

Wednesday 13 November 2024

Love thy neighbour Many of our sites are in the heart of our communities, in residential areas, or next to shops or offices. With this in mind, we want to encourage everyone to show consideration to our neighbours. If taking breaks off site, please keep noise to a minimum and remember to dispose of litter responsibly. If you are parking off site, please ensure our neighbours still have ready access to their property.

We would also take this opportunity to remind everyone [of our tobacco policy](#) (intranet link, networked devices only), and to underline smoking is not permitted in any of our buildings, premises, sites, and vehicles. If you are looking for support to quit smoking, you can call the Healthline on 08085 202030 (Mon-Fri, 9am-5pm) or email gram.healthpoint@nhs.scot

CANCELLED – communication training, RACH Please be aware the communication training, scheduled to take place in seminar room 2 at RACH tomorrow (Thursday) has been cancelled.

Inspiring Quality newsletter The eighth edition of the Quality Improvement & Assurance Team newsletter [is available to read here](#) (intranet link, networked devices only).

Clinical academic fellowships open for applications on a new grant management system The Chief Scientist Office has opened applications for the next intake of clinical academic fellowships. This scheme is for clinical professionals early in their career to undertake a PhD. Applications will be made on a new grants management system which will replace the current email-based application going forward. Applicants will be able to submit and manage their applications from the pre-award stage through to post-award and completion of the award stages. Further details and the link to the application portal can be found [on the Clinical Academic Fellowship Page](#). The application deadline is 12 noon on Wednesday 22 January 2025. If you have any queries about the scheme or the application portal, please contact csofellowships@gov.scot.

Staff social activities fund This fund allows you to claim £10, per colleague, towards the cost of a social activity, to help improve your physical and mental health. All activities must take place before 31 March 2025. Claims must include at least two NHS Grampian staff and must take place outwith our premises. The funding cannot be used to purchase alcohol or pay for travel costs.

The application form is now available to download from the Intranet and can be submitted for reimbursement after the event has taken place. Please ensure you have fully read and understood the [updated guidance before applying](#) (networked devices only).

Free book! Ahead of Book Week Scotland (beginning next Monday) the libraries team have copies of this year's collection of stories – Hope – to give away for free. To get your hands on one, simply email cornhill.library@nhs.scot

Wellbeing, Culture, and Development Wednesday

- **World Kindness Day** Today highlights the importance of empathy, understanding and cooperation. It encourages people to perform intentional acts of kindness and foster a culture of compassion and generosity. See [The Random Acts of Kindness Foundation](#) for resources and ideas to make kindness the norm including [7 Ways to Start Making Kindness the Norm in your Daily Life](#) A recently developed Kindness in Practice session, to understand the importance of kindness in the workplace and how it relates to psychological safety, is now available on Turas (log-in required): [Kindness in Practice | Turas | Learn](#)
- **Turas Appraisal** Guidance and support is available via the [TURAS Appraisal](#) page of the intranet (networked devices only). On this page you will also find the ten-minute video guide and the appraisal preparation document to help with your or your staff's appraisal preparation. New dates have been added to [Performance Appraisal for Managers and Reviewers | Turas | Learn](#) If you have any queries about Turas Appraisal or wish to discuss appraisals with a member of our team please contact gram.wcd@nhs.scot

To contact Wellbeing, Culture and Development please email gram.wcd@nhs.scot

Tune of the day Our request today comes from the National Virtual Consultation Service (hosted here in Grampian) and dedicated to Lorraine Sandison. Lorraine retires today; over her time with the NHS she's worked at Cornhill, in smoking cessation, at the IT service desk, and finally with the virtual consultation service. Lorraine, who will be sorely missed, is a huge fan of Queen so for her, [Don't Stop Me Now](#) (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