

Wednesday 8 June 2022

What Matters To You? Tomorrow is What Matters To You day. Asking this simple question is about listening, and hopefully understanding, what matters to the people we care for within the larger context of their life. When patients or clients are engaged with their care decisions, it can greatly improve their outcomes. [There's more information available here](#); in the spirit of the day, we are asking what matters to you. At work, at home, wherever; [please let us know via this link](#).

PPE Donning & Doffing refreshers Regular training on how to correctly don and doff PPE is provided by the Infection Prevention & Control team. The latest dates and booking information is available on the [IPC intranet pages](#) (networked devices only). Sessions are delivered via Teams and always start at 11am. If you don't have intranet access, dates are available by emailing gram.ipc-donn-doff-training@nhs.scot

M&S Food – trial extended hours From Monday (13 June) M&S Food at ARI will be trialling extended opening hours. They will open until 10pm, Monday – Friday, and 9pm on Saturday/Sunday. The trial will run until Sunday 26 June, if successful the hours may be permanently extended.

Evaluation Clinics The Evaluation Network have released new clinic slots for June and July. These clinics are designed for staff who are planning a service change or project that would appreciate advice on any aspect of planning, implementing, writing up or disseminating an evaluation. If you are interesting in attending, [please book via this link](#) or contact calum.leask@nhs.scot / duncan.sage@phs.scot if you have any queries.

UN World Oceans Day This annual event takes place today. The ocean covers 70% of our planet and provides at least half of our oxygen. Plastic pollution is an enormous threat to the ocean; remember single use consumer plastics are now banned in Scotland. Information has been shared in previous briefs on the replacement products available via Pecos. You may also have noticed a slight change in shade of the yellow sharps bins. These are now made from 100% recycled plastic then dyed, which results in a less vibrant mustard colour.

The Foresterhill Healthy Working Lives and Wellbeing group are keen to hear from anyone planning beach clean ups or other sustainable activities; you can get in touch with them via gram.acutebsm@nhs.scot.

We Care Wellbeing Wednesday

- **We Care - Your Feedback** We Care is here to support wellbeing and we aim to be as accessible as possible to all staff. Wellbeing sessions are now bookable via [The We Care Turas Page](#). We would appreciate your feedback and suggestions on what matters to you and your team's wellbeing. Feel free to get in touch with us via the We Care email or contact us through [The We Care Anonymous Feedback form](#) or scan here:



Looking for ideas and useful tools to help support your team's wellbeing?

We Care have created resource packs enabling teams to create their own We Care Wellbeing Boards. The resource packs are available in physical and electronic format, please contact us via the We Care email to request a pack. To receive regular resources to update your team's pack, please confirm this in your email. To subscribe to the We Care Newsletter and the Action for Happiness Calendar- again, please confirm this via gram.wecare@nhs.scot.

- **Menopause Awareness in the Workplace** A session on menopause awareness in the workplace is running next Tuesday (14 June) 3 - 5pm delivered via Microsoft teams. This two hour course is targeted at line managers/team leaders and supervisors. By the end of the menopause awareness session, participants will be able to:

Understand what the menopause is and how it can affect women's lives

Outline why it is important to raise awareness of the menopause in the workplace

Identify ways to support menopausal women at work

If you are interested in attending, please confirm by emailing gram.wecare@nhs.scot by 5pm this Friday (10 June). Attendance will be reflected on Turas, for continuing professional development purposes, after the course has run.

- **NEW - Mental Health Training Dates** Please see below the Mental Health Training dates for June 2022, delivered via Microsoft Teams:

Stress Awareness: Monday 20 June at 10am

Relaxation Workshop: Tuesday 21 June at 10am

Promoting Resilience: Thursday 23 June at 10am

(Please note the Mental Health Awareness and Listening Ear programmes are being redesigned and are not currently available.)

Please book onto our sessions via Turas, [We Care | Turas | Learn \(nhs.scot\)](#).

- **[Carers Week - Visible, Valued and Supported](#)** We are halfway through Carers Week. It is an annual campaign to raise awareness of caring, it highlights the challenges unpaid carers face, and to recognise the contribution they make to families, friends and communities throughout the United Kingdom.

Are you a carer?

Do you provide unpaid care and support to a family member or friend who has a disability, illness, mental health condition, addiction, or who needs extra help?

How to identify if you are a carer?

How to access support?

We are participating in the 2022 campaign to Make Caring Visible, Valued and Supported and are supporting the launch of a new network - Grampian Working Carers Support Network. A wide range of information and support [can be accessed on our dedicated carer's webpage](#) which includes the NHS Grampian policies in place to support carers. You can also contact Healthpoint - gram.healthpoint@nhs.scot and Healthline - 08085 202030

Just for fun Thanks to everyone who answered yesterday's question about volunteering. There were dozens of organisations represented, so rather than include a shrunken version of the Wordcloud created, it has been attached to the email used to send out this brief. It's a truly impressive list and says a great deal for the quality of people working in health & social care that you take the time to support your community on top of incredibly busy and demanding jobs!

Tune of the day Yesterday would have been Prince's 64th birthday. I never need an excuse to share one of his tunes, so to round off Tuesday, [please enjoy Kiss, in all its glory](#) (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