

Friday 27 February 2026

Self-Harm Awareness Day (SHAD) This Sunday (1 March) is Self-Harm Awareness Day (SHAD) - a day dedicated to breaking stigma, raising awareness, and promoting compassion and support for anyone affected by self-harm. This year's theme is 'Connection is Coping: Finding Support Together', reminding us that reaching out can be life-changing, and none of us should struggle alone. How do we play our part?

- Be informed - Take time to understand the experiences behind self-harm
- Reach out - Listen without judgement and create safe moments for disclosure
- Spread the word - Actively share reliable resources and direct people towards support

[Useful resources and an invitation to a free online event next week can be found via this link](#). Together, we can help ensure every conversation has the potential to bring hope, connection, and safety.

Cervical screening - staff clinics Dedicated staff screening appointments are available at ARI, Dr Gray's, and Maryhill Group Practice in Elgin until the end of March. If you are due (or overdue) for a cervical screen and find it difficult to attend a routine appointment, [you can find more information on the intranet by following this link](#). Please note, you do not need to be registered with Maryhill Group Practice to attend a staff screening clinic there.

Apprentices Working for the NHS Next week is Scottish Apprenticeship week! This highlights the benefits apprenticeships bring to individuals, businesses, and the wider economy, showcasing how apprenticeships create careers, develop skills, and support workforce growth across Scotland. There's a series of Teams events happening throughout the week; dates, times and joining information are available on the intranet, [just follow this link](#).

R&D lunchtime seminar - The Grampian Biorepository Joan Wilson (Biorepository Manager) will discuss the roles & responsibilities of the Biorepository based in ARI and how they can assist you in Research. Please join us on Tuesday 10 March, in Room 115 of the Health Sciences Building, between 12-1pm. Booking is essential; to secure a space, please email gram.randdtraining@nhs.scot

Staff meditation sessions – Foresterhill There's an opportunity for you to try Anapana meditation with free sessions facilitated by our own Dr Khyati Parikh. Taking place on Monday 9, 16, 23, and 30 March, there are two sessions each day, each lasting 25 minutes. Sessions will be held in the Suttie Centre, [more information is available via this link](#).

That was the week that was

Monday 23 – support with year-end appraisals, ICON programme webinar

Tuesday 24 – HCSW application and interview prep sessions, NHS Grampian Charity update

Wednesday 25 – Chief Executive Team report, pilot of walk-in primary care services

Thursday 26 – portfolio review conclusion, interim director of people and culture appointed

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.

STAR Award No presentations to share this week. Do you know a team, or individual, STAR? Making a nomination couldn't be easier; [all you need to do is complete the short form available via this link](#).

Tune of the day Today's request comes from Martin Urquhart: *"Almost 10 years to the day since I joined the Med Sec Service and after 4.5 years in my current post I am going on a 2-year secondment to another team. I want to dedicate [Celine Dion & Ne-Yo's "Incredible"](#) to every person in the Med Sec Service, the system wouldn't work as it does on a daily basis without them - and I couldn't have asked for a better team to work with."*

If, like me, you're a fan of Red Dwarf, you'll have been saddened by the sudden death of co-creator Rob Grant. Please enjoy this classic moment, [as Lister does his best to teach Kryten how to lie...](#)

Once again, the weekend hovers on the horizon. If it holds downtime for you, enjoy. If you're at work, stay safe. Either way, thank you (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