



Welcome to the spring/summer edition of NHS News

The NHS Grampian Public Involvement Team are delighted to see the lighter evenings drawing in, and so we have been busy over the past few weeks working with some fantastic local groups and organisations across Grampian to help you make the most of the summer months.

We are always on the lookout for interesting news, activities and events that we can share with you through the NHS News, and we hope that you will enjoy reading about some of them in this latest edition. If there is anything you would like to see in a future edition, the Public Involvement Team would love to hear from you, and you will find details of how to contact us on the back page.



NHS Grampian's Senior Leadership Team getting behind Grampian Pride at the health board headquarters in March.

NHS Grampian supporting Grampian Pride 2019

Staff from NHS Grampian are getting ready to celebrate diversity at this year's Grampian Pride Parade taking place on 25th May. The event is returning to Aberdeen for a second year after making history as the first ever Pride for the whole region.

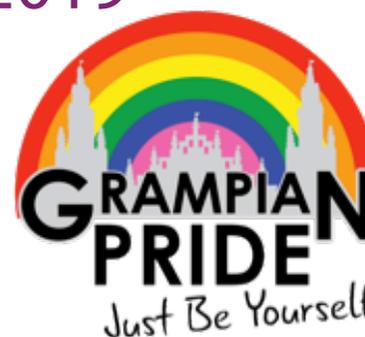
NHS Grampian Chair, Dr Lynda Lynch said: "NHS Grampian recognises the importance of championing equality and diversity, and values the contribution a diverse workforce brings."

"We are proud to support our LGBT+ staff, patients, families and carers, and we are looking forward to taking part in this year's Grampian Pride Parade."

Grampian Pride is delivered completely by grassroots volunteers and aims to be free and accessible to all regardless of background. Community engagement, awareness and positive mental wellbeing are at the core of the event.

Grampian Pride Event Manager, DeeJay Bullock, said: "We could not run this event without local people giving up their free time to support us."

There are a number of ways you can get



involved in Grampian Pride, including being a volunteer, making a donation, or by coming along to enjoy the day.

You can find further details by visiting the website at www.grampianpride.org or by emailing mail@grampianpride.org



Celebrating the Difference in Aberdeenshire

'Celebrate the Difference' is returning to Aberdeenshire for a 6th year and you're invited.

Taking place on Saturday 14th September at NESCol in Fraserburgh, this exciting event brings together people from the international community and people with disabilities for a day of celebrating many different cultures, food, music, and dancing. There will also be a number of stalls at the event with wide ranging and interesting information.

The 'Celebrate the Difference' Team would like to invite people to support the event either as a performer, a stall holder, a volunteer, and everyone is welcome to come and enjoy the celebrations on the day.

The event will begin at 12 noon, and entrance is free.

If you would like any further information or would like to get involved, please contact Margaret Gault by emailing margaret183gault@btinternet.com



Dr Gray's Hospital Children's Service

Due to having reduced numbers of Consultant Paediatricians and Junior Doctors at Dr Gray's Hospital (DGH) the local team are reviewing the service provided to children and exploring how patient care can be improved for the local population.

Local staff and service users are working together to explore how fewer children can be admitted to hospital and instead be supported to stay at home with their families where appropriate, and how children with long term care needs can receive treatment closer to home.

In recent months, due to staffing levels, DGH have been unable to admit children to stay as inpatients, but instead are seeing children through the day as outpatients on the children's ward.

Whilst children are not being kept in hospital overnight all other aspects of care has remained the same. A Consultant Paediatrician is on duty 24 hours a day, every child has an individual care plan and if overnight care is needed a transfer to Royal Aberdeen Children's Hospital is arranged to ensure care appropriate to their need is provided. The numbers of children requiring transfer has been small, and most would have likely been transferred before the temporary changes were introduced.

NHS Grampian is working hard to find a model of care that is safe and advantages families in Moray, and is joining up with efforts to plan other essential DGH based services in a holistic manner.

If you would like to be involved in shaping children's services at DGH the Public Involvement Team would love to hear from you, Email: nhsg.involve@nhs.net or Tel: 01224 558098.





Tackling period poverty in Grampian

Following a successful pilot scheme in 2018, the Scottish Government has allocated funding to distribute free sanitary products to people who need them across Scotland.

Under the new £5.2m Scottish Government scheme, every educational institution will provide free sanitary products. This is a world leading action to fight period poverty.

