

Wednesday 22 January 2025

Ask Adam – call for questions We will shortly be recording another Q&A video with interim chief executive Adam Coldwells. This is your opportunity to put your question to the man in charge of NHS Grampian. Send your query to gram.communications@nhs.scot by close of play on Friday 24 January and remember to state if you wish to remain anonymous. We aim to ask as many of your questions as we can in the time available.

Engagement 101 – ‘Why you should be engaging with your patients and how to get started’ This relaxed and informal session, taking place on Thursday 6 February between 10-11.15am, has been designed by our public involvement team as an introduction to patient and service user engagement. It will be of interest to those who may be new to engagement or who simply want to find out more. Those taking part will gain an understanding of:

- Why and when to engage
- Legal requirements
- The business case for engagement
- The Engagement cycle (process for engagement)
- How to get started and who can help.

For more information or to request the joining link, please email gram.involve@nhs.scot. This is a pilot session so feedback from all participants will be gratefully received.

ICYMI – migraine webinar There are still spaces on our free public webinar, taking place next Wednesday (29 January). 7-8.30pm. This event is in partnership with The Migraine Trust and highlights include:

- Understanding Migraine with Dr. David Watson, GP with Special Interest in Headache, NHS Grampian
- Treating Migraine with Dr. Callum Duncan, consultant neurologist, NHS Grampian
- Accessing support from your local pharmacy with Abigail Duthie, Pharmacist, NHS Grampian
- Q&A Session to address your questions and concerns

This is a great opportunity for individuals living with or supporting those with migraine to gain valuable insights and resources. Registration is via Eventbrite here: [Navigating Migraine: Understanding migraine and accessing Community Support Tickets, Wed 29 Jan 2025 at 19:00 | Eventbrite](#)

Hospital@Home update Thanks to the Hospital@Home team who have provided this simple visual update on their work (see below). Looking for more information? Contact gram.hospitalathomeadmin@nhs.scot

Service Update

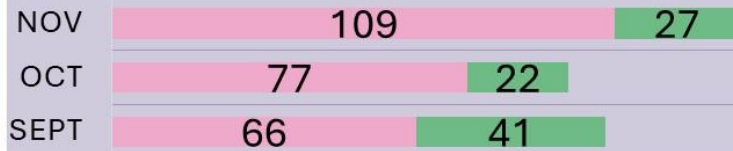
Aberdeen City Health & Social Care Partnership
A caring partnership

Aberdeen City H@H is a short-term and targeted intervention providing acute level care **in a patient's home** reducing pressure on unscheduled care in ARI

Our referrals come from Primary Care, Frailty, ED, Acute Medicine, Respiratory and OPAT

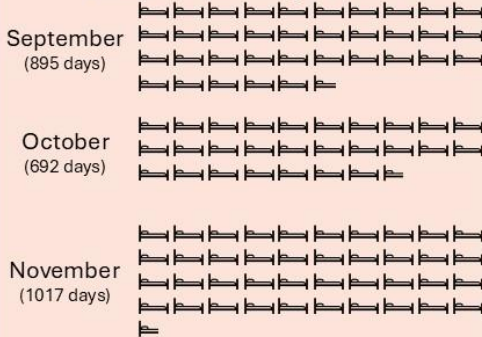
Admission Type

Admission Avoidance (AA) Active Recovery/Step Down (AR)



Admission Avoidance (AA) is the use of H@H for a patient instead of being admitted into an acute bed
Active Recovery (AR) allows patients to continue their episode of care at home supporting early discharge from hospital

Hospital Bed Days Saved



Admissions



Get in touch
gram.hospitalathomeadmin@nhs.scot
01224 5(56886)



The race to recycle is on! Across NHS Grampian we have made impressive strides with our recycling efforts, with a recycling rate of 47%; one of the leading rates of health boards in Scotland. However, there's SO much more we can achieve together. The target is an ambitious – but achievable - 70% by the end of 2025. Recycling costs less than sending our waste anywhere else and it's necessary to help combat the health impacts of climate change.

Remember, across our sites we can put more into mixed recycling bins than you can at home. In fact, it's probably easier to list what we can't put into our mixed recycling bins: paper towels, polystyrene, Aroma Coffee cups, glass, and batteries – the latter two can be recycled separately. Together, we can lead the charge in creating a healthier environment for both people and the planet.

Wellbeing, Culture, and Development Wednesday

- **Become a mentor!** Are you established in leadership or management role? Share your experience and support colleagues' professional development by joining our mentor bank. For more information and to apply, [follow this link](#).
- **Coaching Skills for Managers** Limited spaces are available for cohorts starting on 23 April and 12 May. Learn how to drive your team's performance and engagement through coaching. More information [is available here](#) and you can apply using this form: [Application Form 2025](#) .

As a gentle reminder, the contact email addresses for Learning & Development and We Care were amalgamated to gram.wcd@nhs.scot after organisational change. Our new team's name is Wellbeing, Culture & Development. Please do not use the previous email addresses to contact us.

To contact WCD, please email gram.wcd@nhs.scot

Tune of the day Gosh, you lot love a tune-based challenge! Stephen Mitchell (speech and language therapist, Royal Cornhill) was first out of the blocks; his choice is [The Blues Are Still Blue](#) by Belle & Sebastian. Thanks to Anony Mous for their suggestion of [Blue by Joni Mitchell](#), allegedly written about James Taylor. Finally, Helen Rowbottom (bariatric/clinical biochemistry secretary) takes us in a different

direction with [Rhapsody in Blue](#) by Gershwin (for those of us of a certain vintage, the music from the Galaxy advert) (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