

Thursday 10 November 2022

Take two minutes to take care of your mouth You might not know the symptoms of mouth cancer. November is Mouth Cancer Action Month so there's no better time to find out and two minutes is all it takes to check for mouth cancer symptoms:

- **mouth ulcers** that last more than 3 weeks
- **lumps or swellings** in your mouth, head or neck
- **red or white patches** inside the mouth

Learn how to self-examine and spot the signs of mouth cancer at: [Self-Examination | Mouth Cancer Foundation](#) If you notice any of these changes in your mouth, contact your dentist or GP at once. It's likely not anything serious but spotting the signs of mouth cancer early means a much better chance of beating it.

Remembrance Day Tomorrow is, of course, 11 November – Remembrance Day. As ever, colleagues are supported to observe the two-minute silence at 11am, if desired.

ELVIS study – children and the common cold Parents and carers reading will know we are well into 'cold season' with all the challenges that can bring. Did you know the team at RACH are taking part in a study to see if using saltwater nose drops helps young children recover from colds more quickly and prevent spread of the illness? They are looking to recruit children under the age of 7; parents or carers who are interested in finding out more can contact the research nurses on 01224 550267 or 551773, or via gram.rachresearch@nhs.scot. Further information is [available on the ELVIS Kids website](#); please share this information with family and friends as appropriate.

Healthcare Support Workers' Day We will celebrate the contribution of healthcare support workers across Grampian on Wednesday 23 November. The Practice Education team have organised not one, but six 'Coffee & Positivitea' drop-in events to mark the day, as follows:

- RCH, Kildrummy Day Hub, 8.30am-4pm
- Woodend, Seminar Room, 8.30am-12.30pm
- ARI, Lecture Theatre, 8.30am-12.30pm & 2.30-4.30pm
- DGH, Innovation Hub, 10.15-11.30am
- AMH, Tutorial Room 4, MacGillivray Centre, 10.30am-12.30pm
- RACH – Lower Ground floor meeting room, 1.30-3.30pm

Thanks to Unison, the RCN, and Marks & Spencer for their support of these events.

OT Week As you may have spotted on the NHS Grampian social media accounts, this week is OT Week. A big thank you to the occupational therapists who have sent in videos and photos for us to share, hopefully we have given people in Grampian a taste of what your job involves!

Book Blether Break for [Book Week Scotland](#) Sharing an interest in reading for pleasure can be a fantastic way to connect. Book Week Scotland gets underway next Monday (14 November), and the NHS Grampian Libraries team are inviting all of us to consider having a Book Blether Break. All you need to do [is fill in this form](#), and you'll be matched with a colleague somewhere in Grampian. You then arrange a mutually convenient time to meet up, discuss your favourite reads, and perhaps get some new recommendations.

Each year, for Book Week Scotland, a book is compiled and given away. The theme this year is 'Scotland's Stories'; to get your copy, email gram.drgrayslibrary@nhs.scot or cornhill.library@nhs.scot

Tune of the day An anonymous – and very poignant – request today. We've been asked to play Garth Brooks' [The Dance](#). The colleague requesting this lost a close friend to suicide and says: "these lyrics are...helping remember that good times can be worth the pain". (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