

Tuesday 9 July 2024

Welcome Wards: What does it mean? Supporting person-centred visiting is part of delivering person-centred care. It's vital all of us working in health and social care recognise family and friends have an important role to play in supporting people's recovery while they are in hospital. This doesn't mean it's a free for all when it comes to coming visiting; our guides are full of helpful reminders for families and friends of how they can support staff, like agreeing on one person to be the main contact with the team supporting their loved one. Please take a moment to refresh your understanding of Welcome Wards by reading the supportive information available to visitors on our website: [Visiting Guide \(nhsgrampian.org\)](https://www.nhsgrampian.org/visiting-guide) For more support with making this work in your area, email gram.visiting@nhs.scot

Reminder - Long Covid – forthcoming Moray events There are two Long Covid events planned for Moray this month, as follows:

- Scottish Alliance are running a self-management session for staff on Thursday 25 July, 1-4pm, at Dr Gray's. This is aimed at professionals working with people with Long Covid. Places are limited, so please register your interest by emailing gram.adultslongcovid@nhs.scot by this Thursday (11 July).
- The Long Covid practitioners are hosting a drop-in session on Friday 26 July at the Town Hall in Elgin, from 10.30am -12.30pm. This is open to patients and professionals, and young and old, alike. Register your interest: gram.adultslongcovid@nhs.scot

HCSW Band 4 Urinary Catheterisation Band 4 healthcare support workers are now able to complete an education pathway on TURAS Learn that will allow them to develop competence in this skill. This pathway sits within the Nursing, Midwifery and AHP Education Passport on TURAS Learn, within the Healthcare Support area: [Healthcare support workers | Turas | Learn \(nhs.scot\)](https://www.nhs.scot/turas/learn/healthcare-support-workers). Please note, this link requires a Turas log-in. If you have any queries, please contact your local Practice Education and Development Team.

Pause for thought It's said that we often judge our own behaviours based on our intentions but judge the behaviour of others on the impact. Where might you be experiencing a difference between impact and intention? What has this meant for you? And thinking of your own actions, might a disconnect be there for someone else? How might balance be achieved? What is your intention now?

Tune of the day Ludo Thierry is clearly going to be much missed, as we have a second request to mark his retirement! From all the gang at Foresterhill Health Centre, get your groove on to [Soul Bossa Nova](https://www.youtube.com/watch?v=...) by Quincy Jones, better known as the theme to Austin Powers. Our very best to Ludo, wishing him a very happy retirement (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