

# Daily Brief...



Wednesday 24 September 2025

**Staff 'flu vaccination** A big thank you to everyone who has come along to get their annual 'flu jab already; the vaccination teams have been reporting busy clinics, which is great to see! The dedicated staff clinics in Aberdeen City and Moray have concluded, but that doesn't mean you've missed out. You can book an appointment at any of the permanent vaccination centres in Grampian. To see locations and opening times, please visit [Centres | Vax Grampian](#). Booking is via the national website here: [Login - Customer Service](#) Staff clinics are scheduled across Aberdeenshire until December; for details on these please check out the 'flu vaccination articles under 'Latest News' on the intranet.

As a reminder, all NHS staff and social care workers with direct client contact are eligible for a free 'flu jab. There is no COVID-19 offer for this group, as per the latest JCVI recommendations. We encourage everyone eligible to get immunised, to protect themselves, their colleagues, and the people they care for.

**Digital Support drop-in session – coming to a site near you!** The digital support centre training team is planning staff drop-in sessions in sites round Grampian, offering you support and guidance on all things TrakCare, HEPMA and related systems. The schedule for ARI is below; dates for other sites will follow in 2026. If you've got questions about applying for access or access issues, setting TrakCare preferences, the basics of Office 365, managing passwords on Imprivata OneSign, or creating and managing a Sharepoint site, you are invited to stop on by:

- Wednesday 1\*, 8 & 15 October, Ward 208 large teaching room, 10.30am-4.30pm

\*At this session, the training team will be joined by colleagues from the Workforce Department who will be offering support on Loop eRostering application

**National funded pre-doctoral and doctoral (PhD) fellowships for NMAHPs** The Chief Scientist's Office Scotland have announced their latest call for pre-doctoral and doctoral fellowships. If you would like to discuss further/seek support with developing an application, please contact Debbie Baldie (nurses & midwives) [deborah.baldie@nhs.scot](mailto:deborah.baldie@nhs.scot) or Kay Cooper/Nicola Rhind (AHPs) [gram.ahpresearch@nhs.scot](mailto:gram.ahpresearch@nhs.scot). Even if you are not certain you will apply, we encourage getting in touch early. It takes several weeks/months to develop a strong application and to allow time for the required approvals to take place.

- CSO NHS Researcher Development Fellowship - Introductory fellowship specifically aimed at NMAHPs and other clinical staff: [CSO NHS Researcher Development Fellowship – Chief Scientist Office](#)

- **CSO Clinical Academic Fellowship** – An opportunity for early career professionals to undertake a full or part-time PhD at a Scottish university whilst retaining at least 20% clinical commitment: [Clinical Academic Fellowships – Chief Scientist Office](#)

**National weight management services survey** NHS Scotland is making plans for weight management services across Scotland and is gathering feedback on how they can better meet people's needs. Anyone aged 18+ is encouraged to complete this short survey to share their views: [NHS Scotland Weight Management Services Survey](#)

**Climate cuppa at DGH today** The Sustainability Team is hosting a staff coffee morning in the foyer at Dr Gray's today from 10am-12noon, ahead of another in the Pink Zone Cafe at ARI next week (Oct 1) from 9.30am to 11.30am. Go along to meet the team, ask questions and share your thoughts on how we're responding to climate change and becoming more sustainable. Bring your own coffee (ideally in a reusable cup!) and enjoy a relaxed, informal chat. You can also ask questions or share your ideas by emailing [gram.scar@nhs.scot](mailto:gram.scar@nhs.scot) Lots of public events are lined up for this year's wider [Climate Week North East](#) from 20 September - 5 October. Check out what's on offer, including many family-friendly activities which are open to all.

### **Wellbeing, Culture, and Development Wednesday**

- **Migraines – a hidden burden** Migraine is more than just a headache—it's a complex neurological condition affecting over 1 in 7 people, meaning many of you reading deal with them. Attacks can cause intense pain, nausea, visual disturbances, and cognitive fog, making it difficult to function at work or home. The unpredictability and severity of migraine can lead to missed shifts, reduced productivity, and emotional distress. Yet, because symptoms are often invisible, the impact is frequently misunderstood. As an organisation, we signed The Migraine Trust's workplace pledge earlier this year and have worked closely with them to improve understanding of migraine. For more on our work, check out our website: [www.nhsgrampian.org/migraine](http://www.nhsgrampian.org/migraine) For more from The Migraine Trust, follow this link: [Poor understanding of migraine has devastating implications for careers and personal lives of those with condition - The Migraine Trust](#)
- **Coaching Skills for Managers** Places are available on this course, with start dates in December, January, and February. The blended learning experience includes approximately 9 hours of self-paced e-learning over 6 weeks, followed by 2 x 2 hrs group sessions in weeks 6 and 8 to practice real coaching conversations. This is a popular course, so early sign-up is encouraged; full details, including a link to the application form, can be found on Turas (log-in required): [Coaching skills for managers | Turas | Learn](#)

For more information or to raise any queries, please contact the team via [gram.wcd@nhs.scot](mailto:gram.wcd@nhs.scot)

**Tune of the day** Congratulations to Alison Bain (senior physiotherapist, paediatrics) and Jenny McCormick (clinical scientist, medical physics) on rowing their way to gold medals at the recent World Rowing Masters Regatta in Spain. They were part of a nearly 50 strong team from Aberdeen and their success is even more impressive as it was their first time at this event! For Alison and for Jenny, here's [Gold Dust by DJ Fresh](#). Squeezing in a second request to wish Annie Buchan, a dental health support worker with the Childsmile team, a very happy birthday. I hear she's partial to a bit of Donny Osmond, so to mark her special day, here's [Puppy Love](#) (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)