

Tuesday 7 January 2025

**Thank you, primary care colleagues** To all our colleagues in primary care – GPs, practice teams, GMED, pharmacies, vaccination centres and mental health practitioners – your robust efforts to keep our communities safe and well have been incredible. Yesterday’s welcome back message and reflection on the pressures inpatient teams are experiencing due to high numbers of ‘flu patients did not mention the herculean efforts of colleagues helping to keep patients well at home. We apologise for this oversight. The work being done in our communities is second-to-none and helps to manage the pressures on secondary care services across the board. Prevention is a vital aspect of our Plan for the Future, as is helping people to flourish. We all have important roles to play in nurturing strong partnerships in 2025.

**MS Forms update – syncing with Excel** There will be an update to MS Forms on 13 January which will affect how responses are synced to Excel. The potential implication of this is responses may still be collected in the Form, but they may not be synced to the worksheet in Excel. Please check your MS Forms to ensure they will continue to function normally by following this guidance: [Check and update your Forms for syncing to Excel](#)

**Calling all NMAHPs interested in developing research** The second round of CSO Researcher Development Fellowships are now open – closing date February 5. These awards fund 13 days of study leave over 12 months. They can be used to develop a strong PhD application or to have some exposure to research and research activities. Last year, 13 awards were made and three were awarded to colleagues in NHS Grampian. Candidates have to find their own placements and mentors but support for this and the application form is available from [deborah.baldie@nhs.scot](mailto:deborah.baldie@nhs.scot) (nurses and midwives) and [k.cooper@rgu.ac.uk](mailto:k.cooper@rgu.ac.uk) (AHPs). Find out more about [Researcher Development Fellowships](#).

**Public webinar on Navigating Migraine** Join a public webinar on Wednesday 29 January from 7-8:30pm via Zoom. This event is brought to you by NHS Grampian in partnership with The Migraine Trust.

Event highlights to 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

Discover the latest in migraine management, explore treatment options and learn how to access support from your local pharmacy team. This is a great opportunity for individuals living with or supporting those with migraine to gain valuable insights and resources. [Register now.](#)

**Migraine management resources: Feedback needed** The Realistic Medicine Team would greatly appreciate your participation in a survey to help evaluate the effectiveness of the eLearning and workshops provided over the past year as part of the Partnering With Pharmacy Teams to Improve Migraine Management project. Your feedback is crucial in understanding how these training sessions have impacted your skills and practice. Please complete the short survey by 23 January:

<https://forms.office.com/e/Y3uWWmba11>

**Plastics Dressing Clinic relocated** The Plastics Dressing Clinic has been relocated from its former location of Ground Floor, Purple Zone to Clinic F, third floor, Purple Zone. Staff can be contacted via Ward 214 with any queries on this move.

**Plea for clothing donations** The Site and Capacity Team at ARI is looking for clothing donations to be dropped off at their office on Level 1. They are particularly in need of women's trousers and pyjamas in sizes 12, 14, 16 and 18, as well as shoes, but would also welcome men's bottoms of all sizes. Please do not share this update on social media as the team can quickly become overwhelmed, but if you can help please pop by with any items in good condition by Friday 24 January.

**Join a Paediatric Major Trauma education session** The next Paediatric Major Trauma education session is scheduled for this Thursday, 9 January from 12noon to 1pm. [Find out more](#) (networked devices only).

**Tune of the day** Today's request comes from our Head of Communications, Lesley Meldrum, for all the GP practice receptionists, admin teams and medical secretaries across all services – our unsung heroes. Here's Elvis Costello & The Attractions, and [I Can't Stand Up For Falling Down](#).

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)