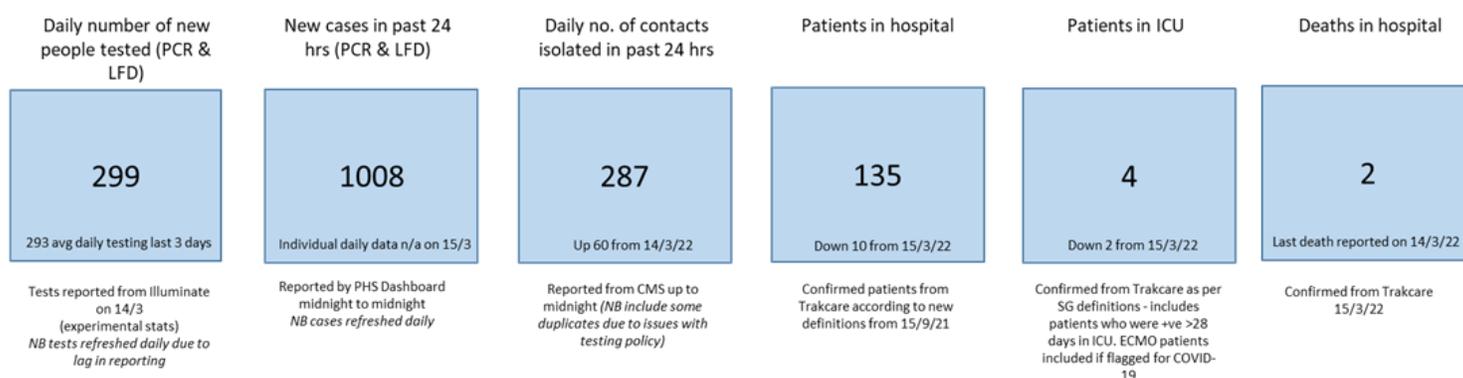


Here is the brief for Wednesday 16 March 2022.

Visit by National Clinical Director We were delighted to play host to Professor Jason Leitch yesterday, as he continues his tour of NHS boards. During a whistlestop visit, Prof Leitch sat in on the daily Facilities & Estates huddle, met domestic teams, visited surgery and radiography departments, toured the North Regional testing lab, heard about the Baird & ANCHOR project, had discussions with colleagues in all three health & social care partnerships, and visited the Aberdeen City Vaccination Centre. We grabbed him for a quick chat at the end of the day, [you can watch his video message here](#).

Grampian data The local report is shown below. [The Public Health Scotland daily dashboard can be viewed here](#).



Lived experience of COVID-19 for marginalised communities Voluntary Health Scotland, on behalf of the Inclusion Health Partnership, have produced a report on the lived experience of COVID-19 for marginalised communities. This may be of interest for many of you reading; [further information is available here](#) (intranet link, networked devices only).

Discharge Hub/community hospital referrals Starting today (16 March) the Discharge Hub alongside Aberdeenshire community hospitals, care management, and city care management will be leading a two-week test of change. All community hospital referrals will need to meet the community hospital criteria prior to referral being completed. If ward teams are unsure of the correct discharge route, please contact the Discharge Hub for further support on 01224 550700 (ext 50700) or email gram.dischargehub@nhs.scot

Please note there is no change to the process for accessing dementia beds in Aberdeenshire.

All referrals to the discharge hub for new or increased care packages, will be assessed by Aberdeenshire and city care management teams who will determine the level of care package required for discharge. Ward teams should not request specific care packages, this will be reviewed by the care teams during their assessment. If it is a restart of care with no alterations, please contact the relevant teams for city and Aberdeenshire care management.

Aberdeenshire Care management contact centre: customerserviceadvisors@aberdeenshire.gov.uk or 0345 608 1206/Aberdeen City: 01224 553510

Two documents have been prepared to support this test of change and are attached to the email used to send out this brief.

