

Wednesday 27 September 2023

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**Retail catering price rises** Please be aware the price of sandwiches, toasties, salads etc at our retail catering outlets will increase from Tuesday 2 October. This is due to a price increase from our supplier, taking into account the rising price of raw ingredients.

**Electronic Employee Support System (eESS) - support plan update** The eESS Support Team have been actively working towards providing better support and improved communication to users of the system through implementation of the eESS Support Plan since June. As a result, there has been significant progress in response rates for emails received since 1 August. If you have an outstanding query, sent to [gram.eesssupport@nhs.scot](mailto:gram.eesssupport@nhs.scot) prior to 1 August, please resend this email to the above address so the team can take the appropriate action to assist. Otherwise, your query will be regarded as completed. 1-1 support sessions are available to you via Teams, should you be having difficulty processing a transaction on Managers self-service. [There is more information on 1-1 sessions here](#) (intranet link, networked devices only). That link also gives you access to all the eESS project newsletters and an FAQ.

**Buying physical FirstBus Passes from ARI General Office** FirstBus have advised us of their decision to stop the sale of physical passes, sold to employees at a discounted rate from the ARI General Office. The last day these passes will be available to purchase is this Friday (29 September). Discounted bus travel with FirstBus remains available through their Commuter Travel Club scheme, where the tickets are delivered via First's app. In addition to their existing monthly scheme, a new flexi ticket is also being introduced. Details about the existing scheme are available (information about the flexi ticket scheme will be available shortly) at: <https://www.firstbus.co.uk/aberdeen/ctc>

**Woodhill House relocation** We are pleased to say we have reached a final agreement with Aberdeenshire Council regarding some of our teams moving to office accommodation at Woodhill House. This project has been under consideration, in different forms, for many years and we are pleased it is finally coming to fruition. We are in direct communication with those teams who will be relocating, to keep them fully involved in the process. A moving date has yet to be set but we can confirm it will not be before April 2024.

**Non-clinical CPR cascade trainer course** The Resuscitation Department recently introduced a new course to recruit CPR cascade trainers in non-clinical roles. If you have direct contact with patients, but aren't a clinical member of staff, you are required to update your basic life support annually. This course will help you upskill your teams and ensure they are compliant with the mandatory requirements. The course is shorter than the standard CPR cascade trainer course with more focus on the initial management of a patient in cardiac arrest. The next course will take place next Thursday (5 October) between 9am-4pm; if you are interested, please do not delay booking as numbers are currently low and the event is at risk of cancellation. You can book via Turas by searching '*Non-clinical CPR cascade trainer course resus dept*'

**Jane Davies award for person-centred practice** This award has been created in memory of Jane Davies, who worked across the NHS in Scotland for 34. It seeks to celebrate an individual, team, or service which is truly person-centred. More information is attached to the email used to send out this brief. Please note the closing date is **Friday 29 September** not today, as stated on the form.

**Reminder - RCN Scotland – nursing support roles event** RCN Scotland is hosting a free education event for all those in support roles in nursing (for example HCSWs, care assistants, and all others in similar roles) in the MacGillivray Conference Centre at AMH next Tuesday, from 10.30am-12.45pm This event will cover accountability & delegation, record keeping, using social media safely, and using the library. The content is designed to be highly applicable to those in support roles across health and social care. [Places can be booked online via the RCN events page](#). If you have any questions about this event, please contact [LDScotEvents@rcn.org.uk](mailto:LDScotEvents@rcn.org.uk)

**NHS Grampian Charity – on the road** Have you ever thought about applying to the NHS Grampian charity, but aren't sure where to start? Would you like to understand more about what the charity is there to do? Answers to these questions, and many more, will be on offer as the NHS Grampian Charity go on their travels this October. Dates and locations as follows:

- Tuesday 3 October, Royal Cornhill (main corridor), 9.30am-12noon
- Wednesday 4 October, Dr Gray's Hospital (Innovation Hub), 10am-3pm
- Thursday 5 October, Jubilee Hospital (dining room), 9.30am-12noon AND Inverurie Hospital, 1.30-4pm
- Monday 9 October, Aberdeen Health Village (staff room), 9.30am - 12noon AND Kincardine Hospital (reception), 1.30-4pm
- Wednesday 11 October, Woodend (SOARS social area), 10am-3pm
- Thursday 12 October, Peterhead Hospital (Summers Ward), 9.30am-12noon AND Fraserburgh Hospital (Clinic Room 1), 1.30-4pm

Not able to attend? Don't worry, there will be two virtual roadshows, taking place on Teams, on Tuesday 17 and Thursday 19 October. Details on registering [are on the NHS Grampian Charity intranet page](#).

**We Care Wellbeing Wednesday** We Care offers a range of wellbeing training sessions; the following all have new dates available to book. All the booking links direct you to Turas, remember you can now log into this using your Office 365 profile. Any questions? Contact [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot)

- **Your Financial Wellbeing** Do you want to increase your confidence in financial matters? These sessions cover personal budgeting, mortgages and lending, savings and investment, pensions and more. Upcoming dates: Tuesday 24 October 9.30-11.30am, and Monday 18 December 1-2.30pm. [Click here to book](#).
- **Psychological Safety** These sessions aim to help you identify what psychological safety is and why it is important, to pinpoint the things that undermine psychological safety, to analyse the factors driving psychological safety, and to develop a strategy to support psychological safety in your team. Upcoming dates: 28 November 9.45am-12noon, 12 December 9.45am-12noon, 9 January 1.45-4pm. [Click here to book](#).
- **Menopause Awareness in the Workplace** This programme aims to raise awareness of the issues going through the menopause can present, and how they can affect us at work. We all have a role to play in supporting colleagues and highlighting the assistance available. Upcoming dates: 9 November 1.45-4pm, 30 November 9.45am-12noon, 11 January 1.45-4pm. [Click here to book](#).

- **Wellbeing in the Workplace for Managers** This session will support you to reflect on where your team is with wellbeing in the workplace currently and start to develop a plan around building on this, whatever your starting point. Upcoming dates: Monday 27 November 1.45-4pm, Tuesday 16 January 9.45am-12noon, Thursday 8 February 1.45-4pm. [Click here to book](#).

**Tune of the day** Joanna Ewenson, part of the Moray Community Learning Disability Team, makes today's request, dedicated to team secretary Karen Wilson. Karen keeps everyone going, keeps everyone organised, and is the personal shopper for any gifts required. For Karen, we have Frank Wilson and [Do I Love You \(Indeed I Do\)](#) (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)