

Here is the brief for Friday 16 April 2021.

**Funeral of HRH The Duke of Edinburgh** Prince Philip's funeral will take place tomorrow (17 April). There will be a minute's silence held at 3pm; teams or individuals on shift are supported in observing this, as desired. In addition, Hospedia have confirmed they are extending the free access to Channels 1-5 on bedside screens between 6am – 5.20pm tomorrow, for those who wish to view the event.

**We Care – opportunities for staff** There are two events coming up which may be of interest to staff, offered as part of the We Care programme:

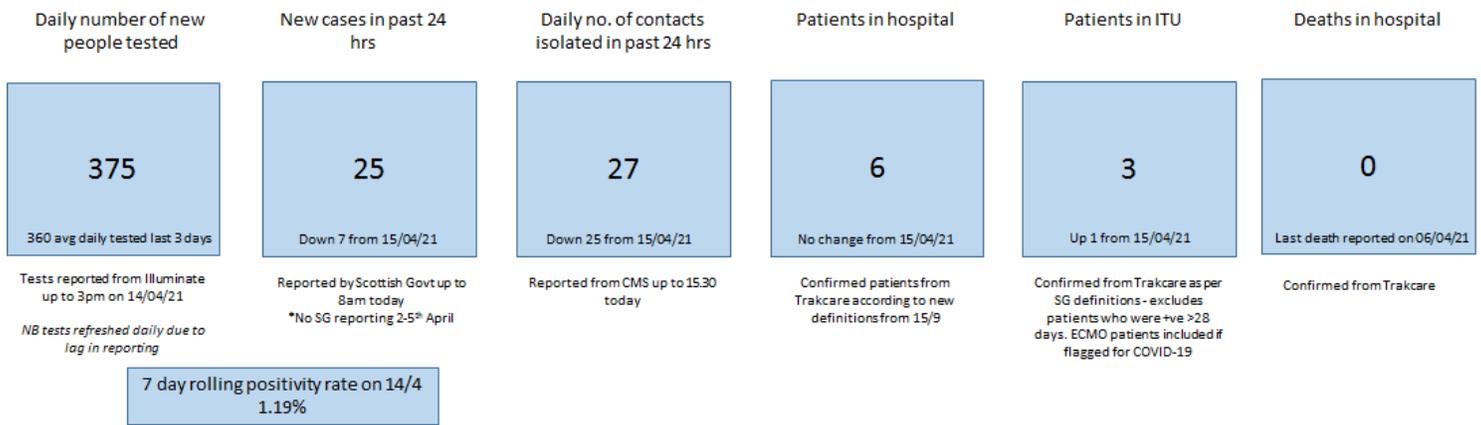
- **Wellbeing Check-In for Staff who are Shielding** This is an opportunity for staff who have been shielding to share what's going on for them: the good, the bad and the ugly be that practical or emotional, with no judgement, advice or otherwise; hear about wellbeing and other supports; and have a say about what they need going forward. A series of questions are posed to the participants and then individually they are invited to share their thoughts on each question. Staff can say whatever is on their mind in relation to the questions - there are no right or wrong responses – and there is no compulsion to answer. In addition, participants will be shown useful wellbeing resources. These take place via MS Teams. The next event will be held on Monday 26 April, 11-12.30, for up to 10 shielding participants.
- **Understanding, Developing and Maintaining Your Personal Resilience - For Individuals** Resilience is a person's ability to adapt – to reshape in response to situations encountered. The measure of resilience is the measure of their capacity for change. This half-day workshop, based on the work of *The Resilience Engine* and offered via MS Teams, will enable you to:
  - be clear about what resilience is, and is not - based on the *Resilience Dynamic*® model,
  - map and track your own resilience on a regular basis,
  - explore the myths surrounding resilience,
  - learn the top barriers to resilience,
  - recognise the habits and behaviours that impact on your own resilience,
  - understand the top areas of focus for developing and maintaining your resilience,
  - create a personal action plan to manage and maintain your resilience.

