

Wednesday 22 June 2022

COVID-19 Update Infection prevalence continues to rise in Grampian, across Scotland, and the UK. The Office of National Statistics infection survey estimates 1 in 30 people in Scotland had the virus in the 7 days to 11 June, compared to 1 in 40 the week before. Case numbers identified through testing in Grampian have almost doubled in the past fortnight and new variants of concern BA4 and BA5 are believed to be driving the increase in infections and reinfections is becoming increasingly common as the months and years wear on. Hospital admissions for COVID-19 in Grampian averaged 12 per day over the past week, continuing the increase we have seen over the past fortnight and are highest in older people over 70. COVID-19 occupancy remains unchanged from last week, hovering around 76 beds per day.

The increasing prevalence of the virus is a reminder to all of us to keep sticking with simple infection prevention & control measures. Fluid repellent surgical masks must be worn in buildings where clinical care is provided and we should all carry out frequent, thorough, hand hygiene. If you are unwell with COVID-like symptoms, you should not attend work. If your job brings you into regular contact with patients, please continue with LFD testing. Outwith work, wearing face coverings in busy public places (like supermarkets) and on buses or trains, and ensuring good ventilation in our homes are further steps we can all take.

Smarter Working update As you know, a number of teams have volunteered to be 'early adopters' of a hybrid working approach. Their feedback will help the wider organisation as we seek to embed hybrid working; one such team is Public Health. In recent weeks, they have held more than 100 one to one meetings between managers and team members, alongside wider team discussions. This gives us all a sense of the scale of the task. Could you/your team get ahead of the curve and start your own discussions now? What might hybrid working look like for you? Could you start mapping out the tasks you undertake and where they need to be carried out? If you have any queries about the Smarter Working programme, please contact gram.smarterworking@nhs.scot

Industrial action – train disruption A brief reminder there will be no train services in or out of Aberdeen tomorrow (23 June) due to industrial action, and there are no replacement bus or taxi services. We are advising patients/clients who rely on trains to get to appointments and cannot otherwise attend to call the number on their appointment letter to rearrange.

Antimicrobial stewardship for nurses & midwives NHS Education for Scotland (NES) have published updated training resources to support nurses and midwives with antimicrobial stewardship. These are [available on Turas here](#).

Aberdeen City adult support and protection inspection The report of the multiagency joint inspection of Adult Support and Protection in Aberdeen has just been published on the Care Inspectorate website. The attached multiagency staff briefing has more information on the findings of the inspection and next steps.

Clothing Pod As you may be aware there is a clothing pod in the ARI Site & Capacity office for patients who come into hospital without belongings and need clothes to get home upon discharge. Stocks are currently running low and the team are urgently requesting donations. Clothes can be pre-loved, provided they have been washed and are in good condition. We will accept:

- Male trousers/tops
- Female trousers/tops
- Pyjamas
- Any footwear

If you are having a clear out and wish to donate any clothes, please drop off to the Site and Capacity Office, Level 1 in the Green Zone.

We Care Wellbeing Wednesday

- **Healthy Lifestyle – Satisfied saddles and stomachs after Bike Week**

The “Bike for a Bite” challenge was organised through Active Travel to motivate staff to cycle to work during Bike Week (6-12 June). Staff at participating sites were rewarded with a food and drink voucher to spend on site, while staff at other sites were entered into a prize draw for a Bike Shop voucher. The initiative was the first of its kind for NHS Grampian and saw 85 staff take part in pedalling to work across the week. Whilst the challenge mainly attracted those who already cycle, we were happy to hear from some staff who hadn’t been on the saddle for a while who really appreciated having a reward to motivate them! Here’s what some of the participants had to say...

Kate from Forres: "I moved from NHS Highland to NHS Grampian last year and now travel the 10 or so miles between Nairn, where I live, and Forres, and have often wondered how long it would take to, and if I could, cycle to work. The bike to work week finally inspired me to actually try it! It took about 50 minutes, saved my fuel and I felt great, if a little sweaty, when I arrived! My next challenge will be to keep it going at least part of my working week."

Amy from Dr Gray’s: “My daughter and I started cycling to school and work last year, every day even in the rain the only time we don’t is if it’s snowing!”

Anonymous: “First day back on the bike to work since the pandemic!”

Anonymous: “I do regularly cycle to work...and everywhere as my main mode of transit! But it’s nice to be recognised/rewarded for making a greener choice”

- **NHS Grampian Coaching**

Please see attached flyer for information on NHS Grampian’s coaching bank.

- **Mindfulness**

A Reminder of Mindfulness Taster Sessions provided by the Charities Together Mindfulness Project and delivered by NHS and Highland Mindfulness Facilitators are running free drop in sessions with no prior requirement to sign up on a weekly basis. Dates, time and links to sessions are as follows

[Ever Monday Taster Sessions at 12:00-12:30](#)

[Every Wednesday Taster Sessions at 17:00-17:30](#)

[Every Friday Taster Sessions at 12:00-12:30](#)

NHS Scotland event – thank you As the NHS Scotland event concludes at P&J Live, a huge thank-you must go out to everyone involved ‘behind the scenes’, in particular those teams who supported the Experience Day on Monday. Our thanks also to our colleagues at Aberdeen University and Robert Gordon University for co-hosting last night’s networking receptions.

Tune of the day The gates of Worthy Farm opened for the first time since 2019 today, welcoming festival goers for Glastonbury 2022. There have been countless epic performances at this event – and this weekend will likely add to that list – but for today, enjoy [Pulp \(in all their pomp\) and Common People](#) from their headlining slot in 1995 (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