

Tuesday 29 September 2026

Chief Executive's blog We start today with Laura Skaife-Knight's regular blog, which includes reflections on the critical incident called over the weekend. We want to underline Laura's thanks to all those involved, in whatever way, in what was an extremely challenging few days. This month she's reflecting on Speak Up week, the plans for NHS reform, and arrivals and departures from the organisation. [Follow this link to read her update in full.](#)

Have Your Say: pulse survey now live As part of [Speak Up Week](#), we're encouraging you to take part in our first 'pulse' survey. You should have an email in your inbox from Webropol containing your invitation. If yours has not arrived, please contact gram.imatter@nhs.scot. This is also the address you should use if paper copies are required. This 2-3-minute, 5 question, survey focuses on the staff experience part of the wider iMatter survey. It's part of our commitment to listen to you, act on your feedback, and improve your workplace experience. You can have your say anytime between now and Sunday 18 October. [Director of People and Culture Jay O'Brien has recorded this video message](#) to support your involvement.

Making Every Mealtime Matter training The practice education & development food, fluid & nutrition group is launching a series of mealtime coordinator refresher sessions throughout October to support you in delivering safe, effective and person-centred nutritional care. These practical, discussion-based sessions will focus on current best practice, the role of the mealtime coordinator, recognising patients who require support, and sharing ideas to improve mealtime experiences across our wards. Sessions commencing from 8 October, last around 75 minutes, [and can be booked via this Turas link](#) (log-in required). If you support patients during mealtimes or would like to develop your understanding of the mealtime coordinator role, please book a place on one of the refresher sessions and be part of strengthening food, fluid and nutrition care across our wards. Together, we can help ensure every mealtime matters.

Climate Week 2026: Small Actions, Big Impact Climate change is no longer a future problem. Across Scotland and the UK, we are already experiencing more frequent heatwaves, intense rainfall, flooding, severe storms, and changes to ecosystems and biodiversity. Healthcare is on the frontline of responding to climate-related health risks, but it is also part of the challenge. Reducing our environmental impact is therefore an important part of protecting public health, both now and for future generations. We want you to treat your workspace like a room in your house. You wouldn't leave lights or heating on in an empty room and the same applies at work. Small actions, taken by the thousands of us who work for NHS Grampian, can have a significant impact. Simple housekeeping measures can reduce building energy costs by 5-10%, with savings being immediate and requiring little more than a change in habit.

Before you leave today, take 30 seconds to look around your workspace and ask yourself: "Would I leave it like this if I were paying the energy bill at home?". Ultimately, as taxpayers and NHS staff, we are paying that bill. [There's more energy saving advice available via this link](#); if you want to know more about sustainability within healthcare, [why not complete our sustainability eLearning by following this link?](#)

Help shape support for gambling harms A new partnership initiative is working to better understand and address gambling-related harms across Aberdeen City. The Gambling Harms Recovery Network (GHRN) brings together ourselves, Aberdeen City HSCP, the Scottish Recovery Consortium, community organisations and people with lived experience to improve prevention, support and recovery services.

[The survey at this link](#) is for people with lived or living experience of gambling harm, including those affected by someone else's gambling. If you have been affected by gambling harm, or know someone who has, please take a few minutes to complete the survey. Your voice can help shape the future of support and recovery services in Aberdeen.

[For more information on the GHRN or where to access support, please follow this link.](#)

Scottish Apprenticeship Awards 2027 – nominations now open This event celebrates the achievements of Foundation, Modern and Graduate Apprentices, as well as the employers and learning providers who support them. The awards will launch Scottish Apprenticeship Week 2027, with winners announced at a ceremony in Glasgow on Friday 26 February 2027.

If you work with apprentices, you are encouraged share information on individuals or teams whose contributions deserve recognition. Nominations should be sent to nicola.ogilvie@nhs.scot by close of play on 5 October. Please include details of the nominee, their learning journey, their impact on the service, and how their apprenticeship has influenced their career ambitions and future plans. Eligible nominees must be completing their apprenticeship during 2026.

Baby Loss Awareness Month This annual event will begin on Thursday; Lyndsey Speirs, a senior secretary based in Level –1 in the Pink Zone of ARI, will be creating her usual display of ribbons in memory of those babies who left us too soon. If you want to add a ribbon, please contact Lyndsey directly. The display will be up throughout October, and all colleagues are welcome to take a look.

NHS Grampian Charity The charity wants to hear from you! They are looking for feedback from staff across Grampian to better understand your views and ideas on fundraising, to help shape the charity's future activities. The survey is very brief and shouldn't take more than a few minutes to complete, and we would really appreciate you taking the time to share your thoughts. [Follow this link to get involved.](#)

Legacy award Last week we marked a truly incredible period of service and presented a Legacy Award to Helen Smith, who has worked in the NHS for SIXTY YEARS. Helen enjoyed a special tea party with Laura Skaife-Knight, who was delighted to present her with her award. Congratulations, and thank-you, to Helen.



Pause for thought What do you hope for? What will you do?

As a reminder, Guided Journaling takes place weekly, with occasional breaks for annual leave; [booking is via this Turas link](#) (log-in required).

Tune of the day Congratulations to Julie Wattie, a nurse manager in emergency and unscheduled care at ARI, on receiving her 30-year service award last week. Colleague Emma Templeton has asked for [Macarena](#), which was riding high in the charts when Julie began her NHS career.

Kendra Hadden makes our second request, dedicated to Kenny the porter at Chalmers Hospital in Banff. He's retiring after 30+ years with the NHS and it sounds like the place won't be the same without him! For Kenny, from everyone at Chalmers, here's [I'm Free](#) by The Rolling Stones (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.dailybrief@nhs.scot