

Wednesday 13 July 2022

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**Warm weather guidance** The current warm weather may be welcome when it comes to leisure time, but it can pose significant challenges in the workplace. Heat can affect all our workplaces – labs, wards, offices, workshops, laundries, and catering facilities. 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 non-essential electronic equipment not in use (this minimises heat gain in the immediate environment). Please check with your Supervisor / Line Manager what can be switched off beforehand.
- 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.

[There is a Risk Control Notice covering heat stress, you can read this in full here](#) (intranet link, networked devices only).

**Avian influenza** You may already be aware of the work to remove large numbers of dead seabirds along coastlines in Aberdeenshire. It remains the case that the risk to humans posed by avian influenza is low, however, please remember the following:

- If you come across a single dead wild waterfowl (swans, geese, or ducks), a single dead bird of prey, or five or more dead wild birds of any other species (including gulls) at the same place at the same time, you should report them to Defra's national telephone helpline: 03459 33 55 77. If you find dead birds on any of our sites, you should log a call with the Estates team.
- Wild birds can carry several diseases infectious to people, so **do not touch or pick up** any dead or visibly sick birds that you find. Please also ensure dogs are kept on a lead when in areas of high concentration of wild birds.
- If you find a sick or injured wild bird, you should report this to the SSPCA by calling 03000 999 999.

- If you suspect any type of avian influenza in poultry or captive birds you must report it immediately by contacting your local [Animal and Plant Health Agency Field Services Office](#). Failure to do so is an offence.
- Finally, if you find a dead raptor/corvid and believe it to be the victim of wildlife crime, do not touch it, but report to Police Scotland by calling 101 and asking for the incident to be referred to a Wildlife Crime Officer.

**Withdrawal of temporary COVID-19 policies** As a reminder, a number of temporary COVID-19 policies have been/are being withdrawn. [Information was shared in the brief on 29 June](#); the letter from Scottish Government outlining the full changes [may be read here](#).

**Grampian Palliative & End of Life Care strategic framework** The opportunity to provide feedback on palliative and end of life care in Grampian has been extended to 15 July. You can share your views via [this short electronic questionnaire](#).

**Postal & Printing Practice** As an organisation, we are committed to being as sustainable as we can. Small changes can make a big difference, so remember to incorporate the following into your printing and postal practice:

- Prior to print and post, consider if your communications can be sent digitally. If not, can your communications include links and QR codes?
- Use the correct size of envelope, over filling a small envelope makes it more expensive than using a large one!
- Ensure second class mail is used as default for external mail. Line management approval is required for first class mail and should only be used in exceptional circumstances.
- Write a legible address on the envelope – don't write the postage priority on the envelope.

Thank you for your support by undertaking these small manageable changes.

**Evaluation Clinics** Grampian's Evaluation Network have released new Evaluation Clinic slots for July and August. These clinics are designed for staff who are planning a service change or project that would appreciate advice on any aspect of planning, implementing, writing up or disseminating an evaluation. If you are interested in attending, [please book via this link](#). Alternatively, you can contact [calum.leask@nhs.scot](mailto:calum.leask@nhs.scot) or [duncan.sage@phs.scot](mailto:duncan.sage@phs.scot) if you have any queries.

**ASV Corporate Games** The final event of the Corporate Games is the swimming competition on Saturday 30 July, and we are still looking for 4 men to join the NHS Grampian team. Full details on the event have been attached to the email used to send out this brief; all participants receive a branded t-shirt and 5-visit free pass for Aberdeen Sports Village. Contact [gram.sports@nhs.scot](mailto:gram.sports@nhs.scot) for more information.

**Mindfulness taster sessions – ARI** There are still spaces available for the in-person mindfulness session in the Sandpiper Sanctuary at ARI tomorrow (14 July) between 3-4pm. The sessions are run by the Varapunya Meditation Centre. To register for the session, [please complete this form](#).

Online mindfulness sessions are also offered weekly by the We Care programme; you can find out more by emailing [gram.mindfulness@nhs.scot](mailto:gram.mindfulness@nhs.scot).

## We Care Wellbeing Wednesday

- We Care Wellbeing Newsletter – Our July newsletter is now live! This edition features great walking trails across the north-east perfect for the warm summer days, an update on peer support, and lots of information on financial support. To view online [click here](#) or please see the attached for printable PDF Version. Don't forget, to subscribe to receive all future newsletters directly to your emails please contact [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot)
- Wellbeing Sessions for Your Team– Interested in arranging a wellbeing session or looking to learn more on what support We Care can provide to your team? Checkout the We Care Newsletter attached to find out more information on the different types of sessions available and how to book a session.

**Tune of the day** Today's tune is requested by Karen Erskine, the Team Lead for the Moray Discharge to Assess team. They came together as a team a year ago today and have supported more than 200 patients in that time. Karen has asked for [Happy Birthday by Altered Images](#) and I am delighted to oblige! A huge well done to everyone involved in the Discharge to Assess team (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)