

Wednesday 1 June 2022

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**COVID-19 website content** At the beginning of the pandemic, we set up a dedicated website to hold key information relating to COVID-19. This was then merged into the main NHS Grampian website, as a separate COVID-19 'tab'. We are currently in the process of reviewing the content of these pages, to update, archive, or move to another section of the website as appropriate. We will be getting touch with page owners as part of this work, but if you have asked us to create pages on this site over the last two years, you can assist us by reviewing your content now. If it is out of date, or would be better held elsewhere, please let us know via [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot). Please title your email 'COVID-19 web pages content'.

**Help the mailroom team help you** We may be in the era of Teams messages and emails, but mail is still one of the key ways we communicate across the organisation. Did you know the mailroom team at ARI alone move an average of 20,000 items of mail every weekday? We can help ourselves - and them - by remembering the following things:

Have you definitely got the right address? Is it as clear as possible?

If your service/ward/team moves to a new location, let people know! All too often the mailroom team have to play detective when up to date contact details aren't available.

If you/your team are working at home, is there someone delegated to check the mail?

Finally, if you receive payslips which aren't for your team, please send them directly back to the HR Service Centre, Westholme.

**Community Treatment and Care hubs – Aberdeen City** New Community Treatment and Care (CTAC) Hubs will be opening for Aberdeen City GP Practice patients from the end of June 2022. The appointment booking line for the hubs will open on Monday 6 June (9am-5pm), for patient appointments from Monday 20 June. Patients from any Aberdeen City practice can attend any Aberdeen City CTAC Hub (if access to the GP Clinical System is authorised by the practice), or the patient may wish to continue booking in with their GP based CTAC nurse/HCSW, for their CTAC procedures.

CTAC procedures include: phlebotomy, CDM monitoring procedures, blood pressure, height/weight, ear syringing, wound care, stitches/staple removal, PICC line care, diabetic foot screening, and urinalysis. GP Practices have been sent more detailed information directly by the CTAC Team Lead. Please contact your practice manager for further information. For any additional information regarding the CTAC hubs please contact [gram.ctacservice@nhs.scot](mailto:gram.ctacservice@nhs.scot) or visit [Primary Care | Aberdeen City HSCP](#)

**Platinum Jubilee Celebration menu** There will be a special lunch menu served to patients across all hospitals on Sunday (5 June), the day designated for celebratory street parties. The catering team have put together a tempting array of treats, including Chicken Balmoral and a Birkhall Scottish Platter. You can [see the full menu here](#) (intranet link, networked devices only). Thanks must go to the Endowment Fund, who have paid for special celebration cupcakes as well.

**Reminder - Changing room/locker room availability** Thank you to everyone who has already completed the short form looking at what changing room/locker rooms facilities there are, in hospitals, for staff use. There's still time to get involved – [the form is available here](#). Initially, our focus is on Foresterhill Health Campus – specifically ARI/AMH/RACH - but this work will be broadened to other sites. Alongside understanding what facilities are available, and what may be required, we are also working to identify possible sources of funding.

**Carers Week – Visible, Valued and Supported** Carers Week gets underway next Monday (6 June). It is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face, and to recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much needed support.

- Who is an unpaid carer? An unpaid carer is someone who provides unpaid care and support to a family member or friend who has a disability, illness, mental health condition, addiction, or who needs extra help as they grow older. It *isn't* someone who volunteers or is employed to provide support.

NHS Grampian is participating in the 2022 campaign to *Make Caring Visible, Valued and Supported* and are supporting the launch of a new network - Grampian Working Carers Support Network. The launch event takes place on **Wednesday 8 June, at 2pm**. We would encourage working carers within NHSG to attend and to help inform the direction of the new network – we are a Carers Positive organisation.

[To register, click on this link.](#)

A wide range of information and support can also be accessed on [our dedicated carers webpage](#) which includes the NHS Grampian policies in place to support carers. You can also contact

Healthpoint - [gram.healthpoint@nhs.scot](mailto:gram.healthpoint@nhs.scot)

Healthline - 08085 202030

### **We Care Wellbeing Wednesday**

- **Spaces for Listening** This is open to all staff in health and social care, education and the wider public sector. Each session runs on Microsoft Teams. The sixty-minute sessions are formed by a simple, structured process, creating a space in which everyone in the group has an equal opportunity to experience a level of listening and sharing within a spirit of appreciation and confidentiality. We know that many people have benefited from participating; those who have joined before are always very welcome to join again. The dates, times, and booking contact details for Spaces for Listening are included on the attached poster. These dates and times can also be viewed on the We Care section on Turas. The next date is the 10 June 2022 from 12-1pm. Please see attached poster.
- **What's On** To find out about other Wellbeing sessions, we have attached the What's On document, as seen in previous newsletters. This highlights all available wellbeing sessions to staff.
- **Mind To Mind** The Mind to Mind Campaign highlights the new dedicated NHS inform website to help people who may be facing challenges with their mental wellbeing. The [Mind to Mind Website](#) features real people talking about their own experiences and offers advice to others to support them with their challenges. Topics include dealing with anxiety and panic, handling stress, sleeping better, lifting mood, and moving through grief.

[There's also helpful information on the My Healthy Workplace website.](#)

**Just for fun** What's in a name? It seems the term 'Platty Joobs' is growing in popularity as a way to refer to the festivities this weekend. [Where do you stand? Answer our question now!](#)

**Tune of the day** If you're a fan, you don't need me to tell you that new episodes of Stranger Things 'dropped' last Friday. No spoilers here, but an interesting side effect of the popularity of the new series is Kate Bush making a return to the chart. [Running Up That Hill](#) features in one of the episodes and it is doing big business on various streaming services. It remains to be seen if it will break the official chart, but in the meantime, it is our tune of the day (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)