

Core brief

**Message from Jane Grant, Chief Executive
(13 May 2022, 12noon)**

I am pleased to report we have seen a further reduction in COVID cases in our hospitals and in our care homes, so although we may not be completely out of the woods yet, this steady progress is encouraging. However, the delayed discharge of patients continues to be the one issue where we are not seeing the level of improvement we would like. Unfortunately, this continues to be a complex challenge and while we are doing what we can to enable patients to leave hospital, we can only do so if, in many cases, a support network or care system is in place and available. Our focus will continue to be on this issue and I hope that in the coming weeks we will start to see it improve. I would like to thank all staff across our hospitals, care homes and within care at home for all you are doing to support this process.

This week we have marked International Nurses Day which gives us an opportunity to celebrate the outstanding work of all our nursing colleagues. I have been inspired by the stories of our nursing staff which have been shared across our social media channels. I would like to thank you all for sharing your stories and insights about your personal journeys into nursing – every one so very different, but each with compassion and the will to help others at their core. Thank you to everyone who agreed to take part to showcase the wonderful, and so extremely vital, work of our nursing teams.

This week also plays host to Mental Health Awareness Week, which this year is focussed on the theme of loneliness and encouraging individuals to build meaningful connections with friends, family, colleagues and members of your local community. It is therefore fitting this week to share with you a story of two of our members of staff. Mental Health Nurse, Pamela Charles and Student, Charley McDowell, were travelling to a home visit with one of their patients when they encountered an individual who was standing alone on a bridge with the intent to jump. In such a critical moment, Pamela took charge and used her expertise to support the person and successfully de-escalate the situation. Pamela and Charley made sure to seek the help of other services to support the individual, who I understand, has since been able to access appropriate support and care. It would have been completely understandable, given the circumstances, if Pamela and Charley had to ask for support from colleagues to carry out their home visit for them, but instead, they went on to attend to their scheduled patient. I would like to thank Pamela and Charley for their impeccable professionalism.

I would also like to use this opportunity to remind our staff of the importance of looking after your own mental wellbeing and supporting colleagues, who may be going through a tough time. It has been a hard, and for many, harrowing two years and it is really important that we remember that sometimes we seek help later than we should. To every staff member, if you feel you need support, please ask; if you see a colleague who needs help, if you can please offer support. This may be as simple as lending an ear, but if you are concerned about a colleague, please consider alerting your manager, who may be better placed to help. We need to continue to look out for one another where we can and use the support services available to you.

Finally, I am pleased to share with staff some great news from Leverndale Hospital as the art work that was commissioned for 'Design in the Dale' to enhance the grounds at the hospital has been shortlisted

in the Design for Good category at this year's Scottish Design Awards. The artworks on site were commissioned to create wayfinding, creative experiences and encourage well-being for patients and staff when walking around the grounds and include a mural on the gable end of one of the buildings. The artwork is shortlisted against some really significant projects, including an installation at the V&A museum in Dundee and Glasgow's 'Hope' sculpture, however, I hope that the benefits to our patients and staff at the Leverndale are significant enough for us to be in with a real chance of winning. I wish the team the very best of luck for the awards ceremony which is due to take place next month.

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