

Tuesday 10 September 2024

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It's World Suicide Prevention Day. If you are struggling, the Samaritans are available 24/7 on 116 123. Alternatively, you can call Breathing Space on 0800 83 85 87; their lines are open 6pm-2am, Monday-Thursday, and from 6pm Friday right through to 6am Monday.

If you are concerned about someone you know, there's lots of helpful advice on the Samaritans website: [World Suicide Prevention Day | Campaigns | Samaritans](#)

**Board meeting** The Grampian NHS Board will meet on Thursday, with our current financial position top of the agenda. In a detailed update, board members will be advised: "The Board's forecast overspend of £82.5 million is the largest by value of any Health Board and the fourth highest in % terms. This highlights the scale of the financial challenge facing the Board."

The complete set of board papers is available to read here: [12 September 2024 \(nhsgrampian.org\)](#)

**Research opportunities** We're pleased to share two exciting research opportunities, as follows:

- Two part-time PhD studentships for nursing/midwifery/AHP colleagues, starting in February 2025. Funding covers tuition fees, students must be able to commit to a recommended 18 hours of study a week. Topic must link to current NHS Grampian priorities.
- STAR research internships for AHPs - two positions available this year, to be repeated in 2025. Funding covers backfill of one day a week (Band 7 salary at midpoint) for 12 months. Topic must link to current NHS Grampian priorities.

Closing date for applications is 22 November, [there's more information on the intranet here](#) (networked devices only).

**Temporary relocation for ARI linen distribution team** The linen distribution team based at ARI have moved base temporarily; their contact telephone number for top-up orders – 53150 – is unchanged and available as follows:

- Monday to Friday 5.30am -12.30pm
- Saturday 6am-12pm
- Sunday 6am-12pm

**Paediatric MTC education sessions** The next event in this series will take place this Thursday (12 September) between 12-1pm. The topic this time is play therapy and speech and language therapy. To request the joining link, please email [gram.nosmtc@nhs.scot](mailto:gram.nosmtc@nhs.scot)

**Talking mats training** Talking Mats is a visual framework which uses picture symbols to help people with communication difficulties. It has the potential for use with a wide range of people and is an approach which helps them think about issues and provides them with a way of expressing their views more easily. The Learning Disability service now have in-house accredited trainers, and their first session takes place this Thursday. Full details, and booking information, [can be found on the intranet here](#) (networked devices only).

**Bicycle security event - Tuesday 17 September - Foresterhill** Police Scotland Crime Reduction Officers will be on-hand next Tuesday to discuss bicycle and domestic security. You will also be able to get your bicycle registered with Bike Register, the national cycle database, free of charge. The event will run from 10am-1.30pm, on the grass bank between ARI and Ashgrove House, you can also speak to NHS staff about the Cycle to Work Scheme, etc and the team at Love To Ride. No need to book, just turn up. Questions? Just contact [gram.activetravel@nhs.scot](mailto:gram.activetravel@nhs.scot)

**Play service award follow-up** Yesterday we shared news of an award win for Heather Beattie, play service lead at Royal Aberdeen Children's Hospital. Today, we are delighted to tell you this is now the subject of a motion of congratulations at the Scottish Parliament! You can read it for yourself here: [S6M-14379 | Scottish Parliament Website](#)

**Tune of the day** Karen Boyd, maxillofacial prosthetics service manager, makes today's request, as follows: "A huge thank you to Mike Duncan for his outstanding contribution to NHS Grampian. Mike has been part of the team in the maxillofacial prosthetics service since 1968. He retired from his post as manager in 2011, and since then has continued to support the service by doing bank shifts. Now he has finally completely stopped working with a total of 56 years under his belt! We are so very grateful for Mike's continuous support, guidance and mentoring over the years." For Mike, the very least we can do is play [Let's Go To San Fransisco](#) by The Flower Pot Men (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)