

Wednesday 10 August 2022

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**First Aid Training Update** We have been successfully delivering the blended First Aid courses for a few months now and the feedback overall is positive.

Please apply for the First Aid training provided by OHS if there is a requirement for a First Aider within your area, or if your certificate has lapsed. Managers within your area will be required to authorise your application for training. Managers must also allow time for you to complete these modules during your working hours. Please review the [First Aid at Work policy](#) (intranet link, networked devices only) to assist in your risk assessment of requirements for your area. All nurses, doctors, and paramedics can render First Aid as detailed in this policy. However, if there is a requirement for further training then we are happy to support this. We encourage staff from non-clinical areas, estates staff, administration, and staff from the mental health sector to attend. The new training format will be as follows:

**Emergency First Aid at Work - for those refreshing this certificate and those who are brand new to this course.**

6 hours including:

- 6 modules (approx. 3 hours) eLearning on Turas.
- 3 hours practical session in classroom.

**First Aid at Work (refresher) - for those who completed the 3-day course and are returning to refresh. Please state when your certificate expired:**

12 hours duration including:

- 13 modules (approx. 6 hours) eLearning on Turas.
- 6 hours practical session in classroom.

On successful completion, certificates will be valid for 3 years.

**First Aid at Work – for staff who are in a high-risk work area, large staff numbers/shift work, machinery, equipment or other potential hazards, and have NOT attended this course before.**

This will be blended format and will be 18 hours in duration as set out below:

- 13 modules (approx. 6 hours) eLearning on Turas.
- 12 hours practical session (delivered over two days).

Please visit [First Aid Training](#) (intranet link, networked devices only) for further information and to apply. Face to face sessions will take place at either the Suttie Centre or at Moray College/UHI in Elgin.

**Monkeypox – what you need to know** LGBT+ community organisations, in partnership with NHS Scotland, are hosting a live Q&A session to share current information on Monkeypox and Scotland’s vaccination programme. You can join the webinar this Thursday at 6pm by visiting [www.hiv.scot/sh/monkeypox](http://www.hiv.scot/sh/monkeypox); please share details of this event widely.

**The Quality Improvement (QI) Practitioner Course is back!** This is now a virtual programme (2 hours per session) delivered via MS Teams over a period of 14 weeks (5 must attend modules and 3 optional QI clinics). Cohort 1 will start on Thursday 1 September 2022 and finish on 24 November – we will take you on your QI journey and provide you with the tools required to take forward a small QI project. Places will be allocated on a first come, first served basis. If the course is over-subscribed names will then go on a waiting list where further dates will be released. We look forward to meeting you and taking you on your QI journey - [Quality Improvement journey | Turas | Learn \(nhs.scot\)](#)

- Dates for Cohort 1 - 01/09/2022, 22/09/2022, 13/10/2022, 03/11/2022, & 24/11/2022

If you are interested, then please apply using the attached application form and send to our generic email address – [gram.qiat@nhs.scot](mailto:gram.qiat@nhs.scot)

**Suttie Centre computer room** Please be aware the Suttie Centre computer room will be unavailable between 24 August and 7 September. This is to allow for an upgrade of the room, to make space for more personal devices, such as laptops. Room 204 will be available for online booking between 8am-6pm throughout. The centre team apologise for any inconvenience.

### **We Care Wellbeing Wednesday**

- **Prevent Suicide app** You may have spotted some recent media coverage of a guide – prepared by us, SAMH, and Police Scotland - to the Prevent Suicide App. The guide is designed to help anyone who is worried that someone in their life is suicidal, providing questions to ask and support available. You can access the [Prevent Suicide App Webpage](#) (which has information and details on support available) or you can download the App on [IOS](#) / [Android](#) / [Amazon](#).
- **Suicide Prevention Training** Introduction to Suicide Prevention (ISP) training is 2 hours, will be delivered online via MS Teams and is entirely free of charge. Individual staff members or volunteers can book themselves a space on Eventbrite by following the links in the table listed below. These are mixed north-east trainings, meaning it is open to individuals working across Aberdeen City, Aberdeenshire or Moray. Bookings for the evening training dates are now live, as we are keen to explore the demand. Spaces are limited to 20 attendees per session and Eventbrite will hold a waiting list for each session. We kindly ask that if you book yourself a space and later learn that you cannot attend the training, please either cancel your space **via Eventbrite** or [email us](#) to inform us of your need to cancel. Please see evening training dates/times and booking links below:

Date	Time	Eventbrite
Wednesday 31 August	6 – 8pm	<a href="#">Click to Book</a>
Tuesday 6 September	5:30 – 7:30pm	<a href="#">Click to Book</a>
Thursday 15 September	6:30 – 8:30pm	<a href="#">Click to Book</a>

Below you will find a selection of new daytime training dates for our Introduction to Suicide Prevention (ISP) training and Introduction to Youth Suicide Prevention (IYSP) training.

Date	Time	Training	Eventbrite
Wednesday 17 August	2:30pm – 4:30pm	ISP	<a href="#">Click to book</a>
Thursday 18 August	2:00pm – 4:00pm	IYSP	<a href="#">Click to book</a>
Wednesday 24 August	2:30pm – 4:30pm	IYSP	<a href="#">Click to book</a>
Thursday 25 August	3:00pm – 5:00pm	ISP	<a href="#">Click to book</a>
Tuesday 30 August	10:30am – 12:30pm	IYSP	<a href="#">Click to book</a>
Tuesday 30 August	2:00pm – 4:00pm	ISP	<a href="#">Click to book</a>
Wednesday 31 August	2:30pm - 4:30pm	ISP	<a href="#">Click to book</a>

- **Wellbeing Groups** We are aware there is lots of work by department, teams, and sites to support staff wellbeing. We are really pleased to hear wellbeing groups are being set up and would love to hear about the groups you are involved in and the work you have been doing! If there are any ways we can link in to support your work, you can get in touch by email at [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot).
- **Get in Touch with We Care** We appreciate your feedback and suggestions on what matters to you and your team so please feel free to get in touch with us via the [We Care Email](#) , or contact us through [The We Care Anonymous Feedback form](#). Are you on Social Media? To keep up to date with all things We Care, check out our Social Media Platforms and tag us using the hashtag #GrampianWeCare and let us see what you're doing to support wellbeing! You can find us on Instagram, Twitter and Facebook @GrampianWeCare.

**Tune of the day** Lamont Dozier, one third of Motown team Holland, Dozier, Holland, and a prolific songwriter in his own right, died yesterday at the age of 81. I was today years old when I realised he was responsible for the disco classic [Going Back to My Roots](#), so I share his version of this epic tune – enjoy! (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)