

Daily Brief...



Wednesday 5 July 2023

NHS at 75 – who we are Without a strong workforce, the NHS simply would not have lasted for 75 years. As we mark this anniversary, we are sharing your stories of where and how you started, and the changes you have seen: [NHS at 75: Your Stories](#). Our thanks go to everyone who contributed to this project.

NHS at 75 – where we work We are extremely fortunate to have an archivist – Fiona Musk – who takes care of the collection of records and images which chart the history of healthcare in the region, before and after the foundation of the NHS. Fiona has compiled this fascinating guide to our hospitals to mark the 75th anniversary: [NHS Grampian at 75 \(office.com\)](#)

Industrial action – are you IT ready? The eHealth team have prepared a guide to support clinical services with access to IT systems during industrial action next week. Depending on your role, you may be using systems you haven't used in a while or have never used before. The guide is attached to the email used to send out this brief; please share with colleagues as appropriate.

Digital Ward – Change to update within IP EPR We have introduced a change to the functionality on the forms within the IP EPR in TrakCare. This follows reports of an issue which caused a blank page when hitting 'update'. Effective immediately, to save an entry into the form you can no longer hit 'return' on entering your password to save your entry. Instead, you need to enter your password, use the tab key to select the update, then hit return. Alternatively, you can use the mouse/trackpad to select update. For more information, please email gram.epr@nhs.scot

Migraine management – get involved We are working jointly with The Migraine Trust to improve migraine management in community pharmacies. As part of this project, an anonymous survey has been launched looking to gain insight from people living with migraine. The results will be used to shape and inform the project and incorporated into project evaluation.

[The survey is available here, running until 23 July](#). Please feel free to share the link with others that you know living with migraine living in the NHS Grampian area.

[This link will give you more information about the project; you can join the mailing list here.](#)

Culture Collaborative – your views wanted The Culture Collaborative exists for everyone working in Grampian. If you've never attended a meeting the team are keen to understand why and what they can do better. [All you need to do is answer one short question via this Mentimeter link](#) or scan the QR code below if you're reading a printed copy of the brief. Responses are due by 12noon on Friday (7 July)



All colleagues from across NHS Grampian and the HSCPs are invited and encouraged to attend the next Culture Collaborative session on 31 July, 11am - 12:20pm; contact gram.culturematters@nhs.scot for the joining details.

We Care Wellbeing Wednesday

- **Wellbeing Resources** [The National Wellbeing Hub](#) has a range of excellent resources which can help to support both your mental and physical health. You can also access the National Wellbeing Helpline 24 hours a day, 7 days a week, by calling **0800 111 4191**. This helpline is run by NHS 24 and is available to everyone working in health and social care services. [Follow this link](#) to find out more. Don't forget, you can also access our We Care website (<https://www.nhsgrampian.org/your-health/wecare/>) to have a look at what support is available for you, either as an individual, a team or as a manager. Our website has a range of useful resources, activities, courses, and contacts all aimed at improving and enhancing wellbeing.
- **Menopause Awareness in the Workplace** There are still spaces available in our Menopause Awareness in the Workplace sessions – which aim to make everyone aware of the issues women who go through the menopause can face, and how these can affect the way they work. All staff are welcome to attend, [and you can click here to book a space via Turas](#) (requires log-in).

If you have any questions about any of our Wednesday updates, or want to find out more, please email us at gram.wecare@nhs.scot.

Tune of the day Countless 'think pieces' on the NHS have been published in recent days. This is not one of those! I will simply say I am proud to work for the NHS today, as I have been every day since I started working here. We have weathered enormous storms in our recent (and not so recent) history. Are we bruised? Absolutely. Do we need to have bold and courageous conversations about our future? Without a doubt. Are we still here, making a difference every single day? You better believe it. Thank you, to each and every one of you, for your hard work and your commitment to public service. Never let anyone tell you we don't do remarkable things. [I'm Still Standing is our tune of the day](#): Lookin' like a true survivor, Feelin' like a little kid. Happy birthday, NHS. You're not bad for an old gal (EP)

P.S This may be relevant to your interests; Tom Hardy returns to CBeebies' Bedtime Story programme at 6.50pm tonight, reading Zog and the Flying Doctors to mark the 75th anniversary.

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