

Here is the brief for Wednesday 9 February 2022.

Anti-Racism Poster Campaign The Equality and Diversity Team are mounting an Anti-Racism Poster Campaign from April 2022 onwards to help further promote race equality within NHS Grampian. We have produced two sample posters (attached to the email used to send out this brief) but we are looking for your input. The main themes for the posters are as follows:

- Let's talk about race
- Racism is wrong
- Racism has no place in healthcare

You don't need to be an accomplished artist or designer – our in-house design team will take the 12 best suggestions (following judging) and turn them into posters. These will be displayed in our buildings, used on social media, shown on our new information screens, and featured in other race equality work. The successful designers can choose whether or not to have their names on their posters. Multiple entries are welcome.

You can choose one theme or combine several themes and other ideas if you wish. Your posters design in A4 size can be scanned and emailed to: gram.equalityfeedback@nhs.scot or posted by internal or external mail to:

Equality and Diversity Department, Ground Floor Room 4,
Foresterhill House, Aberdeen Royal Infirmary, Foresterhill Health Campus
Aberdeen, AB25 2ZB

The closing date for entries is **Friday 25 March 2022**. All entries will be acknowledged.

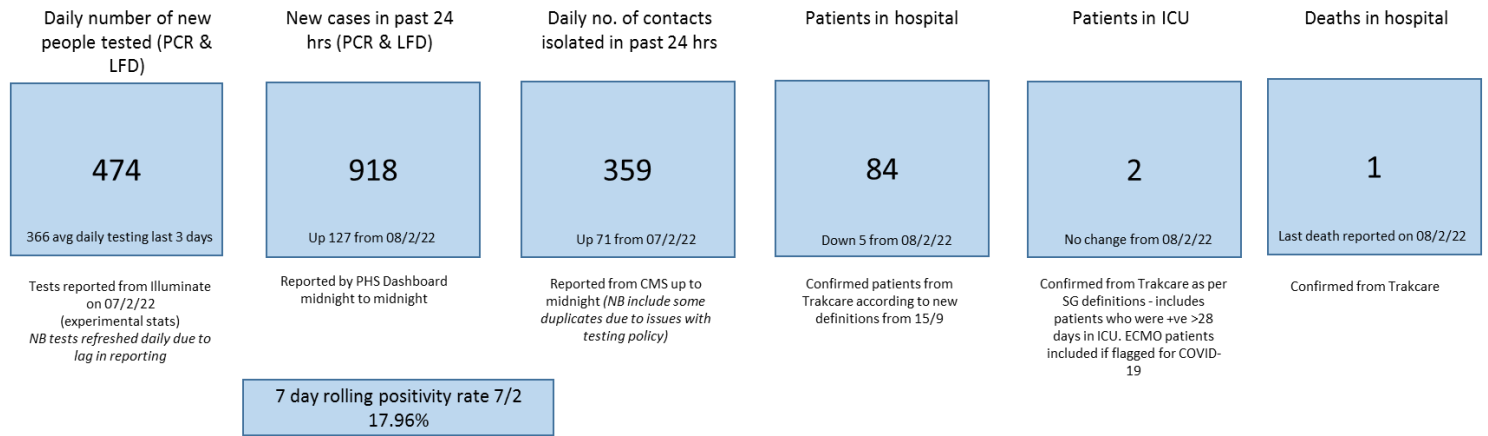
PPE donning & doffing training The Infection Prevention & Control team have confirmed training dates for the next three months (below). All sessions take place at 11am, last an hour, and are delivered via Teams. To book a place please email gram.ipc-donn-doff-training@nhs.scot

- February – Wednesday 16/Tuesday 22/Wednesday 23
- March – 2/9/16/23/30 – all Wednesdays
- April – Tuesday 5/Wednesday 6/Wednesday 13/Tuesday 19

Please bear mind these are refresher sessions and should be completed in addition to (not instead of) mandatory training on Turas. Turas training comes in two parts, 1) Droplet precautions and 2) AGP precautions. Both trainings should be completed annually.

Alzheimer Scotland Dementia Consultants National Learning & Sharing Network The next event in this series will take place on Wednesday 30 March, 2.30-3.30pm, via MS Teams. Ruth Mantle, Alzheimer Scotland Dementia Nurse Consultant at NHS Highland, will be leading this session, entitled 'Delirium superimposed on Dementia'. These sessions are of interest to Dementia Champions, Dementia Ambassadors, and Dementia Specialist Improvement Leads. The events are free of charge and [you can register by following this EventBrite link](#).

Grampian data The local update for today is shown below. A complete national report, including the option to view cases at a neighbourhood level, [is available via the Public Health Scotland daily dashboard](#).



Positivitree We're happy to share another Positivitree, created following engagement sessions on the NHS Grampian Plan for the Future. As with last week, these comments were made by staff, about staff.



We Care Wellbeing Wednesday

- We have all been through a very difficult time over the last (almost) two years and we can all struggle at times, whether that is emotionally, physically, or financially. The National Wellbeing Hub offers a variety of both self-help and guidance [Home - National Wellbeing Hub for those working in Health and Social Care](#). This includes access to Sleepio for those experiencing sleep difficulties ([Sleepio | Can't sleep? Get to sleep and stay asleep without pills or potions](#)) and apps to support relaxation.
- As highlighted in Monday's brief, the Culture Survey will start on 14 February. Running for two weeks, it will focus on Nursing & Midwifery and Facilities & Estates teams across the NHS and Health & Social Care Partnerships. Culture is a crucial factor for how we feel in the workplace and can impact on our wellbeing at work. Survey packs are being sent out, so look out for these and take part to voice your opinion, which will help us look at how NHS Grampian can build cultures which support our wellbeing at work.
- In response to anonymous feedback received, we wanted to remind you the Pink Zone Café in ARI has seating available 24/7 to enable staff to take breaks.

Question of the day This is just for fun and mostly to satisfy my curiosity! Last night the BBC screened the first episode of 'This Is Going To Hurt', a drama based on Adam Kay's memoir of his time as a junior doctor. I've read the book and watched last night with interest, but a glance at Twitter afterwards highlighted a range of opinions. I wondered what the Grampian view was, so have set up a quick Mentimeter. [One question, choose the statement which is closest to your feelings](#).

Tune of the day Shona Milne makes today's choice and it's a good 'un! [Sit Down by James](#) is our tune of the day.

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