Realistic Medicine We are pleased to say colleagues in NHS Greater Glasgow & Clyde have extended an invitation for you to join events they have planned during their Realistic Medicine Week. This event will be taking place digitally from Thursday 24 March to Friday 1 April 2022. Sessions include:

“Realistic Medicine on the Edge” - Street Realistic Medicine

“Recovery, Reducing Harm and Waste and Realistic Medicine”

“A New Toolbox for Realistic Medicine” – Designing Realistic Healthcare Improvement

Speakers include:

Professor Jason Leitch, National Clinical Director

Dr Christine Goodall, Medics Against Violence

Prof Tom Inns, Director, Cofink Ltd

You are required to complete the registration form for each event you would like to attend. Further information is available [on the NHS Greater Glasgow & Clyde website](#).

The Sandpiper Sanctuary, Green Zone, Matthew Hay Building This space, adjacent to the Robertson Family Therapeutic Roof Garden, has been open for a number of years now, providing a quiet area for patients, visitors, and staff to reflect and take time out from whatever is going on for them. It is overseen by the Department of Spiritual Care. Early on in the pandemic, acknowledging the need for physical distancing and a reduction in staff break areas, staff were allowed to have their breaks in the Sanctuary. This arrangement ended last year, but we have become aware some staff are continuing to gather in groups to have their breaks there. Notices advising all users of how the space is to be used are displayed but are frequently moved or removed. In order for all users to enjoy the space in the way it is intended, we are asking you to respect the space and other users, observe the notices and in doing so, enable everyone to benefit from this haven in the midst of a busy hospital. (Gillian Douglas, Lead Chaplain and Head of Spiritual Care)

We Care Wellbeing Wednesday There are a range of supports for staff who feel they are struggling with their wellbeing or mental health. We would encourage you to share this in your teams to ensure as many people as possible are aware of the support available to them. These are some of the supports available to staff (and please see the attached handout for additional support services):

- Go Health Services Wellbeing Hub: The service offers time-limited counselling, Cognitive Behavioural Therapy and Psychology sessions specifically for staff experiencing difficulties in their personal and or professional lives which may be impacting on their workplace functioning. <https://gohealthservices.scot.nhs.uk/wellbeing>
- Psychological Resilience Hub: 1-3 telephone support sessions accessed via online self-referral form. Referrals are screened to assess urgency and level of intervention required. [Mental Health and Psychological Wellbeing Support for Staff \(nhsgrampian.org\)](#)
- The Workforce Specialist Service (WSS), delivered by NHS Practitioner Health, is a national confidential, multidisciplinary mental health treatment service with expertise in treating regulated health and social services professionals. The service specialises in caring for regulated professionals as patients, and as such are experts at the interface between regulation, employment and mental illness and addiction. This is available to all regulated NHS and care staff working as part of the Scottish workforce on a self-referral basis. Please see attachment for more information and to self-refer. <https://wellbeinghub.scot/the-workforce-specialist-service-wss>

Suicide Prevention training Scottish Association for Mental Health (SAMH) are providing the following trainings in April:

- Introduction to Suicide Prevention training (ISP)
- Introduction to Youth Suicide Prevention (IYSP) training,

This online training via MS Teams is free for staff and volunteers across Aberdeen City, Aberdeenshire or Moray. Spaces are limited to 15 attendees per session, these tend to book up very quickly, and so early booking is recommended. The two trainings advertised have quite a bit of overlap in content, so you may wish to choose that training which is most relevant for yourself. Booking will open at 9am tomorrow (17 March) please see below the new training dates. For any questions or requests for a closed training for your staff team(s), please contact NorthEastSuicidePrevention@samh.org.uk

Date	Time	Training	Eventbrite
Wednesday 6 April	2.30 – 4.30pm	ISP	Click to book
Thursday 7 April	1.30 – 3.30pm	ISP	Click to book
Tuesday 12 April	2 – 4pm	IYSP	Click to book
Thursday 14 April	11.30am – 1.30pm	ISP	Click to book
Thursday 21 April	11.30am – 1.30pm	IYSP	Click to book
Tuesday 26 April	2 – 4pm	ISP	Click to book

Tune of the day I realised today we've been running this feature all this time and haven't featured The Carpenters*. A poor show, I think we can all agree! As it has been a rainy one in Aberdeen today, I've plumped for [Rainy Days and Mondays](#).

(*I'm reminded of a joke, which really only works in an Aberdeen accent: what's the difference between a joiner and a carpenter? A joiner works with wood and a carpenter paints cars...)

If you want to request a song for tune of the day, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot