

Dear Colleagues,

This week brings better news on covid, although it won't feel any different with the pressure you are under.

It is one measure, but the emergency department at Dr Gray's Hospital had an incredibly busy day on Monday. And no let up for services delivering care at home, with a level of unmet need and folk waiting for care packages.

We remain in Operation Iris, with a system that is requiring lots of careful management and considerable effort from us all to maintain critical services.

We will all be looking for signs that the pressure is easing - I hope I will be able to start describing some examples soon, as opposed to highlighting the examples of pressure. Thank you for all that you are doing on a daily basis.



**Simon Bokor-Ingram**  
Chief Officer  
Moray Portfolio

### National and local picture

The number of Covid-19 cases across Scotland continues to decline. Numbers fell in the past week from an average of 10,000 infections per day to just over 7,000, which is welcome news both for our communities and for health and social care services.

In Grampian, Covid-19 hospital admissions have been slowing and the number of people in hospital 'for' covid is reducing, although we expect to see a slow decrease rather than a rapid fall, suggesting that we will have to manage with high levels of occupancy for several weeks yet.

Moray's health and social care system remains on high alert with significant pressures on all services. Staff continue to work closely with individuals and families identified as being in crisis to explore any possible solutions to mitigate unmet need and to support carers.

The very limited availability of care at home, interim care beds and places in care homes continues to impact on the number of people waiting to leave hospital. Allocation meetings take place daily to review all opportunities to improve flow in the system.

### Board meeting

The next meeting of the Moray Integration Joint Board will be held tomorrow, Thursday 27 January, at 1.30pm.

The Board continues to meet remotely rather than in person. The meeting will be webcast live and the recording can also be viewed at a later time. For the IJB agenda pack and links to the webcast site click [here](#).

### Progress for Covid-booster programme

More than seven in 10 eligible adults in Moray have now had their Covid-19 booster or third dose.

Figures published this week show that 75.6% of over 18s who are eligible have come forward so far, with more than 58,500 doses given since the booster programme began rolling out in September to prolong the protection that the vaccine provides against serious Covid illness.

Around 11,000 people in Moray have not yet had their booster and they are

still being urged to come forward as soon as they can. Appointments must be at least 12 weeks after a second dose. Adults should wait four weeks from a positive covid test to receive their booster.

Next week, the Fiona Elcock Vaccination Centre will be used for the delivery of vaccinations to five to 11 year olds who are in a clinical risk group or are a household contact of someone who is immunosuppressed. Appointment letters have been sent to eligible children.

### Alcohol Brief Intervention (ABI) training

A series of free training sessions are to be held to support colleagues to increase their knowledge of ABIs and have confidence to have a conversation.

Alcohol is one of the leading causes of death in people under the age of 75 in Scotland and is associated with a range of physical and mental health problems. Alcohol misuse and, particularly, the pattern and levels of alcohol consumption, can have harmful consequences for individuals, their family and friends, as well as wider society and the economy.

An ABI is a short, evidence-based, structured and non-confrontational conversation about alcohol consumption. It seeks to motivate and support a person to think about and/or plan a change in their drinking behaviour in order to reduce their consumption and risk of harm.

Anyone who is in contact with people/clients/staff in the workplace and has identified that alcohol is having a negative impact on that person or the people around them, can be in a position to offer an ABI. Training sessions are available on the following dates.

Date	Time	Register for a place
<b>21 February</b>	10am – 12.30pm	<a href="https://forms.office.com/r/MDWv2eqZLJ">https://forms.office.com/r/MDWv2eqZLJ</a>
<b>18 March</b>	1.30pm – 4pm	<a href="https://forms.office.com/r/hTTB3kaPkC">https://forms.office.com/r/hTTB3kaPkC</a>
<b>25 April</b>	10am – 12.30pm	<a href="https://forms.office.com/r/TzbQQ16BbH">https://forms.office.com/r/TzbQQ16BbH</a>
<b>20 May</b>	1:30pm – 4pm	<a href="https://forms.office.com/r/GM8xtZYBaC">https://forms.office.com/r/GM8xtZYBaC</a>

For more information please contact: [susan.thom@nhs.scot](mailto:susan.thom@nhs.scot)

## Children's Panel Members needed

The qualities you use every day – like trust, empathy, compassion and listening – could give you the opportunity to make a real difference in your community.

Children's Hearing Scotland (CHS) is aiming to recruit additional panel members from Moray and the Highlands to support children and young people from the region. Their role will be to take part in children's hearings and be there to listen and make legal decisions with and for infants, children and young people – ensuring they are at the heart of every decision taken.

CHS is looking for people over the age 18 from a diverse range of backgrounds to come forward. As at least one male panel member must be at every children's hearing, this year's recruitment campaign aims to raise greater awareness of the importance and impact of the role among men.

Panel members must commit to comprehensive training over a three month period, at the end of which they will gain a professional development award. Children's hearings take place during the working week and members will require time off work to attend two sessions a month. Your training and experience as a Panel Member equip you with a range of transferable skills including dealing with complex issues and communicating these with empathy and compassion when working with children, young people and families.

To find out more about the role and what is involved, visit [www.chscotland.gov.uk](http://www.chscotland.gov.uk). Applications for new panel members close at midnight on February 9.

An online information session will be held on Tuesday 1 February at 6.30pm. Contact Carol Maragh at [Carol.maragh@chscotland.scot](mailto:Carol.maragh@chscotland.scot) or on 01463702120 for details or for the opportunity to chat with to an existing panel member about their experiences.

## Burns celebrations

Yesterday we celebrated Burns Night – the anniversary of the birth of Robert Burns, the National Bard whose words are still sung and recited all around the world.

Among the many celebrations taking place was one at the Artiquins project in Elgin, where the occasion was marked with haggis, verse, song, dance, tartan and creative crafts.

Head to the [HSCM Facebook](#) page for the videos.

