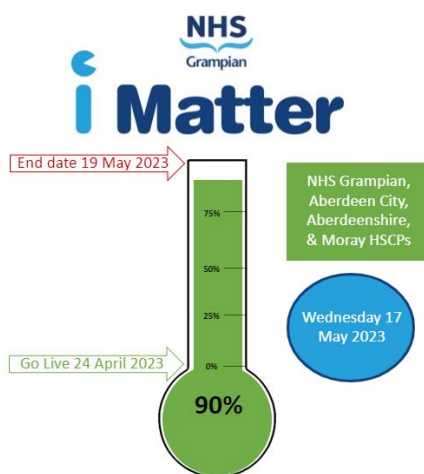


Wednesday 17 May 2023

**iMatter team confirmation update** An amazing 90% of teams are now confirmed – well done everyone! To ensure the questionnaire goes out to everyone when it launches this coming Monday (22 May) we need to reach 100%. If you have received an email or a message asking you to confirm a team and you do not manage that team - or any team - let us know at [gram.imatter@nhs.scot](mailto:gram.imatter@nhs.scot) without delay and we will assign it to the right manager or remove it as needed. If you need any help confirming your team, please get in touch with us at [gram.imatter@nhs.scot](mailto:gram.imatter@nhs.scot).



**IDAHOBIT** This collection of letters stands for International Day Against Homophobia, Biphobia, & Transphobia, marked every year on 17 May. NHS Grampian promotes inclusion for LGBTQ+ people and states there is no place for discrimination in NHS Scotland. We work to reinforce core values of care, compassion, openness, honesty, dignity, and respect for everyone, irrespective of their individual identities.

NHS Grampian is an 'ally to progress' which means:

- We will be aware of, and responsive to, issues faced by LGBTQ+ people and minority ethnic people when accessing care
- We will be a friendly, listening, ally who staff, and all service users, can safely approach
- We will use inclusive language and respect identity

**Grampian Guidance – new site** Grampian Guidance is [now operating in its new online home](#). There have been a small number of access issues reported. If you click the above link and see the message 'You need permission to access this site', please input your details and hit 'Request Access'; the team are endeavouring to grant access as quickly as possible. To find out more, why not take the video tour on the homepage of the site?

**Scale Up - BP Remote Monitoring Programme in Primary Care** It's World Hypertension Day, which we thought was an ideal time to tell you about this project, helping GP practices check and manage blood pressure in the community. Since going live in April 2021 patients have used over 8,400 digital

blood pressure monitoring protocols across hypertension diagnosis, medication titration, and long-term management, releasing an estimated 10,300 face to face clinic appointments in the process. More than half the GP practices in Grampian are part of the programme; shortly it will be opened to other practices wishing to join. If you represent a GP practice and would like to know more about joining the programme, you can email [gram.connectme@nhs.scot](mailto:gram.connectme@nhs.scot)

**Think COULD – event tomorrow** The Queen's Nursing Institute Scotland (QNIS) is delighted to invite you to the official launch of **Think COULD**, a short, animated feature designed to support people with a Learning Disability interacting with the Justice System. The launch event will take place on Teams tomorrow (18 May) between 12.30-1pm. [Please click here to register for the event.](#)

Think COULD was developed by a cohort of eight Learning Disability Queen's Nurses, including our own Kerry Anderson, in partnership with QNIS and thanks to funding from The Burdett Trust for Nursing. If you have any questions about the event, please email: [comms@qnis.org.uk](mailto:comms@qnis.org.uk)

### **We Care Wellbeing Wednesday**

- **Mental Health Awareness Week/National Wellbeing Hub** This week is officially Mental Health Awareness Week, and the National Wellbeing Hub has a vast range of resources to help look after our mental health. From anxiety and sleep difficulties to a directory of national and local services which can provide some extra support, the National Wellbeing Hub can be a valuable website for keeping you up to date with the latest information. To find out more, follow this link: [Mental Health Awareness - National Wellbeing Hub](#)
- **Focus on your Finances: updated to Your Financial Wellbeing** The 'Focus on Your Finances' course has undergone a transformation, but the course content, which aims to provide you with information to make informed financial decisions, is mostly unchanged. The next session takes place online, 1-2.30pm, on 1 June and spaces are still available. For more information, please see the attached document; [to book please click here](#) (requires TURAS log-in).
- **Menopause Awareness in the Workplace** Resources and workplace sessions are available to colleagues across NHS Grampian. This includes [Menopause Awareness in the Workplace](#) – raising awareness of the issues those who experience menopause can face, and how these can affect the way they work. Upcoming dates: 15 June (9.45am - 12noon) and 26 September (1.45 - 4pm) and [Menopause Awareness in the Workplace \(male-only sessions\)](#) – a 1-hour version of the above course aimed at male staff members, and delivered by a male, in response to feedback. Upcoming dates: 29 June (10 - 11am) and 13 September (3 - 4pm). To find out more about either session, please email [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot).

**Tune of the day** Today's request goes out to Anna Thomson, a midwife at AMH. Your colleague Lucy wants to soften the blow of returning from a two-week holiday with [What You Waiting For](#) by Gwen Stefani (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](mailto:gram.communications@nhs.scot)