

Friday 5 September 2025

Foresterhill staff car parking Colleagues based at Foresterhill will be able register their wish to park their car in staff areas on the site, including Level 6 and above of the Lady Helen Parking Centre, from **Monday (8 September)**. Thank you for your patience as we ironed out some technical difficulties.

This system has been designed to be much simpler than previous permit schemes. To complete your registration, you will need to confirm your name, pay number, vehicle registration, and your line manager's name. A few things to bear in mind:

- There is **no** closing date. This is **not** first come, first served; whether you register on Monday or in three weeks' time will make no difference. Too many people trying to register at once may overwhelm the network; there is no rush.
- This is an equitable scheme. No one staff group will be prioritised over another.
- We anticipate enforcement of the new scheme will begin late October/early November. This date will be clearly communicated via this brief.
- There is no 'carry over' of any previous issued permits; these will be null and void once enforcement begins, so existing permit holders should register via this scheme.
- NHS Grampian staff based at other sites, but who regularly come to Foresterhill for work purposes are also able to register under this scheme.
- Students on clinical placement, or who also work for the organisation, can register via this scheme. We know students on placement will not have an NHS pay number; please state 'Student on Placement'
- There is **no** parking provision for students coming to Foresterhill for lectures, tutorials, etc.
- If your department/service has pool vehicles, they do not need to be registered just yet. We will advise on the process for registering these vehicles in due course.
- Registering via this scheme does **not** guarantee you a space; if no staff parking is available, you will need to park off-site.

Registration will be via an MS Form. You will need to access it on an NHS Grampian device **or** on a personal device which has the relevant security programme installed. We're encouraging line managers to assist with access to work devices to allow staff to complete their registration.

Please direct any queries to gram.aricarparkingpermits@nhs.scot

Reminder - National Hyperbaric Centre & Doors Open Day The National Hyperbaric Centre at Foresterhill is part of this year's Doors Open Day. The centre will be open between 10am-2pm tomorrow (Saturday), with small group tours taking place every 20-30 minutes. The facility is based at 123 Ashgrove Road West, with parking and disabled access available. The team look forward to welcoming you!

National Wellbeing Week – women's health For the last of our features to mark National Wellbeing Week, we're focusing on women's health. Nationally, phase two of the [Women's health plan - gov.scot](#) is expected at the end of this year. With a female workforce of over 14,000, a helpful list of evidence-based support for your wellbeing has been compiled and is available here: [National Wellbeing Week – Women's Health](#)

That was the week that was

Monday 1 – keeping sharps bins secure, Windows 11 – automatic upgrades

Tuesday 2 – Active Directory – new security feature, image copyright – what you need to know

Wednesday 3 – patient meals and provisions, feedback request for new graduate nurses and midwives

Thursday 4 – error in AfC arrears of pay, 'flu vaccination – what to expect at your appointment

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 This week we tip our hat to Sarah Hughson, clinical lead in acute physiotherapy, on her recently presented STAR Award. Sarah has shown exceptional commitment to improving delayed discharge processes. Her proactive planning, insightful questioning, and leadership in meetings have led to earlier discharges and better team coordination. Well done, Sarah! 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](#).

Staff discounts – don't miss out Remember, there's a whole section of the intranet dedicated to staff discounts? Just click on the Your Space button on the homepage, [or follow this link](#) (networked devices only). Current offers include Inverted Wonderland at Aberdeen Arts Centre and discounted Life Life Aberdeenshire memberships.

Tune of the day Our first request today is dedicated to Jane Gill, programme director for the Moray Maternity Collaborative. She's returned after an extended period of leave, and the team are delighted! For Jane, Mariah Carey and [We Belong Together](#). From a 'welcome back' to a 'farewell'... Ruby McBain has been on placement across Public Health for the last 12 months. However, RGU have called, and they want her [Back For Good](#). Ruby has a huge help to me too, uploading the brief each day, for which I am very grateful! Finally, for Nikki Hill (admin assistant in domestic services) from daughter Erin (secretary at Royal Cornhill) here's [Bits n Pieces](#) by Artmesia. Nikki's competing in the Glenmore 24 endurance race this weekend and this tune should get her pumped and ready!

If you are familiar with Dr Ed Patrick (stand-up and anaesthetist) you might have seen his skits about staff emails in the NHS. They have given me much amusement, and I'm certainly grateful I've never had to report a donkey on the loose in the multi-storey car park (this will make sense if you've seen his videos). Whatever your plans for the coming weekend, I hope you have a good one. Take care, we'll be back on Monday (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