

Friday 31 October 2025

Celebrating Learning Disability nursing Tomorrow (1 November) is Learning Disability Nursing Day. On that day, in 1919, the first Learning Disability nurse was officially registered. LD nurses provide specialist healthcare and support to people with learning disabilities, as well as their families, carers, and support teams. Their practice spans the lifespan and addresses physical, mental, emotional, psychological, educational, spiritual, and social needs. Rooted in person-centred and inclusive approaches, they apply in-depth knowledge of rights-based legislation and are key to reducing health inequalities and addressing unmet health needs. Their expertise in communication and implementing reasonable adjustments is vital to improving health outcomes. Learning Disability Nurses work across diverse environments, reflecting the breadth and transferability of their skills. Their practice is guided by evidence-based care, legal frameworks, professional standards, and local and national policy drivers. We are delighted to celebrate them, today, tomorrow, and every day!

A Day in the Life of a GP Practice A new documentary-style video, filmed in an Aberdeen GP Practice and offering a behind-the-scenes look at the realities of modern general practice, is released today. You can [watch the video by following this link](#). The short film highlights how practices have adapted, post-COVID, to meet rising demand, as well as the impact of virtual triage and the daily challenges faced in primary care. We'd encourage you to watch and share the link with colleagues.

That was the week that was

Monday 27 – Annual Review – public session invitation, reminder to submit Reduced Working Week plans

Tuesday 28 – update on our financial position, making an informed decision on 'flu vaccination

Wednesday 29 – refresh of personal use of social media policy, Stop The Pressure study day

Thursday 30 – green car salary sacrifice scheme, NES Mobile Skills Unit to visit Aberdeen

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STAR Award This week we give all the flowers to Natalie Fox, a senior charge nurse on Skene Ward at Roya Cornhill, on her recent STAR award presentation. Natalie has only been in post for a short time, but she has made a significant impact. Through initiatives like a shared decision-making council, Natalie has focused on staff and patient wellbeing, produced a monthly newsletter for carers, and facilitated a well-attended carers support group. Her leadership has also enabled meaningful patient activities, such as a visit to the football. These achievements reflect Natalie's dedication and vision. Remember, nominating a colleague or team for a STAR award is super simple; all you need to do is complete this short form: [STAR Award nomination form](#).

Tune of the day Chloe Tucker is leaving behind her friends and colleagues in the ARI haematology lab to go travelling in Australia. From all the team, [Land Down Under](#) by Men At Work.

To mark LD Nurses Day (tomorrow, see above) Kerry Anderson, nurse consultant, has asked for Katy Perry's [Roar](#), in recognition of the work LD nurses do to make sure their patients' voices are heard.

Callum Birrell, part of the Central Decontamination Unit at Foresterhill, turns 21 tomorrow. Mum Jackie works in our finance team and sent in the following: *"One minute they're 7, playing with toy cars... next thing you know, they're driving real ones, voting, and planning their own move-out adventure. [Seven Years by Lukas Graham](#) brings back big memories—Cal once rocked a pretty sizeable stage to it (yes, there's a video, and yes, it's awesome). CDU folks, if you want to see it, just give me a shout. Sorry-not-sorry, Cal. Also, huge shout-out to all the CDU legends who continue to keep things running under unprecedented circumstances. You're amazing!"* Callum, I'll add my own apology here; I learned long ago not to get in the way of a proud mama...

Finally, it's Hallowe'en and the team in sexual health are feeling the spooky vibes, dusting off their broomsticks, and heading out tonight to party with the ghosts and ghouls. For them, [Devil Inside](#) by INXS.

I hope your weekend is filled with treats, not tricks. 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