

## News

### ARI's SURE Unit Takes a Step Closer to Fundraising Target

A new one-stop diagnostic centre for people with symptoms of urological cancers has taken a step closer to reaching its fundraising target.

The Swift Urological Response Evaluation Unit, known as SURE for short, will enable more people with suspected urological cancer to be seen quicker, and to have all their scans and diagnostic tests carried out during a single visit to the hospital.

NHS Grampian Charity has now joined forces with other charity funders UCAN and Friends of ANCHOR with a donation of £464,000 to support the project. The funding will be used to purchase advanced medical equipment and furniture for the unit, over and above core items provided by the NHS.

The SURE unit aims to be a centre of excellence which will double current capacity to treat people with prostate, penis, testicular, bladder and kidney cancer.

It is being developed in the Yellow Zone at Aberdeen Royal Infirmary. Work began in January 2026, and it is due for completion in June 2026. As well as treating patients from across Grampian, it will also benefit those requiring treatment from Orkney and Shetland.



NHS Grampian Charity Lead Lisa Duthie, pictured above with Friends of ANCHOR Chief Executive Sarah-Jane Hogg and UCAN Chief Executive Kenny Anderson, says, "Waiting to find out whether your symptoms are cancer or not is scary for patients and their families. The SURE unit will significantly reduce the time patients are waiting, and help them get on the right treatment path quicker."

Alan Wilson, NHS Grampian Director of Infrastructure, Sustainability & Support Services, says, "This is an incredibly exciting milestone for the SURE unit which would not have been possible without the vital support of our charity partners."

[Read More](#)

## Santa Visits Hundreds of Hospital Patients

More than 1,700 patients in hospitals across the North-east received a gift from Santa on Christmas Day, thanks to the kindness of the people of Grampian.

The charity continued its annual tradition of providing gifts for patients who are staying in one of the health board's hospitals over the festive period. The gifts are funded through generous donations made by patients, visitors, and members of the public. Patients at almost 90 wards across 17 different NHS Grampian hospitals received gifts this year.

Charity Lead Lisa Duthie, pictured back left, says, "Spending Christmas in hospital can be extremely difficult. At a time when many expect to be with family and friends, there are hundreds of people who instead wake up in hospital wards and spend their Christmas Day with our health and care colleagues.

"Thanks to the incredible support of the public, we're able to make sure each patient gets a small gift - a little something to open on Christmas Day that reminds them that we care.



NHS Grampian Chief Executive Laura Skaife-Knight, pictured back right, says, "Our staff do everything possible to make Christmas magical for patients, and I want to thank all staff who have gone above and beyond to buy and wrap gifts, decorate wards, plan parties and fun activities, and bring the spirit of Christmas to our hospitals.

"Little extras like these can make all the difference to the wellbeing of our patients, and I speak on behalf of all at NHS Grampian when I say a heartfelt thank you to every single person who has helped make this happen."

## Recliners Make Emergency Department Wait More Comfortable



Six new recliners have been funded for the Acute Medical initial Assessment department - a very busy unit at ARI which receives patients from primary care, the Emergency Department and the ambulance service.

Three of these recliners are being used in the triage area to provide comfortable, supportive seating options, particularly for patients who are elderly, frail, or acutely unwell, and the other three are being used in the ambulatory area for patients receiving blood transfusions and prolonged day care.

## Stroke Staff Enhance Skills

The UK Stroke Forum came to P&J Live in November, welcoming 2,000 delegates to the north-east for three days to learn, collaborate, and develop new skills in stroke treatment and care.

Thanks to your generous donations, we were able to support 32 NHS Grampian staff to attend the conference, over and above the staff sent by the health board.

Colleagues from Aberdeen Royal Infirmary, Woodend Hospital, Fraserburgh Hospital, and Dr Gray's Hospital attended the Stroke Association's flagship annual conference and met experts from all over the world to enhance their knowledge and skills on the best evidence-based practice.

The attendees included a range of colleagues from occupational therapy, physiotherapy, speech and language therapy, nursing, and clinical colleagues from both acute stroke and stroke rehabilitation services.



Thérèse Lebedis, Stroke Managed Clinical Network Lead at NHS Grampian, said, "Giving staff the opportunity to attend an event like this helps make our services better for new patients coming through.

