

Wednesday 4 January 2023

Industrial action – school closures Strike action by teaching unions means there will be further disruption in local schools on 10 & 11 January. Schools have been in touch with parents/carers directly to make them aware. As you'll be aware, if this disruption will affect your ability to attend work, it is important you have a conversation with your line manager to discuss the use of annual leave, parental leave, TOIL, working at home, or rearranging shifts as appropriate.

Power cut preparations In case you missed it in the run up to Christmas, we have prepared a factsheet on what teams/services need to do to prepare for power cuts. This covers power cuts because of severe weather and potential planned power cuts ('rota load disconnections'); it's important we are all as prepared as we can be to deal with either situation. [The factsheet is available online here](#) and has been attached to the email used to send out this brief.

ePayslips As a reminder, details of how to sign up to ePayslips, guidance on logging in to the system and how to use self-service [can be found here](#) (intranet link, networked devices only). Please note access to the ePayroll system **must** be done via a network PC; it is not possible to access your e-Payslip outwith the network, or on a smartphone/tablet

We Care Wellbeing Wednesday

- Happy New Year!

Let's start 2023 happier, kinder and together. Make time today to do something kind for yourself and for others. [The January 2023 calendar by Action for Happiness has some great ideas](#), if you would like to subscribe to receive the Action for Happiness Calendar's directly into your inbox, please contact us at gram.wecare@nhs.scot

- Menopause Awareness Session - 11 January

A session on menopause awareness in the workplace is running next Wednesday (11 January) delivered via Microsoft teams. This two-hour course is targeted at line managers/team leaders and supervisors. By the end of the session, participants will be able to:

- Understand what the menopause is, and how it can affect people going through it
- Outline why it is important to raise awareness of the menopause in the workplace
- Find ways to support menopausal colleagues at work

If you are interested in attending, please either book on via the Turas link available here or get in touch via gram.wecare@nhs.scot by 5pm this Friday (6 January). Attendance will be reflected on Turas, for continuing professional development purposes, after the course has run.

Thought for the day It's been a tough couple of weeks, after a tough couple of months, after...well, you get the idea. Whether you've been at work over the festive break or not, you cannot have missed the exceedingly difficult situation the NHS is in, right across the UK. Media coverage consistently describes a service in crisis, at breaking point. I am not going to sit here like Pollyanna and try to pretend everything in the garden is rosy; it isn't. Things are harder now than they have ever been, and there needs to be a calm and collected conversation about the future of the health service. That is bigger than us, whether you take 'us' to mean a service, a hospital, or a health board, and it is something over which many of us will have no control. Focus on what you can control, what you can do, and remember to treat yourselves and others with kindness.

What I can control, and what I can do, is remind you (and myself) of the good things which are also happening. Last night's news highlighted pioneering robotic therapy at the National Spinal Injuries Unit in Glasgow. Last week, we announced ARI is the first hospital in Scotland to offer Methionine PET-CT imaging. Locally and nationally, the NHS continues to innovate, to refuse to stand still, as it has done for almost 75 years now. What cannot be denied – and must never be forgotten – are the countless lives we save, change, and improve, each and every day. I was on-call over Christmas and I watched as comments rolled in, throughout the day, from ordinary people praising the care they had been given, thanking us for everything we do. You are seen and you are valued.

Tune of the day Gwynne Cromar from the HR team gets us underway for 2023 and she has one eye on this summer break already – [Twisting by the Pool by Dire Straits](#) is our tune of the day (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