

Friday 24 February 2023

Cyber Security Week Next week is Cyber Scotland Week and the eHealth team are keen to raise awareness of the cyber security threats we all face and the impact these may have. During the week we will share important information with you to stay cyber-safe but as an introduction the following learning resource provides some useful guidance around Internet safety: [Online safety – Cyber Scotland](#)

In addition, we implemented a change recently to prevent the use of weak passwords related to your computer logon account. We will be implementing a further change on Wednesday 1 March to remove the complexity rules in place. Further information will be issued prior to the change, so look out for that!

Brew & a blether Throughout March the Welfare Cell will be delivering 'Brew & a Blether' across venues including ARI, RACH, RCH, Woodend, AMH, The Health Village, Huntly, Dr Gray's and Summerfield House. 'Brew & a Blether' is a drop-in approach developed to encourage you to take a break, leave your place of work, and have the opportunity to speak about your welfare concerns to staff in attendance with a hot drink voucher on offer. Staff supporting this are the Chief Executive Team, We Care, and Psychology.

The first 'Brew and a Blether' will be running in The Health Village on Wednesday 1 March from 1030am - 1230pm with Caroline Hiscox in attendance. We will update you with further dates soon.

Quality Improvement & Assurance newsletter The third edition of the QIA team newsletter is now [available to read here](#) (intranet link, networked devices only)

Postgraduate Study Event Considering a Masters or PhD? The School of Medicine, Medical Sciences and Nutrition are holding a postgraduate study event at the IMS building (Foresterhill) on Tuesday 14 March 3-4pm; all welcome!

That was the week that was If you missed a brief this week and want to catch up, here's a quick guide to the key items shared:

Monday 20 – annual leave policy reminder, Adult Support & Protection Day, HEPMA early adopters

Tuesday 21 – school industrial action dates, waste e-learning modules, Aberdeen City HSCP virtual inductions

Wednesday 22 – system pressure feedback – patient medication, ethics advice & support group next meeting

Thursday 23 – system pressure feedback – bank workers, display screen equipment and your safety

[Briefs are stored online, in date order, here.](#)

STAR Award Huge congratulations to Jodie Frater, acting SCN on Ward 402/403 at ARI, on her recent STAR Award presentation AND to Billy Smith and Racheal Downie, both porters at AMH and joint STAR Award winners. If you want to nominate an individual or team you work with for a STAR Award, [simply complete the online form](#) or send an email with their details to gram.staffthanksandrecognition@nhs.scot

Tune of the day Emily Christie sees us off into the weekend with the very apt [Leaving Friday Harbour](#). I wish you all some time just for you over the weekend. Thanks in advance to my colleagues who will look after the brief for the next couple weeks while I'm on leave, they will make sure it returns on Monday (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