

Here is the brief for Tuesday 20 April 2021.

**Scottish Government update** Scotland will move to Level 3 restrictions as of **Monday 26 April**. People who have been shielding may return to school, college, or the workplace – though the guidance to work at home if at possible remains in place. In addition, hospitality venues can reopen, along with tourist accommodation. Non-essential retail outlets and close contact services such as beauty salons can also reopen, along with indoor attractions and public buildings such as galleries, museums and libraries. The remaining travel restrictions within Scotland will be lifted and travel within the UK will be permitted for any purpose. The full announcement from the Scottish Government can be read [here](#).

**We Care programme – useful resources** The We Care website has been updated with a number of useful self-help resources and links. To view, click [here](#) or copy this link into your browser:  
<https://www.nhsgrampian.org/your-health/wecare/staff-resilience-and-wellbeing/resources-and-links/>

**Review of Minimum Education and Training Standards in Nursing and Midwifery – Have your Say!** Now that the UK has left the EU, the Nursing and Midwifery Council (NMC) is no longer required to continue to include the EU minimum requirements within its pre-registration education standards. The EU requirements could be reviewed, with the potential to retain, amend or remove some or all of them. The NMC is open to all views and options and have launched an initial survey of views across ALL interested stakeholders, not just NMC members. Any proposals will be subject to a full consultation and approval by the NMC's Council. In the meantime, the EU requirements will remain in place. A briefing paper (attached to the email used to send out this brief) and a [video by Dr Heather Bain](#) (Academic Strategic Lead, Robert Gordon University) have been prepared to help you make informed decisions. The survey can be completed online [here](#), details on receiving a paper copy are available in the briefing. Deadline for completion of survey is **11 May 2021**

**Town Hall Talks For all Nurses and Midwives** June Brown, Interim Executive Nurse Director, Jane Ewen, Nurse Director – Excellence and Innovation, Jenny Gibb, Nurse Director - Health & Social Care Partnerships and Mental Health & Learning Disabilities Services and Jenny McNicol, Nurse Director – Acute Sector are holding a series of Town Hall Talks for all nursing and midwife colleagues. This is an opportunity for you to catch up with the Nurse Directors and ask questions, share ideas or just connect in. The following dates/times have been identified, please join as per the details below:

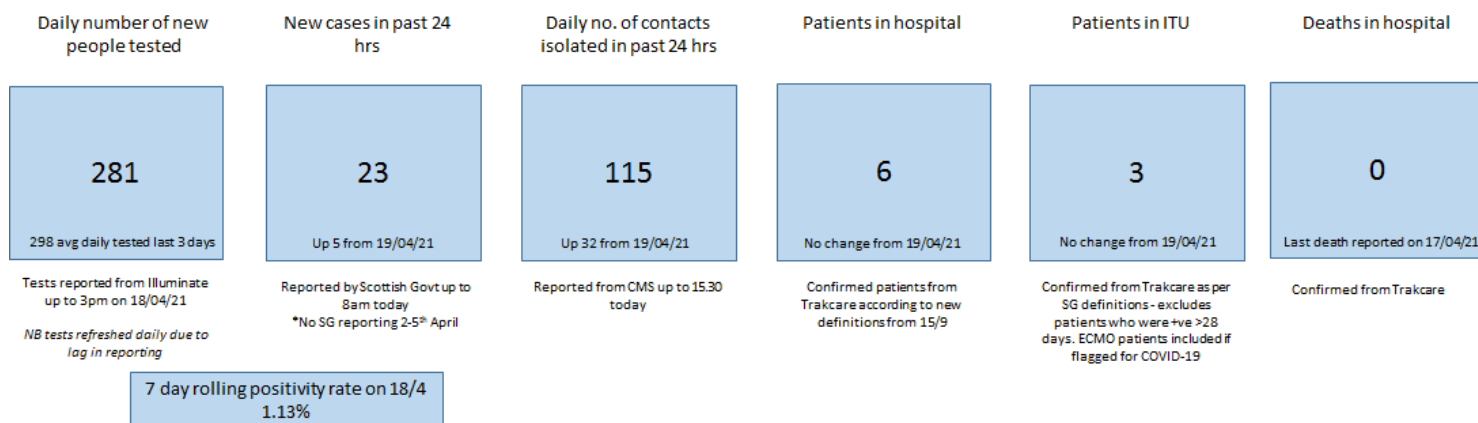
28 April – 12.00noon-1.00pm **Join on your computer or mobile app** [Click here to join the meeting](#) **Join with a video conferencing device** [28485375@t.plcm.vc](mailto:28485375@t.plcm.vc) Video Conference ID: 128 830 848 8

