

Wednesday 16 August 2023

Don't tape your key to your front door – device security If you keep your Bitlocker code with your NHS Grampian device (in the same bag or stuck to the device) and it is lost or stolen, you've given the person who recovers it (or the criminal who stole it) the 'key' to all the information it contains. It's just like locking your front door, but sticking the key to the outside so anyone can take it and let themselves in. If you're concerned about forgetting the code, don't worry - the IT Service Desk can help you recover it via Ext 54444 or gram.servicedesk@nhs.scot

Sustainability strategy workshops – an apology We published the incorrect time for one of the upcoming sustainability workshops in yesterday's brief; please accept our apologies. For the avoidance of doubt, the four sessions are as follows:

- [Delivering net zero](#), with a focus on infrastructure, finance and procurement – Monday 21 August from 11am-12noon
- [Greening health systems](#), with a focus on realistic medicine and virtual consultations – Tuesday 22 August from 2-3pm
- [Greening places and communities](#), with a focus on increasing greenspace, biodiversity and adaptation – Thursday 24 August from 11am-12noon
- [Developing wider collaborations](#), with a focus on transport across the public sector (including travel infrastructure, active travel and patient transport). – Friday 1 Sept from 11am-12noon

Realistic Medicine conference – rescheduled! The Realistic Medicine and Value Based Health & Care Conference planned for Wednesday 6 September 2023 is being rescheduled due to factors outwith our control. Thank you to everyone who agreed to be involved or had saved the date. We will contact presenters directly with more information in the next few days. The rescheduled date is most likely to be in November and will be an all-day in-person event. The call for posters remains open to give you the opportunity to share your amazing work and discuss this with interested colleagues at the conference. This [Conference Poster Template.docx](#) can be used, or you can create one of your own.

In the meantime, if you would like to submit an interest to present at the event, please contact gram.realisticmedicine@nhs.scot.

Calling all clinicians! Want to develop your research or innovation skills? Don't want to leave clinical practice? Then these national research and innovation training schemes might be what you are looking for. More information on the fellowships is available at the following links:

[Clinical Academic Fellowships, including two jointly funded by the Colt Foundation and MND Scotland](#)

[CSO Innovation Academic Fellowships](#)

These fellowships all have a closing date of 12 October. If you are interested in applying to any of these schemes, then please know there is support here to help you develop the strongest application you can possibly submit and ensure it is appropriately costed and supported. Nurses or midwives should contact deborah.baldie@nhs.scot, AHPs can contact k.cooper@rgu.ac.uk, medical and other professions can access support from existing academic mentors or where this is not in place contact christine.hemming@nhs.scot

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) at Royal Cornhill Hospital on 3 October 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- [Events | Scotland | Royal College of Nursing \(rcn.org.uk\)](https://www.rcn.org.uk/events/scotland) If you have any questions about this event, please contact LDScotEvents@rcn.org.uk

We Care Wellbeing Wednesday

- **Values-Based Reflective Practice (VBRP)** VBRP helps you take time out to look at what's going on and aims to support you to be more able to provide the care you came into the service to offer. It takes place in a group, with a trained facilitator, and is a safe and confidential space to think in different ways about our working life – maybe something which has 'tugged' at you or impacted upon you for some reason. VBRP is a regular form of support, with sessions lasting around 30 minutes, which can be embedded in our working lives, reducing the build-up of stress. If you would like to find out more, contact Sue Rayner (susan.rayner1@nhs.scot) or Ryan Stewart (ryan.stewart5@nhs.scot) to arrange a taster session.
- **RACH Foodbank now open** Foodbank provision is now open to all at Royal Aberdeen Children's Hospital, in the form of an emergency food parcels store, supported by Kings Church and a local community food initiative. The cupboard is between the WRVS café and outpatients area on the ground floor (opposite the toilets) and will be open from 7am to 7pm, 7 days a week (locked overnight). This a pilot project, set up by nurses who have recognised the challenges many people are experiencing and the impact this has on their health. It is intended to support staff, patients, families and carers, at RACH **only** in this pilot phase, in partnership with the We Care team. If any member of staff would like to donate food, there will be boxes in each ward area and on the 3rd floor. For more information, please email gram.rachfoodbank@nhs.scot.

Tune of the day It's over to Speech & Language Therapist (and tune of the day regular) Emily Christie, who is once again highlighting an artist I wasn't aware of: "I've been a fan of Duncan Chisholm since the early 1990s and his recent album - Black Cuillin - is just amazing. I saw him at the Music Hall back in March and just sat back, closed my eyes and was transported to the wild mountains of Scotland." Here's the title track, [Black Cuillin](#), to soothe you towards the end of Wednesday (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