

Tuesday 2 July 2024

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**Health Equity plan** Our Plan for the Future sets out to re-imagine our purpose, describing an organisation which not only responds to poor health, but also equally invests in preventing harm, improving health, and supporting communities to thrive. After a period of improving life expectancy, improvements have been stalling over the past 10 years. In Grampian, as across Scotland, persistent inequities in health exist between the least and most deprived neighbourhoods.

To address this, we have developed a 5-year Health Equity Plan with a longer-term ambition to reduce the gap in life expectancy between the most and least vulnerable groups in society. The plan builds on good work already in place and identifies priority areas to focus on informed by data and what we know works from the evidence. The priority areas will be supported by enabling actions. The plan was approved by the board when it met last month, and we are now developing an implementation plan. You can read the five-year plan, a summary document, and the annual report from last year's plan here: [5-year Health Equity Plan \(2024-29\) \(nhsgrampian.org\)](https://nhsgrampian.org/5-year-Health-Equity-Plan-2024-29)

We want to share this plan directly with you in your teams and services, to explain how the plan was developed and to explore how you can help make it a reality. If you are interested in us attending a team meeting, please contact [gram.healthequity@nhs.scot](mailto:gram.healthequity@nhs.scot)

**Expect IT disruption tonight** As per previous updates, there will be intermittent IT disruption from 6.30pm to 7.30pm this evening due to essential IT upgrade work. There are expected to be a maximum of 3 outages (each of up to 5 minutes in duration), during this time. Any queries regarding this work should be directed through the IT Service Desk. Telephone 01224 554444 or ext 54444.

**Cancer action plan** The [cancer action plan progress report](#) for June 2023 to March 2024 has been published. This report provides updates on the progress of actions on the [10-year Cancer Strategy for Scotland 2023 – 2033](#).

**Paediatric research** Did you know we have a paediatric research unit? The research unit at Royal Aberdeen Children's Hospital (RACH) was the first of its kind in Scotland and is now almost 20 years old. Led by research nurse Maggie Connon, the small team supports a wide variety of clinical trials on everything from the best way to tackle broken wrists, to post treatment diets for Crohn's, to using immunotherapy to treat allergies and even exploring safe doses for using Botox to treat overactive bladders in teenagers.

Read a little more about some recent [orthopaedic research](#). The team signpost researchers to the Children and Young People's Advisory Group which is led by the NRS Children's Network Lead. This provides researchers the opportunity to hear children and young people's feedback right at the start of the research process, which ultimately improves the experiences of those who decide to take part in clinical research. They also liaise with families about studies, manage consent and collect data as trials

go on. They are based in the Craig Research Unit on the lower ground floor at the hospital and support studies across all specialities. If you are interested in leading paediatric research with the support of Maggie and her small team, please email [gram.rachresearch@nhs.scot](mailto:gram.rachresearch@nhs.scot)

**Westbank Care Home** The Aberdeenshire IJB made the very difficult decision to move forward with the closure of Westbank Care Home in Oldmeldrum. The home does not meet the requirements for a modern care home and requires significant levels of investment in the near future. You can find out more here: <https://www.aberdeenshire.gov.uk/news/2024/jun/westbank-care-home-to-close>

**NHS Grampian Golf Tournament** The Sports Committee is holding a golf tournament at Banchory Golf Club on the afternoon of Friday 2 August. The cost this year is only £15 per person and this includes the round of golf and a 2-course meal after. The format of the competition has changed from previous years, it is now a singles competition. [More information is available on the intranet here](#) (networked devices only) and entries should be sent to [gram.sports@nhs.scot](mailto:gram.sports@nhs.scot)

**ICYMI** Our fantastic CAMHS team has launched [a new programme to support teachers](#) and school staff across Grampian support children and young people with ADHD. Participant feedback so far included: "We are already considering this in school and with parents – game changer." Well done, folks!

**Action for Happiness** This month's Action for Happiness Calendar is attached to the email sent out along with today's brief. The theme this time is #JumpBackUpJuly and it looks at ways to build your resilience in challenging times.

**Tune of the day** The wonderful team at women's day clinic, ARI get a special mention today, especially the three lovely people who are celebrating their 40<sup>th</sup> birthdays this weekend. [Trustfall](#), by Pink, is a little slice of uplifting pop just for you. Happy birthday! (KJ)

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)