

Wednesday 15 May 2024

Financial position – what you can do to help During the drop-in sessions on our financial position and the savings we need to make, the term Grip & Control was used. We want to explain what that means for you. It is helpful to think of this in terms of good housekeeping. Just as we all manage our money at home, given the current cost of living pressures, so we as an organisation must to the same.

Our energy bills represent a significant cost. The NHS is not exempted from paying for gas or electricity and in 2023/24 we paid £10M in gas charges and a further £6M in electricity. With almost 17,000 people working for NHS Grampian, every light we switch off, every radiator we turn down, every computer we shutdown rather than leaving on standby, counts. Not only could we cut our spending, but we will also reduce our carbon footprint.

End PJ paralysis During the month of May, the acute physiotherapy therapy team in ARI are highlighting the importance of the 'End PJ Paralysis' campaign. Last week it was 'get up', this week it is 'get dressed'. Being an inpatient in hospital can be an undignified experience, especially if you suddenly need support to wash or go to the toilet, when you didn't before. One way we can try to improve people's experience is encouraging them, and their families, to bring in their own clothes/shoes and to wear them. This has lots of benefits:

- Facilitates their independence/ability with daily tasks
- Prevents them feeling cold, exposed and/or embarrassed
- Protects their dignity
- Empowers family/next of kin to support their loved ones
- Encourages people to be up out of bed.
- Helps people, especially those with delirium or dementia, to understand what time of day it is

Please support the people you care for to be dressed in their own clothes everyday. If they are normally independent at home with no care package. but are struggling with their personal care and getting dressed on the ward, please refer to your ward occupational therapist.

General adult mental health (AMH) secondary care pathway review Last July, the health and social care partnerships in Aberdeen City, Aberdeenshire, and Moray began a review of the general AMH secondary care pathway. This aimed to identify areas for improvement in outcomes for individuals, efficiency, and governance. The review is complete; [this summary report outlines](#) the findings, recommendations, and methodology. It will be shared with all three Integrated Joint Boards this month for their consideration. The review involved those with lived experience and identifies clear improvement opportunities shared by these groups. If you are reading a printed copy of the brief, you can read the report by scanning the QR code below.



Celebrating Excellence – next event The next Celebrating Excellence event will take place on Wednesday 19 June at Elgin City Football Club. The event brings together nurses, midwives, allied health professionals, and healthcare support workers to share good practice. To register for this event [please complete this form](#) or email gram.celebratingexcellence@nhs.scot to request a registration link

We have some speaker slots and poster presentation space so please follow the guidance in the registration link if you would like to share and celebrate your work. We would also like to hear from you if you are interested in speaking or presenting your poster at one of our future events. Whether you're an old hand or brand new to presenting, the team will provide all the support required.

Draft CCTV policy A draft NHS Grampian CCTV policy is now out for consultation. A copy of the draft policy and instructions for feedback [are available on the intranet here](#) (networked devices only).

We Care Wellbeing Wednesday We are halfway through 'Mental Health Awareness Week. This year the Mental Health Foundation's theme is 'movement: moving more for our mental health' in a bid to get everyone moving more for their mental health. Moving might include a walk, gardening, yoga...whatever you do, do it with intent and notice how it makes you feel. Today's Mental Health Foundation calendar suggests meditation and breathwork. You can find some [relaxing music to help with this via this link](#). Everyone can get the mental health benefits of moving more, it's all about finding what works for you. Moving with others encourages us to talk, laugh and build resilience, get involved by sharing your moments for movement. For more information from the Mental Health Foundation, visit their website: [Moving more is good for our mental health, so what's stopping us? | Mental Health Foundation](#)

Staff discounts – don't miss out We occasionally share ticket offers in this brief, but did you know there's a whole section of the intranet dedicated to staff discounts? Just click on the Your Space button on the homepage, [or follow this link](#) (networked devices only). One of our latest offerings is from Live Life Aberdeenshire, offering between 20-40% off sport and fitness memberships.

Tune of the day Double good news merits a double request. The team at RACH are in a celebratory mood as medical secretary Natalie Murray got engaged at the weekend AND clinical nurse specialist Jacquie Reid marks a whopping **five** DAISY award nominations. For Natalie, the Third Floor Ladies have asked for [Single Ladies \(Put A Ring On It\)](#); for Jacquie the endocrinology team have requested Bruno Mars' [Just The Way You Are](#)

How do we live in a world without Supergran? Actress Gudrun Ure has died at the age of 98, after a varied career, but undoubtedly best known as the woman who kept Chiseldon safe from Scunner Campbell. Here's Billy Connelly's iconic theme tune; altogether now ["Stand back Superman..."](#)

I'm ending with an apology; my own misspelling of Rebekah Pierre's name in yesterday's brief wasn't a test to see who was paying attention but was a colossal error on my part. Proving I need to practice what I preach! Thanks to those colleagues who gently pointed it out to me, it has been corrected in the version saved in our online library (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