



Message from Simon Bokor-Ingram, Interim Chief Officer

Dear colleagues,

I was delighted to meet (on Teams) some brilliant folk who have been volunteering and supporting their community during the last few months. Real diamonds. I also attended the Moray Health and Well-being Forum, and heard how Third Sector partners have been finding innovative ways to continue supporting people, and the enthusiasm for

continuing to grow and expand despite the restrictions that covid brings.

The energy across all sectors has been remarkable. Sustaining that is really important - covid has not gone away, and winter is fast approaching. Pressure exists within the system, and we need to have capacity, both personally and as a wider health and care system, to cope with what is to come. Planning has started for the pressures that will come with winter, and we need to think about all the parts that can support our community. A big thank you to everyone providing services and support to the people of Moray.

Kind regards,

Simon

Care homes – All the care homes in Moray are sitting at green status with no major issues reported. The Chief Nurse, HSCM, is scheduling support visits to each Care Home in Moray as part of the ongoing collaborative approach to ensuring that we minimise the risk for care home residents.

Flu Immunisations – Planning continues for the delivery of the yearly immunisation programme, which is expected to start w/c 5 October. Local communications will be issued to nursing staff, seeking support to deliver on the programme in Moray.

Day Services – A working group and Project Manager are in place to prepare for the phased restart of Day Services and Respite Services in Moray.

Safer Workplaces – All clinical care delivery spaces in Moray have been assessed and an action plan is being developed, which will describe where and how any issues will be addressed.

Winter (surge) Planning – Work is underway to develop the Grampian Winter Plan for 2020/21. The plan will build on lessons learned from last winter and also key priorities for winter 2020/21 outlined within our re-mobilisation plans.

Skype for Business/NHSMail – eHealth have received notification today that Skype for Business through NHSMail will be deactivated from **Tuesday 25th August**. This will result in the small number of NHS Grampian staff that logged into Skype for Business using their NHSMail accounts no longer being able to do so. Meetings

should be re-scheduled using Microsoft Teams. If you are due to attend a Skype for Business meeting arranged by a partner organisation this will not be affected.

Free Access to Mental Health apps – The Scottish Government have teamed up with Big Health to provide all health & social care staff in Scotland with free access to their apps, Sleepio and Daylight. Sleepio is a fully automated, highly personalised 6-week digital sleep improvement programme based on cognitive behavioural therapy (CBT); Daylight is a form of personalised self-help with specific guidance based on a user's particular problematic thoughts, behaviours, and responses to worry and anxiety. Both apps are available, along with a range of self-help and support guides, via the National Wellbeing Hub www.promis.scot.