

Wednesday 30 August 2023

International Overdose Awareness Day This annual event will be marked tomorrow (31 August); this year's theme is 'Recognising those people who go unseen'. Marischal College in Aberdeen will be one of many buildings across the country to be lit up purple to honour those lost to overdose and remember those they have left behind.

Naloxone is an emergency medication used to reverse the effects of an opioid overdose. You do not need to be a trained healthcare professional to administer Naloxone. Most community pharmacies in Grampian can supply Naloxone, free of charge. Free training is being offered tomorrow at Aberdeen City Vaccination Centre (Bon Accord) between 10am – 12noon and 1 – 3pm.

Staff vaccination clinics – Moray The following clinics will be available for health & social care staff in Moray (these are in addition to booking appointments at the Fiona Elcock Vaccination Centre in Elgin):

- Saturday 9 September, Rooms 2&3, Dunbarney House, Dr Gray's Hospital (book via portal)
- Saturday 9 December, venue TBC

In addition, there will be a series of community clinics for those aged 75 and over; each of these clinics will have a staff channel, again bookable via the portal. These clinics are as follows:

Day	Date	Location
Monday	30/10/23	Shand Centre, Stephen Hospital, Dufftown
Tuesday	31/10/23	Longmore Hall, Keith
Wednesday	01/11/23	Fishermans Hall, Buckie
Thursday	02/11/23	Fishermans Hall, Buckie
Friday	03/11/23	Fleming Hospital, Aberlour
Saturday	04/11/23	Forres Health Centre
Monday	06/11/23	Fishermans Hall, Buckie
Tuesday	07/11/23	Fishermans Hall, Buckie
Wednesday	08/11/23	Longmore Hall, Keith
Thursday	09/11/23	Shand Centre, Stephen Hospital, Dufftown
Friday	10/11/23	Fleming Hospital, Aberlour
Saturday	11/11/23	Forres Health Centre
Saturday	18/11/23	Forres Health Centre
Saturday	25/11/23	Forres Health Centre
Saturday	02/12/23	Forres Health Centre

Please remember your ID badge when attending a staff clinic; details of staff clinics in Aberdeen City and Aberdeenshire were shared in yesterday's brief (29 August).

Ongoing device hard drive maintenance – don't rely on Downloads! eHealth have recently introduced an automated maintenance routine on all desktop and laptops to improve an ongoing issue we encounter with disk space issues, especially in areas where lots of you access desktops and/or laptops. As part of this ongoing, automatic, maintenance, please be aware the 'Downloads' folder will be cleared on a regular basis. You should not use this folder for storage of files; instead, once downloaded, please move the file to an appropriate, safe, location depending on its type or purpose. If you require further advice on this, please contact the IT Service Desk, using the shortcut on the home screen.

Waste reduction – help us to help you We know reducing our waste will make us a much more sustainable organisation. This starts with procurement, so we want to understand the current ordering and stock control practices in place in your area. We also want to be made aware of any good practice, ideas for improvements, and saving measures which could be implemented elsewhere. We're asking you to spare 5-10 minutes to complete this survey: [Sustainability Waste Survey 2023](#). If you are reading a printed version of the brief, please scan the QR code below. All responses are anonymous, the survey closes on 22 September.



In the UK, how many journeys of less than 2 miles are made by car? Sticking with sustainability, and the final staff workshop will take place this Friday (1 September), 11am-12noon. It will focus on transport across the public sector (including travel infrastructure, active travel, and patient transport). Test your knowledge in our [warm up quiz](#) and save the meeting details along with the [link to join](#) the event when it's live (no need to register in advance).

NoSCAR research award 2023 The Rewards and Recognition team are pleased to announce the second annual NoSCAR research award for NHS Grampian Nurses, Midwives, and Allied Health Professionals (NMAHPs). The winner of the award will receive a rewards and recognition certificate and £300 which they can use for a conference or other personal development activities. More information on [the award criteria and how to make a nomination is available on the intranet](#) (networked devices only)

We Care Wellbeing Wednesday

- **Spaces for Listening** These sessions allow colleagues to come together and share their thoughts and feelings in a confidential 'breathing space', where everyone has the chance to be heard. Each Space for Listening comprises groups of up to 8 people, meeting via MS Teams for around 50 minutes. There are 3 rounds where each person can contribute with whatever they like, and a series of prompts for each round. Upcoming sessions are as follows:

5 September 4-5pm (contact Fiona.Sharples@nhs.scot to book)

13 September 4.15-5pm (contact Agnieszka.Stephen@nhs.scot to book)

15 September 1-2pm *male-only session (contact Agnieszka.Stephen@nhs.scot to book)

25 September 3.30-4.30pm (contact Richad.Payne2@nhs.scot to book)

28 September 12-1pm (contact Fiona.Sharples@nhs.scot to book)

- **Action for Happiness Self-Care September** Friday sees the start of a new month, and a new Action for Happiness calendar. September is all about self-care. Have a look at the attached calendar for daily prompts to help you take some time to look after yourself. You can also visit the website for more helpful information, or to access the calendar in different languages: [Self Care September | Action for Happiness](#)

Tune of the day No names, no pack drill, just [Superbad](#) by James Brown. Turn it up and strut your way out of Wednesday (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