

Wednesday 19 April 2023

International Workers' Memorial Day This annual event, recognising people who have died while carrying out their job, takes place next Friday (28 April). A minute's silence is observed at 12noon as part of the day; all teams and individuals are supported to observe this, as desired.

ICYMI – eESS update Last week we shared a detailed update from the eESS team. If you haven't had a chance to read this, [it is available here](#).

Culture & Staff Experience - Help us shape our plans Colleagues from across NHS Grampian and the HSCPs are warmly invited to attend next week's Culture Collaborative Open Forum session. Taking place on Monday (24 April) between 3.40 - 5pm, we're looking for your views on where we should focus our priorities in respect of embedding our values, leadership and management, diversity and inclusion and how we work over the next three years. The Culture Collaborative is a forum which is open to anybody irrespective of their role. If you are interested in attending, please contact gram.culturematters@nhs.scot, all are welcome to join.

NHSG and InnoScot Health Innovation Competition We are working with InnoScot Health to run a competition aimed at inspiring you to innovate and improve patient care. The contest is open to all NHS staff, in any role, in any department. Can you come up with an innovation/invention/concept which will improve patient care and/or daily workflow? The first 100 entries will receive a £10 Costa gift card. Interested? [All the information you need on entering is online here](#). A poster for print and display in your workplace is also available through the link.

Can you help the Sewing Room? An unusual request from our friends in the Sewing Room. They have these bed screens (below) in their possession, but no details of which service they belong to. They do know they are bespoke and expensive, so they are keen to send them to their rightful home. If you recognise the screens, please call the Sewing Room on ext 53726 to claim them.



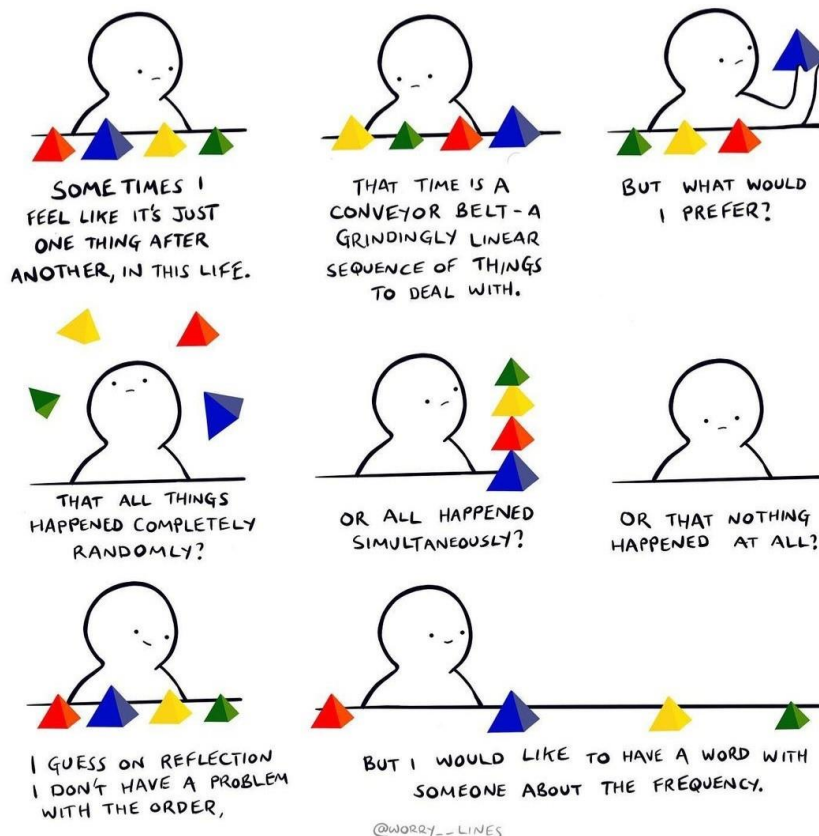
Brew and a blether at RACH The next Brew and a blether session will take place tomorrow (Thursday 20 April) in Bay 12, Medical Ward, RACH between 11am – 1pm. All staff are invited to take a break, enjoy a hot drink, and take the opportunity to talk to representatives from the Chief Executive's team, Staffside, We Care, and psychology.

We Care Wellbeing Wednesday

- **Staff Support Sheet – Where Can I Get Help?** Developed with the Welfare Cell, We Care have an easy-access, 1-page summary covering some of support and wellbeing resources available for staff. It also links you to our previous 'Supporting Staff in Distress & Crisis Information Sheet' via the QR code and link at the top. Please have a look, share with others, or print out for circulation/wellbeing boards. If you would prefer a paper copy, please contact We Care via gram.wecare@nhs.scot.
- **Menopause Awareness in the Workplace – Male only Sessions – 1 hour course** Please see the attached poster to find out more about our new (one hour) male-only sessions for Menopause Awareness in the Workplace. These sessions have been organised in response to your feedback and offers men an opportunity to increase their knowledge and understanding of the menopause.
- **Wellbeing Training Sessions** We Care have a huge list of training opportunities, webinars and events coming up soon - so have a look and get involved if you can. Don't forget, you can access all of our online training and events by searching for 'We Care' in TURAS. If you want to find out more, feel free to contact We Care via gram.wecare@nhs.scot.

Tune of the day Thanks to James Brechin (Radiology, ARI) for getting in touch to request [Same Jeans](#) by The View. Released in 2007, this song is now old enough to join the army (sorry...)

I've shared the work of [Worry Lines](#) before; I spotted this today and thought it would chime with many of you (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