

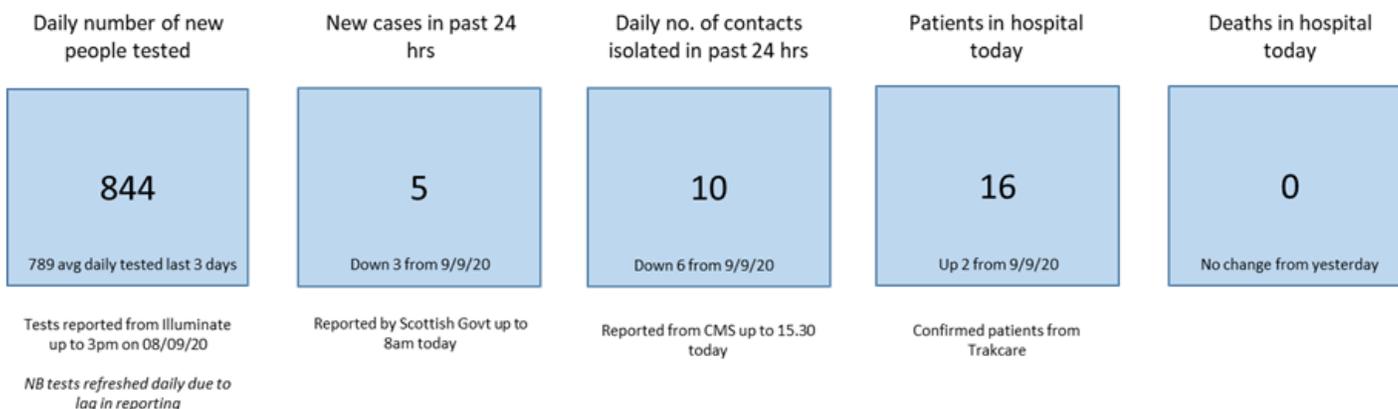
Here is the brief for Thursday 10 September 2020. Please ensure that you share this brief with colleagues and staff who do not have access to email, especially if they are self-isolating, otherwise working from home or do not have ready access to a PC. Briefs are shared on our dedicated website [covid19.nhsgrampian.org](https://covid19.nhsgrampian.org) which is updated continuously.

### Today is World Suicide Prevention Day

At any one time, it is estimated that 1 in 25 people are contemplating suicide. [United To Prevent Suicide](#) is a new movement in Scotland, working together in the belief that each and everyone of us has a role to play in preventing suicide.

**If you, or someone you know, is feeling suicidal, help is out there. You can call the Samaritans at any time, night or day, on 116 123**

**Grampian update** The most up-to-date Grampian data about COVID-19 new cases, contacts and care in Grampian hospitals is shown below. National data is provided by Public Health Scotland. You can view that [here](#).



**Routemap out of lockdown – Update** The First Minister confirmed today that lockdown easing has been **paused** in Scotland. This reflects the growing number of detected cases in the country; the R number is above 1 and may be as high as 1.5. The full details are available [here](#); the key points are as follows:

- The maximum number of people who can gather – either indoors or outdoors, with physical distancing – has been cut to six, from two households. Children under 12 do not count towards the overall total.
- Face coverings will be mandatory for both customers and staff in indoor hospitality venues when not eating or drinking e.g. on arrival or when going to the bathroom.
- Theatres, live music venues, indoor soft play facilities and indoor contact sports for people aged over 12 will **not now open** next Monday (14 September)
- Although pilot football games (including Aberdeen vs Kilmarnock) will take place with spectators this weekend, there will be no general return of spectators to sports stadia for at least the next three weeks.

**Protect Scotland app launched** The Protect Scotland app is now available to download for free via Apple and Google stores. Supported by a dedicated [Protect Scotland website](#), the app complements contact tracing which remains the main component of the Test and Protect system.

