

Thursday 16 February 2023

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**Staff vaccination clinics** Thanks to everyone who came along to yesterday's staff clinic at ARI; we have two further opportunities for you to drop-in and get your 'flu and/or COVID-19 jabs:

- Tuesday 21 February, Ward 17, Woodend Hospital, 1 – 4.30pm
- Wednesday 22 February, antenatal clinic, Aberdeen Maternity Hospital, 9.30am - 3.30pm. This clinic is also open to anyone who is pregnant and yet to get their 'flu/COVID-19 jabs.

**Recycling at work – how to** Last week we highlighted the difference in disposal costs for mixed recycling and black bin waste. This led to several of you getting in touch to ask how you can recycle in your area and we are happy to help!

You do not require a special bin; standard pedal bins can be used and, as they are easily cleaned, they are suitable for clinical areas. You will need to order clear bags (PECOS code 198924) and a Mixed Recycling sticker for the lid (available from Resources, Summerfield House). The following items can go into mixed recycling bins:

- Paper, cardboard, magazines (NO confidential paperwork)
- Plastic bottles (clean & empty)
- Tins and cans (clean & empty)
- All non-infectious hard plastics e.g., detergent bottles
- Plastic wrapping, packaging, and carrier bags.

In addition, if you are in a clinical area, these items may also be recycled:

- Paper and card packaging and products e.g., pharmacy paper bags, empty glove boxes
- Soft sterile packaging
- Irrigation pouches
- Hard-plastic instrument packaging

The following items must NOT be placed in mixed recycling bins

- Paper towels
- Glass
- Food waste
- Contaminated packing
- Polystyrene

If you want any advice on recycling at work, just contact Neil Duncan, Waste Management Officer, via [neil.duncan3@nhs.scot](mailto:neil.duncan3@nhs.scot)

**To flush, or not to flush?** [We're supporting a campaign from Scottish Water](#), reminding everyone to only flush the 3Ps – Poo, Pee, and toilet Paper. Period products, paper towels, nappies, bandages, and wipes can and do block drains, leading to floods and often costly repairs. In addition, many wipes contain plastic, so those which don't block drains end up in our rivers and beaches, causing harm to wildlife. If it isn't one of the 3Ps, in the bin it goes. You can download helpful posters via the link above.

**Pressure ulcer care survey** If you are involved in pressure ulcer care, the Tissue Viability team would greatly appreciate [completion of this short survey](#) to help with a Quality Improvement Project underway.

**Aberdeen Guide to Independent Living & Enablement (AGILE)** Developed by Aberdeen City HSCP, AGILE is for anyone who wants to know about the help and support available in Aberdeen to enable them to stay as independent as possible in their own home. [AGILE is available to read here](#).

**Tune of the day** Today's tune goes out to Jodie Frater, acting SCN on wards 402/403 at ARI, from all the team there. They wanted to mark your recent STAR award success and have asked for Skerryvore's [Take My Hand](#) (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](mailto:gram.communications@nhs.scot)