

Welcome to the August 2019 Moray Matters. I would like to start off by thanking all of our staff teams for the first class service you deliver. I know that there are many and varied challenges that we all face, but I am always so impressed with how we continue to rise to the challenges every day.

We've had some fierce heat to cope with recently, which often makes it harder to get things done. I can't count how many posters I've seen about staying hydrated but I know that some of you struggle to get the chance to make sure that you look after you and your needs. Please take the time to drink some water and check that your colleagues are doing so as well.

In this edition you will get an insight into what fellow team members

have been doing in recent weeks. We are a large team so it's always hard to keep up with many of our team members spending their days (and nights) working with service users, rather than being based in one place, it can be tough to keep up to date with all the activity that goes on.

Our teams within Health and Social Care Moray (HSCM) are fantastic ambassadors for what we are trying to achieve in Moray; patient-centred health and social care, delivered in the most suitable environment by the very best teams. I know that we are fortunate to have such hardworking and dedicated staff, and I am very keen to share all the excellent things that happen each and every day.

I firmly believe that we all need to be responsible for highlighting and

sharing the great work that our teams produce, and I hope that this regular publication will help to do just that.

You can catch up on what's happening on our facebook (link), twitter (link) and by following me on twitter. Our website has everything you need to know on it as well, and keep an eye out for the staff section being developed.

Please take the time to read this, share it with others and keep doing the fabulous job that you do. I hope you enjoy reading this newsletter.

Pamela Dudek
Chief Officer
HSCM

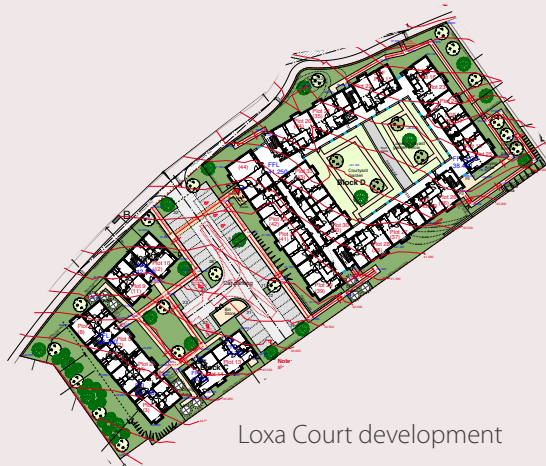
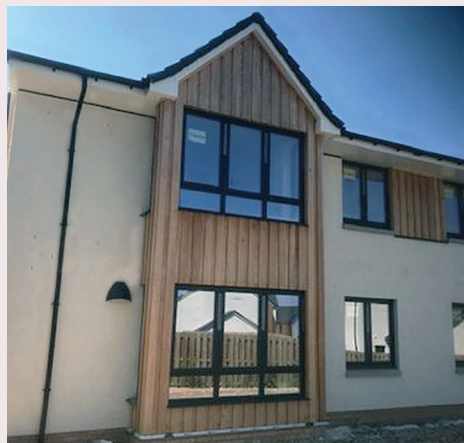


Loxa Court: Elgin's new care facilities housing

Loxa Court, is a purpose built housing development providing housing with care facilities for those including those with age impaired frailty. There will be 30 properties in total for the use predominately for the over 60's; five of these are designed for wheelchair users with another five for those with dementia.

Allied Healthcare are in the process of recruiting staff for the development, and have confirmed that there is a great mix of care workers who have experience in the profession, as well as new entrants who are attracted to working in such a new facility with residents living within a single community.

The first properties will be ready for the new tenants to move in to in September. If you know of any of our existing service users who would be interested in finding out more about becoming a tenant of Loxa Court then they can contact their social worker or occupational therapist or:



Loxa Court development

- Hanover Scotland :
telephone 01343 548585 /
northinfo@hanover.scot
- Health & Social Care Moray Access Team (Community Care)
telephone: 01343 563999
accesscareteam@moray.gov.uk

HSCM project lead: Lesley Attridge said: 'The Loxa Court project gives us a great opportunity to expand on our experience of working in partnership with other agencies.

