

Monday 20 November 2023

Change of leadership – Aberdeen City HSCP/Medicine & Unscheduled Care Portfolio As shared with colleagues in Aberdeen City Health & Social Care Partnership, Sandra MacLeod will be leaving her post as Chief Officer for the City HSCP in February 2024. She will be joining NHS Tayside as an Interim Deputy Chief Executive on a secondment basis, working alongside NHS Tayside’s Deputy Chief Executive. Sandra will continue to lead the Medicine and Unscheduled Care Portfolio for NHS Grampian until this time, after which she will also step down as the Portfolio’s Executive Lead.

More news about the recruitment process for her replacement will be shared in due course. In the meantime, we would like to congratulate Sandra and wish her every success.

Call for applications – funding to support staff wellbeing Are you keen to help your team to rest and recover, and prevent fatigue? Following their away day in September which focused on these issues, Grampian Area Partnership Forum (GAPF) are inviting funding bids. These can be made for anything from a new kettle for hot drinks to a reclining chair for break rooms, so long as they meet the following criteria:

- The bid directly links to the management of team fatigue, supporting rest and recovery.
- It should benefit a multidisciplinary team
- Bids cannot be more than £2,500
- Items should be priced and purchased using PECOS
- Items requested should be an ‘extra’ i.e., not something which should come from the core NHS budget.

All applications should be in line with the Staff Governance Standard: “Provided with a continuously improving and safe working environment, promoting the health & wellbeing of staff, patients and the wider community.”

A full set of guidance notes, along with the application form, [is available on the intranet here](#) (networked devices only), and applications should be received no later than 13 December.

EPR DOC UL Scheduled Unavailability – tomorrow As part of the EDT Hub update tomorrow (21 October), the EPR Document Uploader (EPR DOC UL) system will be unavailable, between 9am and 12 noon. All EPR DOC UL users will be affected; they will **not** be able to upload or send documents to the GP. It is advised to wait until the system comes back online before attempting to perform any document-related tasks. We apologise for any inconvenience.

Virtual ‘Fit for Pregnancy’ class The physiotherapy team based at Aberdeen Health Village offer a virtual ‘Fit for Pregnancy’ class. This is for anyone at any stage of their pregnancy, to give guidance on the changes to their body, how to manage pelvic girdle pain, tips on physical activity, and post-natal advice. The classes are one hour long, take place using NHS Near Me, and no participation is required. Midwives and GPs can refer; self-referral is also possible. Simply call 0345 099 0200 to book.

Egg & sperm donation – Can you help? Hundreds of people in Scotland need the help of egg or sperm donors to give them the chance to become parents and the gift of starting a family. A national campaign is underway to encourage people to become egg and sperm donors, with the four NHS Fertility Centres in Scotland (Aberdeen, Dundee, Edinburgh and Glasgow). Donating your eggs or sperm is something that requires careful consideration, but if it's right for you then you have the potential to give the joy of starting a family to those people in Scotland, who need the help of donors to become parents. For more information on what is involved you can visit [Donor Information | NHS Fertility | Fertility Help | UK](#) or you can contact the local team directly via gram.afcdonation@nhs.scot

Pause for thought Sometimes the best thing to do is nothing – but often we don't see value in that. We believe we will be more valued if we take some action, just do something. What are you tempted to get involved with that doesn't really need your input?

Staff offer – free trial at RGU SPORT The team at Robert Gordon University are offering a 2-week free trial of their gym facilities at Garthdee to all NHS staff. This trial period will be between Friday 1 – Thursday 14 December and can be accessed any time during their opening hours (Mon-Fri 6am-10pm, Sat-Sun 8am-3pm). To sign up for this great offer please email rgusportenquiries@rgu.ac.uk with the following information:

- NHS GYM as email subject
- Full name
- Date of birth
- Address
- Contact number
- Email address

RGU will then reply with the next steps; **please note you will need to bring your NHS staff ID to RGU SPORT every time you visit during the trial.** You can email anytime from now until 13 December to get set up for this, but the sooner you email, the more of the trial period you can take advantage of. Once the trial period is over, RGU SPORT are offering all NHS staff the following discounted rates:

	NHS offering (NHS ID must be shown)	Usual price
Pay As You Go Membership	£30 annual fee then £3.60 per session	£60 annual fee - £4.00 per session
Non-member option	£5.00 per session	£6.70 per session

There will also be Christmas and Summer promotions which will be circulated around all staff. If you have any questions on any of this please do not hesitate to get in touch with RGU SPORT using the above email address and someone will get back to you as soon as possible.

Tune of the day Rob Stevenson (ANP, GMed/Unscheduled Care) takes the reins today, requesting John Vincent III and [That's Just The Way It Is, Babe](#)

This Friday is T-shirt Day, courtesy of BBC 6Music. This feature proves we have a lot of music fans working across health & social care in Grampian, so if you feel like getting involved – and your job does **not** require you to wear a uniform – why not don your favourite band t-shirt on Friday? Please ensure your t is suitable for the workplace – no depictions of nudity, swear words etc (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