#### Open Resilience Workshop Dates:

28 <sup>th</sup> April	0900 -1230
5 <sup>th</sup> May	0900 -1230
11 <sup>th</sup> May	1300 -1630

To book a place on either the Wellbeing check-in or the Resilience workshops, please contact [heather.haylett-andrews@nhs.scot](mailto:heather.haylett-andrews@nhs.scot)

**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 are interested in seeing what is happening in your area, this information is published daily by Public Health Scotland. All you need to do is click [here](#) and select the appropriate local authority area.

**Acute nursing experience of COVID-19 – new research** Researchers within the School of Nursing, Midwifery and Paramedic Practice have been awarded funding by Robert Gordon University to explore the experiences of nurses working in NHS Grampian acute sector during the COVID-19 pandemic. This study aims to explore how working during the pandemic has impacted on these nurses professionally and personally, their experiences of trying to support students and new graduates during this time and their future career intentions. Participation will involve completing a short questionnaire with the option of taking part in an interview via Microsoft Teams with a RGU researcher, which we expect to last up to 60 minutes. Those who participate in the questionnaire will be entered into a prize draw for a £50 Amazon voucher and those who participate in the interview will be given an honorarium for their time. If you are interested in finding out more please email [a.grant17@rgu.ac.uk](mailto:a.grant17@rgu.ac.uk) for further information.

**PPE 3 week look ahead** Stocks are expected to remain at good levels across all key items:

PPE Summary - Predicted Equipment Remaining at the end of each week

	FFP3 Mask	type IIR mask	Covid Gowns	Theatre Gowns	Visors + Goggles	Aprons	Gloves
May 3, 2021	130,543	142,633	10,065	11,207	59,253	1,190,514	1,884,579
May 10, 2021	130,330	157,329	10,064	11,817	59,766	1,190,514	1,884,579
May 17, 2021	130,117	172,024	10,063	12,427	60,279	1,190,514	1,884,579
May 24, 2021	129,904	186,720	10,062	13,037	60,792	1,190,514	1,884,579

■ Stock < 0   
 ■ Stock <= 2 Days   
 ■ Stock <= 5 Days   
 ■ Stock > 5 Days

**Orange Award** The Orange Award recognises any teams or individuals working in health & social care and going above and beyond to provide great service. If you want to nominate a colleague or team for an award, just click [here](#) to complete the online form or email their details to [gram.nmahporangeawards@nhs.scot](mailto:gram.nmahporangeawards@nhs.scot)

**HealthRoster 11 – now available!** The upgraded version of HealthRoster has had a cosmetic refresh to make it more intuitive and user friendly, but the functionality of the system has not changed. It's a new look; same personality. You can access HealthRoster 11 [here](#). We advise all users to log in to HealthRoster via the new link at the earliest opportunity to start to familiarise themselves with the system. We also recommend that when you first log in, you click through on the short in-system tour which highlights the new navigation – this tour can be replayed at any time by clicking on the tour icon at the top left of the screen. Guidance material can also be found on the eRostering HealthRoster 11 [Intranet page](#) (networked devices only). We particularly recommend that users view the two short videos which cover the main changes to navigating the system, but additional videos and guides are available for common HealthRoster actions.

**Thought for the day – a little consideration goes a long way** If you have plans to head out and about this weekend, whether it's to a park, a beach, or out into the hills, only leave your footprints behind. The Scottish Outdoor Access Code exists to protect our outdoor spaces; [their website](#) has lots of helpful advice and information. If you arrive at your planned destination and it is particularly busy, consider going somewhere else. Remember access to public toilet facilities may be limited, so 'go before you go' and tidy up after yourself and any four-legged friends you have. If you are working this weekend, as ever, we wish you a safe and productive shift.

**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](mailto:gram.communications@nhs.scot). Please also use that email address if you have items for consideration for future briefs.