Hanover Scotland are providing the buildings and the landlord function with Allied Healthcare are providing the care component.

We are hugely excited by the project and as we near the completion date, it is fantastic to see so much interest in the new properties. We know delivering care at the person's home is key to trying to maintain a good quality of life, and it is great that we are able to do so at Loxa Court.'



Baby Steps is a multi-agency, Midwife led, fun, free, interactive 8 week health and wellbeing programme, for pregnant women with a BMI > 30. Baby Steps actively supports women to take small steps to improve their health and wellbeing during pregnancy; providing the opportunity to:

- Meet other pregnant women.
- Participate in hands on cooking sessions and get some healthy eating tips.
- Participate in gentle activities, such as walking, aquanatal sessions and relaxation.
- Meet up after the birth of their babies.

The women who attend Baby Steps report feeling healthier and more active, increasing their knowledge and confidence on how to take steps to improve their health & wellbeing.

The women are also more aware of local support available in the community such as BRAG (Breastfeeding, Reassurance Awareness Group) and Book Bug.

The Baby Steps programme recently won the Inkwel Choice Award hosted by Elgin Youth Development Group for Community Engagement and Partnership working. This follows the award won in 2018 for "Excellence in the Early Years" awarded at the Children and Young People Improvement Collaborative Quality Improvements Awards.

For more information please contact:

Kitsteen Carmichael:
kirsteencarmichael@nhs.net

Sammy Morrison:
sammy.morrison@nhs.net

Laura Sutherland:
laura.sutherland@nhs.net



Love to Ride is an international organisation that aims to get more people cycling, through different events throughout the year - so far over 410,000 people have joined in across the world, with over 98,000 classing themselves as new riders.

The main event, Cycle September, is a fun, free competition between local workplaces to see which one can get the most employees out riding a bike throughout September. The competition is open to everyone; new cyclists and regular riders are all welcome. Everyone who takes part will be entered into prize draws: past prizes have included trips on a yacht, new bikes and holidays!

Cycle September is free, super simple to use and every time you record a ride in September you will earn points for yourself and your team, which will then allow you to be entered into the prize draw - to sign up just head to www.lovetoride.net/moray

Old Toothbrush Exchange

Did you know: You should change your toothbrush approximately every 2-3 months or earlier if the bristles are frayed. If you do not change your toothbrush regularly, it may become less effective.

Healthpoint are offering FREE toothbrushes for staff. Simply come in to healthpoint with your old toothbrush and exchange for a new one! Your old toothbrush will be recycled and will raise money for Outfit Moray!

For further information or advice please visit healthpoint, the Foyer at Dr Grays Hospital or email nhsg.healthpointelgin@nhs.net



Your health and wellbeing

One of the benefits of mental health and wellbeing becoming easier to speak about is that we can see signs of problems in others. The teams we work in all deal with different challenges every day, and each one of us reacts to difficulties in our own way. Would you be able to spot signs of stress in your colleague? Maybe you have a member in your team who struggles to manage when plans change? What about signs in you,

would you know how to spot signs of stress in yourself? Maybe you're the team member who gets worked up when plans are changed or maybe you get anxious about meeting a deadline?

Stress can be caused by problems in our home life as well as by an issue at work. Talking about your problems can help, your manager can help to guide you to support services. You

can also get help on-line, have a look at these links:

