

Tuesday 7 May 2024

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**Sensible car parking** Those of us based on the Foresterhill site will have noticed some particularly poor parking in recent weeks. Vehicles have been left on double yellow lines, in disabled spaces – with no blue badge displayed, and in spaces specifically set aside for certain site users. This is having a real impact on our services. Catering teams have struggled to deliver meals. Delivery of supplies and linen has been impacted and waste pick-ups have been delayed. Poor parking presents a real risk to the safety of everyone on-site.

Regardless of the outcome of our request to vary the conditions of the multi-storey car park, we need **everyone** coming to the site to park safely. Double yellow lines, cones, and hatched areas are in place to ensure traffic can move safely through the site. Please respect them. While this issue is most notable at Foresterhill, this guidance applies on all our sites, up and down Grampian. Let's keep all our sites moving for everyone!

**Terminology Tuesday, or, saying what you mean** Last week we highlighted that, while most of us recognise common words by shape and don't read them all, people with learning disabilities read letter by letter. They can find 'easy read' versions of documents very helpful. The theme of this year's Scottish Learning Disability Week is digital inclusion. We need to ensure the digital content we create for the public is as accessible as possible to the widest audience. The Public Health Scotland Accessible Information Policy explains these requirements: [Accessible information policy \(publichealthscotland.scot\)](https://www.scot.nhs.uk/publichealthscotland/accessible-information-policy/)

Easy read documents are also useful for people with communication difficulties, cognitive impairment, aphasia, neurological conditions, or if English isn't their first language. Creating easy read versions of complex documents is a specialist skill. However, remembering the principles of easy read will help you, no matter what kind of document you are writing.

**World Asthma Day – today** In the UK 5.4 million people are receiving asthma treatment. Asthma accounts for 2 –3% of primary care consultations, 60,000 hospital admissions and 200,000 bed days per year in the UK. (NICE, 2023). In Grampian we have a hardworking respiratory multi-disciplinary team from primary to secondary care. Today we are remembering Dr Iain Small. He was a trustee for Asthma UK (now Asthma + Lung UK) and was also respiratory lead for the managed clinical network. As part of his legacy please think of the small part we can all play in improving respiratory care. If you, your family, friends, patients, or clients ask them the following questions:

- Do they know which of their inhalers is the reliever or the preventer?
- How often do they use these different inhalers?
- Do they know how to use it correctly?
- Do they have a self-management plan?
- Do they know what are their triggers for asthma and do they take steps to avoid them?

These are all things that people with asthma should know. Please visit [Asthma + Lung UK \(asthmaandlung.org.uk\)](http://Asthma + Lung UK (asthmaandlung.org.uk)) for information, support and guidance. There are videos for inhaler technique on this website and on [www.rightbreathe.com](http://www.rightbreathe.com)

**Fatigue management training** We are holding Fatigue Management training for Occupational Therapists (qualified staff) working with patients who have fatigue caused by any condition, via Teams on Thursday 30 May, 1-4pm. This training is aimed at staff working with adults and older adults. Please register your interest by **Thursday 16 May** by emailing [lisa.morton2@nhs.scot](mailto:lisa.morton2@nhs.scot)

### **Development of the Whole System Flow Hub**

Over the next week the whole system flow hub will be moving into ARI Green Zone, Level 1, Emergency Care Centre. The whole system flow hub will include services such as the Whole System Flow Team, Site and Capacity and Discharge Hub (The Discharge Hub currently includes Shetland and Orkney Discharge Nurse, Boarder Management Team, Aberdeenshire and Aberdeen City Social Work, Aberdeenshire and Aberdeen City Discharge Liaison Teams, Aberdeenshire AHPs).

The development of the Whole System Flow Hub will amalgamate the services which co-ordinate the intake and discharge of patients across Grampian using collaboration, shared vision, purpose and ways of working with multiple teams who are under different line management and portfolio structures. The purpose of the Hub is to create an integrated team that links all current parts of the system engaged with flow. This amalgamation will allow whole system decision making to be at the forefront of senior leadership in Grampian. It will support the senior and operational teams to optimise bed flow and management across the entirety of the physical Grampian bed base. We appreciate your support and understanding while these teams re-locate however anticipate minimal impact.

**Leading person-centred cultures and care** We are accepting applications for the June, July, and August cohorts of 'Leading Person-Centred Cultures and Care @ NHS Grampian: An NMAHP Leader's Programme'. [Further information and an application form are available here](#) (intranet link, networked devices only).

**Pause for thought** Thinking about the strengths you have - how will these help you, and others this week?

**Tune of the day** Martin Urquhart gets our Eurovision build up underway with the 1988 winner, a certain Celine Dion. Yes, she's Canadian, but the song was written by the Swiss. Enjoy the shoulder pads, the teased hair, and whatever is going on with her skirt in [Ne Partez Pas Sans Moi](#)

Away from Eurovision, Hannah Dingwall has asked for [God Only Knows](#) for Ruth Archibald, team secretary and all-round wonder woman at the Len Ironside centre. Ruth marks 20 years with the NHS today and the whole team send their love

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](mailto:gram.communications@nhs.scot)