



Dear Colleagues,

I am pleased that we can remember a colleague who gave so much to the community through their work with the naming of the Moray covid vaccination centre. Fiona Elcock was carrying out vaccinations until her death last month. The vaccination centre will provide protection against the virus to many of us.

Christmas seems a very distant memory already. The vaccination programme is ramping up, which is as

we planned. The wider system is under pressure, from primary care to care homes, to the front door of our acute hospitals in Grampian.

We knew that the next wave of covid, with a more virulent strain, would test us again. Folk have been through much already, pulling out the stops and responding admirably. I continue to be humbled by the determination that shines through to meet the next challenge.

Please remember to look after yourself and your colleagues. There is a fair bit of winter to go and we have some tough weeks ahead. We will meet the challenge as a team, across all sectors, together. Communication is key - and if you see someone not joining in, make sure they're OK. Thank you Team Moray.

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

Vaccination programme – We are making significant progress with the Covid-19 vaccination programme in Moray, with vaccinations carried out in care homes, hospitals and from this week in a number of GP practices.

The Moray vaccination team has put in a huge amount of work and planning to get to this stage, with our most at-risk groups receiving their first dose of the vaccine.

Uptake has been high amongst those living and working in care homes and the health and social care workforce. GP practices are contacting patients aged 80 and over by letter and phone to offer appointments.

Vacant retail premises in Elgin is undergoing conversion to provide a mass vaccination centre for Moray. This will be named the Fiona Elcock Vaccination Centre in memory of Fiona, a popular and valued member of the vaccination team who died suddenly last month and is much missed by colleagues.



A number of additional staff have been recruited to the vaccination team and many current staff members have come forward to be trained as vaccinators including Healthcare Support Workers and Allied Health Professionals.

We know that people are eager to get vaccinated and we appreciate everyone's patience as we work our way through the priority groups as set out by the Joint Committee on Vaccination and Immunisation (JCVI). Please do not contact your GP practice to ask when you will receive the vaccine as they are currently very busy making arrangements and booking appointments. You will be contacted at the appropriate time.

Colleagues unable to attend their appointment at the Southfield vaccination centre must cancel their booking as soon as possible to allow others to take up their slot.

Care homes – There have been huge challenges in ensuring residents in care homes are safe and continue to receive excellent care and support during the pandemic. Managers and staff continue to provide a caring, compassionate and professional response.

The high uptake of the vaccination among residents and staff will help to lessen future risks.

Covid cases – Moray has reported 225 positive cases in January. The latest 7 day total is 154 with a 7 day rate per 100,000 population of 160.7.

The increase in cases is impacting on some community services with staff contacted through Test & Protect and being required to self-isolate.

Activity at the Grampian covid assessment centres has increased significantly. Staffing levels have been increase to support the rise in positive patients triaged through NHS24 who are struggling to manage their covid symptoms and are presenting with more complex issues.

Staff support and wellbeing – As restrictions and guidance changes and services flex to respond, many of us are struggling to make sense of how our roles are changing - at work, at home and in relation to family and friends. It's more important than ever right now that we look after ourselves and each other.

The National Wellbeing Hub, supported by NHS Education Scotland (NES) has a broad range of information and advice to support the health and social care workforce, including unpaid carers, to reduce anxiety, improve sleep and much more.

NES has launched a new phase of the Coaching for Wellbeing service offering two hours of online coaching, designed to support staff with issues they may be facing during these challenging times.

More information is available via the National Wellbeing Hub: <https://www.promis.scot/>



Health Improvement Fund - Got an idea that would improve health and wellbeing in your local community?

Moray's Health Improvement Team is inviting applications to the partnership's Health Improvement Fund for funding to support community based work around increasing resilience and building on the current local support in response to the Covid-19 pandemic.

One-off grants are on offer to community groups, charities and social enterprises. The application form is available on the Health & Social Care Moray website [here](#).

Notes of interest should be submitted by Tuesday 19 January 2021 at 4pm and the closing date for completed applications is Friday 22 January 2021 at 4pm.

Healthy workplaces - After the resounding success of last year's event, the NHS Grampian Snowdrop Pedometer challenge is about to get underway.

Teams of up to five people – at least one of who must be an NHS employee – have signed up for the four week challenge supported by Public Health and will be logging their steps, miles and kilometres.

Under the current restrictions physical activity is encouraged and there are no limits on how often you can leave the home for physical activity. You can only walk with one person from another household and physical distancing must be adhered to.

There's more information on the My Healthy Workplace site [here](#).