

Friday 10 March 2023

‘Brew & a Blether’ update Brew & a Blether is a drop-in approach to encourage staff to take a break, leave their place of work and speak about their welfare concerns to staff in attendance. A drink voucher is also on offer and colleagues supporting this include the Chief Executive Team, Staff Side, We Care and Psychology. Sessions will take place over the next couple of weeks on Monday 13th from 12noon to 2pm in the ARI Pink Zone Cafe, Tuesday 14th March from 10.30am to 12.30pm at Summerfield House, Tuesday 21st March from 11am to 1pm in the ARI Board Room and Friday 24th March from 11am to 1pm at the Dr Gray's Hospital Project Wingman Legacy Room. Please come along and chat if you can.

That was the week that was If you missed a brief this week and want to catch up, here's a quick guide to the key items shared:

Monday 6 We celebrate HEPMA launching with our early adopters in Roxburghe House

Tuesday 7 Announced an introduction to Allyship

Wednesday 8 The search is on for a new non-exec board member – for more details [click here](#); marked international women's day

Thursday 9 We updated on the Baird Family Hospital and ANCHOR Centre projects – [Read the full news release here](#)

STAR Award We have two deserving recipients this week:

- Muriel Nelson (Advanced Practitioner Physio) has pushed and developed the Physiotherapy Service in Central Aberdeenshire for many years whilst supporting both staff and patients.
- Keiran Swanson, Pharmacy Clerical Officer, Keiran frequently goes above and beyond in his duties and will take extra measures to ensure the patient always comes first.

Congratulations to both of you!

If you want to nominate an individual or team you work with for a STAR Award, [simply complete the online form](#) or send an email with their details to gram.staffthanksandrecognition@nhs.scot

Tune of the day Healthcare Support Worker, Shona McLeman has been in touch for today's track. She has opted for [I Wrote a Song](#), by Mae Muller. The track and artist will represent the UK at this year's Eurovision Song Contest.

Shona said: "I think we should all support her in her fight for the all the douze points, in Liverpool this year."

While it's clearly no Jaja Ding Dong, let's hope it's more Katrina and the Waves, than Scooch, come May 13. (GC)

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