

Wednesday 5 March 2025

Respiratory education events The Aberdeen respiratory team would like to invite you to two educational events worth 5 CPD points each:

- This year's RCPE online respiratory symposium will take place on Thursday 27 March, which we hope will be of interest to a wide audience with talks on pneumothorax, the role of specialist teams for pulmonary embolism and trainee case presentations. [Find out more and register.](#)
- The annual Aberdeen RCPE symposium is an in-person event with talks on collaborative work between primary and secondary care, heart failure, diabetes, developments in medical genetics, trainee presentations and quality improvement projects. [Register for the event](#) on 23 April.

Pop it in a CLEAR bin Did you know we can recycle more at NHS Grampian than you can at home? And it all goes in the same clear bag! We don't have to be quite as fussy about rinsing items with liquid in them, although that's ideal if you have access to a sink. Items suitable for recycling include soft plastics (like bags and crisp packets) as well as hard plastics such as bottles, metals and paper. The only items that should not be placed in mixed recycling bins are paper towels, food, polystyrene, glass or batteries.

You can recycle batteries separately via Central Stores. New recycling bins can be ordered from Pecos – the supplier is Wybone and the order code is CAP/AP/70L/FB/GRN.

NHS Grampian Charity As we approach the end of the financial year, the charity will take a short pause from processing new applications to allow for essential year-end work. Any new applications and queries received after Sunday 16 March will be processed after Monday 14 April. Our weekly drop-in session on Teams will still be operating during this time, it can be accessed here: [Pages - default](#)

R&D workshop and advisory panel The third and final R&D strategy 2024-2029 delivery planning workshop took place on 4 March, attended by 50 stakeholders online and in-person at the ONE BioHub. Dr Hugh Bishop, our Executive Medical Director, committed to the vision of embedding R&D in health service delivery, and announced the 2025 advisory panel for the newly established Grampian Clinical Research Delivery Centre (CRDC). This panel will consist of Dr Bruce Downey (Consultant Paediatric Neuropsychologist), Miss Beatrix Elsberger (Consultant Breast Surgeon), Dr Gerald Lip (Consultant Radiologist), Dr Ashis Mukhopadhyia (Consultant Gastroenterologist), and Professor Roy Soiza (Consultant Geriatrician). For further details, see the Daily Briefs on 24 February 2025 and 13 December 2024 or get in touch with gram.vpag@nhs.scot

Aberdeen Sports Village Corporate Games 2025 A reminder we are once again taking part in the Corporate Games; more information is available here: [My Healthy Workplace - Aberdeen Health Village Corporate Games 2025](#) The first event is badminton, on the evening of 24 March, with a training session on 17 March. We are still short of one female player, and if you are interested in participating, please email gram.sports@nhs.scot

Sports Village offer Aberdeen Sports Village are offering NHS Grampian staff a chance to try out all of their facilities (including classes) for a flat fee of £10. Only valid week 17 - 23 March. Please email kris@aberdeensportsvillage.com to book or for more information.

Wellbeing, Culture, and Development Wednesday

- **Leading for the Future 2025** This national senior leadership programme is for colleagues in roles at AfC Band 8a and above (or equivalent) in social work, social care, third sector/partner, and health organisations in Scotland. Applications are open until 25 April for the programme commencing September 2025. The programme includes ten full-day development sessions, with six Adaptive Learning Set (ALS) sessions, all facilitated via MS Teams. More information and the [application pack are available here](#) (networked devices only)
- **Wellbeing Tea & Talk- Wednesday 12 March 1-2pm Via MS Teams:** Join us for the next Tea and Talk session focussing on Pharmacy First Provision (inclusive of menopause) with Helen Goldie- for more information or to register please contact gram.wcd@nhs.scot
- **Save Energy Session Monday 10 March 2-3pm:** Funded by the Scottish Government and delivered by Home Energy Scotland, the practical workshop provides ideas and tips to put into practice at home and work [Click here](#) for more information.

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

Run for Mark Well done to the Inverurie Community Maternity Unit team who took it in turns to run, walk, cycle and swim 5km every day in February to support one of their colleagues through the most challenging of times and help raise money for Friends of ANCHOR. When their colleague Alana's husband Mark, who is fighting leukemia, wasn't able to continue his running challenge, the team stepped in. They even had Team Mark t-shirts printed and worked out 136 laps of the unit is equivalent to 5km. They made it to the summit of Bennachie on Friday on the final day of their challenge!

Lent Today is Ash Wednesday, an important date in the Christian calendar, marking the start of Lent and preparations for Easter. Many Christians choose to give up certain luxuries or fast, and focus on prayer, during Lent. We send our best wishes to those colleagues observing the occasion.

Tune of the day Good Luck to Stuart (Complaints & Feedback officer), Donna Dyker (Secretary at RCH) and their son Nathan as they venture off to Crufts where Nathan has qualified in Junior Agility with their Cocker Spaniel Loki. From all in the Complaints and Feedback team, here's [Who let the dogs out](#) by the Baha Men.

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