

Here is the brief for Thursday 11 March 2021.

**Workforce Specialist Service** This is a new programme which can provide regulated members of the health & social care workforce free confidential, multidisciplinary mental health treatment service. They specialise in caring for regulated professionals as patients, and as such are experts at the interface between regulation, employment and mental illness and addiction. It is of particular benefit to those who find it difficult to access treatment for mental health due to concerns about receiving a confidential service or the professional implications of seeking support. Staff can access the service by visiting the [National Wellbeing Hub](#). Alternatively you can call them on 0300 0303 300.

**FFP3 masks – important updates** We have two key updates to share about this important item of PPE.

1. The revalidation of the 3M FFP3 masks will run out at the end of March 2021. NHS Grampian Fit Testers have continued to work hard to face fit test staff to an alternative mask. The following masks will be withdrawn from **31 March 2021**:

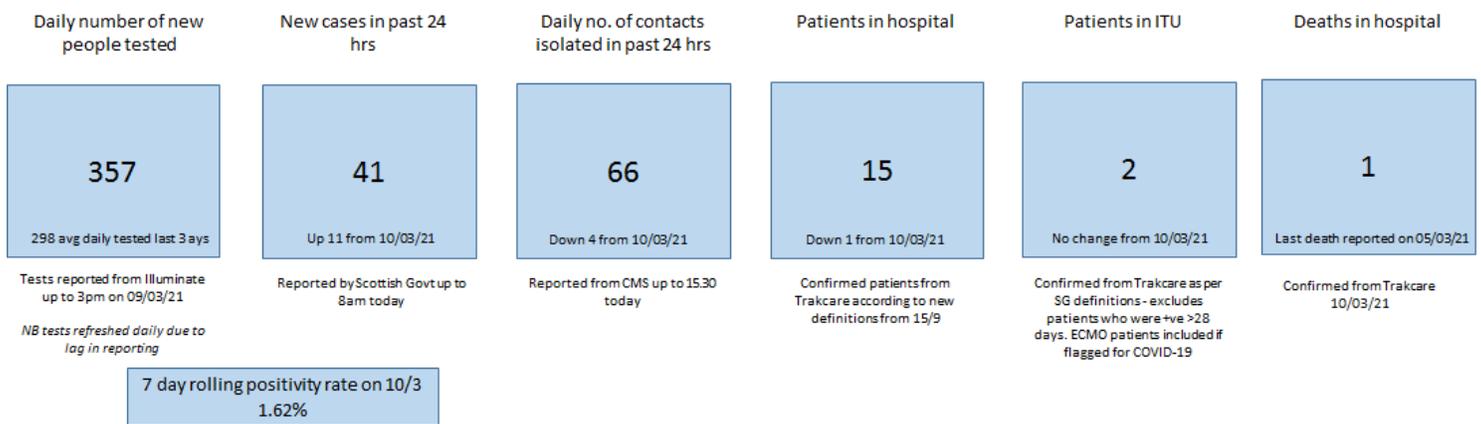
**1863**

**1873V**

All stocks of the above masks **must** be returned week commencing 29 March as they **must not** be used beyond 31st March 2021. You should return them by marking the box with the name of the product and “For Quarantine” and send to the Central Stores Warehouse. To avoid any confusion this update is referring to the **3M 1863** and **not** the 3M 1863+ which is still a valid product. **As of 31 March 2021 all masks used must have an in date expiry date on the box.**

2. **Maintaining adequate protection from airborne risks & aerosols means FFP3 masks and facial hair don't mix** When staff wear FFP3 masks the seal of the mask to the face is vital; if the mask doesn't seal to the face, then contaminants can get into the breathing zone. One of the things that affects the seal of the mask to the face is facial hair or stubble. All staff are clean shaven for their fit test. It is vitally important that staff are clean shaven at work so that they can wear the FFP3 mask and get a good seal to the face. Being clean shaven is the safest way ensure an effective seal. If a staff member chooses to have facial hair, they must ensure that for any style of facial hair, the hair does not cross the seal of the mask or block or touch the valve. The seal must only touch skin and not have contact with any hair or stubble. Managers are reminded that if they see staff with facial hair, which disrupts the seal or blocks or touches the valve, wearing FFP3 masks they must stop them and make sure they know they cannot be in with patients, when FFP3 masks are required, until their facial hair has been trimmed or shaved appropriately.

