

Wednesday 15 June 2022

COVID-19 update There are early signs of increasing levels of infection with new variants of concern BA4 and BA5 believed to be contributing to this. The ONS estimates 1 in 40 people in Scotland had the virus in the 7 days to 2 June, up from 1 in 50 the week before. In Grampian, the number of recorded positive tests has doubled in the past fortnight. This increase is seen across all ages and across most localities. Hospital admissions locally have increased - 73 over the past 7 days, compared to 45 in the week before – and COVID-19 hospital occupancy is also increasing. Using COVID sense – ventilating rooms, wearing masks, getting vaccinated as and when invited – remain important tools we should all use.

Dr Gray's Hospital engagement event This is your opportunity to help develop the future of Dr Gray's Hospital. The public engagement team will be in the main foyer of the hospital from 9am until 5pm tomorrow (with a break between 12.30-1.30pm) collecting views from staff, patients, and visitors. You can chat with the team, who will have paper copies of a survey to complete. If you can't make it along, [you can complete the same survey online here](#).

Living kidney donation An estimated 400 people in Scotland are waiting for a kidney donation. It is possible to be a living kidney donor, to a relative, close friend, or to someone you've never met (known as altruistic donation). An information event will take place at the Suttie Centre tomorrow (16 June) between 4-5.45pm. This is open to staff, patients, and relatives. If you are looking for more information on living donation, [visit the Organ Donation Scotland website](#).

Quality Improvement & Assurance Team newsletter This team have been hard at work producing a newsletter with information and updates on Quality Improvement & Assurance work taking place across the organisation. [The first issue is available to view here](#), the team welcome all feedback on the content and their contact details are included.

Social media usage NHS Grampian is active on several social media platforms, and it is a great way to communicate with people across the region. The Corporate Communications team have supported many departments and services to set up their own bespoke accounts. If this is something you think your team could benefit from, please read the [Business Use of Social Media Policy](#) before setting up an account (intranet link, networked devices only). This will help you make an informed decision. If you have further queries, please contact gram.socialmedia@nhs.scot.

There is also general guidance available on the [Personal Use of Social Media](#), which we encourage everyone to read (intranet link, networked devices only). If you are a member of a professional body (e.g., NMC, GMC, HCPC) you may also wish to consult their social media guidelines.

Reminder - Endowment Fund survey A big thank you to everyone who has already taken part in this survey. If you haven't had the opportunity yet, there's still time to share your views. What do you know about the fund? How could funds be spent? Whether or not you've ever sought support from the Endowment Fund, the trustees invite you to [please complete this short survey](#) (should take 2-3 minutes)

We Care Wellbeing Wednesday

- Coaching for Wellbeing Support

How are you? How do you adapt to challenging situations? Do you find yourself getting overwhelmed and turning unhelpful coping mechanisms? The [Coaching for Wellbeing](#) service is managed by [NHS Education for Scotland](#) in partnership with [Know You More](#). Coaching for wellbeing encourages you to explore and build on your wellbeing and develop and strengthen your resilience in a supportive space with qualified, experienced coaches. It provides tailored support to staff working in health, social work and social care. It offers you a free, safe, confidential space to reflect on what is going on for you and why you feel the way you do.

You can discuss professional and personal issues that you are facing and finding challenging, and be supported to develop strategies to cope, adapt and learn from them. This space can be used to explore how you can support the wellbeing of your team. [Further details and registration information is available here.](#)

The National Wellbeing Hub offer other services such as; counselling, space to talk - personal and professional, how to lead and support others, building resilience and how to improve your wellbeing.

- Mindfulness

Mindfulness taster sessions - Following on from the initial taster sessions held last month, we're pleased to say the programme has been extended. The sessions are offered by the Charities Together Mindfulness Project, delivered by NHSG and Highland Mindfulness facilitators. The initial run of the taster sessions had a great success in attendance, if you are interested in attending one of the taster sessions please use the following links, please note the sessions are free to all to join, require no prior sign up, and are held every Monday, Wednesday, and Friday.

[Monday taster at 12:00-12:30](#)

[Wednesday taster at 17:00-17:30](#)

[Friday taster at 12:00-12:30](#)

The first course for the Mindfulness Based Stress Reduction (MBSR) took place last week, each course sessions will run weekly over 8 weeks and each session will last 2 hours. The next start date for the new MBSR courses is Tuesday 27 September 2022 (5.30 – 7.30pm) Additional courses will be added. To book and further enquiries please email: gram.mindfulness@nhs.scot.

Tune of the day For no other reason than it popped up on a compilation of Pride anthems and reminded me of what an absolute corker it is, today's tune is [Standing in the way of Control](#) by Gossip (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