Local organisation CFINE has been working with communalities to support the roll out across Grampian, and has made free sanitary products available

through local organisations, including community centres, health points, GP Practices and other Third Sector Agencies in Aberdeen city and shire.

If you would like more information about where you can access free sanitary products, or if you are part of an organisation that can help distribution to members of a community, please contact Christine by emailing cmclean@cfine.org

For the full list of distributing organisations, please visit CFINE's website: www.cfine.org

Helping households save money and stay warm



SCARF work in partnership with Local Authorities throughout the North-east of Scotland to deliver the Home Energy Advice Team (HEAT) Service to householders across the region.

HEAT Advisors provide free advice to help householders manage their fuel costs and maintain a warm and comfortable living environment.

Advisors can help householders find and switch to the best fuel supplier and best tariff to suit their needs. Advisors can also contact suppliers to help address fuel debt and billing issues on the customer's behalf.

The HEAT Service has carried out more than 1,900 home visits across Aberdeen city and shire saving households £84,320 through tariff reductions, bill rebates, arrears reductions and Warm Homes Discount Grants.

If you would like to book a free impartial home visit please email duty@scarf.org.uk or call 0808 129 0888.



NHS Grampian supports Wellness on Wheels

An Aberdeen haulage firm, Dyce Carriers and the Road Haulage Association have joined with NHS Grampian to deliver an initiative designed to support good mental health.

Almost one third of self-reported work-related illness in transport is due to stress, anxiety and depression. Stigma around mental health remains a problem across the industry with 95% of workers absent with work-related stress stating a different reason for their absence, and 22% of workers with a diagnosed mental health condition not disclosing their condition to their manager.

The Public Health team worked with the Road Haulage Association to run a mental health and wellbeing/resilience workshop as part of their Wellness on Wheels Programme. The interactive workshop focused on raising awareness of the importance of looking after their mental health and wellbeing and looked at techniques for building personal resilience.

Susan Webb, Director of Public Health, NHS Grampian said: "It's really important to us as an organisation to support people to be in the best of health at home and at work."

"Road haulage work can be lonely and a driver's ability to access health and wellbeing information and participate in work activities can be challenging."

For further information contact Grampian.hwl@nhs.net



Plans unveiled for new Elective Care Centre

NHS Grampian is delighted to be one of five Boards in Scotland to receive Scottish Government funding to build an Elective Care Centre in Aberdeen, the likely location is close to the main entrance of Aberdeen Royal Infirmary.

The Centre is planned to be up and running by 2022, it aims to improve the patient care experience, the care pathway and treatment waiting times. The services and facilities to be included in the Centre are:

- Outpatient accommodation for Urology.
- Dermatology and Respiratory Medicine.
- Day Surgery and Endoscopy Facilities.

- MRI and CT Scanning Facilities.

Also as part of project is the provision of specific enhanced community facilities, these will be developed in Grampian, although their location is not yet confirmed.

The Elective Care Project Team (pictured above) would love to hear from people with experience of planned, diagnostic and treatment services, who would be willing to give their views at informal focus groups or through electronic questionnaires.

If you are interested in getting involved or would like more information, please contact the Public Involvement Team at: nhsg.involve@nhs.net or tel: 01224 558098.

Community Justice Partners want to hear from you

Sentences served in the community are more effective than sentences served in prison, yet data has shown that nearly two thirds of the public don't know what community justice is.

Community Justice Scotland has launched the 'Second Chancers' Campaign which aims to raise awareness and build confidence as an effective sentencing option that reduces offending, reduces the number of victims and improves lives.

Community Justice Scotland would like to hear from people in Aberdeen about their priorities and experiences.

As a first step, they have launched a short survey, and the information gathered will help to inform their next steps in engaging with communities.

The survey is open until 2020 and can be found online at the following link <http://bit.ly/CommunityJusticeSurvey>



Come Dine With Me at ARI

The NHS Grampian Public Involvement Team is excited to be working with the NHS Grampian Catering Team to offer an exclusive opportunity to members of the public to 'Come Dine With Me' at Aberdeen Royal Infirmary.



By joining an event, you will find out how NHS Grampian serves over 7,000 meals to patients, staff and members of the public each day, and where food is sourced.

You will also receive a behind the scenes look into how meals are prepared and delivered to the wards, and you will even have an opportunity to order a meal from the menu to enjoy, and to share your views with the Catering Manager.

