

Monday 30 June 2025

Protecting your personal privacy We speak a lot about the privacy of the people we care for, but what about your personal privacy and security? This may seem like common sense, but here are some important things to remember:

- Never give any personal contact details e.g., mobile number, email address, or details of your home address, to a patient or their relatives. Any one requiring contact information for a ward or service should be given the main telephone number and generic service and/or agreed administrator's email address.
- Don't allow a patient or their relatives to use your personal mobile phone or tablet, no matter the circumstances. Similarly, NHSG devices e.g., tablet, PC, laptop are for use by NHS Grampian staff **only**.
- If you have a personal account on any social media platform, it is good practice to regularly check your security settings. Who can tag you? Who can see your photos or other posts? You can usually find these under the heading of 'Settings' and/or 'Privacy'. Remember, almost all platforms offer you the ability to remove tags on posts or in comments, but that is something you have to do personally.

Winter 'flu/COVID-19 vaccination programme We know you may be more focused on summer holiday plans right now, but as the JCVI guidance for this year's 'flu and COVID-19 vaccination programme has been formally accepted by the UK government, we wanted to provide you with an update. All NHS Scotland staff, along with those social care workers who have direct patient/client contact, will be offered a free 'flu vaccination. However, there will be **no** offer of COVID-19 vaccination to NHS or social care staff. The COVID-19 programme will focus on those most at risk of serious illness: those aged 75 and over, those living in care homes for older adults, and those aged 6 months or more and defined as immunosuppressed in Chapter 19 of the Green Book. We'll have much more to share on the programme, including our plans for increased peer-to-peer vaccination, in late August/early September. You can read the JCVI advice for yourself here: [JCVI statement on COVID-19 vaccination in 2025 and spring 2026 - GOV.UK](#)

ARI Pink Zone cafe – weekend closure Please be advised Saturday 26/Sunday 27 July will be the final weekend opening at the ARI Pink Zone cafe. It will continue to operate Monday-Friday, 7.30am-2.30pm. Aroma ECC is open 9am-7.30pm at weekends and offers breakfast rolls, sandwiches, snacks, and hot and cold drinks. Aroma Cairngorm is open 8.30am-7pm at weekends and serves hot food (including breakfast), sandwiches, snacks, and hot and cold drinks. From Saturday 2 August staff will be charged a reduced rate for hot food at Aroma Cairngorm; simply show your ID badge to the catering team. Discounts are only available on Saturdays/Sundays.

Communication training – RACH The Speech and Language Therapy team at RACH would like to invite you to a communication training session on Thursday 31 July, 11am-12pm in seminar room 1 at RACH. This is for any staff who work at RACH who wish to learn more about the role of SLT, how to

support the children you care for, and an introduction to using communication aids. Please click on the following link to book your place: [Communication training: Thursday 31st July 11am-12 seminar room 1 RACH](#)

Community Falls Policy – survey closing this week Our policy for the prevention, reduction and management of falls in the community is currently being reviewed. The group tasked to do this is keen to capture a flavour of what people working in the community know about falls prevention and falls related activity. This short survey: [Falls prevention in the community v1.0](#) will give the team valuable feedback. Please note, this is for community staff only; those working in hospital settings should not participate. The survey will remain open until this Friday (4 July). Need more information? Contact nichola.mcpherson@nhs.scot or rosie.cooper2@nhs.scot Can't access the link above? Scan the QR code below instead:



When Central Stores orders go astray We often receive requests for help in tracking down missing orders. If you have had items mis-delivered to your department, labelled for another area, please contact your local porters or transport to have them collected and delivered to the correct area. You should state these have been delivered to the wrong location, giving them your location and the labelled location of the order, so redelivery can be arranged. Stores cages should also be returned to Central Stores as soon as possible. This will avoid having to condense cages for larger areas which can lead to mis-deliveries.

NHS Grampian tennis club Wimbledon gets underway today, so what better time to highlight the NHS Grampian tennis club? They meet weekly (Thursdays) between 8-9pm at the outdoor courts at the Aberdeen Tennis Centre, Westburn Park. Open to improver and intermediate players, entry is free for those with a Sport Aberdeen Tennis or Get Active membership. Non-members pay £13 per session. Booking is via this link: [Clubspark / Aberdeen Tennis Centre / Coaching / Summary](#)

Pause for thought Dylan Thomas once remarked: “*Somebody’s boring me, I think it’s me.*” Where do you find yourself being bored with yourself? If you think about it deeply, what’s really going on?

Tune of the day It’s the last day of June, end of the ‘official’ Pride month. As far as we’re concerned, Pride is relevant 365 days a year, but to mark the occasion, Shona McLeman from the sexual health service has requested [Because Of You by Gustaph](#) (Belgium’s entry in Eurovision 2023, finished a very respectable seventh).

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