

Tuesday 7 July 2026

All-staff briefing Thanks to everyone who attended yesterday's briefing. As usual, it was recorded for the benefit of colleagues unable to attend; [you can catch up via this link](#).

Person-centred meal ordering Ordering meals in a person-centred way helps ensure patients receive food that meets their needs, preferences and appetite. Please take time to consider what each patient is likely to eat, and be thoughtful about the quantities ordered, to support good nutrition, improve patient experience and reduce avoidable food waste.

Good ordering practice includes:

- Checking patient preferences and appetite
- Ensuring named meal cards are submitted so dietary needs are met
- Ensuring orders are appropriate for the patient, including allergies or the correct texture modification
- Avoiding "just in case" ordering
- Reviewing quantities before submitting orders
- Cancelling orders for discharged patients
- Adjusting orders where patients are away from the ward, fasting, or have reduced appetite

Values Based Reflective Practice VBRP® is a simple structured way to support you to pause, reflect, and make sense of everyday work. We offer facilitated group sessions, 1:1s, and flexible reflective tools for teams and individuals. Here's what we have on offer:

- Open monthly online sessions, first Thursday of the month, 10-11am, [use this link to book](#).
- In-person quarterly sessions. The next one takes place on Monday 24 August, 1-2pm, at ARI (contact gram.vbrp@nhs.scot for more information)
- Managers' VBRP®, available via Management Development Forum (no booking needed)
- Build your skills:
 - Essential Toolkit (1 day), [follow this Turas link \(log-in required\) to book](#).
 - Facilitator Training (2 day), [follow this Turas link \(log-in required\) to book](#).

For more information or an initial chat, contact: june.gordon@nhs.scot or gram.vbrp@nhs.scot

HCPC registration renewals Members of the Health & Care Professions Council (HCPC) are required to renew their registration every two years. The registration renewal window is currently open for podiatrists, closing **31 July**. For a full list of professions and their registration renewal dates, [please visit the HCPC website via this link](#). Renewing your registration with **any** professional body is **your** responsibility; a lapsed professional registration will impact on your ability to work.

NHS Grampian Charity Did you know the NHS Grampian Charity is our official charity and the only charity supporting all patients and staff at all hospitals across Grampian? It is an independently registered charity with the Scottish Charity Regulator, looking after all the donations made to NHS Grampian to ensure they are spent in line with charity law and with the donor's wishes. Visit the charity's [Intranet page via this link](#) to find out how you can apply for funds to support non-core activities to benefit patients in your area.

Tune of the day Happy 50th birthday to 'bundle of joy' Deirdre Balfour at Seafeld Dental Practice! Colleagues tell us you are the fittest and most energetic 50-year-old they've ever known, always beaming with positivity. From everyone at Seafeld, here's [Freed From Desire by Gala](#).

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