

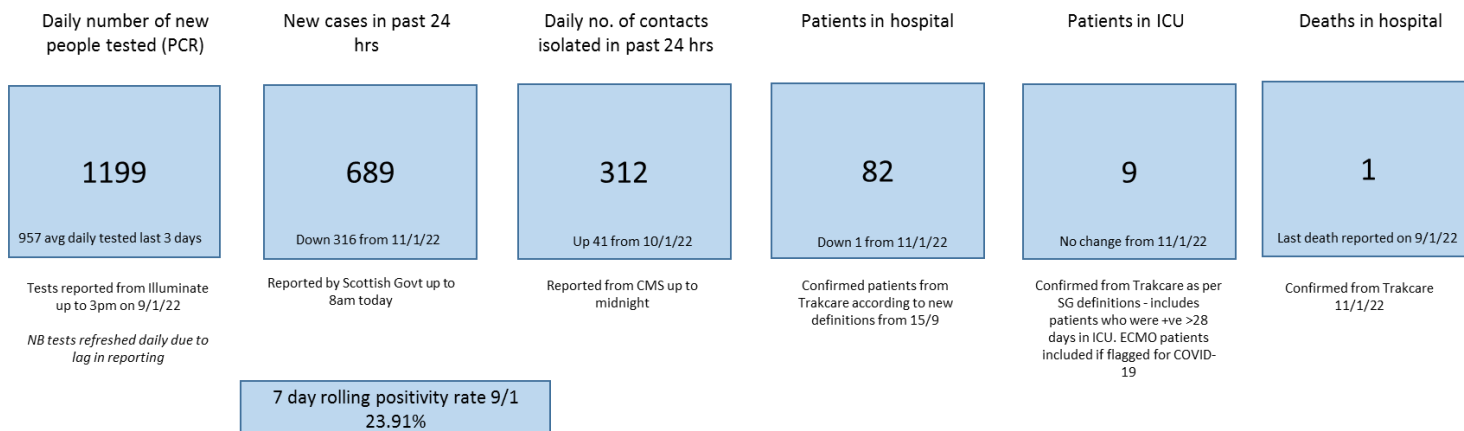
COVID-19 Brief

coronavirus



Here is the brief for Wednesday January 12 2022.

Grampian data Here is the local Grampian data update for today.



A national update is available on the [Public Health Scotland daily dashboard](#).

Update on Plan for the Future Following extensive engagement in 2021, NHS Grampian's Plan for the Future 2022-2028 was due to be published in April 2022. The next step in that process was to host a workshop in January with NHS Grampian's Board members to co-create our strategic intent that would form the basis of the Plan - however with the pressure on the healthcare system increasing and concerns over the Omicron variant, it was decided to postpone the session with the NHS Grampian Board until March 3.

This will shift the publication date to June 2022. Work will continue meantime on analysing the extensive feedback received, developing supporting materials and preparing a communication and engagement plan. Any queries can be directed to gram.strategydevelopment@nhs.scot

We Care Wellbeing Wednesday

- **Supporting Staff in Distress** Winter can be a challenging time and the current pandemic situation is creating additional uncertainty and stress for many people. Everyone struggles at times. It is important to be aware of the supports available if you are finding things difficult or if you are supporting staff members who are in distress or struggling. The attached information contains support resources and services for any staff requiring support. Please [click here](#) to view helpful resources for support.
- **Psychological Safety** We thrive when we feel psychologically safe – in environments that “respect us and allow us to feel included, feel safe to learn, feel safe to contribute, and feel safe to challenge the status quo” – that’s accorind to Timothy Clarke, author of *The 4 Stages of Psychological Safety*. A psychological safety course, which aims to help leaders and managers understand the concept and importance of psychological safety and support it in their teams, is now available on the following dates:

Tuesday	18 th January	1000-1200
Tuesday	15 th February	1000-1200

Tuesday	19 th April	1000-1200
Tuesday	17 th May	1000-1200
Tuesday	14 th June	1000-1200

By the end of the session, participants should be able to:

- Identify what psychological safety is and why it is important
- Pinpoint the things that undermine psychological safety
- Analyse the factors that drive psychological safety
- Start to develop a strategy to support psychological safety in their tea

To book a place on one of these sessions please visit [We Care on TURAS Learn](#)

If you don't have a TURAS log-in or need help booking, contact [Heather Haylett-Andrews](#) for assistance.

- If you would like to subscribe to our newsletter or provide us with some feedback, please email gram.wecare@nhs.scot or via our anonymous form

Tune of the day Today's song request comes from advance dietitian Fiona Smith who asked for Lizzo's [Good as Hell](#). Fiona simply said: "I always feel better when I hear this tune".

We're always on the look out for your suggestions of a great song to end the day (or start it, depending on when you read this brief) so just drop us a line via gram.communications@nhs.scot That's also your first port of call if you've got any queries or an item to share.