

Monday 24 August 2022

It's ok to talk about race [Today we are sharing a short film with you](#), featuring three members of NHS Grampian staff describing their experiences of racism. We would strongly encourage as many of you to watch it as possible, to understand the layers of racist behaviour, both conscious and unconscious, our colleagues face on a regular basis. Their stories show the responsibility we all have, not only to challenge racist behaviour when we see it happening, but also to offer our compassion and support afterwards to those affected.

As an organisation, NHS Grampian is clear that racism, in any form, is unacceptable. We are not naive enough to think it doesn't happen or that it won't in the future, but we will take robust action where it does. If you need help, advice, or support with an issue related to race, know that you are not alone. Be assured we will stand shoulder to shoulder with you. Our dedicated equality and diversity team, our HR Hub, and your colleagues, are all available to lend their support to you:

HR Hub – gram.hr@nhs.scot or ext. 52888

Equality & Diversity team – ext. 52245 or ext. 51116

[Racism/discrimination rapid reporting form](#)

Operation Unicorn – message of thanks Prof Caroline Hiscox has asked us to share this short message with you:

“I wanted to [share with you all a letter](#) I received from the First Minister, praising the hard work of the NHS Grampian team following the death of HM The Queen. Nicola Sturgeon is full of praise for all of you and the way you stepped up to ensure the impact upon people requiring healthcare was minimised. The letter may have been written directly to me, but it applies to all of you. You should all be proud of the work you did then, and the work you do every day. Thank-you, Caroline”

PPE Donning & Doffing refreshers The Infection Prevention & Control team continue to offer this training to health & social care staff. It's a fantastic opportunity to keep your skills sharp; dates below, all sessions begin at 11am and last 1 hour:

October – Tuesday 25

November – Tuesday 1, Thursday 10, Tuesday 15, Tuesday 22

December – Thursday 1, Tuesday 6, Thursday 15, Tuesday 20

To book your place, email gram.ipc-donn-doff-training@nhs.scot

BREAKOUT Study The Cardiology Research Facility at ARI are undertaking research into Taka Tsubo Cardiomyopathy – sometimes known as 'broken heart syndrome'. They are seeking volunteers to take part in the study; [more information on what is involved is available](#) here (intranet link, networked devices only)

Orange Zone café, ARI As highlighted last week, unfortunately the Orange Zone café will be closed this week, due to staff shortages. All other food & drink outlets in ARI are open as normal.

Pause for thought As usual, we've got an opportunity for reflection to start the week, courtesy of last week's Guided Journaling sessions:

The term 'tattie holidays', used to describe the October School holidays, lives on even though, with the advent of new farming techniques, very few children are involved these days. What terms of reference or descriptions about yourself live on despite them no longer being as important as they once were? If you were to discard the old terms, what would the impact be?

Diwali The festival of Diwali (or Deepavali) gets underway today. The five-day event is often called the Festival of Lights because "Diwali" is derived from "Deepavali," which means "row of Deepas" (or diyas - candles). If you are celebrating, we hope your Diwali is free from darkness and abundant with light.

Tune of the day Kim Milne (Consultant, Ward 101/103) kicks off another week by suggesting Genesis and [Land of Confusion](#). Worth it for the Spitting Image puppets in the video alone, whether you're dealing with personal confusion or despairing at political chaos, the message of the song is clear: "...these are the hands we are given, use them and let's start trying to make it a place worth living in" (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