"Staff learn from experts from all over the world, which is great for enhancing their knowledge and skills and, ultimately, great for our patients. Everything our teams do is about serving people who may have had a stroke, and supporting people to live well."

## Hyperbaric Unit Colleagues Attend Specialist Conference

Staff from the NHS Grampian Hyperbaric Unit were supported to attend the British Hyperbaric Association Conference in November.

Senior Charge nurse Corrine, pictured on the left, says, "It's a highly specialist conference, and it gave our team the opportunity to hear from amazing speakers from all over the world and learn from their expert knowledge."

Senior Staff Nurse Hayley, pictured on the right, says, "It's a very niche area, so it was great to have the opportunity to network with other hyperbaric chambers around the country and abroad, and

to bring these learnings and best practice from all over the world back to Aberdeen to help our patients."



## Research Uses New Scanner to Detect Brain Changes



Research is taking place at the University of Aberdeen to test whether Field-Cycling Imaging can be used to detect the early signs of cerebral small vessel disease.

The next-generation Field-Cycling Imaging scanner uses low and ultra-low magnetic fields to reveal disease effects that were previously impossible to see using conventional MRI scanners.

NHS Grampian Charity is funding the research along with the Scottish Government Chief Scientist Office.

Researchers are collaborating with Scottish Brain Sciences to investigate how effectively Field-Cycling Imaging can detect early signs of changes in the brain

that point to cerebral small vessel disease, a common age-related brain condition that increases the risk of stroke and dementia.

Although most people develop some degree of small vessel disease over time, identifying who is at risk of decline remains a major clinical challenge. The study will investigate the effectiveness of Field-Cycling Imaging to detect early signs of cerebral small vessel disease, before symptoms are present, and its progression over time.

### Research Shows HPV Vaccine Linked to Fewer Pregnancy Complications

New research from the University of Aberdeen has found that women who received the HPV vaccine at school are much less likely to experience serious pregnancy complications later in life, including pre-eclampsia, early rupture of membranes, and late pregnancy bleeding.

The research, which was jointly funded by NHS Grampian Charity and by Newton Fund PhD Fellowship, was carried out by a team of researchers led by Dr Andrea Woolner.

## Fundraising

The Aberdeen Kiltwalk is back for 2026. Thousands of walkers will take on the 18-mile Mighty Stride or the 4-mile Wee Wander on Sunday 7<sup>th</sup> June to raise money for a charity close to their heart.

We are thrilled to already have patients, family members and staff signed up to fundraise for various hospitals, wards and departments across Grampian. Do you want to join them? Click the button to find out more and to sign up.



[Sign Up](#)

# Exciting New Adventure Challenges

Will 2026 be the year you step out of your comfort zone and set yourself the challenge of a lifetime?

We are thrilled to have partnered with Global Adventure Challenges who offer exciting challenge events in the UK and overseas.

Have you always wanted to climb to the top of Ben Nevis? Is trekking the Great Wall of China on your bucket list? Would you love to bring the Tour de France to life by cycling from London to Paris?



If you've always dreamed of taking on a once-in-a-lifetime adventure, then this could be your chance to do that while raising money to support your local hospital, or a ward, department or medical condition close to your heart. With challenges to suit all abilities, you're sure to find something that gets your heart racing.

Not only will you show your support for the incredible work of the NHS and help improve the health and wellbeing of people right here in Grampian, you'll also enjoy an incredible experience and create memories that will last a lifetime.

[Find Your Challenge](#)

## Choose Your 2026 Fundraising Challenge

Want to fundraise but not sure where to start? There are lots of exciting events coming up in 2026 that you can take part in - here are some of our favourites:

### April

[Moray Marathon](#)

[Run Balmoral](#)

[Etape Loch Ness](#)

### May

[Run Garioch](#)

[Edinburgh Running Festival](#)

### June

[Aberdeen Kiltwalk](#)

### September

[Ben Nevis Trek](#)

[Loch Ness Marathon](#)

[3 Peaks Challenge](#)

[London to Paris Cycle](#)

### October

[Great Wall of China Trek](#)

### November

[Sahara Desert Trek](#)

**NHS Grampian Charity could not continue to enhance the health and wellbeing of the people of Grampian without your generous support.**

Thank you

[Donate](#)