4 May – 11.00am-12.00 noon **Join on your computer or mobile app** [Click here to join the meeting](#) **Join with a video conferencing device** [28485375@t.plcm.vc](mailto:28485375@t.plcm.vc) Video Conference ID: 124 075 351 7

18 May – 2.00pm-3.00pm **Join on your computer or mobile app** [Click here to join the meeting](#) **Join with a video conferencing device** [28485375@t.plcm.vc](mailto:28485375@t.plcm.vc) Video Conference ID: 122 647 336 3

1 June – 12.00 noon- 1.00pm **Join on your computer or mobile app** [Click here to join the meeting](#) **Join with a video conferencing device** [28485375@t.plcm.vc](mailto:28485375@t.plcm.vc) Video Conference ID: 127 569 405 2

**Grampian data** The local figures for today and the 7-day rolling positivity rate are shown below. As a reminder, this rate is arrived at by dividing the number of positive tests in the past 7 days by the number of tests carried out in the past 7 days. Repeat tests are included in both categories, whereas the figures we show here only record new tests.



If you are interested in seeing what is happening in your area, this information is published daily by Public Health Scotland. All you need to do is click [here](#) and select the appropriate local authority area.

**NHS Grampian Sports Committee Re-start of Events** The NHS Grampian Sports Committee are pleased to announce the re-start of advanced outdoor tennis match play. It will resume at 6.30pm-8pm on Friday 23 April 2021 and will continue every Friday through to September 2021, at the ARI Tennis Courts. It is hoped to re-start the free outdoor beginners and intermediate tennis coaching sessions with LTA Professional Tennis Coach Vikki Paterson in May 2021 - details to follow. As soon as it is safe to do so, the free indoor Swimming Sessions, Body Pump, Zumba and Aerobics classes will also resume. Obviously, this is dependent on Scottish Government guidance. Hopefully, we will also be able to re-start the Golf Tournaments at Banchory from August 2021 - some light at the end of the tunnel!

Nigel Firth (Chair, NHS Grampian Sports Committee)

**Thought for the day – the more that changes, the more that stays the same OR the devil is in the detail** Life in lockdown has been both hard and easy. Hard, because we couldn't really go anywhere or do anything, but easy, because those choices were clear cut and had, for the most part, been made for us. As we get ready to move down to Level 3 restrictions from next Monday, life becomes more complex. Where can we go, with whom, and when? The rule of 6, bubbles, different distancing in different settings...it's complicated. As ever, we encourage people to go directly to the Scottish Government website and read the full guidance, to understand what it means for you and yours. What hasn't changed is the fundamental things that keep us safe; keeping our distance from other households, keeping our hands clean, using face coverings where required, getting the vaccine when invited, and isolating and seeking a test if we have symptoms, however mild. Sticking to these measures is an act of care for ourselves, our communities, and our best hope of making things 'stick' this time around.

**Questions to ask? Information to share?** If you have particular questions – or are aware of questions coming from friends and family – please share them with us. We may not be able to answer every question and it may take us time to get a proper answer, but we will endeavour to respond and share the answers. You can get in touch with us via [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot). Please also use that email address if you have items for consideration for future briefs.