

Wednesday 29 March 2023

NHS Scotland Agenda for Change pay award As confirmed last week, a pay award has been agreed for all staff working under Agenda for Change for 2023/24. This will take effect from 1 April 2023; weekly paid bank workers will receive their new rate in their pay being paid on 7 April, monthly paid workers will receive it in their April salary, pay day being Friday 28 April onwards. The additional one-off payment will also be paid in April salaries for monthly paid employees, and in weekly pays paid Friday 28 April. Please bear in mind both the salary increases and the additional payment are paid on a pro-rata basis.

We are expecting a Frequently Asked Questions document from Scottish Government around the additional one-off payment, and we will share this with you as soon as we have it.

New Cabinet Secretary Michael Matheson has been appointed the new Cabinet Secretary for NHS Recovery, Health, and Social Care. Mr Matheson was previously Minister for Public Health between 2011 – 2014.

Brew and a blether – new dates! There will be Brew and a blether sessions as follows:

- Tuesday 11 April, 2-4 pm, ARI (Orange Zone Café)
- Wednesday 12 April, 10am –12pm, Aberdeen Maternity Hospital
- Thursday 20 April, 3-5pm, RACH 3rd Floor

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.

No Delays film clips - contract ending The No Delays video clip service – which we have used for several years - will cease at the end of this month. We have been in touch with representatives from those services who have content on the platform, to clarify their ongoing need to prescribe their video clips to patients and to discuss alternate continuity arrangements. If you still actively use this service but don't believe you/your service has been asked about any continuity arrangements, please email gram.connectme@nhs.scot without delay.

Learning Zone – get the training you need The Learning Zone, hosted on the intranet, is there to meet all your training and development needs. There are links direct to Turas Learn, and all the key departments across the organisation. You can also see which courses have been recently added. Make [paying a visit to the Learning Zone a regular task](#), to ensure you aren't missing out.

Aberdeen City Hospital @ Home Event Aberdeen City's Hospital @ Home service held an exciting event earlier this month. Colleagues heard all about the service and our plans for expansion, as well as hearing all about the excellent work ongoing in Oxford. You can learn all about the event, find useful resources and read a summary of breakout discussions [by following this link](#)

[If preferred, you can watch the recording of the whole event here](#), key timings listed below:

- 0hrs 13 mins: Opening remarks from the Chief Executive
- 0hrs 20 mins: Presentation from Professor Daniel Lasserson, H@H Oxford
- 1hr 10 mins: Introductory remarks from the Chief Officer, ACHSCP
- 1hr 11 mins: Aberdeen City Hospital at Home, Denise Johnson, Deputy Chief Nurse ACHSCP and Steven Close, Clinical Lead/Consultant

[If you want to find out more about the City's Hospital @ Home service, you can watch this video.](#)

Exciting Announcement NHS Grampian Endowment Fund is excited to announce that its new operating name is NHS Grampian Charity. We have updated our name and logo following feedback and input from our colleagues across NHS Grampian, and we hope our new name and new strategic plan will make it easier and clearer for staff to apply for charity funds.

For those not familiar with us, we are the official, legally linked, charity of NHS Grampian and we are responsible for managing donations made by supporters to ensure they are used to provide benefit to staff and patients, to enhance services and to provide support in communities across Grampian.

We Care Wellbeing Wednesday

- **We Care Wellbeing Pulse Survey** Just a quick reminder to please take a few minutes (it should take no more than 5) to complete the Pulse Survey, which closes next week. The We Care Wellbeing Pulse Survey provides an understanding and overview of staff wellbeing throughout the year and helps inform the development of wellbeing resources. To complete either click this link: [5299 Pulse Survey March 2023 \(snapsurveys.com\)](https://snapsurveys.com), or scan the QR code below.



- **Free Mindfulness courses for all NHS Grampian and HSCP staff** Delivered online on Zoom by Highland Mindfulness Group and NHS Facilitators. Supported by NHS Grampian We Care, NHS Grampian Endowment Fund, and NHS Charities Together. To book, please email: gram.mindfulness@nhs.scot. The courses on offer are: **Mindfulness Based Stress Reduction (MBSR)** an 8-week course, from Wednesday 12 April to 31 May. The sessions last 2hrs, with each week focusing on a specific theme and attitude. A hard copy and/or pdf format manual is provided, and **Kindfulness**. The 4-week programme introduces some of the mindfulness tools used in MBSR, with a focus on compassion and kindness to self and others. Each weekly session lasts two hours, beginning on Tuesday 9 May.
- **Yoga for Menopause- Spaces available** The Yoga for Menopause sessions have been running for the past few months as a pilot with each class supporting different stages of the menopause. There are many symptoms which women may experience during Menopause, and these can include pains, insomnia, hot flushes, low mood, rages, poor memory to name just a few. Spaces are still available for the next session scheduled for next Tuesday's session (4 April), between 1-2.15pm, delivered via MS Teams. To book please click here: [Yoga for Menopause | Turas | Learn \(nhs.scot\)](#)

Tune of the day Something a little bit different today, to mark the sudden passing of Paul O'Grady. Although best known for his presenting work, Paul made his name via his alter-ego Lily Savage (the 'Birkenhead Bombsite') and [here is Lily in all her \(rude\) pomp on Parkinson](#). It's a master class in comedy; every line is landed while the other guests (and Parky himself) struggle to hold it together (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