

Here is the brief for Wednesday 23 March 2022.

National Day of Reflection To mark the second anniversary of the lockdown in response to COVID-19, Humza Yousaf (Cabinet Secretary for Health & Social Care) has recorded a message to everyone working in health & social care across the country. [You can watch this in full here](#); if preferred, a transcript is below:

As we mark two years since Scotland first went into lockdown, I wanted to take a moment to reflect upon the huge professional and personal sacrifices that everyone working in health and social care has made throughout the pandemic.

I've heard over and over again stories that show the resilience, determination and courage that you and your colleagues have demonstrated in the face of each wave of the pandemic.

I recognise how difficult this must have been over such a prolonged period of time.

Stepping up to meet the challenge posed by Covid has needed a system-wide response from across the public, private and third sectors. And while I'm proud of how organisations have come together, it's the super-human effort made by individuals – by you - day after day, night after night that has helped power our health and social care services through the most significant challenge that they have ever faced.

And this has only been made possible by the hard work of every person, at every level, who works in health and social care. Not only those working on the front-line delivering services, but also those who have made it possible for these services to be delivered. From porters to cleaners, janitors and administrative staff, estate managers and remote workers. Every single one of you has been part of our incredible, national response that has helped to save lives.

I want to pass on my deepest gratitude for what you've done over the last two years. And for those of you who manage staff, please take the time to acknowledge and thank your team members for the work they're doing and continue to do.

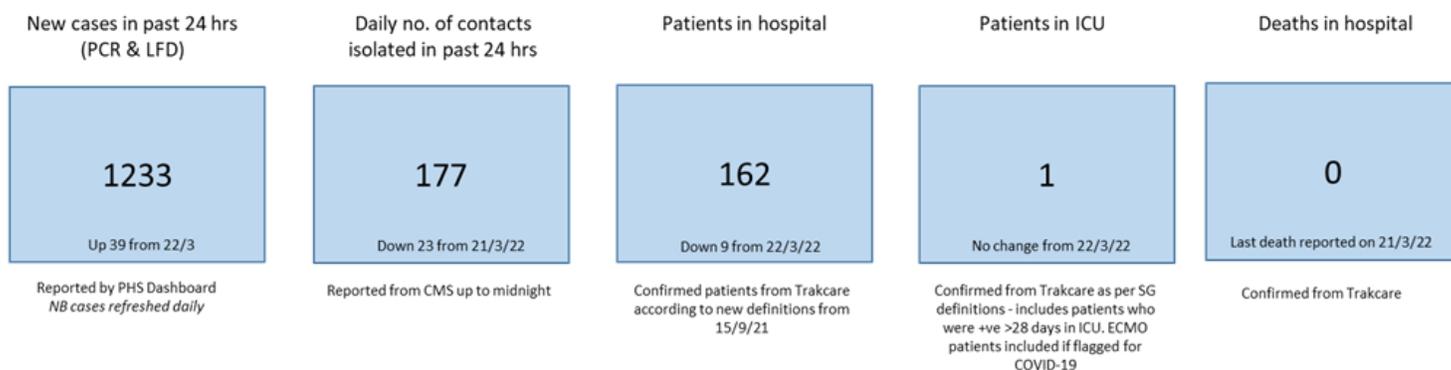
Lastly, I want to remind all of you to seek the wellbeing support that you need. Either that provided locally or use the resources we've made available at a national level – including the National Wellbeing Hub, Helpline and Workforce Specialist Service.

Thank you for what you've done over the last two years, thank you for what you're doing today and thank you for continuing to support and care for the people of Scotland in the future.

Fuel duty reduction It has been announced today that fuel duty across the UK will be cut by 5p a litre from 6pm this evening (23 March). This was part of the Spring Statement by the Chancellor, Rishi Sunak. [Further information is available here](#).

Rescue: Extreme Medics A new documentary series will begin on Channel 4 this Monday (28 March) at 9pm, focusing on Scotland's Major Trauma Network. Aberdeen is home to the North of Scotland Major Trauma Centre and a number of teams were involved in filming throughout last year. We're looking forward to seeing the finished programmes and sharing the amazing work this team does with the public at large. [If you haven't already seen the trailer, you can take a look here](#). A huge thank you to everyone who was involved in filming!

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



PPE donning & doffing training – new dates! PPE donning and doffing training is offered to ensure you can keep your skills sharp. All sessions take place at 11am, last an hour, and are delivered via Teams. The current available dates are shown below; to book a place please email gram.ipc-donn-doff-training@nhs.scot

- April – Tues 5, Wed 6, Wed 13, Tues 26
- May – Wed 4, Wed 11, Tues 17, Tues 24, Tues 31
- June – Wed 8, Tues 14

As a reminder, these sessions should be undertaken as well as (not instead of) the mandatory training on Turas. Turas training comes in two parts, 1) Droplet precautions and 2) AGP precautions. Both trainings should be completed annually.

Baird and ANCHOR project The latest newsletter from the Baird and ANCHOR project team is attached to the email used to send out this brief.

We Care Wellbeing Wednesday

- Neurodiversity Celebration Week – 21 to 27 March 2022.

Neurodiversity refers to the diversity of all people. Neurodiversity describes the idea that people experience and interact with the world around them in different ways, thinking, learning and behaving. Neurodiversity Celebration Week have created a diverse schedule of events, from webinars, panel discussions and more to educate and encourage conversations around neurodiversity.

[Find out more on the Neurodiversity Celebration Week 2022 Events Schedule website.](#)

- NHS Grampian currently 16th in the Scottish Workplace Journey Challenge

The Sustrans journey challenge is underway and NHS Grampian are smashing it! We currently have 8 teams and 45 individuals taking part. So far, we have logged **632 journeys** and are currently 16th in our category. Together we have saved an impressive **223kg of CO₂** and **almost £400** of fuel costs as well as burning an additional **137,591 calories!** The challenge values participation and you can still join the challenge at any point throughout March. The more people join, the further we move up the board! There are over [£4000 worth of Scotland Loves Local gift cards to be won](#). Taking part is simple, all you need to do is [sign up here](#) and log your local journeys, commutes or daily exercise.

The aim of the challenge is to change the way you travel to more sustainable and active modes. Katrina Schofield, NHS Grampian Active Travel Officer, decided to challenge herself as part of the journey challenge by doing something she'd never done before, which was take her bike on the train! [Click here](#) to watch this 3-minute video to see how she got on and how much money and carbon emissions she saved...

Tune of the day Thanks to Karen Moon for today's suggestion. Both Karen and her colleague Margaret will soon retire from the City Community Midwifery team; she's asked for [May It Be by Enya](#), to give her colleagues (and the rest of us) a moment to stop and breathe. An appropriate sentiment on this National Day of Reflection.

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