

Monday 22 April 2024

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**International Workers Memorial Day – ARI service** This annual event takes place on Sunday (28 April) remembering all those killed in the workplace; every year, more people are killed at work than in wars. On Friday, the chaplaincy team will hold a short service of reflection and remembrance in the ARI chapel (Pink Zone, Level 2), 11.45am-12.15pm. This is open to those of all faiths and none and an opportunity to pay tribute to colleagues we've lost. All welcome.

**Moray Chief Nurse** We are pleased to announce Helen Chisholm has been appointed as Chief Nurse for Moray. Helen is currently deputy Chief Nurse for Aberdeen City and brings a wealth of experience to her new role, which she will formally take up on 3 June. Congratulations Helen!

**ECC Aroma – extended opening hours trial** Following your feedback, we are going to trial longer weekend opening hours for the Aroma based in the Emergency Care Centre/Green Zone. From Saturday 4 May, for 8 weeks, it will be open until 7.30pm on Saturdays and Sundays. Footfall and sales will be carefully monitored to see if a permanent change is justified. Remember, if you bring your own cup to any retail catering outlet, you not only reduce waste and help the environment, but you also get a small discount on your hot drink.

**Top-up degrees study skills session** Are you thinking of returning to study in the future and are unsure how to write academically and think critically? Do you need to enhance your study skills? RGU's School of Nursing, Midwifery and Paramedic Practice are offering two study skills sessions for those wishing to apply for the BSc Professional Practice Top Up Degree (NMAHP). These will take place on Teams, on Tuesday 14 May (10am-12pm) and Thursday 16 May (1-3pm). To book a space or make enquiries please contact [gram.topupdegree@nhs.scot](mailto:gram.topupdegree@nhs.scot) no later than 4pm this Friday (26 April).

**Partnership with Aberdeen Foyer** We are delighted to be working with Aberdeen Foyer to deliver a 9-week Nursing Cadet Scheme to young people aged 16-25 to offer insight into nursing as a career. The course has been created by the Royal College of Nursing and is coming to north-east Scotland after successful sessions elsewhere in the UK. More information is available here: [Aberdeen Foyer joins forces with NHS Grampian to provide insight and learning to young people interested in a career in nursing](#)

**Culture Collaborative** You are invited and encouraged to attend the next Culture Collaborative session this Wednesday (24 April) between 10.30-11.50am. Please come and join us for this session, where we will consider suggestions made by Roger Kline in a recent BMJ article and what these mean for us, to inform our practice. [You can read the full article here](#). This is a forum which is open to everyone irrespective of your role. If you are interested in attending, please contact [gram.culturematters@nhs.scot](mailto:gram.culturematters@nhs.scot). We look forward to seeing you there.

**Foot Health Week** Step this way, it's time to celebrate, Foot Health Week has arrived! 'Running' from today until Friday, Aberdeen City Podiatry team will be providing local support and advice through several initiatives to promote good foot health. [Further details are available on the podiatry page.](#)

Good foot care is important at all ages; well-cared for feet improve your comfort, mobility, confidence, independence and positively impacts your overall quality of life. For advice on looking after your feet, [please consult this helpful guide](#); remember [you can self-refer into podiatry using this form](#). Further information is also available at the Royal College of Podiatrists website: [Royal College of Podiatry homepage \(rcpod.org.uk\)](#) Good foot health is for life, not just for a week! You can find the podiatry team on Facebook, just search NHS Grampian Podiatry Service.

**Planet vs Plastics** Today is Earth Day and the theme for this year is all about reducing our reliance on plastics and the impact of microplastics. Consultant in public health Phil Mackie explains: "Evidence suggests exposure to microplastics may cause adverse effects in different human organ systems. Studies which used animal and cell cultures show there are likely to be adverse effects on human health, though this will require further research along with the impact of long-term exposure to microplastics and the development of human diseases from birth to old age."

The World Health Organisation (WHO) has emphasised the need to follow the 'precautionary principle' in preventing the release of plastics and microplastics into the environment. We can all do our bit to increase recycling, curb waste and littering, and encourage plastic-free or re-usable solutions. We are proud to be contributing towards a circular economy across Grampian and you can find out more about our [Climate Emergency and Sustainability Strategy](#) on our website.

**Ticket offer – Aberdeen Student Show** The Aberdeen Student Show is back at HMT this week; this year's production is Mounthoolin' Rouge! There are nightly performances Wednesday-Saturday, and additional shows with captions and BSL interpretation. There's a discount for NHS staff, simply use the code STUDENTSHOW when booking. All money raised goes to charity, you can check out show times and buy tickets here: [Mounthoolin Rouge! - Student Show | Aberdeen Performing Arts](#)

**Pause for thought** We often hear the suggestion we should walk in other's shoes to better understand them and their perspective. Are you admiring other's shoes, or are they dirty boots stomping over your beautiful cream carpet? What might happen if you swapped to lino, or if you all took off your shoes for a moment?

**Tune of the day** Today's request goes out to the team in the maternity day assessment unit at Dr Gray's Hospital. They've asked for their anthem – [Live While We're Young](#) by One Direction.

Chag Sameach to all colleagues celebrating Passover this evening! (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)