

Monday 28 November 2022

Referral guidance for Maternity & Neonatal Psychological Interventions and Community Perinatal Mental Health Team

Following the launch of Maternity and Neonatal Psychological Interventions (MNPI) & Community Perinatal Mental Health Team (CPMHT) teams in Grampian this year, we wish to highlight and signpost to our enhanced webpages along with sharing links to our referral guidance. Within the subpages for each service, as linked below, short videos have now been embedded which help introduce the CPMHT and the MNPI Team. These are useful tools for staff and patients in understanding the role and care each team provide.

- **Maternity and Neonatal Psychological Interventions (MNPI)** - Launched September 2022

Webpage: [Maternity and Neonatal Psychological Interventions \(MNPI\) Service \(nhsgrampian.org\)](https://nhsgrampian.org) (public website)

Referral Guide: [Maternity and Neonatal Psychological Interventions Service - Referral Guidance \(scot.nhs.uk\)](https://scot.nhs.uk) (networked devices only)

- **Community Perinatal Mental Health Team (CPMHT)** - Launched March 2022

Webpage: [Comm Perinatal Mental Health Team](https://nhsgrampian.org) (public website)

Referral Guide: [Perinatal Mental Health - Referral Guidance \(scot.nhs.uk\)](https://scot.nhs.uk) (networked devices only)

Advice Line / Quick Referral Guide: [Perinatal Mental Health - Advice Line and Quick Referral Guide \(scot.nhs.uk\)](https://scot.nhs.uk) (networked devices only)

Risk Control Notice – Christmas decorations In case you missed it on Friday – and with the festive season fast approaching - the Infection Prevention & Control Team [have prepared this risk control notice](#) (intranet link, networked devices only). Decorations help raise our spirits and those of patients; however, they can also be a fire risk and/or a reservoir for infection, so please read the notice carefully and help us to spread Christmas cheer safely.

ARI Orange Zone café/Aroma Cart Unfortunately, due to staff absence, both the Orange Zone café and Aroma Cart at ARI will be closed this Friday (2 December). All other retail catering outlets will be open as normal, we apologise for any inconvenience.

16 Days of Action 2022: How Health Professionals identify Gender Based Violence (GBV)

Individuals can present with, or disclose, Gender Based Violence in all parts of NHS Grampian. Some key areas of NHS Grampian must routinely make enquiries about GBV. Later this week, our Public Protection Midwife, Jenni Smith, will be discussing making these routine enquiries about abuse in those specific areas of the health service.

However, health professionals who do not work in these key areas must still be prepared that they will encounter someone experiencing GBV. Making selective enquiries about GBV is appropriate when acting on concerns that someone is experiencing GBV. This can be via observations of an individual's

physical condition and/or their behaviour. It is therefore crucial that Health Professionals understand how GBV is defined and how they might recognise it in practice.

[This information sheet](#) has been compiled by the Public Protection Team (intranet link, networked devices only). Further information can be accessed on the Public Protection intranet site.

Royal Mail strikes For information, there will be further industrial action at Royal Mail this Wednesday and Thursday (30 November/1 December) and again on Friday 9 & Sunday 11 December. Local mail teams will collect post as usual throughout, but there will be delays in collection and delivery by Royal Mail. Services should plan accordingly.

Workshop Invite - Learning to Support Grampian's Health & Care System We are hosting a workshop to help us better understand how we can use learning to support the evolution of Grampian's health and care system. This workshop will be held on Monday 5 December, 3-5pm via Microsoft Teams. There are a few spaces left, so if you are interested in attending, please email calum.leask@nhs.scot

Annual Candle Service for babies and children who have died Each year the NHS Grampian Healthcare Chaplains organise a Candle Service in memory of the babies and children who have died in Grampian, Orkney, and Shetland. The service will be held at 3.15pm for 3.30pm at High Hilton Church in Aberdeen on Sunday 4 December 2022 and [will be live streamed via this link](#). Booking is not required, but for further information, please contact the Chaplains' Office, Royal Aberdeen Children's Hospital, Tel: 01224 553316 or e-mail: gram.candleservice@nhs.scot

Pause for Thought Something to consider, at the start of the working week, taken from last week's Guided Journaling sessions:

When we lack clarity, we tend to conform, and so go back to what we know. To be the 'odd one out' might be risky or carry a social cost. Where might you seek clarity to allow you to rehearse, or discuss, new ways to be? What might happen if you didn't conform?

P&J Live ticket offers The team at P&J Live have shared two ticket offers with us today, as follows:

Rod Stewart – Friday 2 December - [free tickets via this link](#)

Blue – Sunday 18 December – [free tickets via this link](#) (Booking fees apply)

Tickets are subject to availability. NHS Grampian takes no responsibility for these offers and does not profit from them in any way.

Tune of the day A small slice of sunshine for you all today, to chase away those winter blues: the brilliantly named Shuggie Otis and [Strawberry Letter 23](#) (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