

Here is the brief for Wednesday 13 April 2022.

Visit by Chief Executive, NHS Scotland Caroline Lamb, the Chief Executive of NHS Scotland, has been in Aberdeen today, meeting teams and visiting sites on a whistlestop tour. We grabbed Caroline for a brief moment to record [this message from her to you all](#) (it was filmed on the Suttie Centre balcony, so there is a little background noise). Caroline is pictured below (right) with our Chief Executive Caroline Hiscox on a tour of the ANCHOR Centre building site.



Portfolio working You may be aware the Grampian health and care system has been planning and delivering services using a Portfolios Approach since June 2021. We are really keen to hear your views about how this has been for you and to help us shape what the future looks like. We would really appreciate it if you could take some time [to complete this form](#). There are 5 questions, and it should take you no more than 5 minutes to complete.

Smarter Workplaces – a period of transition Following the decision to end physical distancing in healthcare premises, we have had reports of teams seeking to book meeting rooms and return to offices in some areas - many of which may have been repurposed as part of our pandemic response. Where possible, those of us who can work at home should continue to do so. As a Board, we remain in Operation Iris and nationally the NHS continues on an emergency footing, so meetings should be virtual wherever possible. The Safer Workplaces team is developing plans for future working practices and what this will mean to different teams. More information on this will be shared as work progresses - including progress made in pilot areas. However, you don't need to wait for this to start your own local planning. The needs of your team may be very particular, and we are encouraging teams to consider the best solution for them in advance. The 'Your Health & Wellbeing' form can assist with this and [it is available to view here](#).

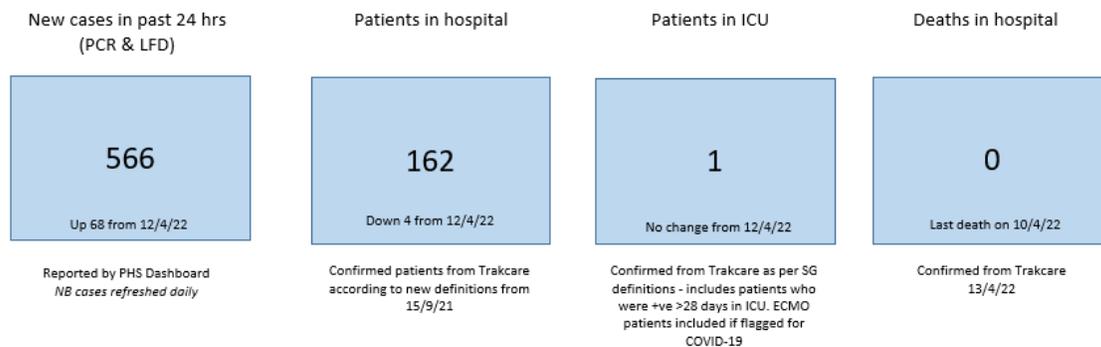
Public Holidays We have not one, but two Public Holidays in NHS Grampian in the coming weeks, as follows:

- Monday 18 April
- Monday 2 May

In light of the Public Holidays, this brief will not be issued on either date. Please be aware our colleagues working for local authorities have slightly different holiday arrangements, with Aberdeenshire, Moray, and Aberdeen City all taking this Friday (15 April) as a Public Holiday. Aberdeen City and Moray will be observing the holiday on Monday 2 May.

Ask Caroline A reminder that [the most recent episode of 'Ask Caroline' is available to watch here](#). If you missed any of the episodes of this – or 'Caroline In Conversation...', they are all gathered together in [one handy YouTube playlist](#). If you have feedback on these videos – or a question for Caroline – please drop as a line at gram.communications@nhs.scot. Questions can be asked anonymously, just state your preference when emailing in.

Grampian data The local report is shown below. [The Public Health Scotland daily dashboard can be viewed here](#)



Pregnancy care survey The Queen's Nursing Institute Scotland (QNIS) have launched their second survey for community nurses & midwives anywhere in Scotland, this time on health, counselling, and care BEFORE a first or subsequent pregnancy. [The survey is available here](#), with a closing date of Monday 25 April. There are 21 questions; 21 completed responses will be selected at random for a prize of £50.

Grampian Credit Union Did you know that Grampian Credit Union is a savings and loans co-operative open to everyone living or working in Aberdeen, Aberdeenshire and Moray? With the continuous increases in prices for food and fuel, heating and household bills, Grampian Credit Union is available to help you with affordable short- and long-term loans. First loans are from £200 and can help get that extra money you need at an affordable rate, and you'll be able to build up some savings while paying back your loan. For over 28 years, they have helped more than 10,000 people in the Grampian area with safe savings and accessing affordable loans - and they can help you too.

Grampian Credit Union can be contacted through any of the following ways:

Website: www.grampiancreditunion.co.uk / Email: admin@grampiancreditunion.co.uk

Telephone: 01224 561506 / Office: 250 Union Street, Aberdeen, AB10 1TN

We Care Wellbeing Wednesday

- April is Stress Awareness Month. [Check out this website](#) for information on what stress is, resources and guides, personal and work stress, a free stress test, and a multitude of information and helpful links.
- Finance – We are all experiencing an increase in outgoings and the pressure that brings. The links below provide some helpful advice and potential sources of support:

My Healthy Workplace: <https://www.myhealthyworkplace.net/article-node/view?id=191>

Help with fuel bills: <https://www.citizensadvice.org.uk/scotland/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills-s/>

Budgeting Tool: <https://www.citizensadvice.org.uk/scotland/debt-and-money/budgeting/budgeting/work-out-your-budget/>

- Rest & Refresh Boxes:

114 boxes have been delivered to areas across Grampian that were struggling to get a break whilst at work. This pilot was conducted in partnership with RVS with funding provided by the Scottish Government for staff welfare. The trial is now complete and we are keen to hear from staff in the areas that received a box. Getting your feedback and views on this would be useful and help inform us going forward - use the QR code below. All feedback will be collated and shared with you at a later date. Thank you.



We always appreciate your feedback and suggestions on what matters to you and your team so please feel free to get in touch with us via [The We Care Email](#). Whilst you're at it why not subscribe to our mailing list to receive our We Care Newsletters directly to your emails?

On Social Media? Tag us using the hashtag #GrampianWeCare and let us see what you're doing to support yours and your team's wellbeing!

Twitter: [@GrampianWeCare](#)

Instagram: [@grampianwecare](#)

Facebook: [@GrampianWeCare](#)

[Or contact us through the We Care anonymous feedback form.](#)

Tune of the day We've had a couple of requests for Tears For Fears tunes over the last few days – thanks to both Sherellyn Riddell and Tracey McLuckie for getting in touch. I've plumped for the newer song, suggested by Tracey, and present [Break The Man](#) as today's tune of the day

If you want to request a song for tune of the day, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot