

Daily Brief...



Monday 9 September 2024

Central Decontamination Unit (CDU) - Foresterhill We are pleased to confirm the CDU at Foresterhill has reopened, following repair work to the ventilation system. During the unit closure, our contingency measures saw instruments processed at other NHS sites; we want to record our heartfelt thanks to all members of the CDU team for their hard work, and to other boards for their support. Processing off-site meant longer turnaround times and, regrettably, the postponement of approximately 16 procedures a day since 28 August. We are now focused on clearing the backlog and rescheduling those procedures as soon as possible.

Work to repair the CDU at Woodend Hospital, damaged following a lightning strike, continues with the support of external specialists.

At your best with rest Your wellbeing is important to both you and us, so we are pleased to promote the "At your best with rest" campaign to further enhance a culture of positive health and wellbeing in the workplace. The benefits of rest are well known. However, prioritising it can sometimes be difficult. All colleagues should be supported and encouraged to take their scheduled breaks on time to help them work at their best, to maintain service delivery, and provide high-quality patient care. We all need to give ourselves the time and space to support healthy brain function and maintain our physical health.

The team in mental health and learning disability services [have created this short video](#), highlighting why breaks are so beneficial. This poster is also available. The Area Clinical Forum and Grampian Area together to improve the number of us taking our breaks. [Further wellbeing resources are available via this link](#).

Shining a light on FASD September is Fetal Alcohol Spectrum Disorder (FASD) awareness month. According to the British Medical Association, FASD is the most common, non-genetic, cause of learning disability in the UK. It is often misdiagnosed as autism, Asperger Syndrome, Attention Deficit Hyperactivity Disorder, or simply as behavioural problems. Disabilities associated with FASD are lifelong and place a heavy emotional, financial, and social strain on affected individuals, their families, and society. If the right support is not provided, many individuals face poorer outcomes in life, such as exclusions, addiction, criminal justice system and suicide.

In Scotland, our relationship with alcohol and the drinking culture can make it challenging for anyone who is trying to abstain at any time, not just during pregnancy. It is everyone's business to support those to choose to be alcohol free. Go to [International FASD Day - National FASD](#) and find out how you can get involved in awareness raising and prevention for FASD.

Migraine project – working with Grampian Hospitals Art Trust (GHAT) The latest phase of the migraine project will see a series of free art and creative writing sessions, led by GHAT, taking place in Aberdeen. People living with migraine are invited to attend all – or some – of the events, taking place in the Aberdeen Vaccination Centre and Wellbeing Hub (Bon Accord Centre) on 21 and 28 September, and 5 and 12 October. All sessions run 10.30am-12.30pm, [full details and booking information online here](#).

MEDwatch newsletter The September edition of the electronic MEDwatch newsletter is out now: [Vol 5. Issue 3: September 2024 \(cloud.microsoft\)](#)

Aberdeen Vaccination Centre & Wellbeing Hub newsletter For the latest information on what is going on at the Aberdeen Vaccination Centre and Wellbeing Hub, [check out their September newsletter here](#)

Award win for play service leader Congratulations to our own Heather Beattie, who has been presented with the Health-Related Play award by charity Children’s Health Scotland. Heather leads a dedicated and hard-working team at RACH, using the power of play to support the children and young people – and their families – in our care. There’s more online here: [RACH play service leader picks up national award \(nhsgrampian.org\)](#)

Pause for thought Our heads are round so our thoughts can change direction. What direction do you choose to take your thinking - to benefit yourself and others?

Tune of the day Today’s request comes from Fiona Flett, lead speech and language therapist in the mental health and learning disability service. Last week Fiona and her colleagues from across Grampian got together in Inverurie for a development day. There was a healthy dose of cake mixed in with the networking, so Fiona has asked for [Chocolate Cake](#) by Crowded House. Well done to Laura Sutherland and Geesmiel Geldof who won the hotly contested SLT Bake Off (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