

Here is the brief for Wednesday 6 October 2021.

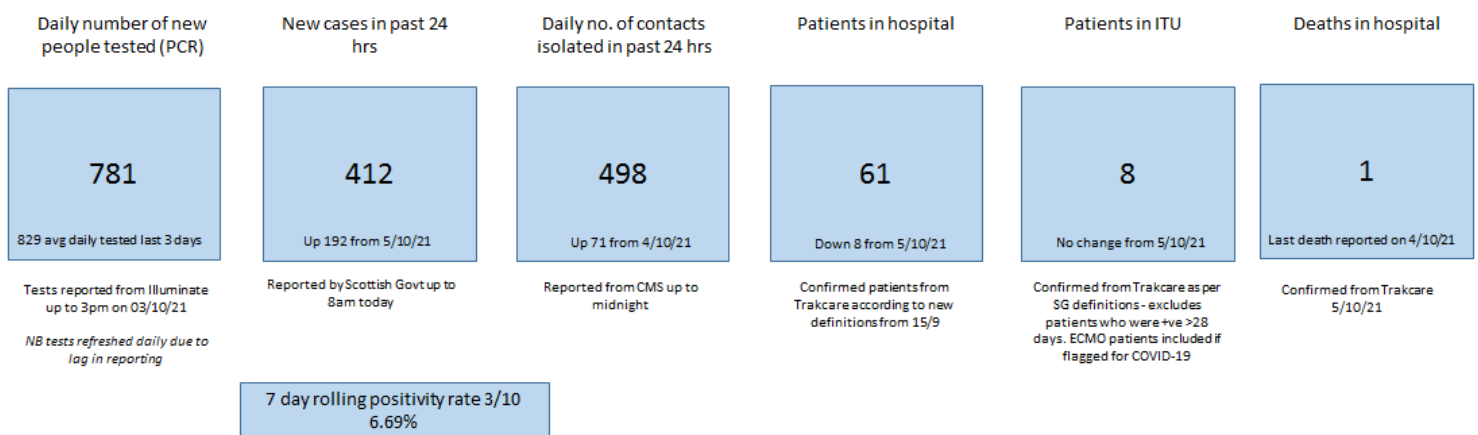
Autumn/Winter vaccinations – ARI staff clinic Unfortunately the ARI staff clinic (Eye outpatients) will not be available **this Friday afternoon (8 October)**. Clinic staff are contacting those with appointments to advise and we apologise for any inconvenience. Please note all other clinics in this venue are operating as scheduled. If you have a booked appointment at any staff clinic that you are then unable to attend, please inform the teams as soon as possible.

BD Blood Tubes shortage In response to the ongoing worldwide shortage of BD blood tubes, we have developed a simple guide, with clear clinical advice, for colleagues in NHS Grampian regarding what we can do to optimise these resources. [The guide is available on the intranet](#) – you must be using a networked device to access this link.

Travel vaccinations – now available at community pharmacies As travel restrictions continue to relax, there's a change to the way vaccines for overseas travel are offered. Instead of making an appointment with their GP, individuals are now able to arrange travel vaccinations at one of 35 community pharmacies across the Grampian region. The change is part of the wider national programme which sees vaccinations move away from GPs and which has already seen the creation of dedicated 'flu vaccine clinics.

Details on which community pharmacies are participating in the scheme are available on <https://www.grampianvax.com/travel-vaccination/>

Grampian data The local update for today is shown below:



[The Public Health Scotland daily dashboard is available to view via this link.](#)

PPE donning and doffing training New dates are available for this training (delivered on Teams) as follows:

Wednesday 20 October/ Tuesday 26 October/ Wednesday 10 November/ Tuesday 23 November/ Wednesday 1 December

All sessions start at 11am. You can book your place by emailing gram.ipc-donn-doff-training@nhs.scot

COVID-19 – what do you know? All the answers to our recent quiz questions are now available in one handy infographic, attached to the email used to send out this brief. All information is correct at the time of publication, you are welcome to share the graphic with colleagues as appropriate.

NEW Adult Protection Training Framework for Grampian [This framework sets out the training offered to NHS Grampian staff in relation to adult public protection AND the expected levels of training NHS Grampian staff should undertake.](#) Please note this link will only work on networked devices.

We Care Wellbeing Wednesday

- October We Care Newsletter - [We are pleased to share our October We Care Newsletter, available to view online](#) and also attached to the email used to send out this brief. We will also be uploading this and all of our previous and future We Care Wednesdays to our website for easy reading. Please send our Newsletter round your teams or print a copy to add to your staff room to keep staff up to date on We Care events, information and news. If you would like to subscribe to our newsletter or provide us with some feedback, please email us at gram.wecare@nhs.scot
- World Mental Health Day – This Sunday (10 October) is World Mental Health Day. Whether you are working or not, we encourage you to spend five minutes on Sunday to ask yourself a few questions:
 1. How am I actually doing?
 2. What is having a negative impact on my mental health and is there anything I or someone else could do to help with this?
 3. What do I have available to support my mental health and how can this become a regular part of my life?

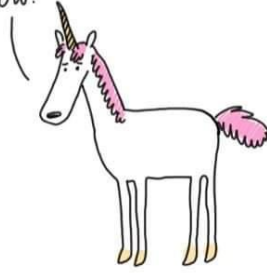
The World Health Organisation has gathered mental health resources related to this campaign as well as an Action Plan by 2030 with the goal of having mental health care for all a reality. Check out the resources at [World Mental Health Day 2021 \(who.int\)](#) or follow the hashtag #WorldMentalHealthDay on social media.

As always we would love to hear any feedback and ideas via email gram.wecare@nhs.scot or via [this anonymous form](#)

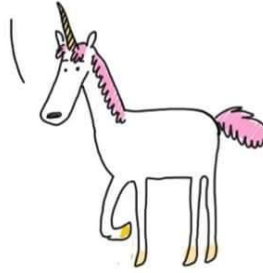
Thought for the day Pretty much every social media account has a ‘memories’ function, reminding you of the things you posted on that day, in previous years. I go back and forth on how useful this actually is, as I am usually left shaking my head at the wisdom (or otherwise) of younger me. It’s also been a tricky experience in 2021, because it’s a daily reminder of the chaos we were pitched into last year, a chaos that hasn’t gone away, but just changed its shape and form. However, today I am glad of it, because it has reminded me of this cartoon (next page), by Twisted Doodles. I probably considered sharing this with you all last year, and then got caught up in other things – sound familiar?

Things remain really hard. We’re all carrying the weight (both metaphorical and probably literal) of the last 18 months and it’s not like health & social didn’t have its challenges before COVID-19 came along. I have no magic wand to wave, no solution I can suddenly produce. What I can say is that you ARE seen, you ARE valued. As I sit at my dining room table, far from the frontline, I remain consistently in awe of the work I see every day. Would we wish to have to work at this pace, take difficult decisions, make the best out of a rotten situation? Of course not. And yet, we are still doing it. You can all take great pride in what you do. I take great pride in working with all of you.

THINGS ARE PRETTY
STRESSFUL RIGHT
NOW.



I WANT TO TRY SOMETHING
WITH YOU, REPEAT AFTER ME...



"THIS IS REALLY
SHYT AND I'M SO
FED UP!"



IT'S OK TO FIND THIS
HARD BECAUSE IT IS
HARD. IT'S OK.



@twisteddoodles

Tune of the day When in doubt, Kylie. (Minogue, not Jenner. Always.) [I Believe in You](#) is our tune of the day.

If you want to request a song for tune of the day, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot