

Wednesday 17 January 2024

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**Winter vaccinations – staff clinic** There will be another dedicated staff vaccination clinic in ARI (eye outpatients, Yellow Zone) on Tuesday 23 January, between 10am-4.30pm. These clinics are open to any member of health & social care staff. At particularly busy times you may be asked to come back later. Please note the clinics will close between 12.30-1.30pm for lunch.

It's not too late to get the jabs you are eligible for; remember all vaccination centres in Grampian are open for drop-in vaccination for health & social care staff.

**Culture Survey 2024** We have committed to conducting a second Culture Survey in the following two areas:

- Combined Child Health including Neonatal
- Re-survey of Facilities and Estates (not including eHealth)

The go-live date is 4 weeks today – 14 February 2024 – and a factsheet explaining more is attached to the email used to send this brief. Please contact [gram.culturematters@nhs.scot](mailto:gram.culturematters@nhs.scot) if you have any questions.

**Hyperbaric medicine – clarification** In yesterday's brief we shared dates for upcoming hyperbaric medicine education sessions; unfortunately, we suggested they were open to all medical, nursing, and AHP staff, when they are not. We apologise for any confusion, here are the correct dates:

- 7 February – medical staff
- 21 February – nursing & AHP staff – FULLY BOOKED
- 12 June – medical staff
- 18 June – nursing & AHP staff
- 17 September – nursing & AHP staff

All courses run from 9am – 4.30pm, count towards CPD hours, and include a tour of the facility. Places are very limited so email [gram.hyperbaric@nhs.scot](mailto:gram.hyperbaric@nhs.scot) or call 01224 553 264 to book your place.

**Value Based Health & Care** Value Based Health and Care is an approach to service delivery based on outcomes and experiences for the people we care for, through equitable, sustainable, appropriate and transparent use of resources. It is underpinned by the principles of Realistic Medicine: to reduce harm, waste and unwarranted variation, while acknowledging and managing the inherent risks associated with all health and care, and championing innovation and improvement. Understanding both Realistic Medicine and Value Based Health & Care is relevant for all of us in health & social care. There's more information available here: [Value Based Health and Care Action Plan \(www.gov.scot\)](http://www.gov.scot)

We can support ongoing research into Value Based Health & Care, [by completing this survey](#). Please note although organisational data is collected, the survey is anonymous.

If you wish to find out more about how our Realistic Medicine team are supporting delivery of Value Based Health & Care, please contact Katy Styles, Realistic Medicine Clinical Lead: [katy.styles@nhs.scot](mailto:katy.styles@nhs.scot).

**Culture Collaborative** This is your invite to the next session of the Culture Collaborative, meeting on Monday 22 January, 3.10-4.30pm, via Teams. The focus of this meeting will be an update on the progress around the Commitment to Culture resource pack – check out yesterday’s brief for more on that - and a session by Jason Nicol on 'Evidence Base for Workplace Wellbeing - The role of culture.' Everyone is welcome to attend, please contact [gram.culturematters@nhs.scot](mailto:gram.culturematters@nhs.scot) for the joining information.

**Polish/Scottish mini festival** Thanks to Justyna Kruczynska (part of the MaxFax team at ARI) for letting us know about this upcoming festival. Starting on Friday, and running into March, there will be events taking place across Aberdeen celebrating Polish and Scottish cultures. There’s something for everyone, so check out the event website here: [Program - PSMF 2024 \(polscoffest.co.uk\)](http://Program - PSMF 2024 (polscoffest.co.uk))

### **We Care Wellbeing Wednesday**

- **Calendar of Events: Staff Wellbeing** January can be a challenging month after the festive period, especially if you have money worries or concerns about your mental health. Please see the attached document for some additional staff wellbeing at work links and information to support mental health and financial wellbeing for your staff. We hope you find these links helpful for your staff wellbeing programmes and we welcome any feedback. If you have any questions, or want to find out more, please email: [gram.hwl@nhs.scot](mailto:gram.hwl@nhs.scot)
- **Culture Matters Roadshow** We are excited to remind you about the upcoming Culture Matters Roadshows at RACH this Monday (22 January) from 11.30am – 1.30pm. The roadshows aim to increase awareness of the [Commitment to Culture resource](#), to help teams develop values-based cultures that are supportive, inclusive and empowering. We look forward to seeing you there. If you have any questions about the roadshows, please email [gram.culturematters@nhs.scot](mailto:gram.culturematters@nhs.scot)
- **Wellbeing Planning Tool** If you’re interested in improving the health and wellbeing of both you and your team, you can access the NES Wellbeing Planning Tool from TURAS ([follow this link](#)). These resources will enable you to know the warning signs of poor wellbeing and know how best to manage it. They also have a useful animation which covers the importance of self-care, and how best to use the tool; [you can watch this here](#).

**Tune of the day** Susanna Hoffs of the Bangles marks her 65<sup>th</sup> birthday today; their hit cover of Simon & Garfunkel’s [Hazy Shade of Winter](#) is our tune of the day (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)