

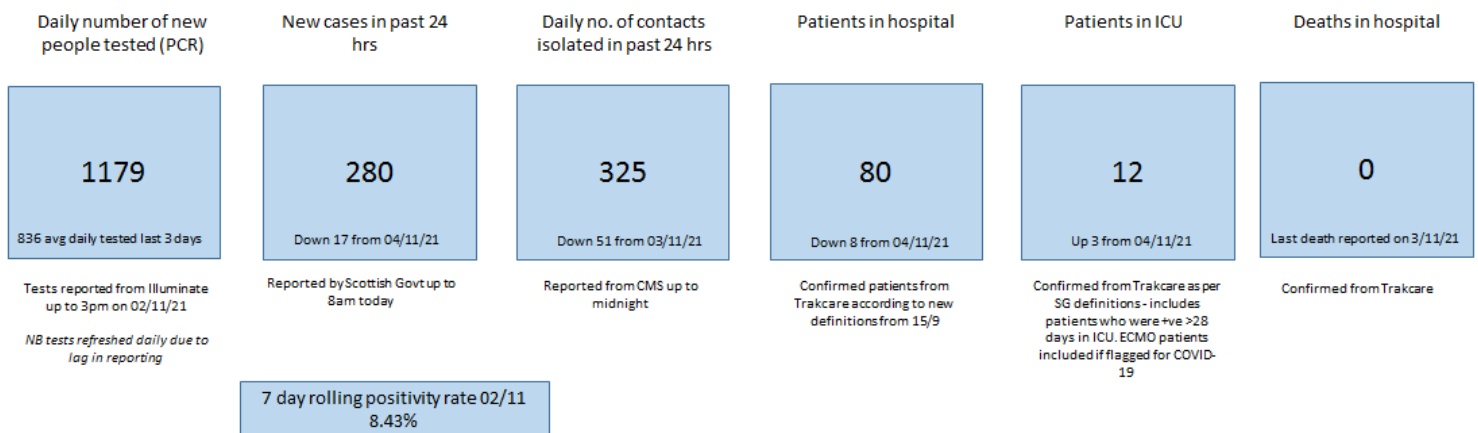
Here is the brief for Friday 5 November 2021.

A letter to all staff from chief executive and interim chairman

[Click here to view](#)

(N.B this letter will be sent out again on Monday via Globals - please disseminate. Thank you.)

Grampian data The local update for today is shown below.



Award Winners We are delighted to let you know our Psychological Resilience Hub landed the Care For Mental Health Award at the Scottish Health Award 2021 last night.

Simon Lloyd and Siobhan Cowie were at the ceremony in person to receive the accolade with Gillian Strachan joining by virtual link.



The Psychological Resilience Hub is for anyone who is struggling with the impact of the COVID-19 pandemic, affecting their psychological wellbeing. The service is for anyone in Grampian or Orkney. For more information on the hub [click here](#).



From the whole of NHS Grampian, a massive congratulations to the team, your success is more than deserved.

Tune for the day In honour of our Psychological Resilience Hub, who have supported many of when we have been at our lowest during this pandemic, here's Queen's [We Are The Champions](#)... as a cheeky Friday bonus here's also Alter Bridge's [My Champion](#), worth inclusion for the lyrics: "The world's gonna try and knock you out, Just pick yourself up when you go down, You've gotta keep fighting, And get back up again" – sometimes through this when we struggled to get back up, the Psychological Resilience Hub helped pull us to our feet, to keep going, keep doing our jobs and keep living our lives. Thank you - you have and continue to provide an exceptional and vital service in extraordinary times.

If you want to request a song for tune of the day, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot