

[This guide explains the changes in more detail](#) (intranet link, networked devices only). Further changes to the way the Goals and Care records are completed will be tested within Donbank Ward, Inverurie Community Hospital from tomorrow. If you have any questions, please contact: gram.epr@nhs.scot

Leading person-centred cultures and care The next cohort of 'Leading Person-Centred Cultures and Care @ NHS Grampian: An NMAHP Leader's Programme' will take place in April and we are now accepting applications. Further information and an application form have been attached to the email used to send this brief.

Nominate a Green Star now! Did you know projects that help to protect the environment can help us to save money and have social benefits too? Pulling together and harnessing people power is an essential part of achieving the aims of our [Climate Emergency and Sustainability Strategy](#). You can help by helping us recognise and showcase the good work individuals and teams are doing to make a difference.

This is where the new Green Star Awards come in! Like the Star Awards but with a focus on sustainability, you can nominate any colleague, group, or team who have undertaken a project or change in process/practice which has helped reduce our impact on the environment. Nominate for a [Green Star Award using this form now](#).

Ramadan The ninth month of the Islamic calendar, a time of prayer, reflection, and fasting, has begun. To all colleagues observing the event, we say Ramadan Mubarak. More information on Ramadan is available here: [Ramadan | Awareness Day Page | Inclusive Employers](#)

Pause for thought What are you currently entangled in? If you were to x-ray this entanglement, what would you see, and what would others who saw this x-ray point out to you?

Tune of the day As noted above, it is nutrition & hydration week. Rebecca Starr, an advanced specialist dietitian at ARI, makes today's request, dedicated to all those who champion patient nutrition. What else, but [Food, Glorious Food](#) from Oliver! (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