Joining the Public Involvement Network (PIN) is easy, and by joining you can be first in line to receive your exclusive invitation to the next Come Dine With Me event and all the other exciting opportunities NHS Grampian has to offer.

For further information, contact the Public Involvement Team by emailing nhsg.involve@nhs.net or by phoning 01224 558098.



Grampian Parasport Festival

Scottish Disability Sport is delighted to welcome the Grampian Parasport Festival back to Aberdeen this summer and hopes to make it the biggest and best yet.

The Festival is designed for school-aged children with physical, visual or hearing impairments and provides an exciting opportunity to try a range of sports including swimming, athletics, boccia, wheelchair basketball, badminton, football and more.

Sports are adapted to suit the needs and abilities of pupils and are led by

some of the region's best coaches and clubs. Participants will be able to make friends, try something new, and hopefully find a sport that they love and go on to take part in regularly in their local area.

The Festival takes place at Aberdeen Sports Village from 10am to 3pm on Thursday 6th June 2019.

If you would like to get involved, or find out more, you can contact Alison Shaw by emailing alison.shaw@scottishdisabilitysport.com or phoning 07828 744 848.



Joining a Health Walk is the best thing I have ever done!

Health Walks are short walks of less than one hour. They are always free of charge and are led by trained volunteers who plan routes suitable for all members of the group. They happen Scotland-wide with many in Grampian. Having a social cup of tea at the end of each walk is encouraged!

One Health Walk participant, Bib said: "I finally plucked up the courage to join a Health Walk group in my area and I am so glad that I did. I have met some wonderful people from all walks of life and was made to feel very welcome. The group of people I walk with have helped me more

than they will ever know. I look forward to their company and conversation as having spent a number of years as a carer within my family I have become quite isolated. The health walk has helped reduce the pain in my back and I am fitter than I have ever been. Everyone is friendly and helpful and walking with them is enjoyable. Joining the health walk is the best thing I have ever done."

To find your nearest Health Walk visit the Paths for All website: www.pathsforall.org.uk or telephone or visit your nearest NHS Grampian healthpoint: 08085 20 20 30.

#huh
helping u help
Helping u help
in research #huh

NHS Grampian has launched a new website so more people can get involved in research.

The website explains what medical research is, why people do it and how it can help developments in healthcare. It also has information about studies you can get involved in.

Emma Berry from NHS Grampian said: "This website has been developed with input from patients, staff and public. We would love to hear from anyone who would like to help or share their own experience of medical research."

If you would like any further information, or would like to get involved, please email nhsg.ppa@nhs.net

You can also visit the website on www.grampianclinicalresearch.com



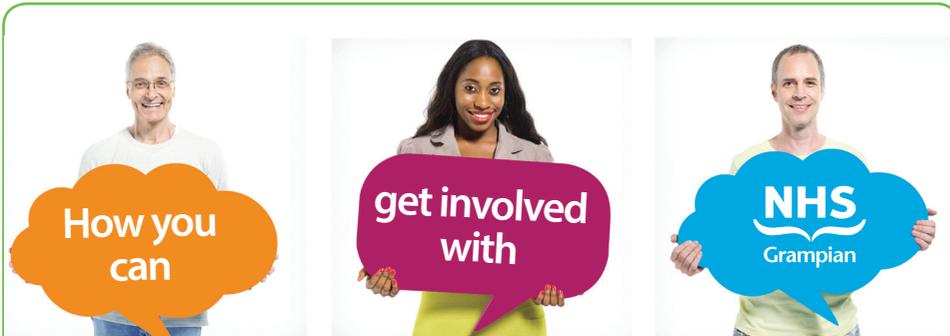
Age Scotland Veterans' Project

The Age Scotland Veterans' Project is part of the Unforgotten Forces partnership, which offers support, advice and signposting for older veterans (over 65), their families and carers.

The project aims to identify and reach out to older veterans, linking them into existing clubs and groups in their area and letting them know about the range of additional help and support which may be available to them, including respite breaks, fares for free and welfare support.

The definition of a veteran includes someone who has served in the armed forces (or who has completed National Service).

A new publication 'The Veterans' Guide to Later Life in Scotland' is now available and you can access a copy from Age Peterhead by emailing agepeterhead@gmail.com or by phoning 01779 472331.



Would you like to get involved in the work of NHS Grampian?

Become a public representative and join the NHS Grampian Public Involvement Network (PIN).

