

Daily Brief...



Thursday 8 October 2026

World Mental Health Day – this Saturday Ahead of World Mental Health Day on 10 October, the Health and Safety Executive are focusing on work-related stress. In 2024–25, an estimated 964,000 workers were affected, resulting in 22.1 million lost working days across the UK. [They've got lots of helpful resources and information available via this link.](#)

Locally, our dedicated We Care website, [which can be found here](#), has lots of information to support your health and wellbeing.

If you – or someone you know – is struggling, the Samaritans are available 24/7 on 116 123. Alternatively, you can call Breathing Space on 0800 83 85 87; their lines are open 6pm-2am, Monday-Thursday, and from 6pm Friday right through to 6am Monday.

Frailty centre decision and next steps Following the Board's decision in July, work on developing a new Frailty Centre at ARI is well underway so we can further improve the experience and safety of our patients. The centre will co-locate specialist care services in one zone – the Green Zone - for patients living with frailty. This will provide the right care sooner, reduce delays and unnecessary ward moves, and improve flow with enhanced links between the hospital and community services. [Follow this link to read a full update.](#)

Executive Team update Please see below for this week's Executive team report, which has a particular focus on frailty:

Matters of concern or key risks to escalate	Major Actions Commissioned / Work Underway
• The Frailty IMT process has now concluded and was used to capture impact and mitigations associated with the Gastroenterology ward move including clinical, operational and infection prevention and control concerns. Further evidence and assessment are required to understand the remaining risks and potential mitigations before a final decision is made. • Continued pressure on Unscheduled Care, including ambulance delays and challenges in moving patients safely through and out of our hospitals, remains a significant risk	• The work-up of an interim Frailty model for winter was agreed recognising that more time is needed for delivery of the full Frailty consolidated service and optimal solution. Work is progressing to base the expanded frailty service in the Emergency Care Centre in ARI and will consider benefits, risks, costs and key operational implications, with Divisional teams involved in and leading the appraisal and delivery.

ahead of winter. This reinforces the need for additional Frailty capacity and wider improvements to hospital flow.	- Planned Care recovery work continues, including action to reduce the longest waits, deliver the cancer improvement plan and develop the Planned Care Recovery Plan. - Preparations are underway to respond to the forthcoming Healthcare Improvement Scotland Diagnostic Review Report which is expected to be published in November 2026 with a focus on patient safety, governance, organisational culture and resilience, building on improvement work already in progress.
Positive Assurances to Provide	Decisions Made
- Recruitment to the Frailty workforce model is progressing well, with interviews planned over the coming weeks and a high level of confidence in appointing to the agreed workforce model. - Planned Care delivery is ahead of the original trajectory in some areas, enabling an improved forecast for the longest waits. Further work continues with clinical specialties to reduce 104-week waits and improve patient access.	The Executive Team reaffirmed that additional Frailty capacity remains a top priority and that the agreed direction is to develop a consolidated Frailty service in the Emergency Care Centre in ARI in line with the Board's decision and in order to benefit patient care. An interim model will be developed to provide additional capacity through this winter while options for delivering the full model are further assessed with a timeline for full delivery to be worked through, and to be implemented by no later than April 2027.

Help shape ScotSTAR's future ScotSTAR is the national specialist retrieval and transport service within the Scottish Ambulance Service (SAS), supporting babies, children and adults across Scotland to access specialist care when and where they need it. SAS are currently developing a Strategy to 2030 and beyond and would welcome your views on ScotSTAR's future direction, priorities and opportunities. Whether you work closely with ScotSTAR or have limited involvement, your perspective is important. You can get involved [by following this link](#); the survey will remain open until midnight on Wednesday 28 October.

Sustainability myth busting We want to be as sustainable as we can be, as an organisation. It's what's best for the environment and it makes financial sense. With this in mind, we want to bust some myths, starting with this one: You can't put soft plastics into the recycling bins at NHS Grampian.

FALSE. Soft plastics from medical packaging, carrier bags, bread bags, plastic pouches, plastic film etc, can all be put into our dry mixed recycling bins. We recycle differently from the local councils who manage your home recycling and can accept more items in our recycling bins. In fact, it's probably quicker to list things that we can't recycle (FYI, polystyrene and Aroma Coffee Cups)!

Study recruitment - Estimating intellectual functioning in children and accurately measuring change in cognitive functions as children develop Dr Bruce Downey, Consultant Paediatric Neuropsychologist, is looking for healthy children aged between 6 years and 16 years 11 months who live in Aberdeen City to take part in a research study that involves looking at how typically developing, healthy children perform on specific ability tests. Those who take part will be asked to complete some cognitive tests (or play some 'games and puzzles', as Dr Downey likes to frame it) on two separate occasions, one year apart; with participation taking no longer than 45 minutes on each occasion. [Further information and contact details are available via this link.](#)

Tune of the day A belated happy birthday dedication to mental health nurse Rohan Batchu, from mum Karen, a school nurse in Aberdeenshire. I was asked to take my pick of Taylor Swift, I've gone for [We Are Never Ever Getting Back Together](#) (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.dailybrief@nhs.scot