



Dear Colleagues,

Thank you for all the hard work that is now seeing a reduction in the delayed discharge figure. It is early days and we will have to carry on working hard to reduce and maintain this, but it is so important as behind every number are the individuals who are at the heart of why we are focused on this.

Lots in the news about a potential covid vaccine. As you will know, the approval mechanism for a vaccine needs to happen before we know for certain that

we have a vaccine to give. Nonetheless we are putting in place plans so we are ready when a vaccine is available. We will need staff for this, so please look out for forthcoming recruitment if you are interested.

As the weather turns colder this week it reminds us that winter really is upon us - as if the earlier sun-down hadn't registered! I hope that when you do get some down time that you are able to enjoy the outdoors, whatever the weather, and switch off for a bit.

So far I haven't experienced anything approaching a bad Shetland weather day but my dog is definitely losing some of her stoicism in this milder climate, and is needing a fair bit of encouragement even if it's just looking like rain. Any tips on a remedy would be appreciated!

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

No room for complacency – Community transmission of coronavirus is rising in Moray, underlining the significant risk the virus continues to present to us. Moray's cumulative cases stand at over 250 with 63 cases in October and 55 so far in November, whereas between March and July, Moray recorded 86 cases in total.

It is vital the virus is not given the opportunity to spread by taking personal responsibility to follow the public health guidance when at home, in the workplace or when out in the community.

Staff in health and social care are again reminded not to attend work and to book a test if they experience even mild symptoms. Managers are to reaffirm the key messages around the importance of maintaining a safe working environment including following physical distancing guidelines to mitigate risks.

Moray remains in Protection Level 1. Residents should not socialise with other households indoors. From Thursday, it will be possible to meet in groups of up to 8 people, from no more than 3 households.

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Care homes – Care home residents continue to be tested every 10 weeks on a rolling programme with weekly testing carried out for staff. As we move into winter, more testing of residents is expected in response to increasing numbers of respiratory infections which create similar symptoms to covid.

Further guidance is awaited from NHS Grampian on the implementation of the national requirement for testing of health staff going in to care homes for essential visits.

Flu programme – Over 19,000 people in Moray have taken up the invitation to receive the flu vaccine.

Around 75% of the over 65s have had their jab but the non-attendance rate among the 'at risk' under 65s remains significant. A number of follow-up sessions will take place and it is hoped those who are eligible will participate.



Winter funding – Additional Scottish Government funding of £800,000 has come down through NHS Grampian to the health and social care partnership to support preparations for the pressures of the winter season which includes delivery of the Home First agenda.

The funding must be utilised by 31 March and managers are working to agree areas of priority where there will be greatest benefit for our local population.

Delayed discharges – There is an improving picture in terms of patients delayed in hospital. Delayed discharges have fallen to 23 – the lowest position in the last 4 weeks – and plans are in place for a further 3 people to be discharged over the next few days. There is acknowledgement of the targeted efforts which have been made across social work, home care and external providers to secure this welcome improvement.

Discharge 2 Assess – A growing number medically stable Moray patients who do not require an acute hospital bed but may still require rehabilitation or care services, are consenting to early supported discharge to their own homes to have their assessments completed.

The Discharge 2 Assess project is enabling the assessment of patients for their longer term needs in the right place (their home) at the right time (immediately on discharge and for up to 2 weeks) by the right person (an occupational therapist or physiotherapist).

By early November 16 patients had been supported by the project and 10 discharged – 6 required no further follow-up and the other 4 were referred for short-term reablement and/or rehabilitation support.

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Day services and respite

remobilisation – Building-based day services for adults with learning disabilities have successfully remobilised thanks to the hard work of our staff and external providers.

Risk assessments for older people's day services in Keith and Rothes and for the Greenfingers training service in Elgin have been submitted to the Health Protection Team for approval, with a target re-opening date of 23 November. Planning continues for the remobilisation of Moray Resource Centre and The Oaks and we continue to work with partners, including external providers, micro and social enterprises, to develop additional capacity.



The planned respite facility at Birchview in Elgin has been remobilised. The commissioned service provider is working with families who previously used the service to take bookings which will initially be limited to two days at a time.

An updated risk assessment will be carried out on the council-run respite flat at Murray Street in Elgin, to determine if there are any adjustments which could be made to the layout in order to meet infection prevention and control measures as required by Health Protection.

Contract negotiations continue with care home owners to secure respite beds in care homes. These will support families to have a break from their caring role by providing planned respite for individuals for one week at a time before they return home. Those accessing the care home beds will be required to remain in isolation for the duration of their stay.

People who are unable to or who choose not to return to services at this time are being supported by social workers to consider alternative support which may be available to them in order to meet their social care needs, including exploring moving to a different self-directed support option in order to meet their goals.

Child Protection - Everyone has a part to play in looking out for vulnerable children and young people at risk of abuse and neglect, with Child Protection Committees playing a pivotal role in Scotland in making sure that people know what to do if they are worried.

Moray's Child Protection Committee (CPC) brings together Moray Council, NHS Grampian, Police Scotland, the Scottish Children's Reporter and third sector organisations involved in the protection of children.

It has just launched a new child protection survey and is calling on people to respond to help build up a picture of local awareness and attitudes.

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Samara Shah, Chair of the Moray Child Protection Committee, said: “We are launching this survey to find out what work we, as a CPC, need to do in order to raise awareness of the responsibility we all share in keeping children and young people safe.

“We need to make sure that everyone knows who to contact if they are concerned about a child or young person and we need to understand if there is anything that would stop people from picking up the phone to report a concern.”

The survey can be accessed at:

https://www.surveymonkey.co.uk/r/Child_Protection_Survey

If you have any worries about a child or young person please contact:

- 01343 554370 (Social Work - during office hours)
- 03457 565 656 (Social Work - Emergency Out of Hours)
- 101 (Police Scotland)
- Alternatively, you can email childrensaccessteam@moray.gov.uk

To learn more about protecting children, including the answers to some frequently asked questions, visit the Moray Council website:

http://www.moray.gov.uk/moray_standard/page_88809.html

Workplace winter walking

challenge – The Walk Moray project is running a winter walking challenge as part of its 'walkplace' programme.

Teams of up to 5 colleagues can sign up for free to the challenge which runs for 8 weeks from January 11 – perfect for helping you stick to any New Year resolution to improve your health and wellbeing.

Local healthy and active prizes are up for grabs – but half the fun is in getting that team spirit going and tapping into your competitive side.

Places are limited so teams are encouraged to sign up soon by contacting Claire Buchanan, Health Walk Coordinator, claire.buchanan2@nhs.scot.



walkplaces

Moray winter walking challenge
Commences Monday 11th January 2021

Get your workplace moving and connecting more by taking part in our first 8 week bespoke walking challenge.

- Gather a team of 5 work colleagues
- Sign up by the 4th January
- Record your steps for 8 weeks on the challenge website (walks, runs, cycles, yoga, swimming all count!)
- Set goals
- Complete weekly mini challenges and share your progress
- Connect with your colleagues through walking and have fun!



Stir up some friendly competition in your workplace and with other Moray businesses and organisations and you could win some **fantastic local prizes** in the process!

Contact Claire to sign up your team:
claire.buchanan2@nhs.scot / 07931 228444



Supporting Sustainable Travel

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