

Here is the brief for Wednesday 3 November 2021.

November We Care Newsletter - We are pleased to share our November We Care Newsletter, available to [view online](#) and also attached to the email used to send out this brief. Please send our Newsletter round your teams or print a copy to add to your staff room to keep staff up to date on We Care events, information and news. If you would like to subscribe to our newsletter or provide us with some feedback, please email us at gram.wecare@nhs.scot

International Stress Awareness Week 1st – 5th November and Stress Awareness Day

3rd November - Due to the impact of Covid-19, we have all experienced significant change, involving new and increased demands both at work and home. To avoid our stress building and overflowing into an overload situation, it is important we adopt healthy actions to release the pressure, restore balance and promote wellbeing.

Thank you to Euan McCormack for sharing these tips for managing stress. Euan runs the Stress Awareness training sessions which you can book on to at <https://learn.nes.nhs.scot/53904/health-promotion/stress-awareness>.

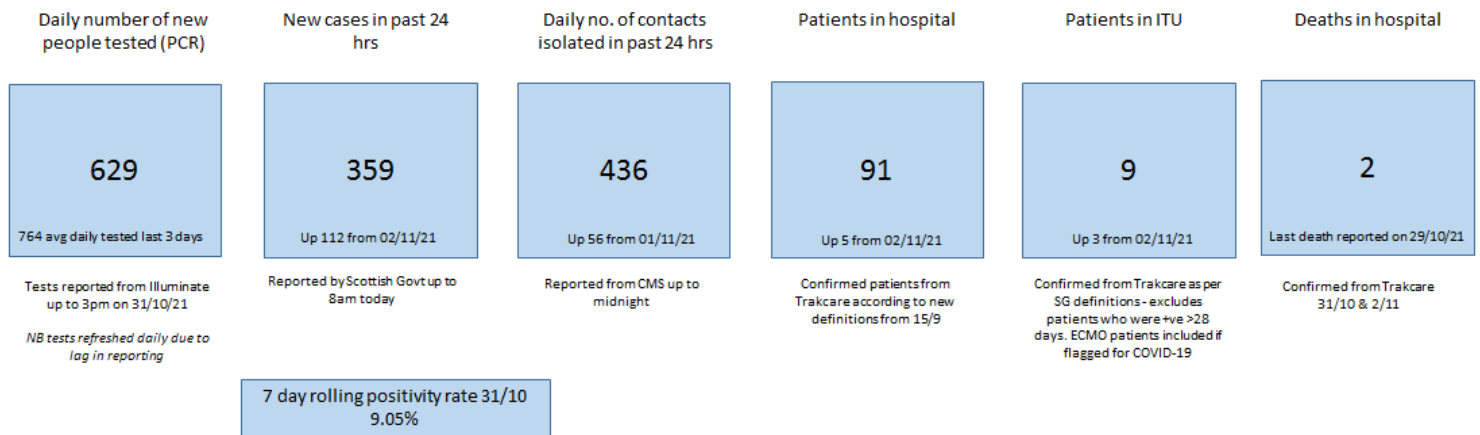
- Become aware of your stressors, stress levels and reactions so you can manage stress proactively when possible
- Talking through stressors can help make sense of these and find solutions
- Continue to connect: support networks can help reduce stress (colleagues, manager, family and friends)
- Focus on what you can control rather than what you can't
- Be physically active – a short walk a day can help refresh your mind, help you disconnect after work and get your heart rate up. Even getting up from your desk every hour has been shown to reduce stress
- Eat healthily and keep hydrated
- Stick with a good sleep routine including winding down before bed and a regular bedtime
- Take time to relax and reflect
- For further information on Stress Awareness Week and the causes, signs and coping strategies for stress check out the following links:

<https://mentalhealth-uk.org/help-and-information/health-and-wellbeing/>

<https://www.rethink.org/advice-and-information/living-with-mental-illness/wellbeing-physical-health/stress-how-to-cope/>

<https://nationaltoday.com/national-stress-awareness-day/>

Grampian data The local update for today is shown below.



[The Public Health Scotland daily dashboard is available to view via this link.](#)

Change to Orange Clinical waste bags Following a fire at the Healthcare Waste contractors' plant in July, orange bag waste from NHS Grampian is now being diverted to a different site in bulk trailers and not in eurobins.

To comply with Transport Regulations on the movement of bulk waste all orange bags transported this way MUST be heavy duty BK2 approved.

Therefore, please can everyone revert to ordering SKU 250318 orange bags from NDC with immediate effect.

These bags should be used in place of SKU 198139, SKU 198146 & SKU 198160.

It is anticipated that NHS Grampian will remain in bulk collections for orange bags for 18 - 24 months until a new treatment facility has been built.

This does not apply to Dr Gray's and Woodend Hospital sites as your wastes are still being collected in eurobins.

Community premises that get their stock delivered by Perfect Hygiene will already be receiving these BK2 bags so no action is required.

If you have any concerns or questions please contact NHS Grampian Waste Management Officer neil.duncan3@nhs.scot

Tune for the day Once again TFTD is answering the big question of the day. Today we've decided to answer the question that absolutely no one asked: "What would a bluegrass version of Cliff Richard's [Devil Woman](#) sound like?"

We're happy to reveal it would [sound like this](#) – thanks Hayseed Dixie.

If you want to request a song for tune of the day, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot