

Core brief

Daily update
(19 June 2020, 4.40pm)

Topics in this Core Brief:

- BAME Workforce - Risk Assessment
- New Mental Health Resource
- Skye House Outdoor Project

BAME Workforce – Risk Assessment with Staff Members

We previously acknowledged that there is emerging evidence that people from Black, Asian and Minority Ethnic (BAME) backgrounds may be disproportionately affected by COVID-19. The health and wellbeing of our staff is a key priority and we are aware that many BAME staff may be feeling anxious and wish to discuss how best to protect themselves and their families at this difficult time.

We have reviewed and updated our [Risk Assessment Form](#) and Managers will use this to lead on supportive discussions with staff who consider themselves to be from BAME background – if the staff member wishes to do this. We would appreciate if all Risk Assessments be undertaken by the end of June 2020.

New Mental Health Resource

A new resource has been produced to help adults with mental health issues during COVID-19.

The south Adult Community Mental Health Team occupational therapy service have developed tailored Occupation Focussed Self Care Boxes for patients.

The occupational therapy service uses occupation focused and purposeful activity to help improve functional skills and abilities, social inclusion and maintenance of health and wellbeing for patients. However, providing this kind of intervention in the current situation has proved challenging, as lockdown and shielding measures affect a large number of individuals in the service.

The self-care boxes are one of the new, innovative ways, created by the team, to deliver therapeutic interventions to promote mental health and function in these difficult times.

To ensure that patients receive maximum benefit from their self-care packs, staff first discuss their individual needs and interests. The content is then designed to include activities which will provide the most appropriate therapeutic value for each patient. For example, this may include a mindfulness colouring book to aid concentration or notelets to aid communication with friends and family. The pack also includes information and resources such as a weekly planner and tips on sleeping well.

For further information on contact Fiona.brown@ggc.scot.nhs.uk

Skye House Outdoor Project

“It’s time away from the world, from stresses, to just be you. I feel like when I’m out here I don’t feel like I’m in hospital.”

A creative outdoor therapeutic programme has been developed for patients at the Skye House adolescent inpatient psychiatric unit.

Psychotherapists, the OT service, nurses, teachers and family therapists were all involved in providing a wealth of creative and gardening opportunities for the young people staying at the unit.

Taking full advantage of the wonderful outdoor spaces at the Stobhill Campus, these included outdoor art sculptures, re-vamping the school garden and growing plants and vegetables.

The programme has been met with a lot of enthusiasm and the young people are already discussing ideas for future projects beyond lockdown.



**It is important to share Core Brief with colleagues who do not have access to a computer.
A full archive of printable PDFs are available on [StaffNet](#)**