www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/

www.nhs.uk/conditions/stress-anxiety-depression/

www.myhealthyworkplace.net/

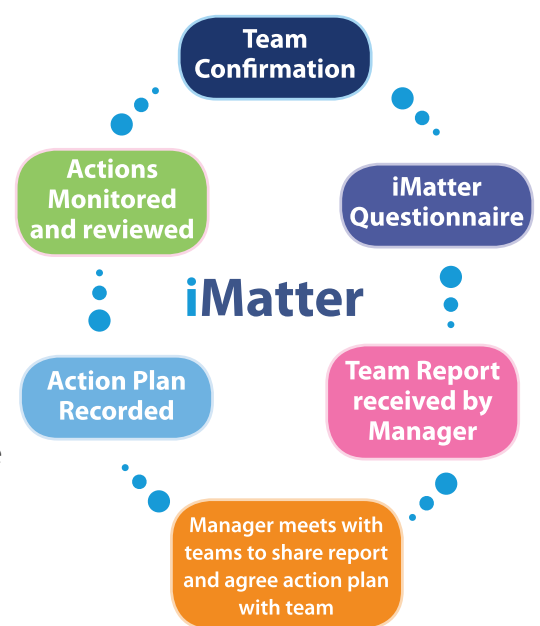
About iMatter

iMatter is a continuous improvement tool created with NHS Scotland staff, managers and staff side representatives to understand the experience of NHS staff at work. If experiences at work can be understood at individual, team and organisation level then we can all work towards improving our experiences and the experiences of others at work.

At HSCM, we are in our third year of using iMatter and we have seen some exciting new ways of working as a result of the process.

This year, the iMatter team reports were generated and fed back to managers between 22 July and 16 August, with the action plan created between 17 August and 14 October.

It would be great to hear how your team discusses the report. How do you come up with your action plan? Do you have a few biscuits and a cup of tea while you chat? Does someone bring in homebakes or maybe you get a pizza? Tell us how you do it and make sure you tag us in the photos using #iMatterHSCM.



Moray Integrated Joint Board Meeting

Members of the Moray Integrated Joint Body (MIJB) met on the 27th June at the bi-monthly session of the Board. The MIJB oversees the work of HSCM.

There were several items and reports of importance that were discussed, including the Primary Care Improvement Plan which is involved in looking at the GP contract. The Board unanimously backed the new plan that contains the aim to six key priority areas, including the Vaccination Transformation Programme and Pharmacotherapy services.

A key part of the session involved discussion around the interim progress report on the Forres Locality

Pathfinder project, an integrated health and social care model in the locality. There has been a continued focus on keeping the community informed of the project and what the implications of the change means for them. The interim report confirms that this work will continue and the role of Varis Court extra care provision will also be considered, alongside the impact of the changes will have on other HSCM services delivered in the area.

Commenting following the meeting, Chief Officer of HSCM Pam Dudek said:

'I am pleased with the progress being made by the teams in HSCM, and this was demonstrated very well at the MIJB meeting this morning.

Working in partnership is something that enables us to look at new ways of delivering the services that the people of Moray require.

We have seen some excellent examples of the use of collaborative working with external stakeholders to deliver for the people of Moray, and it is clear that the person-centred approach is embedded in all that is done. In Moray, we are making integration work, and it's fantastic to be part of such a journey!

You can view the annual performance report at:

<https://hscmoray.co.uk/performance.html>

Making every Opportunity Count (MeOC)

MeOC is an inclusive, sustainable 3 tier method which provides a simple, adaptable approach to prevention:

MeOC is Tier 1 - Light touch conversation, signposting and referral

Making every Opportunity Count is quite simply a conversation that staff may be having anyway with patients/services users/clients. If during that conversation the person expresses concern for any health or wellbeing issues staff can make that opportunity count by using the MeOC Signposting to Services Booklet to signpost to a service that can offer support.

services can be such a significant first step in supporting a lifestyle change or perhaps even improving quality of life.

Making every Opportunity Count is embedded within Acute, Primary, Local Authority, Community and Third Sector organisations across Grampian.

You can find out more about MeOC here

<https://www.hi-netgrampian.org/people-networks/public-health-directorate/health-inequalities/making-every-opportunity-count/toolbox-making-every-opportunity-count/general/>

TOP FIVE ENQUIRIES FOR SERVICES SIGNPOSTED TO			
1	Mental Wellbeing	4	Home heating worries
2	Money worries	5	Alcohol
3	Weight management		

Self checks can also be used as a softer approach to engage in conversation. Self checks are accompanied by separate signposting to services sheets that people can keep, they can then access any of the support services when and if they want to. Signposting to relevant

To find out more about free MeOC Awareness Training and MeOC Managers Toolbox from HSCM Area Public Health Co-ordinators, please contact;
Susan Johnston, Area Public Health Co-ordinator
susan.johnston9@nhs.net



Healthy Working Lives

Staff Wellbeing Survey

The HWL employee wellbeing survey is now live. Please take some time to complete the survey. It should take no more than 10 minutes. Your answers and feedback are vital to help identify priorities and shape future staff health and wellbeing activities. All responses are confidential.