The app uses Bluetooth technology to anonymously alert users if they have been in close contact with someone who has tested positive for COVID-19 and advises them to self-isolate. Users of the app who test positive will still get a call from a contact tracer to confirm their details and who they have been in close contact with. The app does not store details on an individual or their location but uses encrypted, anonymised codes exchanged between smartphones to determine all close contacts. Close contacts are defined as people who have been within two metres of someone who has tested positive for 15 minutes.

Sign up is entirely voluntary but encouraged for those with compatible smartphones.

**Remobilisation of services – Operation Home 1st** Many of you will remember the launch of Operation Home 1<sup>st</sup> at the beginning of summer and work across Grampian is progressing at great pace on several workstreams. Many of you will be involved in this work and will be only too aware of the very tight timescales we have to get new or re-designed community-based services up and running prior to the expected winter surge in demand. When we launched Operation Home 1<sup>st</sup> we included a staff survey which is still live and you can complete it [here](#). Initial results from the survey show a general sense of optimism from staff around the opportunities that Operation Home 1<sup>st</sup> presents, in being able to deliver more services in the community or directly in people's own homes. We know that caring for people in their own environment can have real benefits for our patients and clients.

For many community based colleagues the principles of Operation Home 1<sup>st</sup> have been their bread and butter for some time, hopefully by bringing Primary & Secondary Care closer together we will be able to do ever more, with the right supports, for our communities.

**Occupational Health Counselling & Wellbeing Hub** As part of an ongoing commitment to improve our service, GO Health Services have developed a new Counselling and Wellbeing Hub (for staff of NHS Grampian only). When you contact the hub, you will first speak to one of our trained wellbeing advisors. They will provide a listening service and signpost you to targeted sources of support. This may be all you need, but if you would benefit from additional support from our specialist counselling team or an occupational health advisor, this will be arranged. At present we are only able to offer face to face appointments if face masks are worn. We also offer telephone and video appointments. Our service will continue to provide a safe, non-judgemental environment to enable you to explore issues which may be causing you distress.

In order to self-refer to the hub please complete the [ONLINE SELF REFERRAL FORM](#). Additional information is also available on our website at [GO Health Services - Counselling](#) (Intranet link) or by accessing our [Counselling and Wellbeing Hub Service Leaflet](#).

Not all stressors are within your control, but some are. It can be helpful to list your work related stressors and identify areas and suggestions to resolve them with your manager or a trusted supervisory colleague. Please see the [NHS Grampian Occupational Health Service Stressor Assessment Questionnaire](#) (Intranet link). The [HSE Management Standards](#) cover six key areas of work design that, if not properly managed, are associated with poor health and wellbeing, lower productivity and increased sickness absence. The six key areas have been found to be Demands, Control, Support (managers and peer), Relationships, Role and Change. Further details and information are available on the [NHS Grampian Mental Health and Wellbeing Policy](#) (Intranet link).

**Thought for the day** Any organisation is only as strong as the people within it. The results of yesterday's question (see below) highlight that in Grampian we are fortunate to have strong teams who support each other and an overall structure which trusts and empowers staff to get on with the job we are here to do. We cannot underestimate how fortunate we are to be in this position. Not everyone is so lucky; indeed, in conversation with friends or family you may have heard of very different experiences in other organisations. As we noted in the 'thought' yesterday, it is natural to focus on things we wish were

different or complain about the frustrations of our job. However, our collective and individual response to the tests we have faced this year is something to be proud of. We will never stop wanting to do better but don't let that mean you lose sight of what we already do well.

**Question of the day** Yesterday we asked you to rank what had been most important to you, to enable you to keep providing the service you provide. As of 16:00 today, the results are as follows:

## What has helped you continue providing a service during COVID (rank from 1-8 where 1 is most important)

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Today we are looking for your reaction to today's announcements from the Scottish Government. To answer the question please click [here](#) or copy this link into your browser:

<https://www.menti.com/6ieb7po3ts>

**Comments? Suggestions?** If you have feedback about this brief or questions about the content please do not hesitate to get in touch via [gram-uhb.staffquestions@nhs.net](mailto:gram-uhb.staffquestions@nhs.net)