

Tuesday 23 May 2023

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**Social media usage** NHS Grampian is active on several social media platforms, and it is a great way to communicate with people across the region. The Corporate Communications team have supported many departments and services to set up their own bespoke accounts. If this is something you think your team could benefit from, please read the [Business Use of Social Media Policy](#) before setting up an account (intranet link, networked devices only). This will help you make an informed decision. If you have further queries, please contact [gram.socialmedia@nhs.scot](mailto:gram.socialmedia@nhs.scot).

There is general guidance available on [the Personal Use of Social Media](#), which we encourage everyone to read (intranet link, networked devices only). If you are a registered with a professional regulator (e.g., NMC, GMC, HCPC) you should also consult their social media guidelines.

**Illuminate downtime – 27 May** Due to essential maintenance, all users of Illuminate should be aware there will be extended periods where all dashboards will be unavailable between 9am and 6pm on Saturday 27 May.

**Grampian stroke multidisciplinary conference** We are pleased to announce registration is open for the Grampian Stroke MCN Multidisciplinary Conference 2023. The event will be hosted virtually using MS Teams on Wednesday 14 June. [You can register via this link](#), the programme has been attached to the email used to send this brief.

**Donning & doffing refreshers** The Infection Prevention & Control team offer regular refreshers on the correct way to don and doff PPE. Upcoming dates as follows, all sessions start at 11am and are delivered on Teams:

- May – Tuesday 30
- June – Tuesday 13, Thursday 29
- July – Wednesday 12, Tuesday 25

You can book a place on any session by emailing [gram.ipc-donn-doff-training@nhs.scot](mailto:gram.ipc-donn-doff-training@nhs.scot)

**NHS Scotland Event – registration open** The NHS Scotland Event will take place in Glasgow on 19 June. The event has adopted a slimmed down format this year, running for one day only, and without the usual exhibition hall and poster event. However, it still promises to be a great opportunity to hear from the most senior leaders in health & social care, and to network with colleagues from across the country. [Registration is open now via the event website](#).

**Basic bike maintenance workshops** We are arranged two bicycle maintenance workshops for NHS staff, this Thursday (25 May) and the following Thursday (1 June). Both workshops will take place at Westburn outdoor sports centre in Aberdeen, between 5.15 - 6.45pm They will cover the basics of looking after your bicycle including:

- Pumping up tyres
- Lubricating the chain
- Adjusting the bike to fit you

If time allows, the workshops may also touch upon:

- Replacing inner tubes
- Gear adjustments
- Brake adjustments

These free workshops are being delivered by the Sustrans Workplace Engagement Project in collaboration with the Sustrans iBike communities project. There is no need to bring your own bike as bikes and parts will be provided to practice on. To request a space in either workshop, please email [gram.activetravel@nhs.scot](mailto:gram.activetravel@nhs.scot).

**Volunteers Week – we want your stories** Volunteers Week is marked every year on 1-7 June. As usual, we will be taking the opportunity to say thank you to the volunteers who support health & social care across Grampian, and highlighting ways the public can get involved. However, we also want to hear your stories about volunteering. Whether you support a local charity, a community group, or take on an additional supportive/mentoring role in the workplace, we want to hear about it. Please drop us a line via [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot)

**Tune of the day** Today's request is going out to Laura McDonald, one of our Partnership reps, who is retiring after more than 40 years of service to the NHS. Your staffside colleagues – indeed all of us – wish you the very best. Keep organising, and don't give up the fight! Appropriately, they have asked for Billy Bragg and [There is Power in a Union](#) (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)