Please use the following link:

<http://surveys.healthyworkinglives.scot/surveys/ew-2018-nhs-grampian-moray-chscp/>

The closing date is the 31.08.2019

Also please note the unique code at the start of the survey, so you can revisit the survey at any time.

Paper copies available Please contact Siobhan siobhan.leen@nhs.net for copies or further information or problems.

You are invited to come to healthpoint at Dr Gray's Hospital

healthpoint offers free advice or information to help keep you well or improve your health. our team of

friendly advisors can provide support and information on a range of topics such as:



- Becoming more active
- Healthy eating
- Weight loss advice
- Smoking cessation
- Blood pressure
- Mental health
- Alcohol
- Stress
- Motivational support
- Carers health and wellbeing



- Local support groups and services
- Access to free condoms
- Long term conditions e.g. Diabetes, Asthma.

Located in the Main Foyer
Opening times are Monday - Friday
9:00am to 12:30pm, 1:00 to 5:00pm
Telephone **01343 567 842**

No appointment needed - just call in or give yourself a boost and book a "Wellbeing Check"

Clean Air Day 2019 - Moray

A number of events were held across Moray to raise awareness of Clean Air Day 2019. Clean Air Day is a national event aimed to raise awareness of air pollution, how it can affect our health and how we can all make a difference to the air we breathe.

The Health improvement team attended the New Elgin and Greenwards primary school fetes and had some time with the local firefighters, as well as the pupils. The team also took their message to the Speyside Low Carbon Hub community event

Moray Council and Home Energy Scotland joined forces to promote Clean Air day 2019 at Dr Gray's Hospital. The event showcased simple, but effective steps we can all take to reduce pollution and recognise the health benefits of smarter travel choices. Staff and visitors to Dr Gray's Hospital got the opportunity to find out more information, make Clean Air Day pledges and pick up some free resources. General Manager of the hospital Alasdair Pattinson lent his support to the event and stressed the benefits that increased physical activity and active travel can have for staff and visitors to the hospital.

Later that day, the teams were joined by Earthtime and hit Elgin's High Street to show electric scooters and bikes, and highlighted that ebike loans that are available through Home Energy Scotland. You can find out more about the loan at www.energysavingtrust.org.uk/scotland/grants-loans/ebike-loan or by calling **0808 808 2282**.

The Clean Air Day promotional events represent a good example of partnership working to look at the holistic nature of health, travel and the wider environment. A big thank you to all who took part.



World Hepatitis Day 2019

Each year NHS Grampian Public Health Directorate and Health and Social Care Moray promote and support the national **World Hepatitis Day Campaign**

This year there was a Grampian road show to promote the campaign messages with 2 of the events being delivered in Moray.

The aims of the events were to:

- Increase awareness of past risks of Hepatitis C and to encourage and increase testing for Hepatitis C
- Increase awareness of new Hepatitis C treatments and to increase engagement with treatment
- Increase awareness of Blood Borne Viruses(BBV's) among the general public, and increase testing for those who may have been at risk
- Reduce stigma around BBV's

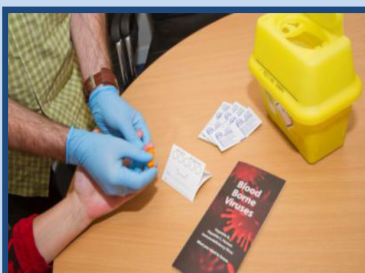


- There locations identified in Moray to support the campaign were the St Giles shopping centre, Elgin and from the Mobile Information Bus parked in Tesco's Car Park, Buckie
- The campaign was promoted nationally and locally via local radio stations and social media
- The Moray events attracted a cross range of the local population. There was a lot interest in the campaign and some of those who engaged with the team of experienced staff went on to take the test.

