

Friday 14 April 2023

NHS Grampian Password Policy As an organisation, we moved to a new password policy on 1 March. When you are next prompted to change your password, the following rules apply:

- Your password must be **no less** than 12 characters long.
- Capitals, special characters (e.g., ! or ?), and numbers won't be enforced, but if you can include them, great! It is good practice.
- Your password should consist of three unique random words (e.g., Toast RiverTree)

These changes mean you will only be prompted to change your password once and a year and it should be easier to remember.

Infant feeding improvement project Do you have a child under the age of 4 years? Do you live in the Summerhill/Sheddocksley/Mastrick areas of Aberdeen? If you do – or know someone who does - we want to invite you to be part of a long-term infant feeding improvement project in these areas. No matter how you fed – breast, bottle, or mixed – your views are vital. If you are interested in being part of the focus groups, contact Emma & Fiona at gram.bffscotland@nhs.scot to book a place at one of the below events.

Monday 24 April 10am – 12noon, Summerfield House, Room 4

Tuesday 25 April 1 – 2pm, via Teams

Tuesday 25 April 2 – 3pm, via Teams

Wednesday 26 April 12.30 – 3pm, Mastrick Community Centre, Café area

If you would rather chat with us one to one, feel free to email the above address and we can arrange that.

That was the week that was It wouldn't be a Friday without a lookback at the key items shared this week. All briefs are available to read on the NHS Grampian website under Working For Us/HR Portal/NHSG Staff Daily Briefs. Remember, you **don't** need to be on a networked device to access this site.

Monday 10 – Public Holiday, no brief issued

Tuesday 11 – More information on NHS Scotland Agenda for Change 23/24 pay award, time confirmed for test of Public Emergency Alert system

Wednesday 12 – detailed update on eESS system, poster to support conversations on temporary changes to the care we provide

Thursday 13 – Staff Equalities Network April meeting, HEPMA coming to ARI, SAS Contract 2022 update

STAR Award No presentations to announce this week; remember it is easy to nominate a colleague or team for a STAR award; simply [complete the online nomination form](#) or email their details to gram.staffthanksandrecognition@nhs.scot

Tune of the day We round off the week with Oliver Cheatham and [Get Down, Saturday Night](#) This was sampled by Room 5 for their 2003 hit Make Luv, but this is the original release from back in 1983

I've got a dose of Friday frivolity, [so please click here to give us your favourite buzzwords](#) and we'll compile a bingo sheet to take to meetings next week. No prizes, just the glory.

To all Sikh and Hindu readers, we say Happy Vaisakhi; we hope you enjoy your celebrations. To the rest you, we say happy weekend. The brief will return on Monday (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