

Daily Brief...



Tuesday 6 January 2026

Weather latest – new Amber warning The Met Office has updated the forecast and issued an Amber weather warning, effective between 11am-7pm today (Tuesday 6 January).

A spell of heavy snow is expected to move east across central and northern Scotland during the day, clearing to wintry showers during Tuesday night. A further 5-10 cm is expected widely with 15 cm in places, particularly above 200 metres.

Once the Amber warning expires, a Yellow warning for snow and ice remains in force until 11.59pm tonight. Temperatures are set to remain low for the rest of the week, with some sleety showers, meaning we are in for a slow thaw.

[You can read the full weather warnings and check out the forecast via this link to the Met Office website.](#)

Weather disruption – 4x4 requests All 4x4 transport support requests, whether for NHS Grampian, Aberdeen City/Aberdeenshire/Moray health and social care partnerships, or for Scottish Ambulance Service should be sent to: gram.arimicontrolroom@nhs.scot only. Please ensure you use 'Transport Cell' in the subject line.

Service disruption – retail catering Some retail catering units in ARI may be subject to closure altogether, or early closure, due to staff shortages caused by the current weather. We will ensure a hot breakfast and lunch service at Aroma Cairngorm and Pink Zone Cafe as usual, but other units may remain closed, and other outlets may be subject to early closure. We will keep customers updated as the week progresses, and apologise for any inconvenience

Palliative Care courses – 2026 dates available for booking Places are now available to book for the following Palliative Care courses taking place throughout 2026:

- Principles of Palliative Care (For Registered NMAHP)
- Foundations of Palliative Care (For HCSW & Carers)
- Advanced Principles of Palliative Care (For Registered NMAHP) *Please note that this course is aimed at those who have previously completed the Principles of Palliative Care course

[Course flyers with further information are available on the intranet via this link.](#) For enquiries, please contact: gram.mcn@nhs.scot

Adult Weight Management service – Think Well, Eat Well programme Think Well, Eat Well is a Tier 3 service programme for adults with a BMI ≥ 38 -45kg/m² (≥ 35 -45kg/m² for Black African, Black Caribbean or Asian Groups) and with one or more of the following:

- Cardiovascular disease
- Type 2 Diabetes
- Prediabetes
- Previous history of Gestational Diabetes

Further information about the inclusion/exclusion criteria and how to make a referral can be found on the [intranet by following this link](#).

NHS Grampian Charity Did you know the charity has around 230 dedicated charitable funds for hospitals, wards and departments across Grampian? That means that any money that is donated for your area stays in your area – it doesn't go into one central pot, and it doesn't get spent elsewhere. Want to know more about the funds for your area? You can see the full list of all our charitable funds [on our intranet site via this link](#), just click the blue button at the top of the page.

Tune of the day Well, yesterday was a stinker, weather wise, and we look set for more of the same today. To each of you reading, thank you so much for the part you are playing in keeping our particular show on the road. It's not easy, or pretty, but we're doing it.

For the rest of this week (subject to your requests, of course) I'm focusing on big birthdays. If 2026 is the year you turn 50, then frankly, [You Should Be Dancing](#) (also released in 1976) (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