

Friday 28 July 2023

World Hepatitis Day Today is World Hepatitis Day and the theme for 2023 is 'Hepatitis Can't Wait'. Viral Hepatitis can affect anyone who has been at risk - we want to take away the stigma around these illnesses by normalising testing and making it easier for everyone to take a test. If you work with the public, or with partners in the community who do, please consider giving out information about Blood Borne Viruses, and advising people where to get tested. We have a great selection of free resources [available on our Health Information Resources Catalogue](#). An information leaflet on prevention, testing, and treatment is available here: [BBV Leaflet - E-Version final.pdf \(grampiansexualhealthservices.com\)](#) or call the NHS Grampian liver service on (01224) 554757.

Bottle or Bag? We are always looking for ways to be as sustainable as possible; the team at Woodend are playing their part by trialling bagged milk. It's something you may have seen used in high street coffee chains; the bags use significantly less plastic than a bottle, thereby reducing their environmental impact. If the trial goes well, we could start using bagged milk across the organisation. Pictured below are Lynette and Liam with the bagged milk:



Cycle to Work Day This annual event is just around the corner (Thursday 3 August) and here's why you should take part! Regular cycling is brilliant for your mental and physical health. It helps you to build muscle, lose fat and increase your overall fitness. According to a study published in the British Medical Journal, cycling to work reduces your chances of getting cancer by 45%, and it also cuts your risk of developing cardiovascular diseases by 46% therefore helping you to live longer. According to our staff travel survey in 2021, when we asked you how you feel and compared this to how you travel, those of you cycling to work reported feeling happier and healthier than those travelling by any other mode. Cycling is also a great way to save money, connect with nature and your surroundings and do your bit for the planet. Getting on your bike every day can be a daunting thought which is why Cycle to Work Day is there to encourage you to try it once and take it from there! [We've put together this guide to help you get ready](#). For any further enquiries regarding cycling to or for work, contact gram.activetravel@nhs.scot

That was the week that was If you've missed a brief through the week, here are the key items shared:

Monday 24 – update from Linen Services, price rise in retail catering

Tuesday 25 – initial RAAC update, plus dates for virtual drop-in sessions

Wednesday 26 – adaptive radiotherapy milestone, dates for Datix advice surgeries

Thursday 27 – further RAAC update, retirement of ECCI system, GAPF development day

[All briefs are stored online, just click this link.](#)

STAR Award Two presentations to share with you this week: Diane Laing, a midwife at Dr Gray's, and Terry Duncan, car park attendant at Foresterhill have both received their STAR Awards. If you want to put forward a colleague or team for an award, you can [complete the online nomination form](#), or email the details to gram.staffthanksandrecognition@nhs.scot

Tune of the day Penny Gillies from Public Health rounds off our requests for the week. As part of the team working on Blood Borne Viruses, she's highlighting World Hepatitis Day: "Anita Roddick died of complications caused by a late diagnosis of Hep C. When she was on Desert Island Discs one of her song choices was [La Bamba by Los Lobos](#) - I would like to request this for today" Job Done!

Whatever you've got planned for weekend, I hope you have a good one. We'll be back, as usual, on Monday (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