



Dear Colleagues,

Thank you to the team delivering the flu vaccine programme. Moray is on trajectory and the number of folk immunised is testimony to the huge effort, overcoming the administrative challenges which dominated at the start.

If you haven't had a vaccine that you are due, please call the helpline and

rebook your appointment. A high level of herd immunity will protect us as a community.

Delayed discharges have risen again and Moray, by comparison with the rest of Scotland, is an outlier on the wrong end of the scale. The team are redesigning fast and need everyone to play their part to ensure that we get the system working to best effect for our community. Delays are detrimental to individuals and the remedy is an absolute priority.

Thank you to all those who are involved in making the improvements.

**Simon Bokor-Ingram,
Interim Chief Officer**

New restrictions for Scotland – Partner agencies across Moray and Grampian are working to minimise the impacts of coronavirus on our communities. The priority continues to be to save lives, to reduce the direct impact of the virus on health and to reduce the number of people who will experience long-term effects from the infection.

Level 1 restrictions under the Scottish Government's new five-level Strategic Framework now apply in Moray and people who live and work here are required to follow the protection measures in relation to areas including extended households, socialising, travel, retail, public buildings, education and exercise.

Full guidance is set out on the [Scottish Government's website](#). The next government review is to take place on November 10, with any changes to the level coming into effect from November 13.

The levels are based on the prevalence of the virus and Moray has had among the lowest levels of Covid cases in the country. Grampian data shows there were 28 patients in hospital on Monday and three in ITU. The daily number of new people tested was 423.

Residents are urged to support the rules and to show a renewed determination to help contain the virus by following the health and hygiene advice on **FACTS**:

- **F**ace coverings (for most people) in enclosed spaces;
- **A**void crowded places;
- **C**lean your hands and surfaces regularly;
- **T**wo-metre social distancing;
- **S**elf-isolate and book a test if you develop coronavirus symptoms.

Flu vaccination programme – Issues which affected the system initially have been resolved and delivery of the Grampian immunisation programme is back on track.

More than 76,000 people in the over 65 and 18-64 at risk cohorts in Grampian have now received their free winter flu immunisation. Follow-up sessions will be held for those who missed their initial appointment.

Delayed discharges action plan – The health and social care partnership and colleagues in acute services are working through a detailed action plan to improve the current performance on delayed discharges, and to ensure the system is prepared for potential additional pressures from covid and the winter period. In addition, to comply with the national standards on physical distancing during covid, a temporary reduction in hospital beds was necessary which creates further challenge in managing capacity and demand.

The plan – which is updated twice a week - sets out a number of actions to mitigate demand on the hospital system, improve hospital transfers and discharge, and to better support people in the community. These include:

- Implementation of re-direction protocol in the emergency department with patients referred on to the appropriate services;
- Improved access to patients' anticipatory care plans;
- 7 day working to support improving weekend discharges and discharges earlier in the day;
- Additional capacity being recruited to in the Hospital Social Work Team, Community Response Team and Care at Home Service;
- Access to on-call clinical support for community teams to prevent avoidable hospital re-admission

Remobilisation of dental services - NHS dental practices can now provide a full range of treatments.

Due to extra coronavirus protection measures the number of patients who can be seen each day will be limited. In order to work through the backlog, patients requesting routine appointments should expect to be prioritised by clinical judgement and in line with wider public health protection measures.

PPE hub – Social care settings, including care homes and home care providers, can continue to access the partnership's PPE hub in Elgin until the end of March 2021 under the current arrangements.

Providers should be continuing to access PPE through their usual supply routes but where these have failed the Elgin hub will continue to be available. Nationally it is proposed that as part of contingency planning for winter, hubs will receive additional stock to be held back and utilised if regular deliveries are disrupted by extreme weather.

Day services resume – Following the initial re-opening of some learning disability day services, a number of other building-based providers have now had their risk assessments approved by Public Health and been given approval by the Moray oversight group to reopen. All risk assessment will be subject to review within the first month of operation.

Social Workers continue to work with service users and families to consider alternative provision to building-based day services through the flexible use of Self Directed Support options.

The Dufftown older people's day service, based within Stephen Hospital, will temporarily be incorporated within the Rothes service which expected to reopen later this month along with the service in Keith.

Work continues to explore alternative options for older people's day services in West Moray which make best use of our resources for service users and families in greatest need.

Safer workplaces - Walk leader training is being promoted to staff interested in setting up 20-25 minute staff walks in their setting.

Train to be a
Walk Leader
with the *walk Moray project*

We can help you to get your colleagues walking towards a happier, healthier, more active workplace.



By training to be a Walk Leader, you will gain the skills and confidence to lead organised walks during the working day. Training is free and consists of a 3.5 hour online course.

Walking is the simplest activity to encourage and promote in the workplace. It fits easily in and around the working day. It's free. No special equipment is required, and most people can take part. It can also improve mental health – regular walking can reduce your risk of depression and dementia by 20-30%, improve your sleep, and prevent and reduce anxiety and stress.

For more information and to book a place on the next available course, please contact Claire Buchanan:
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