

Wednesday 20 July 2022

New terminal illness definition for disability assistance in Scotland Adult Disability Payment, which replaces Personal Independence Payment, will open for new applications in phase three pilot areas on 25 July 2022. The pilot includes adults (aged 16 to pension age) living in Aberdeen City, Aberdeenshire, and Moray. This will affect healthcare professionals who complete DS1500 forms and the new Scottish BASRiS forms. Further information is available on the intranet (networked devices only):

<http://nhsgintranet.grampian.scot.nhs.uk/apps/news/Lists/Corporate%20News/DispForm.aspx?ID=9823>

Culture Collaborative – next meeting The NHS Grampian Culture Collaborative is for us all - whatever your role, whatever your experience, whatever your seniority. Please join us on Tuesday 26 July, 4 - 5pm to continue the work on shaping our Culture Blueprint and Behaviour Statements. Share with us the factors for success in what makes your team a truly great place to work - and what might make it even better. The work is about the relationships and behaviours that create the culture - not about a list we can point at! All welcome - please bring someone who hasn't been before. Please email gram.culturematters@nhs.scot for the Teams link. #CultureMatters

Sustainable Printing Practices We are committed to being as sustainable an organisation as possible. The following should be part of our standard office practice:

- Think e-documents over paper e.g., view emails and documents online wherever possible.
- Ensure printing devices are defaulted to printing in black and white in printer settings. Avoid colour printing unless absolutely essential.
- Print double sided to reduce consumable resources.

If you have printing devices on site that are not in use, and you would like to discuss removing these, please get in touch with Catherine Anderson (catherine.anderson7@nhs.scot)

eScooters Please be aware the use of e-scooters is not permitted on any NHS Grampian site. Privately owned e-scooters can only be used on private land, with the permission of the landowner. Please do not bring e-scooters onto – or use at - any of our sites. Further information is available here:

<https://www.gov.uk/guidance/e-scooter-trials-guidance-for-users>

We Care Wellbeing Wednesday

- **Menopause Awareness and Events – August** Interested in finding out more about Menopause in the workplace and support available? A number of awareness sessions can be found below. These sessions take place online through Turas on 5 August, 9 August, and 26 August. More details are available via this link: <https://learn.nes.nhs.scot/58901>

- **Meno & Pause Co-lab Café Event** The next Meno & Pause Co-lab Café event will take place at Pittodrie Stadium on Thursday 11 August. To register for a place, or find out more about the day, please follow the link below:

[Meno & Pause Co-lab Cafe Tickets, Thu 11 Aug 2022 at 10:30 | Eventbrite](#)

- **The ALLIANCE Menopause and Workplace Webinar – 24 August** This webinar will explore menopause in the workplace, examining good practices and procedures that help ensure comfort during work. The session will last one hour and will take place online. To find out more about the webinar or register to attend, please click the link below.

[Alliance Menopause and Workplace Webinar – 24th August 11am-12pm](#)

- **Mindfulness Taster Sessions – July and August** The Charities Together mindfulness taster sessions are continuing throughout August. If you're interested in coming along to one of these 30-minute sessions, the links will be accessible below. Mindfulness is shown to help stress reduction and support wellbeing!

[22nd July 12.00-12.30 Mindfulness Taster Session](#)

[29th July 12.00-12.30 Mindfulness Taster Session](#)

[5th August 12.00-12.30 Mindfulness Taster Session](#)

[12th August 12.00-12.30 Mindfulness Taster Session](#)

[19th August 12.00-12.30 Mindfulness Taster Session](#)

[26th August 12.00-12.30 Mindfulness Taster Session](#)

- **Training opportunities and events – July and August** You can view upcoming training events and sessions by [clicking here and viewing Page 4 of our newsletter](#).

Tune of the day Thanks to Kat Hunter in the Hospital @ Night team for today's request. In common with most of us, it has been a pretty intense few weeks for them, so she's asked for [Livin' La Vida Loca](#), summing up how busy they've been (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