

Here is the brief for Monday 7 June 2021.

Important - Travelling abroad – quarantine/self-isolation arrangements on return to the UK

NHS Scotland employees need to ensure they take account of both the Foreign & Commonwealth Office and Scottish Government advice in regard to essential international travel. It is vital that every effort is made to prevent new COVID variants from entering the UK. NHS Scotland staff are therefore advised not to travel to an amber or a red list country.

Staff who do not adhere to this guidance will not be entitled to paid leave if they are required to quarantine or self-isolate. The quarantine/self-isolation period must be covered by annual leave, accrued time off in lieu (TOIL), or homeworking (if appropriate).

There must be a discussion between the employee and their manager at the time of requesting/approval of annual leave to determine if a quarantine/self-isolation period is required. This discussion would include how the period would be covered and if this extended period is able to be approved.

If staff travel to a country where no quarantine/self-isolation restrictions apply at the time of travel, but the advice changes whilst in that country, the employee during the now required quarantine/self-isolate period, should work from home as the first option but if this is not possible special leave will be granted.

The exception is travel abroad for essential reasons e.g. as a consequence of a family illness or bereavement. Special leave or homeworking (if appropriate) will be granted during quarantine/self-isolation.

In all cases any costs arising from quarantine/self-isolation e.g. hotel costs will be met by the employee.

The Scottish Government guidance for managers and staff members is available within [DL \(2021\) 13](#). Below are links to the relevant Foreign Office and Scottish Government websites, please consult these regularly as the guidance is subject to change.

[Foreign & Commonwealth Office guidance](#)

[Scottish Government – International Travel & Managed Isolation](#)

Grampian data Unfortunately we are unable to share the most up to date local data today. We apologise for any inconvenience caused. Much of the information we normally share here is available via the [Public Health Scotland daily dashboard](#) and we would encourage anyone interested to visit that website. We will endeavour to return to the usual data report in this brief as soon as possible.

National Distribution Centre deliveries – ongoing delays All National Distribution Centre (NDC) deliveries continue to run behind schedule. All NDC orders will currently arrive one working day later than usual and this is anticipated to last a further week. If you would like to discuss your NDC orders, please contact gram.logscustserv@nhs.scot or your Ward Product Manager. The NDC has advised they have additional staff in place within their warehouse to help bring deliveries back on track. They have apologised to all boards for any inconvenience this is causing.

Mandatory Health and Safety eLearning changes The previous NHS Grampian moving and handling e-learning module is no longer available and has been replaced by the new National moving and handling E-learning [Module A] package. When a reminder shows on your Turas account the link for the moving and handling package will no longer be valid. Please follow the link below (intranet link, networked devices only)

<http://nhsgintranet.grampian.scot.nhs.uk/depts/HandS/MandH/Pages/default.aspx>

All staff are required to complete this mandatory module as soon as possible. After completing the new module, the reminder in 2 years will automatically take you to the updated module.



Carers Week – 7 – 14 June 2021 Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much needed support.

NHS Grampian are participating in the campaign to **Make Caring Visible and Valued** and recognise the importance of supporting those staff who care.

- **Who is a carer?** A carer is someone who provides unpaid care and support to a family member or friend who has a disability, illness, mental health condition, or who needs extra help as they grow older. It is estimated that 1 in 8 people in our workforce will be carers and this is likely to increase as the population gets older.

This year, carers in our workforce are continuing to face new challenges as a result of the Covid-19 pandemic. Many people are taking on caring responsibilities for their relatives and friends who are disabled, ill or older and need support.

NHS Grampian has a range of policies in place to support carers and [there is a dedicated page on the We Care website that brings these policies together in one place](#). There is also information about other resources and support, both internally and externally, that carers can access. Managers will find this useful when looking at ways to support carers in their team and we would encourage them to familiarise themselves with the webpage and the information within.

Opportunity for further study at RGU Are you looking to upskill, develop your career or change direction completely? Consider studying a Master's degree at Robert Gordon University to help you get to where you want to be. They have a number of courses available in healthcare and public health-related subjects, starting in September or January. If you are an alumni of RGU then you will also be eligible for a 20% loyalty discount! Learn more www.rgu.ac.uk/excel-your-career-in-healthcare

Tune of the day Karen Brady (secretary, main Theatre suite, ARI) provides today's choice and it's a good 'un - [Move any Mountain by The Shamen](#). Karen says: "I think many Aberdeen football fans will relate to this song from hearing it frequently being played on match days just before Aberdeen came onto the pitch. The words are uplifting and it's an upbeat track about moving mountains or trying to overcome challenges and staying strong. It brings back memories of those visits to Pittodrie with my son that hopefully will come around again."

Get in touch! If you've got a question, an item to share with people working in health & social care, or just want to suggest a tune of the day, we want to hear from you! Drop us a line via gram.communications@nhs.scot.