



Dear Colleagues,

This week I am helping to cover Silver Command for NHS Grampian. Looking across the wider system encompassing health and social care, it is evident that there are huge efforts in all parts to maintain capacity so we can continue to look after the sickest in our hospitals and the vulnerable in the community.

Winter usually adds a fair bit of pressure in the system, but with covid added in we are having to give a much

larger response to ensure that critical services continue to be able to receive patients. The movement in any other part of the system cannot be underestimated so the effect of reducing delayed discharges is not only beneficial to individuals leaving hospital, but allows the sickest people to get the right treatment in the right place, at the right time.

Home First is critical and we will continue to develop this programme along with the work on reducing delayed discharges.

Thank you to those working hard to achieve for the folk of Moray, and the good of a whole system that also benefits us all.

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

**COVID vaccination programme** – Scaling up of the COVID-19 vaccination programme in Moray has continued with the Monday's opening of the Fiona Elcock Vaccination Centre in Elgin and confirmation of a network of venues which will host community vaccination clinics over the coming months.

GP practices, supported by the vaccination team, have been seeing those aged 80 and over during the past two weeks and it is expected that all in this group will have been offered their vaccination at or close to their local practice by early February. Housebound patients are being vaccinated at home. Feedback from patients across Moray has been extremely positive.

In line with the Scottish Government COVID-19 Vaccine Deployment Plan, people aged 75-79 are the next priority group to begin vaccination. They have started to receive appointment letters to attend the Elgin centre or one of the newly established community vaccination sites which will operate on an appointment-only basis at:

- Mosset Park, Lea Road, Forres
- The Shand Centre, Mount Street, Dufftown

- Buckie Baptist Church Hall,  
Cluny Terrace, Buckie
- Longmore Hall, Banff Road,  
Keith

Wherever possible patients should accept and attend the appointment they are offered although efforts will be made to respond to individual circumstances.

You should rearrange your appointment if you: are showing symptoms of coronavirus; have recently tested positive; or have been told to self-isolate.

Moray patients who need to rearrange their vaccination appointment should phone 0345 337 9899 (Monday to Friday, 9.00am to 5.00pm).

General enquiries related to COVID-19 vaccinations can be directed to the Scottish COVID-19 Vaccination Helpline on 0800 030 8013 (available 8.00am–8.00pm 7 days a week).

**Care homes** – The second wave of coronavirus – with the more transmissible variant of the virus – continues to impact on social care services including care homes.

A few of our care homes have experienced clusters and outbreaks of coronavirus among residents and staff. In response, an Incident Management Team (IMT) has been called, chaired by the NHS Grampian public health team, to coordinate the activities of the support agencies involved. The IMT has been satisfied that all necessary infection prevention and control measures are in place at the care homes.

**System pressures** – All sectors are experiencing significant challenge due to unscheduled care pressures, with bed capacity a particular issue. COVID-19 patients, in addition to the usual winter pressures we see, means that the situation is particularly tight. It is really important that HSCM support the wider system to reduce pressures.

Proactive approaches to discharge planning continue in Dr Gray's and across the community hospitals. An additional daily huddle has been implemented by the partnership to identify and address barriers, make efficiency improvements and ensure patients have a timely discharge from hospital.

**Consultant appointments at Dr Gray's** - The Hospital Leadership Team are delighted to announce that as a result of recent recruitment process and interviews, four Consultant General Surgeons have now been appointed to join the team at Dr Gray's on a substantive (permanent) basis.

The new surgical colleagues are expected to take up post from February and will be delivering day-to-day care, providing emergency care to the people of Moray and contributing to NHS Grampian's provision of speciality and planned care.

The recruitment process benefited from innovative collaboration and support within NHS Grampian sites and working with NHS Highland to offer candidates opportunities to develop speciality interests or supportive mentoring.

The appointees were selected using a value-based interview process that aligned their individual skills and values to those in the best interest of the population of Moray, Dr Gray's Hospital and NHS Grampian. This is a novel, contemporary approach aimed at establishing strong teams that foster development and commitment to the area they serve.

**Shared Lives** - Shared Lives is a very different way of providing social care. The Service is based in the homes of the individual Shared Lives Carers who provide a highly personalised



alternative to building-based forms of care for people who benefit most from support based on relationships and sharing community life.

Moray's 33 self-employed Shared Lives Carers were delivering 1,000 hours of day support each week until the Covid-19 pandemic hit and the service had to be suspended.

While the carers were unable to have those they had worked with coming into their homes, most kept in touch with service users and their families to keep relationships going and offer alternative forms of support. They have met in gardens for tea and cake, accompanied individuals on walks to get out into nature and delivered materials for crafting projects.

On a more practical level, carers have supported with getting shopping for those who don't have family living nearby, putting bins out, sorting out hearing aid problems and signposting people to local voluntary services for further help.

By maintaining regular contact with individuals and families, they have also been able to highlight any concerns to the Shared Lives support team who have then been able to access social work support for those in crisis.

The Moray Shared Lives Service is working hard to re-mobilise in line with government guidance and carers hope to be welcoming service users back into their homes within the next few months.

**IJB** – The next meeting of the Moray Integration Joint Board will be held tomorrow (Thursday) using an online platform. The agenda pack can be accessed [here](#).

# COVID-19 has affected us all. Wellbeing support is available for you.

Health and social care staff have accessed resources on the National Wellbeing Hub at [www.promis.scot](http://www.promis.scot) nearly 80,000 times so far for:

- ☰ Information on looking after yourself.
- 📱 Free, evidence-based apps to help with personal resilience, stress, sleep etc.
- 👥 Coaching, guides, webinars, and more.
- 💬 Confidential emotional support via the National Wellbeing Helpline.

**0800 111 4191**  
**[www.promis.scot](http://www.promis.scot)**

