

Tuesday 10 October 2023

How are you? We start today's brief, on World Mental Health Day, with this genuine question. We know events in Israel and Palestine will be weighing heavily on some of you right now. Perhaps your thoughts or worries relate to something closer to home. Whatever is going on for you, help is at hand:

- NHS Grampian We Care programme - [We Care - I need support \(nhsgrampian.org\)](https://www.nhsgrampian.org)
- Healthcare chaplains are there for those of all faiths, and none. You can contact them on Ext 53316. Hospital chapels are open all day, every day, for anyone requiring space for quiet reflection.
- Breathing Space – 0800 83 85 87, Mon-Thurs 6pm-2am, Friday 6pm – Monday 6am
- Samaritans – 116 123, available 24/7

If you are worried about someone – a colleague, a relative, a friend – and aren't sure how to start a conversation with them, Samaritans have produced a helpful guide, attached to the email used to send out this brief.

Coming soon - NHS Scotland Supporting Work Life Balance workforce policies From 1 November, all of us employed by NHS boards are set to benefit from a comprehensive refresh of Supporting Work Life Balance workforce policies. This means, no matter which NHS board you work for, the policies will be the same and easily accessible on any device. These set the standard for employment practice across all boards, underpinning the Staff Governance Standard that we are treated fairly and consistently. The following Supporting the Work Life policies have been developed nationally in partnership with NHS Scotland employers, trade unions, and the Scottish Government:

- Flexible Work Location
- Flexible Work Pattern
- Retirement
- Career Break
- Special Leave
- Maternity
- New Parent Support
- Shared Maternity and Shared Adoption
- Parental Leave
- Breastfeeding
- Adoption, Fostering and Kinship

These policies are the second phase joining the NHS Scotland workforce policies of Conduct, Capability, Bullying and Harassment, Grievance, Attendance, Workforce Policies Investigation Process and Whistleblowing.

The NHS Grampian policies covering the above will cease to apply from 1 November and we will switch to the national policies. We will share more on this between now and 1 November.

Foresterhill Health Campus – maintenance work delayed Flood mitigation and Greenspace project works, planned to start yesterday, have been delayed by at least a fortnight. This work will reduce the number of spaces in the shale car park by approximately 25; we have asked the contractors to clear this area until a new date is confirmed, putting these spaces back into use. A new start date will be announced via Global emails and this brief.

Launch of new domestic abuse support database for Aberdeen Aberdeen City HSCP (ACHSCP) have worked with ACVO to develop a Domestic Abuse Support Database. This has been created following feedback from various providers about the difficulty to finding the most up-to-date information. The database will provide “one true source” of information on services which will allow those who receive disclosures of domestic abuse to make the right referral at the right time. The Domestic Abuse Support Database is accessible on the Reducing Violence and Abuse page on the Aberdeen Protects website or by following this link: [Domestic Abuse Support Database](#).

If you or someone you know is experiencing domestic abuse, please contact a local domestic abuse organisation. There are a range of domestic abuse services in Aberdeen that can provide non-judgemental advice, emotional support and practical solutions. There are also several options across Aberdeen for accessing support, such as phone, online, in-person and drop-in services. You should always call 999 if you believe you, your children or someone you know are at immediate risk of harm.

Restart a Heart – refresh your skills Monday 16 October is world Restart a Heart Day. The Resuscitation Department will be hosting an all-day event in the atrium of the Suttie Centre on Foresterhill Campus. Come along to refresh old skills (or learn new ones!), take part in one of our CPR related challenges, or just have a chat. From 9am - 4pm.

Getting published month Throughout October, NES Knowledge Services are promoting health research and how to get published. As part of this, there are several sessions taking place on Teams this week, covering open access, copyright, referencing, using RefWorks to manage references and a session with a panel of authors. [Dates, times, and registration via this link](#). Our Library & Knowledge Services team are available to provide guidance on the many journals, databases, and other resources available over the Knowledge Network, literature searching, referencing and RefWorks. Feel free to contact Lyn Mair, NHS Clinical Liaison Librarian, on lyn.mair@nhs.scot

Tune of the day Sometimes you just need to dance. DB Boulevard’s [Point of View](#) 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