

Wednesday 5 February 2025

'Flu vaccination – it's not too late! All NHS staff, regardless of role, and social care staff with direct patient/client contact, are eligible for a free 'flu vaccination. If you hadn't had the jab yet, it is not too late. You do not need to make an appointment; you can walk into any of the vaccination centres in Grampian; **including Airyhall and Bridge of Don**. Details on locations and opening hours are available here: [Centres | Vax Grampian](#)

Sickness absence fraud Following a recent case in another Scottish health board, in which a staff member was found to have defrauded their employer of more than £8,000 by working while being absent, all boards have been asked to issue a reminder about sickness absence fraud.

This is when staff inform their manager they are unable to work due to illness, then undertake other paid employment, which they would not have been able to do had they been at their substantive post.

Further information can be found within the [NHS Scotland Attendance policy](#) which sets out what is expected of staff and their managers. Fraud removes valuable resources from NHS budgets but also affects our morale and erodes trust. If you have a concern or suspect fraud, please report it. All information will be treated in the strictest of confidence. Concerns can be raised via your line manager, our local fraud liaison officer (Julie Anderson, julie.anderson24@nhs.scot) or the NHS Counter Fraud Services [website](#).

TrakCare server maintenance We will be performing scheduled maintenance on the remaining Live TrakCare servers to apply the latest security updates and ensure system reliability. This will take place at 12noon next Tuesday (11 February). All active TrakCare users at that time will be automatically logged out of the system. Users will be able to log back in immediately. Please ensure any clinical or patient data you are entering is saved before 12noon. If unsaved data is lost, it must be re-entered manually. Thank you for your understanding and cooperation.

Personal deliveries As a reminder, personal mail/packages should not be ordered to work addresses. It significantly increases the workload of the mail room team, who process and deliver many thousands of work-related items each week. Please use click & collect services, such as the Amazon lockers next to accessible car parking spaces between the Suttie Centre and the Rowett Institute at Foresterhill.

If work-related items are being delivered by courier, please ensure the address is as clear as possible, to aid prompt and correct delivery. Some NHS site postcodes default to a particular address; it pays to check this, before checking out.

2025 MCN conferences Dates have been confirmed for the 2025 programme of MCN conferences. Details below; more information will follow, but to join the mailing list and get the latest updates directly, please email gram.mcn@nhs.scot

- Respiratory MCN conference – 7 May, Aberdeen Altens Hotel
- Stroke MCN multidisciplinary conference – 21 May, P&J Live
- Diabetes MCN conference – 17 September, Aberdeen Altens Hotel
- Palliative & End of Live Care Network conference – 19 November, Aberdeen Altens Hotel

Fun Active Games Leader training Offered jointly by Aberdeen City HSCP and Age Scotland, this training may be of interest to colleagues who support older people. You will learn how to lead activities such as Body Boosting Bingo and Power Quiz. The training will be held at the Linx Ice Arena on Tuesday 18 February, between 11.30am-2pm. To book, please contact swsc@aberdeencity.gov.uk

Tonight - migraine management – healthcare professionals' workshop We are offering a dedicated healthcare professionals' event, focusing on migraine, this evening between 7-8.30pm. This will follow a Q&A format, so if you have questions after [completing the migraine e-learning](#) on Turas (requires log-in) or simply want to improve your knowledge for the benefit of patients, come along! The event will take place on Teams and [you can register using this link](#).

Wellbeing, Culture, and Development Wednesday

- **Culture Collaborative** Work in health or social care in Grampian? You are invited to attend the next Culture Collaborative, taking place on Wednesday 12 February, 9.45-10.45am. Emma Williams will host on the topic of ‘Exploring and changing a culture for the services that embed UNICEF Baby Friendly Initiative’. There will be a focus on sharing experiences and practices with colleagues on culture change as part of the UNICEF Gold accreditation process. All are welcome; for the joining link, email gram.culturematters@nhs.scot
- **Time to Talk Day (tomorrow)- the nation’s biggest mental health conversation** This annual event, jointly run by Mind and Rethink Mental Illness, aims to start a conversation around mental health. It may not always be easy, but these conversations have the power to change lives. Information on taking part is available here: [How to take part - Time To Talk Day](#)

If you have any queries for the WCD team, please email gram.wcd@nhs.scot

Tune of the day I have not been able to get away from today’s tune, but that’s what happens when it goes viral on social media. Please enjoy [Messy by Lola Young](#) (there are some swears in the chorus, for info) (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