

Thursday 27 October 2022

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**Wound Formulary launch** The Tissue Viability team are hosting an event to provide education and information about the products on the NHS Grampian new local wound formulary. This is open to trained nurses working in all areas across Grampian, including the private sector. It will take place on Wednesday 7 December, at the Thainstone Centre, Inverurie. Registration is at 8.15am, the event runs until 4pm, lunch and refreshments will be provided. [To register, please click here.](#)

**Orange Zone café, ARI - reopening** We're pleased to confirm the Orange Zone café at ARI will reopen on Monday 31 October. **Initially it will run from 10am-2pm**; confirmation on returning to full opening hours will come early next week. Thanks to everyone for their understanding while the café has been closed.

**Laboratory newsletters** The latest editions of the Laboratory newsletters are now available, just click the appropriate link below (intranet links, networked devices only)

[Primary Care newsletter](#)

[Secondary Care newsletter](#)

**Menstruation and menopause survey** A quick reminder about the national survey, running until 15 November, exploring the experience of both menopause and menstrual health, while working for NHS Scotland. The survey, which is anonymous and completely voluntary, can be completed by going to <https://bit.ly/mmhstudy>. Alternatively, if you would like to complete a paper survey, you can text or WhatsApp 07507 863828 or email [mipo@glasgow.ac.uk](mailto:mipo@glasgow.ac.uk), along with your name, home address, indicating you would like to answer questions on the menopause or menstrual health. You will then receive a paper survey along with a stamped addressed envelope for its return in the post.

[General information about the study is available here.](#)

**Bonfire Night safety** We're supporting the Scottish Fire and Rescue Service Bonfire Night safety campaign and encouraging everyone to attend organised firework displays on or around 5 November. Not only are they safer, they're also better for the environment, and considerably cheaper than arranging your own display. If you do decide to host your own fireworks event, think safety first. Remember, it is illegal to use fireworks before 6pm and after 11pm (midnight on 5 November, 1am at Hogmanay, Chinese New Year, and Diwali). Under 18s should not be given – or buy – fireworks unless they are F1 category. [Lots more helpful advice and information is available on the SFRS website.](#)

**Tune of the day** Sometimes you just need a song with a big chorus to sing along with and today's tune fits the bill – [You Stole the Sun from my Heart](#) by Manic Street Preachers (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)