

Here is the brief for Tuesday 30 March 2021.

Chief Executive's update The latest video update from Caroline Hiscox is available to watch [here](#). This week, Caroline is focusing on the end of Operation Snowdrop, the organisational response to the most recent phase of the pandemic. It also includes a range of photographs taken over the last 12 months and we would encourage everyone to take a look. You can get in touch with Caroline at any time by emailing gram.grampianchiefexecutive@nhs.scot

Operation Snowdrop was intended to run for 3 months to address the tempo of a further wave of COVID, pass through the usual winter pressure cycle, and establish the COVID-19 vaccination programme. As we conclude Operation Snowdrop, we will move into a transition phase, enabling us to reflect and embed recent learning, undertake further planning and initiate some remobilisation. As a system we are approaching the remainder of 2021 to undertake this transition period and this will take more than a single step. Our experience of transition arrangements is that 3 months is a time frame that allows consideration of change and impact. Thus we will determine where we have reached at the end of June 2021 and decide, as an organisation, what more we need to do in 2021 prior to adoption of our new strategy in 2022. Hopefully, the second half of 2021 will provide more stability for the system.

Update on easing of restrictions The Scottish Government has today confirmed some easing of restrictions, as follows:

- The Stay at Home rule will be replaced on Friday 2 April with a requirement to Stay Local. This means we are still expected to stay within our own local authority areas, except for essential journeys. The Stay Local rule is expected to be in place for 3 weeks.
- From Monday 5 April some retailers, such as homewares and garden centres, will be able to reopen and click & collect services can resume, on an appointment basis. Hairdressers and barbers will also be permitted to reopen from Monday, again on an appointment only basis.
- Contact sports for those aged 12-17 can resume from Monday 5 April.

More information on this, and the indicative timetable for further easing of restrictions, is available [here](#).

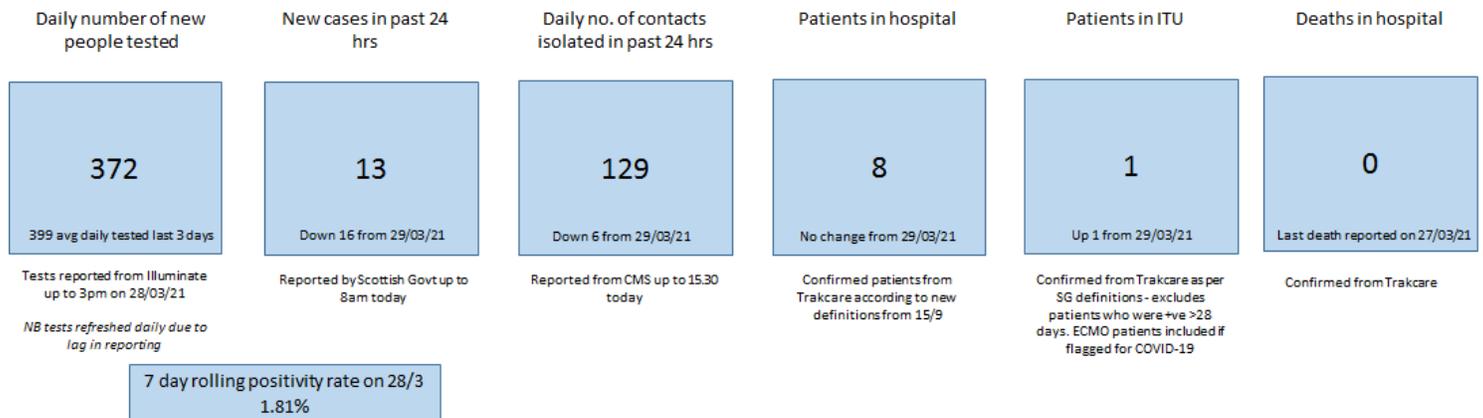
Update on Shielding From 26 April 2021, the office for the Chief Medical Officer have advised that people on the shielding list can return to colleges, universities and the workplace (if they cannot work at home). It is expected that on this date all areas in Level 4 will go down to Level 3, which means the infection risk will be much lower. The government will advise if this position changes.