Elgin: 17 people tested

Buckie: 19 people tested

The test is known as a Dry Blood Spot Test. It tests for Hepatitis B, Hepatitis C and HIV. The test is sent away and results reported back to clients in approximately 3 weeks



The events were supported by NHS Grampian Public Health Team, Arrows Quarriers Service, Health & Social Care Moray, St Giles Shopping Centre Elgin and Buckie Tesco's



Consultation on the future care model for Children's Services at Dr Gray's Hospital

The consultation on the future care model for Children's Services at Dr Gray's Hospital has now passed the half way mark, with only 6 weeks left to gather the views of staff, public and other interested parties.

Due to national recruitment difficulties, the Children's Ward is currently closed to overnight admission, however prior to this the ward was open 24/7 as an in-patient ward.

The proposed future care model would change the ward to a Short Stay Unit which would reinstate round the clock admissions and also provide more community care nursing support for families.

It would also limit how long children can stay on the ward to around 24 hours, however the majority of children were discharged within this time previously, and more unwell children have always been transferred to Royal Aberdeen Children's Hospital to receive more specialised care.

The consultation has been receiving positive media attention. A frequently asked questions (FAQ) video about the model with our very own Paediatric Consultant, Shelagh Parkinson, and

Paediatric Senior Charge Nurse, Karen Merrin, has already received over 4000 views on social media!

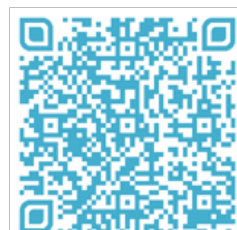
The Consultation Paper, FAQ Paper and Questionnaire (to give your views) are available at <https://bit.ly/2RP42vR> or by scanning the QR code below.

We would encourage everyone to give their views on the proposed model by filling in the questionnaire before the consultation closes on 27 September 2019.

The feedback gathered will be submitted for consideration to the NHS Grampian Board during October/November. Consultation feedback sessions will be held in Elgin during November.

For any other information about the consultation please contact: nhsg.involve@nhs.net or phone **01224 558098**.

To view the FAQ video go to <https://www.facebook.com/DrGraysWomenandChildren/videos/423579188489368/>



Moray MS Community

Health and Wellbeing Conference,

UHI Alexander Graham Bell Centre, Elgin, Moray
27th September 2019

P R O G R A M M E

TIME	EVENT / ACTIVITY	
10:00	REGISTRATION	TEA and COFFEE
10:20 – 10:30	WELCOME	RICHARD LOCHHEAD Moray MSP
10:30 – 11:20	Cognition and MS current research developments	Dr PETER CONNICK and Ms DAWN LYLE MS Senior Research Nurse A.R. Rowling Research Centre, Edinburgh
11:20 – 11:40	Refreshments and Information Hubs	
11:40 – 12:30	Mental Health and MS Positive managing wellbeing	Dr FIONA SUMMERS Consultant Clinical Neuropsychologist, Aberdeen Royal Infirmary
12:30 – 13:15	Lunch and Information Hubs	Question forms for the afternoon panel to be handed in
13:15 – 14:00	Support for maintaining mental and physical wellbeing in Moray	SEAN COADY NHS, Head of Service Health and Social Care Moray
14:00 – 14:45	Panel – Questions from the day	
14:45 – 15:00	Plenary and Thanks	

INFORMATION HUBS

1	Moray Health and Wellbeing Centre	5	M S Trust
2	Moray Wellbeing Hub	6	Quarriers
3	Move4Ward	7	Self Directed Support Group, Moray
4	M S Society, Moray	8	The Oaks

MORAYmattersNEWSLETTER

What do you think of this newsletter? Would you like to share what you've been up to? Maybe you'd like to tell us about one of your working days? Get in touch, tell us your opinions and things you'd like to see included in the next newsletter.
eilidh.mackechnie@nhs.net

