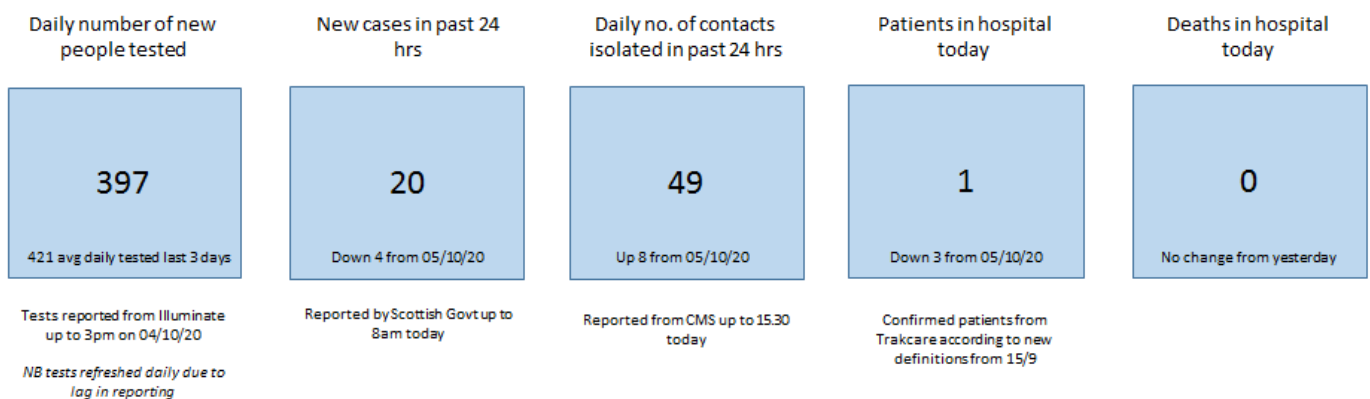


Here is the brief for Tuesday 6 October 2020. Please ensure that you share this brief with colleagues and staff who do not have access to email, especially if they are self-isolating, otherwise working from home or do not have ready access to a PC. Briefs are shared on our dedicated website [covid19.nhsgrampian.org](https://covid19.nhsgrampian.org) which is updated continuously.

**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](#).



**New restrictions – what won't be happening** A full update on planned new restrictions is expected from the Scottish Government tomorrow; the First Minister used her update today to confirm the measures that will NOT be taken:

- There will **not** be a full national lockdown
- There will **not** be a national travel ban. The Foreign Office still advises against all but essential international travel. People arriving in, or returning to, Scotland may have to quarantine for 14 days depending on where they have travelled from. The list of countries exempt from quarantine is available [here](#); this is subject to change at short notice.
- There will be **no** halt to the remobilisation of NHS services
- There will **no** school closures, beyond the upcoming October holidays

**The economic impact of COVID-19** Every day seems to bring another announcement of closures and redundancies; the decision of Cineworld to close all their UK venues is just the latest example. Working in health & social care gives us a high level of job security but we know you will be worrying about partners, family and friends. Advice and support are available; this list isn't exhaustive but is a good starting point. Please pass these details on as appropriate:

[Grampian Coronavirus Assistance Hub](#) The hub is there to provide to support to anyone affected by the pandemic, not just those who were advised to shield. There are sections on benefits, advice for businesses, and support if you are asked to self-isolate. You can contact the hub on 0808 196 3384, Monday-Friday, 9am-5pm.

[Citizens Advice Scotland](#) provide free, impartial, and confidential advice on money matters, rent, benefits, and legal concerns. They operate a helpline on 0800 028 1456, Monday- Friday, 9am-5pm.

[Scarf](#) are an Aberdeen based social enterprise who can provide dedicated advice on fuel poverty and managing your energy costs. You can contact them on 01224 213 005.

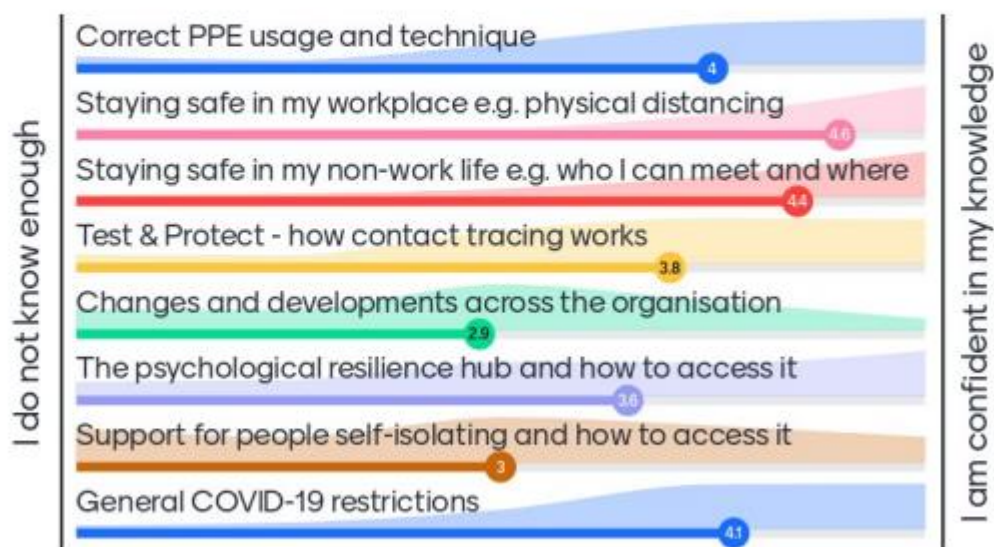
[Grampian Credit Union](#) give members the chance to save securely and access affordable loans. NHS Grampian and the three local authorities are all partner employers, giving staff the opportunity to save directly via wage deductions. You can contact them on 01224 561 506.

**Service developments? Share them here** The responses to our question yesterday (see below) suggest many of you would be keen to hear more about developments across the organization. Remember, this brief is here for you to share that news. Get in touch with us via the address below and let us know how your team is remobilising.

**Thought for the day – more questions than answers?** Like many of you, we expected a substantial announcement from the Scottish Government today. While it's certainly helpful to know for sure what is NOT going to happen, it's likely many of you still have unanswered questions. Uncertainty is hard for most of us to deal with; meeting a challenge is a little easier when you know what that challenge is. We'll know more tomorrow and we can begin to understand what this next phase will mean for us all. In the meantime, have faith in yourself, in your colleagues, in your family and friends. Whatever comes next, we will deal with it. Remember – fa's like us?

**Question of the day** Yesterday we asked if you felt you had all the information you needed to do your job – and live your life – in the midst of a pandemic. As of 16:00 today, the results are as follows:

## How would you rate your knowledge on the following?



We are pleased to see those of you who responded feel confident in key areas like PPE, safety in the workplace, and general COVID-19 restrictions. However, if you are a regular brief reader, you have ready access to this information. We know there will be individuals or staff teams who don't get to see this brief. We all need to check in with colleagues and work friends and ask if they are reading the brief. If not, please pass on a copy.

Today we returning to our media questions and asking which TV news programme you watch most often. To answer the question click [here](#) or copy this link into your browser:

<https://www.menti.com/zfexsbg8g2>

**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)