

Hello

My name is Amanda and I'm the chief executive of NHS Grampian. That's really a fancy way of saying I'm the boss of lots of people working in hospitals and healthcare in Aberdeen City, Aberdeenshire and Moray. This means I work with lots of people you know – it could be your mum or dad (or both!) or perhaps your aunts, uncles, cousins or grandparents.

I'm writing especially to you, because I want to say thank you. Thank you for letting us 'borrow' the people closest to you to work in our hospitals – they are doing an amazing job. If your grown ups are now at home more often, thank you for being so patient with them as they hog the wi-fi, ask you to be quiet while they have lots of meetings, and try to help you with your school work.

You are coping with an awful lot right now. You aren't at school, all your fun activities have been cancelled, and you aren't getting to see your close friends or a lot of your family. This must be really hard on special days like birthdays. It's ok to be sad, or angry, or even scared. Us grown-ups feel the same way too! The important thing to remember is that this will not last forever. We will all get to spend time together with the people we love.

Until then, please take care of yourselves and remember to wash your hands!

All the best,
Amanda

