

Friday 24 October 2025

Winter wellbeing It's that time of year again; the clocks go back this weekend, and the days get ever shorter. There will be those of you who cannot wait for this and those of you who are dreading it. Whichever camp you fall into, there are a few things we can all do to look after your overall health and wellbeing at this time of year:

- Make sure you're getting enough Vitamin D. In spring and summer, we can usually absorb what we need from sunlight. In autumn and winter, not so much! Government advice is to take a Vitamin D supplement – [there's more information on this on the NHS Inform website](#).
- Get your 'flu jab. All NHS staff and social care staff with direct client contact are eligible for a free jab. Getting it protects you, your colleagues, family, and friends, and the people we care for.
- Move your body. Taking regular exercise is vital for your physical and mental health. You don't have to brave bitter weather; swimming, a gym session, or even following an exercise routine at home are all great indoor options. There's information on staff discounts for gyms and classes on the intranet, [just follow this link](#).
- Expose yourself to natural light whenever you can. Getting outside around noon, if possible, is the best time to soak up daylight.

HEPMA/PSC and CDD downtime These systems will be unavailable on Sunday 26 October between 0.45 and 1.15am due to clock change server updates which may impact medicines administration. Users are advised to print HEPMA MAC and MAP reports in advance for all patients who may need medicines between 0.45 and 2.15am, especially those with regular or stats doses due in these hours.

Spiritual Care week A final Spiritual Care Week note simply to say thank you to everyone, whatever their role, who give patients and their families the space to talk about what matters most to them. Spiritual care is all about giving voice to the things that really matter, something that's at the heart of person-centred care. If you are looking after a patient or family you think might benefit from some support from a chaplain, or you'd like some advice on how best to support them, get in touch with the team: gram.spiritualcare@nhs.scot.

That was the week that was

Monday 20 – what to expect when getting a 'flu jab, lights off, windows closed – building security

Tuesday 21 – Ask Laura video update, latest on Foresterhill CDU shutdown, Spiritual Care week

Wednesday 22 – respecting our neighbours, tackling vaccine misinformation, Stammering awareness

Thursday 23 – new recycling resources, clinical trial call for volunteers, nurseries fee increase

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.

Book Blether Seasonal Reads Special Edition (1 Nov 2025 – 31 Jan 2026) The Spiritual Care team and Library & Knowledge Service invite you to explore *With the End in Mind* by Kathryn Mannix - gentle, compassionate stories to help us reflect on dying and living with peace, available through podcast, video and book (as suits you best). Join the conversation in the Seasonal Reads MS Teams channel from 8 Dec, and don't miss the live Teams lunchtime event on 29 Jan with Palliative Care Consultant Tim Morgan and the healthcare chaplains. Contact cornhill.library@nhs.scot to find out more and take part.

STAR Award No presentations to share this week. Remember, nominating a colleague or team for a STAR award is super simple; all you need to do is complete this short form: [STAR Award nomination form](#).

Tune of the day Graeme Hoyle, consultant geriatrician at DGH, is leaving to take up a new post in Tayside. He will be greatly missed by all his chums in Moray, who have requested Joanna Newsom and [Peach, Plum, Pear](#) to reflect Graeme's always healthy dietary choices.

Viki Rafferty, part of the Aberdeen City mental health, learning disability, and substance misuse service, was at HMT last night for the Steps inspired musical Here And Now; with a nod to that and the changing of the seasons, she's asked for [Scared Of The Dark](#).

Kate Murray from the ARI general office plights her troth to Adam this weekend. She's a Disney superfan so Sarah and the rest of the general office team have asked for [A Whole New World](#) from Aladdin, with lots of love and best wishes.

Finally, in tribute to Soft Cell co-founder Dave Ball, who died on Wednesday, [Say Hello, Wave Goodbye](#)

That'll do rightly, I'd say. Take care of yourselves and each other (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