We'd like to hear from people from all backgrounds, and with a range of experiences. There are lots of ways to get involved, including:

- Join a project group.
- Become part of a committee.
- Give feedback about NHS Grampian services.
- Attend focus groups and

engagement events.

- Represent patients and carers and much, MUCH more!

You do not need any special skills, knowledge or experience – just an interest in health services. Training and support will be provided.

Contact us by email nhsg.involve@nhs.net or phone **01224 558098** to find out more about how you can get involved and make a difference.

Stop smoking and save for summer

In the run up to summer, NHS Grampian's public health team is launching a campaign to raise awareness of the support available to smokers to help them 'stop and save'.

Kevin Leslie, senior public health practitioner, said: "Summer can be an expensive time of year with people planning holidays and wanting to do things with friends and family. We know that the cost of smoking cigarettes can really add up especially if money is an issue."

"We also know lots of smokers would like to stop, but they often don't know where to get that vital offer of help. We have one of Scotland's most effective network of pharmacies delivering stop smoking support as well as specialist advisors who can tailor support to a smoker's needs."

By cutting out 20 cigarettes a day, you could be saving over £60 per week (based on a packet of 20 cigarettes being £9) which means over £250 per month and over £3,000 per year.

By visiting your local community pharmacy or contacting the NHS Grampian healthline (08085 20 20 30) you can get support and access to free stop smoking products.

Further information is also available at www.quityourway.scot



Drive to eliminate Hepatitis C across Grampian

'Get Tested, Get Treated, Get Cured'

People living in the Grampian area at risk of having the Hepatitis C virus are encouraged to come forward for testing and treatment as part of a Public Health campaign working towards elimination of Hepatitis C.

The 'Get Tested, Get Treated, Get Cured' campaign is designed to tackle the current Hepatitis C epidemic by increasing awareness of the virus among at-risk groups.

This includes anyone who has ever injected drugs, including anabolic steroids, and shared equipment - even if it was only occasional and many years ago. It also includes people who have had tattoos in unsterile conditions.

Hepatitis C is an infection that can lead to liver failure and liver cancer. Most people with the infection have no symptoms and only discover they have hepatitis C by being tested for it. New treatments for hepatitis C have very few side effects, require a short course of tablets and clear the virus in most cases.

Anyone who thinks they may have been at risk should speak to their GP or other health care worker and ask for a test.

Information on testing, referral and treatment is available by calling the NHS Grampian liver service on **(01224 554757)** or visiting www.nhsgrampian.org/hepatitisc



Inchgarth Community Centre has something for everyone

Inchgarth Community Centre in Garthdee offers a programme in fitness, art, music, sports, leisure, social opportunities, education, and recreation for people of all ages. Activities are open to people from the local community and for visitors from all over the city of Aberdeen and beyond.

In addition to our extensive programme, we have a wide range of facilities that ensures there is something for everyone.

Inchgarth is a centre of excellence and was recognised by Her Majesty the Queen in 2017 with a Queen's Award for Voluntary service - an MBE for Inchgarth, which is the highest award an organisation can obtain in the UK.

Everyone is made welcome at Inchgarth and we invite you to get in touch for a full programme of events and to arrange a tour of our community centre.

To find out more email inchgarthcc1@btinternet.com or phone **01224 325191**.

Miscarriage Information Support Service



For women and partners who have suffered a miscarriage and looking for advice and support.

The monthly group sessions are informal, FOC and confidential with some activities and light refreshments.

Classes are on:

- The first Thursday of each month from April to December at Curl Aberdeen, 7.15pm to 9.30pm
- Third Monday of each month at Rubislaw Church Centre, 10am to 11am

For more information and booking please contact: miscarriageinfosupportservice@gmail.com • **07702 464874**



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- LinkedIn: www.linkedin.com/company/nhs-grampian
- Google+ plus.google.com/+nhsgrampian/

On these sites we share updates daily about your local health services and other health related information that you can access on your device wherever you are. You don't need to have an account with these sites to view our updates, but if you do, please follow us and you will receive our updates in your news feed.

Let us know your thoughts about NHS News

We hope you find this edition of NHS News interesting, informative and useful. Please get in touch to tell us what you think and also what you would like to see in future editions. You can also contact us to receive a copy of NHS News directly into your email inbox. You can contact us:



nhsg.involve@nhs.net



01224 558098



'Freepost, NHS Grampian'
(no stamp required)

We look forward to hearing from you!