitivity to suffering in ourselves and others, with a commitment to alleviate and prevent it."

We offer this every day to patients, but do we extend it to ourselves? We can begin to do this simply by speaking to and treating ourselves the way we would a loved one. Take 3 minutes for yourself, [follow this link](#), and notice your experience.

Interim board secretary appointment Today we are pleased to welcome Drew McGowan, who has been appointed as interim board secretary on a six-month secondment. Drew brings significant experience in corporate governance and policy from his substantive role with Public Services Delivery Scotland as well as previous leadership positions. He succeeds Sarah Duncan, who leaves us tomorrow to take up the role of director of corporate services and chief of staff at NHS Lothian. We would like to place on record our sincere thanks to Sarah for her outstanding contribution during her time with NHS Grampian – which has made a lasting impact across the organisation. We wish her every success in her new position.

Clopidogrel testing rolling out at ARI CYP2C19 genotype testing for patients with acute ischaemic stroke or TIA is now being rolled out to ARI, making us among the first boards nationally to go live. This follows successful implementation at Dr Gray's Hospital as the first phase of delivery.

This is a great example of innovation improving patient safety and outcomes, and a significant step forward for stroke pathways in Grampian. Huge thanks to colleagues across the system who have supported delivery, including the Transformation Team, and to Petrus Elofuke for his clinical leadership in driving this work forward.

Canine visits We know visits from our four-legged friends provide a huge boost to you as staff and to the people we care for. We currently only have a service level agreement with Canine Concern Scotland Trust for these visits; we are working with a provider in Moray to explore a similar agreement. Please only arrange visits via providers where a service level agreement is in place. This ensures your safety, patient safety, and the welfare of the animals. More generally, before arranging **any** animal visit, you must read [the guidance available at this link](#). It clearly lays out which animals are – and are not – suitable for visits to health and care settings.

For guidance on assistance or service dogs, [please follow this intranet link](#).

Wellbeing, Culture, and Development Wednesday

- **Wellbeing Week a chance to act, one step at a time.** Wellbeing, like learning, grows through simple, consistent habits: a pause before handover, a short walk, practising a steady breath before a difficult task, or a check-in with a colleague. Small actions are possible, even on pressured days. Owning your wellbeing also means knowing when to reach out. Speak to someone you trust, use available resources, or talk to your manager. Getting support, rather than trying to cope along, is part of working well. Creating a positive wellbeing culture starts with open conversations, sharing what helps, celebrating small wins, and checking in with others. Together, we create a culture where wellbeing is supported- not as an extra, but part of how we work.

There are two wellbeing talks tomorrow, focusing on women's health, a healthy weight, and the impact of menopause; and psychological safety. [Use this link to check out](#) the programme and the resources developed for this week.

For more information on any of these items or to raise any queries, please contact the team via gram.wcd@nhs.scot

Tune of the day Morag Ogston, one of our digital midwives, is celebrating 40 years with the NHS today. She started in the laundry after she left school and is in a grand family tradition of NHS workers; her mum, dad, daughter, and daughter-in-law are (or were) NHS staff. Colleague Amanda Gotch has requested Bruno Mars and [Count on Me](#) to celebrate not only Morag's amazing 40-year career, but her whole family's commitment to NHS Grampian.

It's also a big day for Sarah Simpson, AHP secretary at RACH, as she retires. Colleagues want to express their sincere thanks for her dedication, leadership and contribution over the years. She will be hugely missed and while they are sad to see her go, they wish her every happiness as she embarks on this well-deserved new chapter and enjoys all that retirement has to offer. They've requested Andrew Gold and [Thank You Being A Friend](#).

We're not dealing with the sweltering temperatures they're seeing down south, but it's still flippin' warm. Michael Hendry, lead superintendent radiographer, is dedicating [I Did It Tired](#) to all of us today.

Brazil. Tonight. 11pm. [Take Me Out](#) (to the knockout stages of the men's world cup...) (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