



# Your voice matters!

We are committed to raising the voice of our employees to ensure they are heard within NHS Grampian. Here's how you can join the conversation and stay connected...

## Trickle



You can raise issues, ask questions or make suggestions by posting a 'Trickle'. You can also post a Trickle anonymously if you wish.

## Fist Bump



Send a 'Fist Bump' to give praise to someone for doing something awesome. This recognition is personal and only visible to you and the recipient.

## MoodSense



A 'MoodSense' is posted by your organisation to gauge how you're feeling. Answering a 'MoodSense' will flag if action is needed to make improvements.

## Shout Abouts



'Shout Abouts' are a great way to share important news and celebrate team wins. They appear in the Activity Feed for everyone to see and high-five virtually.

## How was your day?

This is a simple way for you to monitor your wellbeing. You log what's affecting your mood and receive a weekly digest to make positive changes for better days. Your feedback is always anonymous so you can safely share how you're really feeling.

How was your day?



## Ready to get started?

Download Trickle onto your phone - it's super easy and only takes a couple of minutes!

All you need to do is scan the QR code, load the app and enter your email address to get going.

Just incase you need it, **your team ID is: nhs-grampian**

