

Wednesday 11 January 2023

Reminder about general illness and good practice With pressures across the system so widely publicised, you'd be forgiven for assuming it's a must to go to work when feeling unwell. Please remember Covid, flu and other seasonal illnesses are contributing significantly to the pressure and the best thing you can do if you are unwell is to stay at home. If you are well enough to work, then work at home if possible. Useful information on scenarios is available in the [Covid Q&A](#). Scotland's National Clinical Director Professor Jason Leitch advised last week: "If you have a virus, if you're not well, you should stay at home." He has also suggested it is a good idea for people to wear masks in public places. [NHS Inform is a great resource](#) for signposting anyone you know to helpful guidance on healthy living, illnesses and conditions, and self-help.

IT-Self Service Portal – Go Live TOMORROW A reminder the new IT Self-Service Portal goes live from 8am tomorrow (12 January). Please check out the [IT Self Service Page](#) for further information and for access to user guides on how to log a fault or request. During this time, we are expecting the Service Desk telephone lines to be **very** busy therefore we encourage staff to use the IT Self Service Portal where possible.

Paediatric Physiotherapy advice line The Paediatric Physiotherapy service run a children and young person's advice line twice a week. This is available to anyone with questions or concerns about a child's mobility, any recovery from injury, or if the child is not hitting expected milestones. The line is open every Wednesday (1-3pm) and Friday (11am – 1pm) on 01224 559 877

New dialysis transport service for Dr Gray's St John Scotland plans to launch a transport service to help serve dialysis patients across Moray. The service, run by volunteers, will enhance the transport provision provided free of charge to those living with chronic kidney disease who must undergo dialysis at Dr Gray's Hospital. The service is due to begin in spring to early summer of 2023 and will help patients to attend these vital appointments. Find out more by clicking here [Volunteer Opportunities in Aberdeen & North East | St John Scotland](#), emailing info@stjohnscotland.org.uk or calling 0131 556 8711.

Upcoming R&D Seminar: 'Linking NHS Grampian tissue samples and clinical data for research' This seminar covers the availability and approval requirements for accessing tissue samples and linking to clinical data from electronic health records via support from the NHS Grampian Biorepository and Grampian Data Safe Haven (DaSH). The Grampian Biorepository is a Research Tissue Bank, part of the NRS Tissue Bank Network and set up by the CSO to collect, store and release pseudonymised human tissue gathered from NHS Grampian patients for approved research projects. The Grampian Data Safe Haven (DaSH) is a secure, virtual healthcare data analysis centre for the secure processing and linkage of pseudonymised health and population data.

It will take place on Wednesday 25 January, 12.30-1.30pm, in the Health Sciences Building, Foresterhill campus, room 115. Staff and Students welcome. Please contact gram.randdtraining@nhs.scot in advance to reserve your seat. [Further details on R&D Seminars can be found here](#).

We Care Wellbeing Wednesday

- **Winter Step Count Challenge, Monday 16 January- Sunday 12 February 2023 (inclusive)**

Do you have your team organised? The challenge is funded by Public Health and is free of charge to take part with every participant eligible to claim a free water bottle. Pedometers are also free for those who require one. There will be plenty of fun prizes to be won. Most of the prizes are not for walking the greatest distance but for taking part! The challenge is for teams of 5 staff. Once you have your team decided the team captain emails gram.activetravel@nhs.scot for a link to set up their team and add the other members. If you can't manage to get 5 people together, let us know if you'd like to take part and we can try to help you make up the numbers. More information on the step challenge is [available here](#).

- **Wellbeing Sessions**

We Care is a staff health and wellbeing programme established to deliver, co-ordinate and enhance staff wellbeing across NHS Grampian and Health and Social Care Partnerships. Please use the link below to see the list of wellbeing sessions and to book onto the dates available, more dates are being added all the time so keep an eye out! There is a wide range of sessions available from Recovery in Mental Health, Stress Awareness, Guided Journaling, Promoting Resilience, Psychological Safety, Financial Support sessions and so much more! – For more information [please click here](#) or search 'We Care' on Turas and remember, all wellbeing sessions which sit under We Care on Turas are accessible to all colleagues by registering with [Turas here](#).

Tune of the day No requests today, so you'll have to put up with my choice. I have long been a fan of the Sugababes (in almost all of their incarnations) so please enjoy [Freak Like Me](#) at the end (or indeed, start) of your working 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