

Wednesday 15 January 2025

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**Travel health service** Our new travel health service will launch across Grampian next month. This will signpost people to the information they need to travel safely. If required, specialist assessments can be arranged which will give specific advice on any treatment or vaccinations required in advance. Four vaccinations are available on the NHS free of charge – diphtheria, tetanus and polio (DTP), hepatitis A, cholera, and typhoid. Other vaccinations can only be given by private providers, for a small fee.

To learn more about the service, please visit the 'Travel' page of our dedicated vaccinations website: [Travel Vaccination | Vax Grampian](#)

**Migraine management project – your opportunity to feedback** Calling all health care staff! We need your help to evaluate the effectiveness of the eLearning and workshops provided over the past year as part of the partnering with pharmacy teams to improve migraine management project.

Your feedback is crucial in understanding how these training sessions have impacted your skills and practice. By sharing your experiences, you will help us identify areas for improvement and ensure that future training programs are even more beneficial for staff and the patients they serve.

The survey is available here: [Improving Migraine Management - 1 Year Later...](#) and will be open until 23 January.

**Lane closure and restricted access - Foresterhill Loop Road, 18 & 19 January** As part of works for the new mortuary, a single lane of the Loop Road at Foresterhill will be closed from 7am this Saturday until 4pm on Sunday.

Traffic travelling down via the north end of the road from Ashgrove Road West will have access to The Lady Helen Carpark, BioHub, Foresterhill Medical Centre and the staff car park but will not be able to travel further towards either ED or the Westburn Road exit. The pedestrian footpath on the closed lane side of the road will also be closed. Pedestrians should utilise the footpath on the opposite side of the road. Traffic travelling up from the south end of Foresterhill Road (Loop Road) from Westburn Road will be able to do so as normal.

**ED can be accessed via the Westburn Road and Cornhill Road entrances to the site as usual.** We apologise for any inconvenience caused by these essential works.

**Evaluation Clinics** Clinic slots are now available for January and February. These clinics will support you through any aspect of project/service change planning, implementing, writing up or issuing an evaluation. [Booking is via this link](#). If you have any queries or if the clinic dates area not convenient, please contact [CLEask@aberdeencity.gov.uk](mailto:CLEask@aberdeencity.gov.uk) or [niki.couper2@phs.scot](mailto:niki.couper2@phs.scot)

## Wellbeing, Culture, and Development Wednesday

- **National Wellbeing Hub** We spend our days caring for others but sometimes we're not good at asking for help ourselves. That's why the National Wellbeing Hub was created. It's for everyone working in health, social care and social work in Scotland, a place full of ideas on how to stay well. Look around or listen to a story and find something that will help you: [Home - National Wellbeing Hub](#)
- **Financial education/retirement information sessions** Affinity Connect specialise in supporting employee financial wellbeing through education and training. This course is suitable for those who wish to gain greater confidence in financial matters through increased financial knowledge. There are dates available throughout 2025, [bookable via Turas here \(requires log-in\)](#). In addition, there is a new course available, covering NHS Partial Retirement (Draw Down), which is concerned with understanding your options for partial retirement and other pension flexibilities for 1995 scheme members. [Again, booking is via Turas](#) (log-in required). Finally, there are dates available throughout 2025 for [Retirement planning for a positive future](#) (log-in required).

To contact Wellbeing, Culture and Development, please email [gram.wcd@nhs.scot](mailto:gram.wcd@nhs.scot)

**Awards nominations for Grampian Hospital Radio** Congratulations to the team behind Grampian Hospital Radio (GHR), who have been shortlisted in five categories at the Hospital Broadcasting Association Awards. There are nods for John Graham in the Best Male Presenter and Best Speech Package awards; Craig Duthie is in the running for Best Newcomer, 'Backstage' is in line for Best Specialist Show, and the station's live coverage of the Celebrate Aberdeen parade has been nominated in the Special Event category. GHR is volunteer run and has been providing a local radio station to the hospitals in Aberdeen for more than 40 years. Award winners will be announced in April, best of luck to the GHR team!

**Tune of the day** Our tune today is dedicated to all the GHR volunteers to mark their amazing five nominations in the Hospital Broadcasting Association Awards (see above). What else but Donna Summer and [On The Radio](#) (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)