

Wednesday 9 November 2022

ICYMI - staff vaccination drop-ins Fiona Elcock Vaccination Centre (Elgin), Aberdeen City Vaccination Centre, and all vaccination clinics in Aberdeenshire are now accepting walk-in vaccination for health & social care staff. [You can check out which vaccinations you might be eligible for here](#); please remember at peak times, clinics may ask you to come back at another time/date. This offer is for staff only, all other members of the public need to make an appointment.

Secret Santa Gleneagles draw For a second year running, Gleneagles have generously donated 38 vouchers for an overnight stay for two people (to be redeemed before August 2023) as a thank you to NHS Grampian employees for all you have done and continue to do. Feedback from winners last year was overwhelmingly positive:

"I was delighted to win a Gleneagles voucher last year. After an extremely busy year, as I'm sure it was for many of us, it felt like a lovely reward which was well-timed before finishing up for Christmas. I used my voucher for a weekend away with my best friend, 2 weeks before my wedding - it was such a treat, and we couldn't have done it without the voucher."

We will be giving vouchers away in a draw held the week beginning 19 December. Entries open on Monday (14 November) and close at 11.59pm on Sunday 18 December. Entry is open to all NHS Grampian employees with a substantive (permanent or fixed term) contact. One entry per employee. If you manage a staff group who do not have active email addresses or access to the intranet, please contact gram.staffthanksandrecognition@nhs.scot

Evaluation Clinics – new dates release Evaluation Network clinics are designed for staff who are planning a service change or project and would appreciate advice on any aspect of planning, implementing, and writing up, or disseminating an evaluation. If you are interested in attending, please book [via this link](#) or contact calum.leask@nhs.scot / duncan.sage@phs.scot if you have any queries.

Midwifery & maternity book launch "Bringing Life to Aberdeen", a book documenting the history and development of midwifery and maternity services in the city, will launch next Wednesday (16 November). You are invited to join authors Lesley Dunbar, Alison McCall, Fiona Rennie, and George Youngson to celebrate the launch from 6.30pm at The Cowdray Hall. The event is free to attend, and further details [can be found here](#).

We Care Wellbeing Wednesday

- [World Kindness Day is this Sunday](#). The purpose of this day is to help everyone understand that kindness is what binds us all together. With kindness, we can overcome the divides of politics, race, religion and gender. We Care run the Kindness Method sessions for staff teams to reflect on their own wellbeing. A culture of kindness is considered and what that might look like. If you would like to find out more about what changes you could make as a team and hear about support available, email gram.wecare@nhs.scot.

- This month is Movember, which is all about Men's Health. This charity's work involves mental health and suicide prevention, prostate cancer and testicular cancer. Our fathers, partners, brothers, and friends are facing a health crisis, yet it's rarely talked about. Men are dying too young. We can't afford to stay silent. To find out more visit Movember website [click here](#).

Tune of the day Mandi Coutts makes today's request; you might recall she asked for some Duran Duran earlier in the year. As the band were inducted into the Rock 'n' Roll Hall of Fame at the weekend, they confirmed original guitarist Andy Taylor has Stage 4 prostate cancer. As it's Movember (see above), Mandi has requested another Duran Duran tune - [Save a Prayer](#) - dedicated to all men awaiting results or receiving treatment (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