

COVID-19 Brief

coronavirus

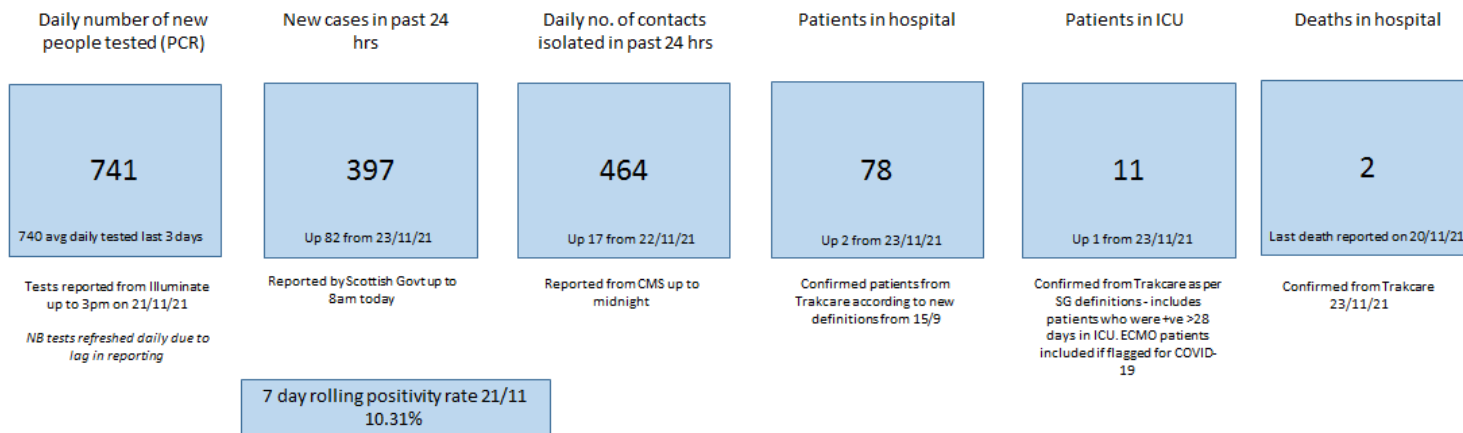
Here is the brief for Wednesday 24 November 2021.

Plan for the Future and the 'Positivitree' In recent months, we have been engaging with the people of Grampian on what matters to them to help develop our 'Plan for the Future'. Many people have shared kind words and positive feedback about all of you. Given the significant pressure we are all working under, we wanted to share this with you all. What we do is seen and valued by the people of north-east Scotland. #ProudToBeNHS



Hopeline19 You may already be aware of Frontline19. This charity provides free and confidential psychological support to NHS and other frontline staff, across the UK. They have recently set up Hopeline19. This is a telephone service, allowing members of the public to leave messages of support and thanks to frontline workers, who are then able to call up and listen to these messages at any time. You can call Hopeline19 on 0808 19 665 19. Press '1' to leave a message or press '2' to listen to the messages left. [More information on Hopeline19 is available on the charity's website.](#)

Grampian data The local update for today is shown below.



[The Public Health Scotland daily dashboard is available to view via this link.](#)

Aberdeenshire HSCP Winter team talks Every winter we experience periods of pressure as people, especially older people, generally become more unwell over the winter months. This year is different. The pressure is coming earlier, it is more intense, we don't have enough staff and the wonderful staff we do have, are exhausted. This is your opportunity to let us know how we can support you and your service and ask questions to find out more about some of the 'behind the scenes' work which is being done to support all of our frontline teams.

Session 1 - Led by Partnership Manager for Central Aberdeenshire, Geraldine Fraser. Thursday 25 November 11.30am-12.30 [Click here to join the meeting](#)

Session 2 - Led by Partnership Manager for North Aberdeenshire, Mark Simpson. Friday 26 November 1.30-2.30pm [Click here to join the meeting](#)

Session 3 - Led by Partnership Manager for South Aberdeenshire, Shona Strachan. Monday 29 November 4-5pm [Click here to join the meeting](#)

All 3 sessions are open to anyone so please come along to any that suit you. If you have any questions that you would like to ask ahead of time or anonymously during the sessions, please email integration@aberdeenshire.gov.uk

We Care Wellbeing Wednesday

- We Care Pulse Survey #3 – We are glad to share the third Pulse Survey will be launching on Monday (29 November) until 13 December. The Pulse survey provides us with an understanding and overview of staff wellbeing across the year. Having previously run it in April and August, we hope this final survey of the year will update us on where you are at with your wellbeing and inform the We Care approach in 2022. The link will be shared in the brief next Monday as well as via social media, website, and our December Newsletter (out on 1 December). Please take the time (it takes around 3 minutes) to complete the short survey to help inform our staff wellbeing work.
- Physiotherapy for staff – The physiotherapy team in Occupational Health have confirmed that their physiotherapy service has continued throughout COVID-19 and is still open for NHS G staff who have vocational needs due to a musculoskeletal problem. The team provide first line phone assessment, treatment and advice, and aim to help staff remain at work or return to work if their musculoskeletal issues has resulted in a period of absence. Referrals can be made via phone, email or self-referral form [with information available on the intranet](#) (networked devices only) Many thanks to Gemma Duthie, OH Physiotherapist, for providing the above information.

World Antimicrobial Awareness Week To round off World Antimicrobial Awareness Week, a number of prominent buildings in Aberdeen City will be lit up 'blue' tonight; Marischal College, Kings College, and at RGU. The global awareness campaign may be winding down for another year, but the threat posed by antibiotic resistance is a year-round issue. To find out more, [visit the Antibiotic Guardian website](#).

Advent achievements 2021 has been another very difficult year and yet, there have still been good and positive things happening across health & social care. Starting on 1 December, we are planning 24 days of celebration (between this brief and the NHS Grampian social media accounts) and we need your help! Tell us the good things that have happened in your team/service/whatever. Did you get creative to ensure you could still support patients or clients, even from a distance? Did you band together to support local or national charities with fundraising? We're already working on the 'big ticket' items – progress on the Baird and ANCHOR Project, innovations with robotic surgery – we need you to tell us about the little things. The things which make you proud to be part of your team. Drop us a line to gram.communications@nhs.scot and we'll take it from there.

Tune of the day Claire Wilson selects today's tune of the day – [Getting Better by Shed Seven](#). The band are at the Music Hall tomorrow night, almost two years to the day since their last gig in the city. If you're heading to this – or any other gig – enjoy yourselves and stay safe.

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