The Chief Medical Officer is writing directly to those currently on the shielding list with more information. This letter is valid until 30 June 2021 and will also replace the shielding notification previously sent. This means that those shielding can use it to show they cannot go into the workplace while an area is still in Level 4. Find out more at www.mygov.scot/shielding

NHS Grampian staff, who are currently shielding are advised to follow the advice given in the CMO letter and provide a copy of the updated advice letter to their line manager. An update of the Q&A for staff and managers will be available soon to ensure an appropriately co-ordinated and managed return to the workplace for those that it is suitable to do so.

SIREN study – last chance to sign-up! Last week we shared a Q&A regarding the study featuring Service Clinical Director for Biochemistry, Kevin Deans. Now the Daily Brief has been behind the scenes to see what happens to the blood samples taken for the study. Tomorrow is your **last** chance to sign-up to take part in the SIREN project. Anyone working on the Foresterhill site is eligible – not just those who are patient facing - and the data collected will help to understand how our immune system protects against COVID. To view the blood sample journey video click [here](#).

Grampian data The local figures for today and the 7 day rolling positivity rate are shown below. As a reminder, this rate is arrived at by dividing the number of positive tests in the past 7 days by the number of tests carried out in the past 7 days. Repeat tests are included in both categories, whereas the figures we show here only record new tests. If you want to see more detailed information, including cases at neighbourhood level, click [here](#) for the Public Health Scotland daily dashboard.



1:1 support sessions Staff support bookable 1:1 sessions at Maggie's will finish tomorrow (31 March). Individual support for staff can be accessed through the psychological resilience hub [here](#) or via the occupational health team.

Grampian Contact Tracing Wellbeing Project (Dr Derek Cox, Consultant in Public Health) "The amazing members of our contact tracing team are frequently coming across people they are asking to self-isolate who are in various ways experiencing distress and other difficulties with their lives. With the COVID-19 case numbers having fallen since the huge numbers at the beginning of January the contact tracers have the capacity to take on more than the technical aspects of the role. Already they are 'phoning back people in isolation, usually around the 5th day, to check up on their health and their information/support requirements, and this service is getting extremely good feedback from the people who have been contacted in this way. These calls could be regarded as 'welfare' calls. The team is going to be extending this concept to a 'wellbeing' model.

"As of this week, all adults who are going into self-isolation will be asked for their consent to be sent a questionnaire which will measure their wellbeing using a scale that measures 10 'domains' of wellbeing. Those people who have low levels of wellbeing (those in the bottom quintile of scores initially) will then be offered an intervention based on the cognitive behavioural approach supported by a programme called 'Living Life to the Full' (LLTTF). This will be based on a number of one-to-one coaching sessions which will be conducted either over the telephone or using 'Near Me'. Initially we have had 40 of the contact tracing team go through the training for LLTTF and familiarisation with 'Near Me'. The project will be monitored through repeat wellbeing measurement at 6 weeks and 6 months. I will keep you updated as the programme develops."

Thought for the day – Endings and Beginnings I don't know about you, but as Operation Snowdrop comes to an end, and we get confirmation of the easing of some restrictions, I am definitely in a reflective mood. Not just about the last three months, but about the pandemic experience as a whole. We said this yesterday, but it bears repeating – this is a time for a pause, a time to think about the changes we have made, the things we want to keep, the things we want to bring back, and the things we want to leave behind. Hopefully you are all able to take some time for reflection in the coming weeks.

Daily brief survey – we want to hear from you! Well over 500 of you have already completed our survey on the daily brief – thank you! The survey will remain open for the rest of this week and we will share the results early next week. We really want as many of you working in health & social care to get involved so to take part, just click [here](#). It turns out we over-estimated the time it might take, with most completing it in just a few minutes, so we hope you can spare the time.

Questions to ask? Information to share? If you have particular questions – or are aware of questions coming from friends and family – please share them with us. We may not be able to answer every question and it may take us time to get a proper answer, but we will endeavour to respond and share the answers. You can get in touch with us via gram.communications@nhs.scot. Please also use that email address if you have items for consideration for future briefs.