

Daily Brief...



Wednesday 29 October 2025

Personal use of social media policy This policy has been refreshed and approved by the Grampian Area Partnership Forum. [We encourage all colleagues to read it by following this link](#); it does not exist to interfere with your personal use of social media, but rather to highlight the risks and help you minimise them. Please remember, any social media activity – whether on the NHS Grampian accounts or anywhere else – which results in harm, distress, or loss of reputation to patients, your colleagues, or the organisation may be considered gross misconduct.

We've previously used this brief to help you protect your privacy. This is particularly important on social media; do you know how much of your information is out there? [This short video from Action Fraud](#) shows just how easy it is to get a lot of data about you in a matter of minutes. The policy has information on how to keep your accounts as secure as possible.

'SignLive' - online BSL interpreter 'SignLive' is now 'Convo Now'. Due to this change, access to the service is currently on hold. If you require a BSL interpreter to attend an appointment either face-to-face or via Near Me for your Deaf/BSL user patients, please contact our local BSL interpreters; contact details [available by following this link](#). The new platform also means a change in the access to 'Convo Now' and any department/service requiring this provision should please email gram.equalitydiversity@nhs.scot

Stop the Pressure study day The department of Tissue Viability will be hosting what promises to be an amazing study day at the Beach Ballroom on Wednesday 12 November – 'Stop the Pressure 2025 – Empower, Educate, Eliminate.' The event will focus on the reduction and management of pressure ulcers, and the legal implications of documentation and care, in an exciting and alternative format. The day is free to attend for all staff from the NHS, private sector and care, including nurses, HCSWs, AHPs, students, medical staff, social care teams and colleagues from care homes. Lunch and coffee will be provided.

[Find out more, view the agenda for the day and book your place now.](#) Thanks to industry colleagues for supporting us to enable this event to go ahead and look forward to seeing you there.

Respiratory MCN winter event You can still book your place on the Grampian Respiratory MCN winter event 2025 taking place on Wednesday 12 November, hosted on MS Teams, 9.15am-12pm. The session will cover a range of topics to support your patients with respiratory conditions this winter. This will include preschool child with cough, a Grampian respiratory update, chronic disease review template update, lifestyle medicines, and COPD exacerbations and bundle. [Booking is via this link.](#)

Future Care Planning for community colleagues - virtual taster session Hosted by the Realistic Medicine team, this session will take place on Wednesday 26 November, 12.30-1.30pm, on Teams. It's aimed at community colleagues and will introduce the concept of Future Care Planning, its benefits, and practical tools to support kind and careful conversations with individuals and families. No registration is required—[please copy and paste this Teams link](#) into your calendar and join at the scheduled time.

Save the date – NHS Education for Scotland annual conference This two-day, online, event will take place on 23 and 24 April 2026. This conference is for colleagues from all professional disciplines across health and social care with an interest in education and training, workforce development and digital solutions. Seminar abstract submissions and poster abstract submissions are being accepted now; full details on [the event are available on the NES website via this link](#).

Wellbeing, Culture, and Development Wednesday

- **Time Management:** A 90-minute course designed to help you take control of your time. Learn to spot the signs of poor time management, set clear goals, and use practical tools to plan and prioritise effectively. [Booking is via this Turas link, log-in required.](#)
- **Wellbeing Talks announcement** Following review, our new schedule for Wellbeing Talks is now live. These online sessions will take place the last Thursday of every month, with topics including sleep, migraine, menopause, and financial support. To register for our first session 'Managing Menopause', taking place tomorrow (30 October) 2-3pm and further sessions to come, please email us via gram.wcd@nhs.scot
- **Manager's Development Forum** This group meets tomorrow (30 October) at 11.30am. Come along to get a slice of CAKE; a practical tool designed for managers to weave wellbeing into team discussions. An opportunity to check in, share your story and link with peers. You can join the MS Team [for this forum by following this link](#).

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

Tune of the day The tissue viability team make today's request, as they gear up for their study day in a fortnight; what else but [Under Pressure](#) by Queen and David Bowie? (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