

Wednesday 15 February 2023

URGENT Pension Consultation - New Retirement Flexibilities A consultation is open to NHS staff for comment regarding introduction of new retirement flexibilities to the NHS Pension Schemes (Scotland). These flexibilities would offer pension scheme members more options to partially retire or return to work following retirement seamlessly and continue to build pension after retirement if they wish to do so.

The consultation is available via this link - [NHS Scotland pension schemes' consultations | SPPA](#) - and provides proposals to address some issues in relation to inflation and its impact on pension accrual for some members of the NHS Pension Scheme (Scotland). It is hoped that by acting on these rules, there will be less likelihood that some NHS staff face annual allowance tax charges because of high inflation.

The consultation closes at midnight tomorrow (16 February). We know this message should have been shared across the system much earlier than now; please accept our apologies for this oversight.

Staff vaccination clinic There will be a dedicated staff clinic on Tuesday 21 February at Ward 17 in Woodend Hospital. Open 1 - 4.30pm, this is a drop-in clinic, no appointment required. All eligible health & social care staff are warmly invited to attend.

Digital Ward comes to ARI Emergency Department In 2021 we launched our inpatient electronic record (IP EPR), developed in Trakcare, taking a significant step towards delivering a fully Digital Ward. From Tuesday 21 February, it will go live in the Emergency Department at ARI. The use of the EPR here will be slightly different but allows for the first contact with the patient to be recorded within the IP EPR and will be continued throughout their admission:

- Nurses and Health Care Support Workers will start the assessment of risk within the Patient Admission Assessment form. This should be updated when the patient moves on to the admitting ward
- Medical staff will not complete the Medical Clerking Form. This should be done by the admitting ward
- The goals and care record will be updated by all ED staff and will continue to be updated through the patient's admission

For more information, please email gram.epr@nhs.scot

Palliative Care training Booking is now open for two new palliative care training courses:

- [Principles of Palliative Care](#) - A one day course for registered nurses, midwives, and AHPs working in primary and secondary care.
- [Foundations of Palliative Care](#) – A one day course for healthcare support workers and paid carers working in primary and secondary care.

The aim of both programmes is to develop knowledge and skills to support practice when caring for patients with Palliative & End of Life care needs. These courses are available both online and in-person,

with events in Aberdeen and Elgin. For more information click on the relevant link above (intranet links, networked devices only) or email gram.mcn@nhs.scot

ARI Healthpoint reopens The Healthpoint based at the ARI Concourse has reopened and advisors are available to provide advice and support to both staff and patients. We offer a walk-in service providing free and confidential advice or information on a wide range of topics:

- Your health concerns (please note we do not provide medical advice)
- Practical ways to improve your health, such as weight loss, increasing activity, financial support
- Provide a listening ear
- Mental wellbeing
- Support groups and organisations, and the services they offer
- How to access appropriate NHS services
- Self-management advice for long term conditions e.g., asthma, diabetes
- Specialist stop smoking support including access to stop smoking medications free on prescription
- Free condoms and sexual health information

The Healthpoint is open Monday to Friday 9am to 5pm. You can also contact us free by calling 08085 20 20 30, emailing gram.healthpoint@nhs.scot or by dropping into our virtual waiting room following this link <https://nhsattend.vc/healthpoint> for a video call (email/call to arrange a specific appointment time if preferred). Language line support is available if required.

Staff IT Training Support at ARI Healthpoint For a three-month trial, the eHealth Applications Training and Facilitation Team are also offering face-to-face support at the ARI Healthpoint. They can offer guidance on all things TrakCare and other eHealth applications. This includes:

- Applying for access/access issues
- On the spot training
- Setting preferences
- Sign posting to further support resources

The service is running for 3 months (from 1 February) opening Monday – Friday, 8:30am – 1pm and 1:30-4pm. **For all technical issues (including password resets) please continue to log calls with the IT Service Desk either using the or by calling extension 54444.**

NHS Scotland national event – save the date The NHS Scotland national event will take place in Glasgow on Monday 19 June. The event is being scaled back this year – running for one day and without the usual exhibition hall – but still offering an opportunity to hear from colleagues across the country and listen to senior leaders across health and care. We'll share more details, including on event booking, nearer the time.

We Care Wellbeing Wednesday

- **We Care Flash Report** Our most recent Flash Report, giving an overview of our Staff and Wellbeing Programme, is attached to the email used to send out this brief. Your feedback is welcomed, either via the link in the report or by emailing gram.wecare@nhs.scot
- **An Introduction to the Dynamics of Domestic Abuse** In support of this year's international Action Against Gender-Based Violence campaign, We Care have organised a series of online sessions facilitated by Grampian's Woman's Aid focusing on violence against women and girls; gender-based and domestic abuse. Each session is 2 hours via Microsoft Teams and will be strictly confidential. For more information, please contact gram.wecare@nhs.scot. Next dates are

21 March, 29 March, or 20 April. To book a spot, see Turas: [An Introduction to the Dynamics of Domestic Abuse | Turas | Learn \(nhs.scot\)](#)

- **Yoga for Menopause** We Care are pleased to offer a range of Yoga sessions (both virtual and in-person) specifically for those in Perimenopause or Menopause. These sessions aim to help relieve some common symptoms such as joint pain, insomnia, hot flushes etc. using breathwork and movement to release tension, improve strength and flexibility, and to help relaxation. For more information, please contact gram.wecare@nhs.scot Dates and locations can be found via Turas: [Yoga for Menopause | Turas | Learn \(nhs.scot\)](#)

Tune of the day Did you know BBC4 screens repeats of Top of the Pops on a Friday evening? They're currently in 1994 and it is a mix of completely hilarious (what *were* we wearing?) and terrifying (how is 1994 nearly 30 years ago now?) One tune which has featured prominently in recent episodes is also today's request: [Things Can Only Get Better by D:Ream](#). Thanks to Moira O'Sullivan for the request, which she is dedicating to her fabulous work family at Chalmers Hospital in Banff (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