

Friday 9 January 2026

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## A heartfelt thank you to all NHS Grampian, system colleagues, and partners

Dear colleagues,

Thank you for your remarkable commitment during this prolonged period of snow and freezing temperatures. Whether caring for patients, supporting people at home, keeping essential services running, or maintaining our estates - you have once again shown what it truly means to serve our communities with compassion, professionalism, and extraordinary commitment.

We know the conditions have been challenging and it is not likely to improve for a few days yet. Many of you have gone above and beyond in so many ways - whether it be adjusting shifts, supporting teammates, taking on different roles, clearing paths, moving equipment or helping to overcome the many challenges the weather presents. Your efforts have and continue to make a real and meaningful difference to patients and families across Grampian.

We are also deeply grateful to all of our system partners across primary care, community teams, Health & Social Care Partnerships, the Scottish Ambulance Service, local authorities, volunteers, third sector and charity organisations, and members of the public. This has been a whole-system effort, and your teamwork has been outstanding.

On behalf of NHS Grampian: thank you for everything you have done, and continue to do, in such difficult circumstances. Please continue to look after yourselves and one another.

With appreciation and respect,

Laura Skaife-Knight (chief executive) and Dr June Brown (executive nurse director and deputy chief executive)

**Strike action – supporting you** We've added some more documents to the intranet page we shared yesterday, as we prepare for strike action by resident doctors, scheduled to begin at 7am on Tuesday 13 January. As well as guidance on clinical duties some senior doctors may be less familiar with, this page now includes welfare information and induction for colleagues deployed to areas they are less familiar with. [The page is available by following this link](#) and we would encourage all colleagues – not just those in medical roles – to take a look.

**Extended use of FRSMs – ARI** As has been shared locally, there is no longer an ask to wear fluid repellent surgical masks in clinical areas of ARI. Data has highlighted a reduction both in 'flu cases and in 'flu hospital occupancy. Mask wearing can revert to national guidance, as detailed in Chapter 1 of the National Infection Prevention and Control Manual, [available via this link](#). Each area can however put measures in place based on local risk assessments.

**Not your order? Leave it be** Please do not remove printer toner cartridges or stationery (including paper) from cages not addressed to your department or team. These items are allocated based on specific requests and taking them can cause shortages for others. Thank you for your cooperation in keeping supplies organised and available for everyone.

**Women's Health Community Appointment Day – Join Us!** We are pleased to be hosting our first Women's Health Community Appointment Day (CAD) – a free drop-in event designed to support women across Grampian. This event will take place on Tuesday 20 January between 9.30am and 4pm at the Aberdeen Vaccination & Wellbeing Hub (Bon Accord)

This event takes a proactive approach to menstrual health and overall wellbeing. Come along for expert talks on topics such as menstrual health, endometriosis, menopause, pelvic floor health, pain management, contraception, and more. Explore information stalls, wellbeing activities, and access trusted support services.

Additional features include health checks by Chest Heart Stroke Scotland, vaccinations (Flu, COVID, HPV - if eligible), free seated Pilates taster session, and family-friendly activities like Pipkin the Wellbeing Bunny, Teddy Bear Hospital, and our Peer Café. No booking required – just drop in! For more details, [follow this link to our website](#).

### **That was the week that was**

Monday 5 – Chief Executive's blog, MH&LD bed base and Tier 4 provision review

Tuesday 6 – process for 4x4 transport requests, palliative care courses – 2026 dates for booking

Wednesday 7 – update from Chief Executive's Team, maintenance of Lab IT system

Thursday 8 – Ask Laura – staff Q&A, maintenance work at Aroma Cairngorm

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** We kick off 2026 STAR Award presentations by sending our warmest congratulations to the general surgery physiotherapy team on receiving their award. This incredible team provided exceptional care and unwavering support to a young patient following major surgery. They guided the patient from severe mobility challenges to walking independently and returning home. Their professionalism and commitment not only restored physical ability but also rebuilt confidence—leaving a lasting impact on the patient, their family and colleagues. Do you know a team, or individual, STAR? Making a nomination couldn't be easier; [all you need to do is complete the short form available via this link](#).

**Tune of the day** We started with a thank you, it's appropriate to end with one. Tomorrow will mark 10 years since we lost David Bowie. It's only right we play [Heroes](#) in his memory and dedicate it to all of you. We don't want to spotlight any one team or service, because frankly we've all pulled some shift this week. I am personally humbled by the lengths you've gone to, to maintain our services despite the dreadful weather. Bravo (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](mailto:gram.communications@nhs.scot)