**Grampian data** The local figures for today and the 7 day rolling positivity rate are shown below. As a reminder, this rate is arrived at by dividing the number of positive tests in the past 7 days by the number of tests carried out in the past 7 days. Repeat tests are included in both categories, whereas the figures we show here only record new tests. If you want to see more detailed information, including cases at neighbourhood level, click [here](#) for the Public Health Scotland daily dashboard.



**Equality Outcomes Report** We have a legal duty to produce and publish an Equality Outcomes Report every four years. This report sets out the equality outcomes NHS Grampian wishes to work towards over the next four years under each of the 9 “protected characteristics” of equality as defined by the Equality Act 2010. To see the 2021-2025 draft report please click [here](#). We have a further legal duty when formulating the outcomes to involve and consult people, local organisations, partner agencies, and the wider community of Grampian to help shape the future pattern of services in these 9 key areas of our work. If you would like to give your views on the current draft, please click [here](#).

**Scottish Parliament Elections 2021 – Guidance for the NHS and other health bodies** A reminder that the pre-election period will commence on Thursday 25 March, in advance of the election to the Scottish Parliament on 6 May. Public bodies, such as the NHS, must remain neutral throughout this period while conducting their usual business. The full guidance for NHS boards was circulated with the brief on 4 March, it is also available to read [here](#) (intranet link, networked devices only)

**NHS Scotland Management Training - applications open** This is a three year programme, with placements in Health Boards across Scotland. Participants will be given real management responsibilities, and the chance to work with senior leaders and managers. There are options to choose either general management or finance management. If you:

- are qualified (or will be, by the time the Scheme starts in September) to [SCQF](#) level 10 in any subject area,
- are of any age,
- have work experience, or have none,
- have worked in health and care, or haven't,
- have (or will have) the right to work in the UK for the full duration of the programme

then this might be the opportunity for you. For more information click [here](#). The application window closes at 12 noon on the 23 March.

**Aberdeen City – Opportunity for Staff to Influence Priorities** There is no doubt the pandemic will have a lasting impact on people’s health and life circumstances. Communities and staff in Aberdeen City are being offered the opportunity to have their say on what the priorities and suggested actions should be in the coming months and years. As part of this there will be a staff workshop on **Tuesday 23 March 10-11.30am** aimed at sharing local data and themes emerging from a community perspective, listening to what staff are seeing in terms of priorities, and what you feel would make a difference. To book a place, please click [here](#). Sessions will be hosted for each [locality](#) so remember to indicate which one you work in. If you have a city wide role there will be an opportunity to discuss priorities for communities of interest so please feel free to sign up to any of the sessions. If you are unable to attend but still want to share your views, you can either you can either complete this [survey](#) or send an email to [localityplanning@aberdeencity.gov.uk](mailto:localityplanning@aberdeencity.gov.uk).

**Thought for the day** Thank you to Aileen Wilson (Primary Care Development Manager, Aberdeenshire HSCP) who sent this poem for Thought for the Day. It struck a chord with her and hopefully it will do the same for you:

Barely the day started and... it's already six in the evening.  
Barely arrived on Monday and it's already Friday.  
... and the month is already over.  
... and the year is almost over.  
... and already 40, 50 or 60 years of our lives have passed.  
... and we realize that we lost our parents, friends.  
and we realise it's too late to go back...  
So... Let's try, despite everything, to enjoy the remaining time...  
Let's keep looking for activities that we like...  
Let's put some colour in our grey...  
Let's smile at the little things in life that put balm in our hearts.  
And despite everything, we must continue to enjoy with serenity this time we have left.  
Let's try to eliminate the afters...  
I'm doing it after...  
I'll say after...  
I'll think about it after...  
We leave everything for later like " after " is ours.  
Because what we don't understand is that:  
Afterwards, the coffee gets cold...afterwards, priorities change...  
Afterwards, the charm is broken...afterwards, health passes...  
Afterwards, the kids grow up...afterwards parents get old...  
Afterwards, promises are forgotten...afterwards, the day becomes the night...  
Afterwards life ends...and then it's often too late....  
So... Let's leave nothing for later...  
Because still waiting for see you later, we can lose the best moments,  
the best experiences, best friends, the best family...  
The day is today... The moment is now...

**Questions to ask? Information to share?** If you have particular questions – or are aware of questions coming from friends and family – please share them with us. We may not be able to answer every question and it may take us time to get a proper answer, but we will endeavour to respond and share the answers. You can get in touch with us via [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot). Please also use that email address if you have items for consideration for future briefs.