

Wednesday 8 July 2026

Band 5 nursing update All nurses currently working at Band 5 are entitled to request a re-evaluation of their post, with a possible regrade to Band 6. There is further information and [a link to the application portal available at this link](#). Here are the latest facts and figures:

- At time of writing, we have received over 700 applications
- Applications are typically worked through in order of the **date received**. We have had significant interest in this review and ask for your patience. We are currently quality checking applications submitted in August 2025. Once quality checks are complete, applications go to a matching panel; these are currently reviewing applications from May 2025. After matching, consistency checks are carried out, and an outcome letter sent to the applicant. The process is designed to be both thorough and fair.
- To try and speed up the process, we are batching in areas where there have been several applications from staff who have the same manager. Please note in the event the information in the questionnaire is not sufficient we may not be able to batch every application, if this is the case the application will revert to the normal matching process in date order as outline above. Where we can batch, this may mean a faster response.
- This is open to all Band 5 nurses currently employed by the NHS in Scotland. You have the complete support of the organisation to request a review of your position.
- There is currently no closing date for this review.

Questions? We're here to help. Please contact gram.band5JE@nhs.scot with your query.

Windows update The Digital Directorate will update Windows devices to support changes to Microsoft Secure Boot, beginning next Tuesday (14 July). This work is required to maintain device security, and you should be careful not to power off your device, unplug it, or force a restart whilst the update is in progress. Interrupting the update may render the device unusable. For more on what to expect and what to do, [follow this link to a full intranet news article](#).

Annual Director of Public Health annual report We have published our latest DPH report, this time with a focus on women's health. It calls for a prevention-driven approach to improving health outcomes, supported by employers, public services, third sector partners, volunteers and the wider community.

Report author, Professor Shantini Paranjothy, said: *"This report reinforces the fact that improving women's health requires more than healthcare services alone. Health is shaped not only by access to healthcare, but by wider factors including income, education, work and community support."*

[You can read the report in full by following this link.](#)

Part-time funded PhDs available at RGU Two part-time funded PhD studentships at RGU are now open for application. This opportunity is open to nurses, midwives, or AHPs who wish to develop as clinical academic leaders and researchers. [For further information please follow this link](#). To discuss your application please contact: Kay Cooper and Nicola Rhind (AHPs) gram.ahpresearch@nhs.scot or Debbie Baldie (nurses and midwives) deborah.baldie@nhs.scot

A drop-in information session is being held on Thursday 20 August; [simply follow this link to join](#). Applications close on Sunday 27 September. Thanks to the NHS Grampian Charity for their support of this opportunity.

Wellbeing, Culture, and Development Wednesday

- Building on last month's wellbeing week, are you using the [resource pack](#) to challenge you team to work together towards their wellbeing? It's not too late to look back on the [short video from Chief Executive Laura Skaife-Knight](#) talking about wellbeing, or to follow along with [The 3-Minute Self-Compassion Exercise for Burnout here](#) or email gram.wcd@nhs.scot to join the wellbeing talks channel enabling you to have access every month to wellbeing sessions.
- **CAKE Workshop – 24 August 2026** Interested in facilitating CAKE within your own team or service? Join us from 9:30am-12:30pm at the Suttie Centre to learn how to use this practical resource. You'll explore the eight CAKE slices and gain the knowledge and confidence to facilitate CAKE activities that support team wellbeing and effectiveness. To book a place, email erika.inkster2@nhs.scot

For more information on any of these items or to raise any queries, please contact the team via gram.wcd@nhs.scot

Tune of the day Congratulations to Ian Darcy, Paul Carmichael and Nicola Duncan, at Dr Gray's Hospital, who all recently completed the MSC in Advanced Practice. For them – and for all colleagues in the class of 2026 - here's [This Is How We Do It](#) by Montell Jordan (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