

Here is the brief for Thursday 3 June 2021.

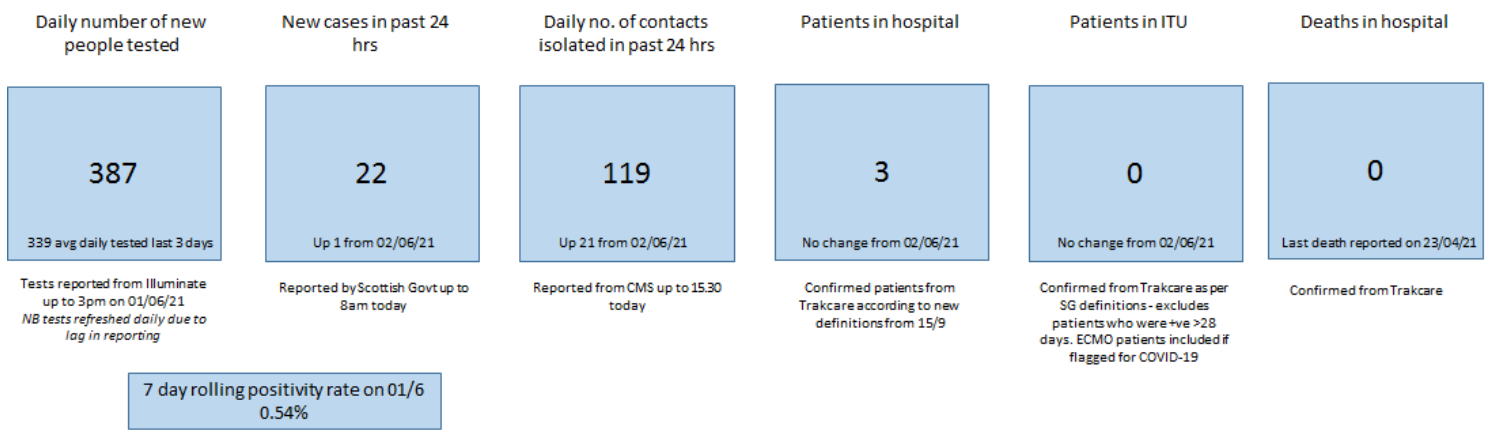
Hospital visiting As Aberdeen City, Aberdeenshire, and Moray move into Level 1 from Saturday, hospital visiting in NHS Grampian will also shift to a new level. The change means support is permitted from at least two people - in essence two visitors. They can visit together if coming from the same household, and if a risk assessment regarding the clinical environment and other factor allows. It is still expected that prospective visitors will speak to the Senior Charge Nurse/other members of the clinical team beforehand, to understand what can be safely accommodated while trying to support individual patient choice as much as possible. We will continue to encourage anyone identified as a visitor to utilise community asymptomatic testing regularly. The continued support – and patience – of staff, as we navigate our way back to full Person-Centred Visiting across the organisation is recognised. If you have any queries, please contact gram.virtualwardvisit@nhs.scot

Warm weather guidance The recent weather may be very welcome when it comes to leisure time, but we know rising temperatures can pose problems in the workplace. We thought it would be helpful to share information on how to deal with excess heat. You should consider risk assessing and reviewing any measures with your line manager.

- Draw the blinds / curtains on windows experiencing direct sunlight (tip: drawing them overnight can combat heat gain as the sun initially rises)
- Turn off all electronic equipment not in use (this minimises heat gain in the immediate environment).
- Enable short periodic rest breaks in cooler areas.
- Keep hydrated - make drinks such as water readily available & accessible.
- Rotate workload with colleagues.
- Utilise bladed fans in suitable areas (generate risk assessment utilising the checklist and risk control notice information, [located on the IPCT intranet site within the care equipment tab](#))
- You may find it beneficial to use a cooling spray or personal wipes.

We Care programme – Touchbase mental health training The Public Health directorate has organised a range of short, virtual, stress awareness & management and other public mental health training courses for health, social care and Third Sector staff. These courses aim to raise awareness around mental health and wellbeing problems, explore solutions and signpost participants to related resources. The courses can be attended by any member of staff (clinical and non-clinical) working at any level across the sectors in Grampian. You can view the course calendar and see information on booking in the [Mental Health & Wellbeing section of the My Healthy Workplace website](#).

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.



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

Aberdeen City Local Outcome Improvement Plan – consultation Community Planning Aberdeen is consulting on the draft refreshed [Aberdeen City Local Outcome Improvement Plan](#) (LOIP) which sets out a vision for Aberdeen as 'a place where all people can prosper' regardless of a person's background or circumstances, as well as the underpinning three Locality Plans for the North, South and Central areas of Aberdeen. The draft plans set out how they will make this vision a reality across the city.

The consultation for each of the four plans is open to any resident of Aberdeen City and closes on **18 JUNE 2021**. The consultation can be access at the following links:

[Draft Aberdeen City Local Outcome Improvement Plan: Refreshed 2021](#)

[Draft South Locality Plan 2021-2026](#)

[Draft North Locality Plan 2021-2026](#)

[Draft Central Locality Plan 2021-2026](#)

Operation Rainbow commemorative coins You will recall that we commissioned a special coin to mark the contribution of staff during Operation Rainbow – our response to the first phase of the pandemic. We have a limited stock of coins still available to claim; all you need to do is drop us a line via gram.communications@nhs.scot

Tune of the day Today we pass the mic to Shaun Gray (Senior Assistant Technical Officer, CDU) and he's gone for [The Middle by Jimmy Eat World](#). Shaun says: "It's always been a favourite of mine and it's a good song to remind you to take it easy and just be yourself. It's easy to get caught up with everything going on right now and sometimes you need to step back and take a breath." I think that's a sentiment we can all get on board with!

Get in touch! If you've got a question, an item to share with people working in health & social care, or just want to suggest a tune of the day, we want to hear from you! Drop us a line via gram.communications@nhs.scot.