

Friday 24 January 2025

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**Storm Éowyn** It's already a wet and windy morning across Grampian; the whole region will move to an Amber weather warning for high winds from 1pm. This is scheduled to run until 6am tomorrow, to be replaced by a Yellow 'Be Aware' warning for high winds. There is also a Yellow 'Be Aware' warning for snow for parts of the region today. Please keep up to date with the forecast from the Met Office: [UK weather warnings - Met Office](#) and consider how conditions will affect your team/service. The NHS Scotland adverse weather guidance [is available on the intranet here](#) (networked devices only).

Using our social media accounts, we have advised the public to contact the relevant department if the weather or related public transport disruption prevents them attending appointments. Where services have to make changes to their usual running and 'opening hours', please inform Corporate Communications via [gram.communications@nhs.scot](mailto:gram.communications@nhs.scot) and we will publicise these accordingly.

**Treatment escalation planning – share your thoughts** The Realistic Medicine team continues to support work around realistic conversations based on treatment escalation planning scenarios. To date this has included in-person simulated conversation training, planned and delivered collaboratively by ourselves and the University of Aberdeen. We are seeking feedback to help shape virtual delivery of a session to allow a larger cohort of clinicians to participate. This would include pre-recorded simulated conversation scenarios, based around treatment escalation planning. You can help them shape this, but don't delay, [the feedback form will close on Monday](#) (27 January).

**Poetry Blether – coming soon** Are you curious about words and meaning? Do you want to explore the power of poetry to help express thoughts and feelings? Join colleagues in poetry workshop activities in our first 'Poetry Blether' session at 7-8pm on Tuesday 18 February. The event will take place on Teams, is open to anyone working in health or social care, and the theme for this first meeting is 'Home'. Find out more here: [NHSG Libraries - Poetry Blether](#) and email [gram.drgrayslibrary@nhs.scot](mailto:gram.drgrayslibrary@nhs.scot) to request the joining link.

**Home energy support** If you are looking for advice on cutting your home energy bills or want to find out how to be more energy efficient, why not book onto our free information session with Home Energy Scotland? Taking place on Tuesday 4 February, this is a practical workshop designed to help you cut costs. Booking is via this link: [Save Energy at Home at Online event tickets from TicketSource](#); you'll be sent the Teams link the day before the session.

**STAR Award** This week we tip our hat to the Cystic Fibrosis team, recent recipients of a STAR award – well done to them! If you want to nominate a colleague or team, please use this form: [STAR Award nomination form](#)

## That was the week that was:

Monday 20 – annual leave – it's yours to take, cervical cancer prevention, first winner of REACH award

Tuesday 21 – reminder of tobacco policy, bed contingency plan update, road closures at Foresterhill

Wednesday 22 – 'Engagement 101' - pilot training session, Hospital@Home update

Thursday 23 – update on reduced working week, use of FRSMs, INFORM study

[All briefs are stored online, just click this link](#) or visit Working with Us>HR Portal>NHSG Staff Daily Briefs on the NHS Grampian website.

**Tune of the day** Well, I asked, you answered. Let's round off our blue week in style; if you can't find something you like in this little lot, then I don't know what to tell you. Viki Rafferty (service manager, community MHLA & substance misuse service) has asked for Eiffel 65 and [Blue \(Da Ba Dee\)](#), Heather McFadyen (genetics and molecular pathology laboratory service) requests [Blue by The Jayhawks](#), Tracy Riley in the medical equipment management service selects [I Guess That's Why They Call It The Blues](#) by Elton John, Lydia Henderson (corporate comms) asks for [Don't Fear The Reaper](#) by Blue Oyster Cult, Rita McKenzie (Brain Health Service) plumps for [Blue Ain't Your Colour](#) by Keith Urban, Anne-Marie Hobkirk (health intelligence) goes for [True Blue by Madonna](#), RACH secretary Viv Anderson and Colleen Anderson (sexual health) both suggest [Forever In Blue Jeans](#) by Neil Diamond, Shona McLeman (sexual health) has asked for Bambi Thug's [Doomsday Blue](#), Judy Taylor (DAIM team) picks [My Old Friend The Blues](#) by Steve Earle, Susan Jensen (service manager, Acute sector) has chosen [Blue Moon Revisited](#) by Cowboy Junkies, and finally podiatry secretary Audrey Masson picks Blue and [Haven't Found You Yet](#).

Phew! Thanks for reading and requesting, this week and every week, I really am very grateful. Stay safe. (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)