

### Improving picture

Some services across the system are seeing an easing of the significant pressures they faced over the past months as absence rates reduce, however we cannot be complacent to a new norm and a number of services continue to be extremely busy.

All Moray care homes are open for admissions for the first time in many months and Care at Home services are beginning to pick up new packages. Both are important in supporting patients to leave hospital without delay and to intervene earlier in the community setting.

Attention continues to be focused on reducing the number of delayed discharges and a number of transfers of care are planned for this week. Care and support beds in Forres have now reopened and colleagues are progressing a number of initiatives and interventions to support patients, families and carers.

### Celebrating International Nurses Day



International Nurses' Day is celebrated around the world each year on 12 May, the anniversary of Florence Nightingale's birth. It provides an opportunity to mark the contribution of nursing staff in hospitals and the wider community and highlight the ways nurses are innovating for the future.

Sam Thomas, Chief Nurse for Moray, has recorded a message of thanks to nursing staff which will be shared on the Dr Gray's Hospital and Health & Social Care Moray social media platforms.

### Covid vaccinations

It's still really important to get your Covid vaccination if you haven't already. We continue to encourage those aged 12+ who have yet to come forward for their first or second jab or booster dose for those aged 16+, to drop in to the Fiona Elcock Vaccination Centre in Elgin. The centre is open Monday to Saturday between 10.15am and 5.45pm.

In the seven days to 8 May, 32 people came forward for their first dose, 43 for their second and 69 for their initial booster. That takes the current percentage of population coverage for those aged 12 and over to 89.7 % (first dose), 85.5% (second dose), 73.4% (booster).

Those who are eligible for the spring booster continue to be sent appointment letters giving priority to those whose clinical need is greatest, as it has throughout the Covid vaccination programme, starting with those who have had a bigger gap since their last dose then working through the cohorts to invite others who have waited less time.

84.3% of the Moray population eligible for the spring booster have come forward so far.

## Community pharmacies

Recently there have been a number of short-notice pharmacy closures in Moray which have the potential to impact on patients.

We are working closely with our independent sector pharmacy colleagues to improve reporting and minimise disruption. There is a procedure in place for pharmacy owners to follow if their pharmacy has to close during contracted hours, including immediately notifying Health & Social Care Moray and local GP practices, and making suitable arrangements for prescriptions to be collected, including for patients receiving opioid substitution therapies.

## Funding to improve lung disease care

Chest Heart & Stroke Scotland has announced over £300,000 worth of funding to support partnership projects with Health Boards across Scotland to reduce NHS pressures and improve lung disease care.

The projects seek to give people living with lung disease the tools to manage their conditions and keep well at home, helping to prevent re-admissions to hospital. It will improve community care for people living with chest conditions and better integrate third sector support with NHS services to help alleviate pressures.

The largest award of £150,000 will help fund the development of a Community Respiratory Team in NHS Grampian providing wraparound care to people living with respiratory conditions.

Dr Kris McLaughlin, GP and Respiratory Managed Clinical Networks Clinical Lead for NHS Grampian, said: "The team will tackle respiratory illness at all stages from early diagnosis, supported self-management, acute illness and chronic disease management in both primary and secondary care. This approach to respiratory care will improve patient's access to the right care, reduce hospital admissions and help tackle outpatient waiting list backlogs.

"By integrating this community team into our existing respiratory care models, we can provide an integrated and cohesive service between primary care, secondary care and allied health teams."

## Plant sale

Greenfingers, our horticultural enterprise which provides training and work experience for adults who face barriers to employment, is having a bedding plant sale in the garden at Moray Resource Centre, Elgin, on Thursday 19 May between 11.30am and 2pm.

Pop along and pick up some healthy plants which have been hardened off and are ready to be planted out. Cash sales only.



## Mental Health Awareness Week

This year's theme is loneliness. Feeling lonely is something all of us can experience at any point and it can have a huge impact on our wellbeing. It's important to remember that these feelings can pass and that there are lots of ways we can help each other, too.

Volunteers play a huge role in efforts to reduce long term loneliness and social isolation for people with dementia, disabilities, reducing mobility and sensory impairment issues by keeping them connected to their community.

We have many amazing Buddies who are matched to individuals known to Health & Social Care Moray and provide companionship for a few hours every week or fortnight. There are many more people, however, waiting for a volunteer to help lift them out of loneliness. Could you be there for someone?

We have volunteering opportunities open in all parts of Moray – see what we need in your community [here](#). We meet the cost of your PVG or Standard Disclosure check and provide training and ongoing support.

## Community mental health funding

A national fund launched last year to tackle the social isolation, loneliness and mental health inequalities made worse by the pandemic, has been awarded a further £15 million.

The Communities Mental Health and Wellbeing Fund for adults was launched in October last year, and has helped thousands of community projects in Scotland to build and develop capacity to deliver activities and programmes in its first year.

Moray's £258K share of the fund was administered through tsiMORAY in partnership with local mental health leads, and supported 40 community mental health and wellbeing projects including sports, outdoor activities, the arts and nature for all age groups.

## Jobs fair

Moray Council and NHS Grampian are among more than 30 employers from a range of sectors attending the Moray Jobs and You job fair at UHI Moray in Elgin on 8 June from 2-6pm.



The poster features the following text and logos:

- Logos: DYW (Developing the Young Workforce), MORAY (Moray Council), MORAY PATHWAYS (Opportunities), and Department for Work & Pensions.
- Large text: **JOBS FAIR**
- Text: MORAY JOBS AND YOU
- Text: 8TH JUNE 2022
- Text: @ UHI MORAY, ELGIN
- Text: Join us at UHI Moray for our Jobs Fair: Moray Jobs and You event on 8th June 2022 from 2pm - 6pm.
- Text: With a great selection of Moray employers from different industries, come along to explore current and upcoming vacancies, hear from the employers first-hand and have your questions answered. You won't want to miss out on this event.
- Text: REGISTER YOUR ATTENDANCE VIA EVENTBRITE

Job seekers and those looking for a career change are encouraged to come and chat to us face-to-face about the opportunities available now in health and social care.

Register for a place on Eventbrite [here](#).

## Fire and Rescue Strategic Plan

The Scottish Fire and Rescue Service (SFRS) invites people to share their views on its draft Strategic Plan 2022-25 which details the activities the service wants to achieve to contribute to the safety and wellbeing of Scottish communities, whilst keeping firefighters safe.

Firefighters, both whole time and on call, attended 85,500 incidents last year – 55% false alarms, 18% secondary fires, 15% non-fire incidents and 11% primary fires.

SFRS firmly believe that the best way to deal with any type of emergency is to try and stop it from happening in the first place. With a key focus on prevention, particularly in support of the most vulnerable members of society, the service works with Community Planning Partners across the country to deliver fire safety campaigns, prevention interventions; and safety initiatives that keep people and businesses safe.

The seven Outcomes set out within the Plan have been designed to show how it deliver against the priorities in the Fire and Rescue Framework for Scotland 2022.

To read the SFRS draft Strategic Plan 2022-25 follow the link [here](#).