

Friday 7 November 2025

Wendy wins! Congratulations to our own Wendy Harper, who emerged victorious at Scotland's Health Awards last night, collecting the Support Worker Award. We are thrilled for her; congratulations to all those nominated, we hope you had a great evening in Edinburgh.

Mouth cancer awareness month In the UK over 8000 cases of oral cancer are diagnosed each year; more people in the UK die each year of mouth cancer than of cervical and testicular cancer combined. Up to 90% of all mouth cancers are linked to lifestyle factors such as smoking, drinking alcohol, HPV, and smokeless tobacco products. We encourage everybody to be mouth aware and pay close attention to what's going on with their mouth. Here's some things to look out for:

- Red or white patches
- Unusual lumps or bumps in your mouth
- Ulcers that do not heal within 3 weeks
- Persistent soreness in your mouth
- If you notice any changes in your mouth that don't go away after 2 weeks, see your dentist or GP

For more information about mouth cancer including facts, figures and how to reduce your risk, check out [Mouth Cancer Action Month | Home | Oral Health Foundation](#) To get local information on dental services, details on which dentists are accepting new NHS patients and what to do in a dental emergency, visit [Dental Advice Grampian | Advice and Information for maintaining oral health](#)

Acts of remembrance This coming Sunday is Remembrance Sunday. Remembrance Day will fall on Tuesday; on both days there will be two minutes of silence at 11am. As always, colleagues are supported to observe this as they wish. Hospital chapels are also available as spaces for quiet reflection.

FutureScot AI challenge Two of our clinicians – Craig MacKay and George Ramsay – have made the final three of this national competition promoting the development of AI use cases for public services. The pair, who are both colorectal surgeons at ARI, worked with a fellow clinician in Edinburgh to develop an AI assistant to help with the vetting of colorectal cancer referrals. They are now working on a proof of concept which will be showcased at an event on 19 November, where the overall winner will also be announced. We wish them very best of luck!

National Living Wage Awards nominee We have been shortlisted for the 2025 National Living Wage Scotland Awards in the Leadership category, marking our third nomination and second year in this category, winning it in 2023. This recognition highlights our ongoing commitment to promoting the real Living Wage across Aberdeen and Aberdeenshire through local employer engagement and alliance-building. We are part of a local alliance of prominent local real Living Wage employers working together to make our region a 'Living Wage Place'. Visit: www.livingwagescotland.org for more information.

That was the week that was

Monday 3 – accessing patient information, Foresterhill car parking update, DGH to host mobile MRI unit

Tuesday 4 – publication of annual accounts and Audit Scotland report on our finances, NHS Grampian Charity festive campaign

Wednesday 5 – Annual Review reminder, AHP welcome session, update of NHS Scotland risk matrices

Thursday 6 – shaping the future of AHP advanced practice, SafeCare 1-1 support

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 No presentations to share this week; remember, nominating a colleague or team for a STAR award is super simple; [all you need to do is complete the short form available via this link](#).

Tune of the day Birthday greetings to Lorraine Smith, digital facilitator, who has a big birthday today. I'm not privy to the exact number, so I'm guessing 21! Her colleagues have left it up to me to choose a suitable party song, I've gone for [Disco Inferno](#); let's get our Friday strut on!

The next song is from me to all of you. We've had to do a few corrections and clarifications in the brief this week. Whilst it's probably reassuring to know a (fallible) human is behind this, and not a bot, you deserve things to be right first time. [Sorry by Justin Bieber](#) should cover it.

It's been a week, hasn't it? Try to take the good things with you and leave the bad stuff behind, always remembering you've done the best you can. Easier said than done, I know. 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