

Thursday 13 October 2022

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**AHP Day** Tomorrow is AHP day, celebrating the key role played by Allied Health Professionals and the diversity of jobs which come under the AHP banner. Teams across the organisation have been busy sharing photos and stories with us, and we'll be posting these on our social media accounts throughout the day. With 14 different professions named as AHPs, it would be impossible to cover everything in the limited space we have here, so we're teasing out just one aspect. Thanks to Angela Pointon (Specialist Occupational Therapist), [who has shared this blog](#), written by Prof Elaine Hunter, National AHP Consultant. In it, Elaine focuses on the role of AHPs supporting patients with dementia and provides lots of helpful resources. Thank you to ALL Allied Health Professionals working across Grampian, we hope you enjoy your day.

**Rescue: Extreme Medics** We are delighted to be able to tell you this series – featuring the ARI Major Trauma Centre team – has been nominated for a BAFTA Scotland award in the Best Factual Series category. Huge congratulations to everyone involved, especially the clinical teams who worked so closely with the filming crew. A second series is in production, and we will let you know when we expect it to hit your TV screens. Award winners will be announced on Sunday 20 November.

**International Infection Prevention Week** This global event gets underway on Sunday (16 October), and we are joining with healthcare colleagues across the world to celebrate. This year's theme is: *The Future is Infection Prevention: 50 Years of Infection Prevention*. With so many changes in IPC practice and guidance during the past two and a half years and the recent relaunch of the NIPCM (National Infection Prevention and Control Manual), we thought it might be helpful to go 'back to basics'. Each day next week, we'll be promoting a chapter of the NIPCM and highlighting the helpful information which you can find in it. For a bit of fun, we'll be sharing a quiz and colouring in sheets, very relaxing for both young and old! Watch out for more information in the Brief next week and on our IPC Intranet Page under "Events" [Pages - Events \(scot.nhs.uk\)](#)

**Slimming World Weight Management Support for NHS Grampian staff** We are providing 12 weeks free weight management support to eligible staff, in conjunction with Slimming World, to support your health and wellbeing. If you are interested in applying for this, please call the number below. Slimming World advisors will then chat through your goals, apply the eligibility criteria, and assess your readiness. You must be:

- Aged 16 and over
- Have a BMI of 30 or over
- Must not have been a paid member of Slimming World within the last 3 months

For those eligible, the e-voucher system will allow you to choose local face to face classes, or the online option. You do not need activate your membership straight away, but you must do so within six months, otherwise it will become void, and we will re-allocate it. Please note that there are a limited number of vouchers available.

**If you are interested, please call 01773 546112**

Your membership details will remain confidential with Slimming World. NHS Grampian will only be provided with anonymised data and quarterly reports for monitoring purposes. If you are not eligible, but would like further information on weight management advice and services provided by NHS Grampian, please see the [Healthy Weight Grampian website](#).

**eESS newsletter – a correction** We mistakenly said the current newsletter was Issue 11 yesterday; in fact it is Issue 18. A copy of the latest edition is also attached for ease.

**Share your views on Scottish healthcare innovation** InnoScot Health - formerly Scottish Health Innovations Ltd (SHIL) - is seeking views on healthcare innovation from health and social care staff across Scotland. You are encouraged to complete the [brief survey](#) to help understand attitudes, opinions and experience across a range of roles. This will help shape important decision-making on future support. It will take just a few minutes to complete, and **all responses are anonymous**. The survey closes on Friday 21 October.

**Dr Bike at Dr Gray's – Thurs 20 October 10am-3.30pm by bike shelter** The Bike Doctor is coming to Dr Gray's! Local social enterprise Tyred and Cranky will be offering free bike check-ups, safety checks, adjustments and quick repairs to help you get your bike in a safe and good working order. NHS Grampian Active Travel Officer, Katrina, will also be at the event offering free advice on the cycle2work scheme and other staff travel benefits as well as offering free active travel goodies for staff. To book your 30 min appointment, staff can email Katrina at [gram.activetravel@nhs.scot](mailto:gram.activetravel@nhs.scot). Drop-ins will also be welcome on the day if time allows but please request a slot to avoid disappointment.

**Tune of the day** Emily Moffat makes today's request on behalf of the Diabetes Psychology team. Their colleague Nicola McPherson is off to pastures new and, although the team are sad to see her go, she leaves with everyone's very best wishes. The team have asked for [Dancing Queen by ABBA](#) (EP).

If you want to request a tune, follow up on items included in this brief, or suggest an item for sharing, drop us an email via [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot)