

# spectra

**NHS**  
Tayside

The staff magazine for NHS Tayside

Apr - May 2014  
Issue 71



**Green shoots of  
sustainability  
across NHS  
Tayside**



## Dear spectra readers,

With flowers blooming across Tayside, spring has finally sprung and our thoughts turn to the exciting new projects and initiatives at NHS Tayside this season.

Construction has started on the new Young People's Unit (YPU) in Dundee and Chairman Sandy Watson was joined by former patients to mark the start of the work on the new £8million development. Check out the article in news2u.

You can also read about NHS Tayside's new partnership with the ARCHIE Foundation to create a new branch of the charity dedicated to supporting sick children in Tayside.

This edition is packed with features on the work being done by staff across many areas of the organisation. You can read all about the Care to Save campaign, as well as the Mental Health Improvement programme and the opportunities being created by the Healthcare Academy.

We are also celebrating five years of the Paediatric Overweight Service Tayside (POST) and the launch of NHS Tayside's Do You Know Who I Am? Campaign, which aims to improve patient safety by ensuring all inpatients wear detailed identity bands.

In the run up to a summer full of sport, we asked staff who their sporting hero is. You can see their answers in our Voxpop section on page 12.

Finally, why not check out the great offers for staff from the TREATS team which include tickets to see 'Wicked' at His Majesty's Theatre in Aberdeen or the Royal Highland Show in Edinburgh.

We're always looking for stories and suggestions for your magazine so get in touch if there's anything you'd like us to cover. Just email the editorial team on [communications.tayside@nhs.net](mailto:communications.tayside@nhs.net)

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Please send items for the next edition of spectra, Issue 72 June/July to the editorial team by 6 May. The deadlines for the following editions of spectra are Issue 73 August/September – 8 July and Issue 74 October/November – 2 September.

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news2u



healthwise



check it out



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# Interim Chief Officer appointed for Angus health and social care

Former general manager of Angus CHP Susan Wilson has been appointed as Interim Chief Officer for the Angus Shadow Health and Social Care Integration Partnership.

Susan, who previously worked as an occupational therapist and senior manager in health and social care services, will lead the transition to integration of health and social care services provided by NHS Tayside and Angus Council.

New Health and Social Care Partnerships will be formed in Scotland by April 2015 which means that GPs, hospitals, health workers, social care staff, and the voluntary and independent sectors will increasingly work side-by-side to share information and provide more co-ordinated services.

On her appointment, Susan said, "I am delighted to accept this exciting new role and to work together with all the partners and communities across Angus to improve the lives of local people and their families.



## It's good to volunteer for NHS Tayside

NHS Tayside has successfully been re-accredited with the 'Investing in Volunteers' Award.

'Investing in Volunteers' is the UK national quality standard which recognises good practice in organisations' volunteer management and support.

Across NHS Tayside there are over 900 valued volunteers working alongside staff on many hospital wards and helping to support self-management groups in local communities, complementing the way in which health services are delivered.

This award highlights NHS Tayside's continued commitment to volunteers ensuring that they are offered support and training to enable them to carry out their many roles.

## Steps to Better Healthcare Showcase

Steps to Better Healthcare held a showcase event at Stracathro where staff had the opportunity to find out more about the current projects and speak to the teams responsible for implementing the changes.

SBH is all about improving health, patient experience and efficiency, and supports individual projects to get off the ground and start making improvements for patients and their families.

The projects, which are led by frontline staff, include Medicines Leadership, Procurement, Musculoskeletal Pathway, eRostering, Electronic Patient Record and Mental Health.



*The eRostering Team discuss their work with staff*



# NHS Credit Union celebrates 15 years

The NHS Credit Union, which offers financial support and advice to healthcare staff, is celebrating its 15th birthday.

Cabinet Secretary for Health Alex Neil described it as a "great example", which offered "sensible, ethical advice" and the credit union certainly had good cause to celebrate its achievements over the past financial year.

Membership, loans and savings are all at record levels, while members are to share in a dividend payout of over £50,000. To find out more please visit [www.nhscreditunion.com](http://www.nhscreditunion.com)



## News in Brief

### Angus

#### Brechin Hub Development Day

A development day to scope out the potential for a new Brechin health and wellbeing centre was attended by representatives of health and general practice, police, fire, local authority, ambulance, independent sector, local voluntary and community groups and members of the public.

The event was well attended and discussed how a health and wellbeing centre could be used to maximum potential by all members of the local community and what implications its use would have on plans for the design of the building.

#### A head start for James

Angus College student James Collier joined Angus CHP Health Improvement Team for a 13-week work experience placement funded by Skills Development Scotland Employment Fund.

After successfully completing his placement, James said, "My placement has been a full on, million miles an hour experience, learning new things every day. I worked with some of the nicest people and look forward to a possible job with NHS Tayside as the cherry on the top!"

#### Award for Healthy Happy Communities

Congratulations to the Healthy Happy Communities team who have been awarded a Level 4 'Thriving' award from the Royal Horticultural Society 'It's your Neighbourhood Awards' for the second year running for community work in the allotment and involvement of schools in growing and learning about fresh food.

They were nominated by Warddykes School in recognition for the work done with their pupils on the allotment which helped them gain a 'green flag' within the Eco Schools Initiative.

This is in addition to the 'Partners in Learning' award 2012/13 which was awarded to the team for collaborative partnership and valuable contribution to the development of skills for learning, life and work within Angus.

## New alcohol information app launched



*Chair of Focus on Alcohol Chief Inspector Gordon Milne and Chair of Angus Alcohol and Drugs Partnership Susan Wilson check out the app*

A new app has been launched to help tackle alcohol misuse and encourage people in Angus to drink sensibly.

The app gives interesting and useful information on alcohol consumption including facts for adults and young people, alcohol units and calories, staying safe whilst drinking and advice for parents on how to talk to their children about alcohol and its effects.

The app, which is available for Apple and Android devices, also has a question and answer section with a trained alcohol adviser. This is also available on the Focus on Alcohol website at [www.focusonalcohol.org](http://www.focusonalcohol.org)

# Work begins on new facility for young people

Chairman Sandy Watson was joined by former patients to carry out the official 'cutting of the sod' ceremony to mark the beginning of construction on the new Young People's Unit (YPU) in Dundee.

The new £8 million development is part of the North of Scotland Regional Child and Adolescent Mental Health Service project, which is a partnership between Tayside, Grampian, Highland, Orkney and Shetland NHS Boards.

The facility is to be based on the site of the existing YPU at Dudhope Terrace and will include a 12-bed inpatient unit with an education facility and family accommodation for young people with severe and complex mental health problems from across the north of Scotland.

Work is expected to be complete and the new service fully operational by spring 2015.

NHS Tayside Chairman Sandy Watson said, "This project is an excellent example of partnership between the Health Boards in the North of Scotland and will be of immense value to vulnerable young people across these areas."



*l-r Regional CAMHS Network manager Ruth Masson, contractor Colin Hardie, former patient Connor McDade, senior charge nurse Roz Dunn, former patient Cally Smith, Chairman Sandy Watson and project director Maureen Coyle*

## Alex Neil launches A&E guidance at Ninewells

Health Secretary Alex Neil visited Ninewells to launch national non-emergency care guidance, which aims to help A&E staff signpost patients as quickly as possible to the most appropriate service after a consultation with a senior clinician.



*l-r Senior nurse Moira Raitt, consultant Dr Bill Morrison, Health Secretary Alex Neil and consultant Mr Shobhan Thakore*

This will help A&E departments focus on patients who do have emergency care needs, and reduce the amount of time that those patients have to wait to receive treatment.

Under the plans, which are based on the model already in place in NHS Tayside, patients will be assessed by a senior clinician, and if their injury or illness does not require emergency treatment, the patient will be signposted to the most appropriate place for treatment, such as their GP, NHS 24 or out of hours clinic.

Health Secretary Alex Neil said, "This new guidance will make sure that all patients are getting the right treatment, in the right place and by the right clinicians. That not only helps the NHS meet demands, but it is better for patients as they get treated quicker."

NHS Tayside Chief Executive Lesley McLay added, "This system has helped NHS Tayside consistently meet and exceed A&E waiting times targets and become one of the best performing mainland Boards in Scotland."

## Ninewells doctor receives Ronnie McIntosh Award

Consultant Dr Stephen Cole is the first recipient of a new award presented by transplant charity REVIVAL in memory of transplant recipient and organ donation campaigner Ronnie McIntosh, who passed away in January 2013.

The new award will be presented each year to someone who has helped to promote and raise awareness of organ transplants and the Organ Donor Register within Tayside.

Dr Cole actively supports organ donation in his role as joint chair of the Tayside Donation Committee and through his involvement with other Scottish organisations.



*Dr Stephen Cole (centre) receives his award from REVIVAL chairman Sid Grant and Ronnie's widow Cecilia McIntosh*

## Dundee Dental Hospital 'Bake Off'

A 'bake off' competition kicked off the celebrations to mark Dundee Dental Hospital's centenary year.

The hospital, which was opened in 1914, has been delivering dental services to the people of Dundee and beyond for 100 years.

A series of special celebrations will mark the hospital's important milestone year and, to get the ball rolling, students and staff at the hospital took part in their very own fun 'bake off'.

Cakes large and small were entered by all departments and after much deliberation and frequent second helpings, senior dental nurse Wendy Roud was selected as the overall winner.



*Dentistry staff and students cut a special celebratory cake to mark the centenary*

## News in Brief

### Dundee

#### Nursing team success

NHS Tayside's community nursing teams in Angus, Dundee and Perth & Kinross have successfully completed UNICEF UK Baby Friendly Initiative stage 2 community baby friendly assessment standards.

This will help to ensure that they continue to deliver high quality patient-centred care to mums and babies in Tayside.

#### Waiting area to be refurbished

Tayside NHS Board Endowment Fund Board of Trustees has approved up to £122,260 of endowment funds to update the waiting area at the level six entrance at Ninewells.

More than 50 patients a day use the waiting area and many attending this area are elderly, and include people who have mobility difficulties, cognitive impairment and dementia.

Plans to update the waiting area will ensure it is a dementia-friendly environment to meet the needs of the ageing population. The work will create an open-plan environment that will accommodate a trolley bay and a large chaired area. There will also be an upgrade of patient facilities within the area with disabled access.

#### Healthy Hearts in the community

Dundee Volunteer Centre hosted a new community-based programme 'Healthy Hearts' which aims to encourage local groups to raise awareness of the link between a healthy lifestyle and a healthy heart.

Individuals from Amina – the Muslim Women's Resource Centre, Dundee Carers Centre, Positive Steps, Keep Well and Abertay University took part in a training workshop where they tried out a selection of interactive sessions and activities including identifying risk factors for coronary heart disease, symptoms of a heart attack as well as looking at food labelling.

After the training session each group received their own toolkit and participants will be offered ongoing support to allow them to continue to develop their skills and confidence in using the toolkit.



## Eating well on the menu in Perthshire



Older people living in Dunkeld and Birnam have been taking part in local community workshops to discuss healthy eating.

Local residents, aged between 50- and 103-years-old, took part in six sessions focused on eating well and healthy diet. The workshops were supported by Perth & Kinross Healthy Communities Collaborative.

Topics covered included food requirements of older people to keep a balanced diet, the local availability of healthy foods, foods to support particular health and nutritional needs, and use of IT to access shopping delivery opportunities.

Community Health and Food Scotland were also involved with the programme and have now provided a small grant for further work to encourage healthier lifestyles.

## NHS Tayside links with ARCHIE children's charity

NHS Tayside has formed a partnership with the ARCHIE Foundation to create a new branch of the charity dedicated to supporting sick children in Tayside.

Consultant anaesthetist Dr Grant Rodney said, "This is a wonderful opportunity for us to have our own charity, fundraising locally for local children and investing in the extras which have proven elsewhere to make a real difference to a child's journey through hospital, making it less stressful and helping them to get better as quickly as possible."

It is hoped that this partnership will lead to significant additional funds being directly available to front line staff to develop new services and provide new support for local families.



## Aim to make Coupar Angus 'Dementia Aware'

NHS Tayside and Alzheimer Scotland held a series of awareness sessions in Coupar Angus with the aim of making it a 'Dementia Aware' town.

Following meetings with participants of some of the local groups in Coupar Angus, it was noted that people would like more information about dementia, to enable them to support people living with this diagnosis to continue to be active members of the community.

From these discussions, it was agreed to hold awareness sessions, run by staff from Alzheimer Scotland and NHS Tayside's Perth & Kinross Healthy Communities Collaborative, with the aim of Coupar Angus eventually becoming a 'Dementia Aware' town, which will be unique in the area.



## Engaging with Aberfeldy communities

NHS Tayside and Perth & Kinross Council, in partnership with local representatives and independent and voluntary partners, have begun an engagement programme to help shape the future of care services in Aberfeldy and the surrounding areas.

A community discussion event took place recently to discuss services available within Aberfeldy Community Hospital, Dalweem Residential Care Home, Primary Care Services and Care at Home. The event also looked at the make-up of the local population, infrastructure and available resources.

Head of older people's services with Perth & Kinross CHP Evelyn Devine said, "The view of the communities living in Aberfeldy and the surrounding area are very important to us.

"It is vital that our local health services respond to the needs of the communities and we want to ensure that health and social care services are delivered by the right professional in the right place."



## Spring has sprung at Perthshire care home

Residents at Parkdale Care Home in Auchterarder took part in a textile based creative arts programme delivered by Tayside Healthcare Arts Trust (THAT), culminating in an exhibition of their art work.

Lead artist Anita Hutchison and volunteer artist Morag Gray led the project and used the theme of spring as inspiration for a range of felt textile creations celebrating the plants, trees and flowers associated with the season.

The programme was part of THAT's Long Term Conditions Creative Engagement Project, which has been funded through Creative Scotland, NHS Tayside and THAT.

*Participants from Parkdale Care Home with volunteer artist Morag Gray and THAT artist Anita Hutchison*



## News in Brief

### Perth & Kinross

#### Enterprising spirit in Perthshire

As part of the Perth & Kinross Change Fund programme, motivated individuals in Highland Perthshire are being assisted to help set up local enterprises – giving support, care and choice to their community.

The Creative Care & Support project is delivered by GrowBiz, a community-based micro-enterprise support service in Perthshire. The initiative offers a combination of facilitated peer support and one-to-one support.

Micro-enterprises are small businesses run by individuals, partnerships and social enterprises to provide local services to other local people. These include services that help people gain a new skill or make new friends, to lead a healthy life or enjoy a leisure activity.

#### Launch of new P&K CHP website

Perth & Kinross CHP's Children, Young People and Families Service are urging people to visit their new website and Facebook page, which aim to offer information on the wide range of community child health services available in P&K.

The online sites will also be used to find out the views of the public on how their community health services are run and how improvements can be made in the future.

Visit [nhstayside.scot.nhs.uk](http://nhstayside.scot.nhs.uk) then click on Patients/Visitors/Carers then Children or [facebook.com/PKCYPF](https://facebook.com/PKCYPF)

#### Child Protection Improvement Plan

Members of the Perth & Kinross CHP Committee heard about the significant amount of work undertaken to build on the strong foundation of services to protect children and young people in the area.

Over the past year significant progress and change has taken place within the Children, Young People & Families service, including the development of information sharing to ensure health information can be obtained quickly, and self evaluation processes.

# Do You Know Who I Am? launches at Ninewells

NHS Tayside's Do You Know Who I Am? campaign launched at Ninewells and aims to improve patient safety by ensuring all inpatients wear patient identity bands with accurate details that correctly identify them and that these are checked and confirmed by staff during the patient's journey of care.

As part of the campaign a Do You Know Who I am? information stand was manned on the concourse at Ninewells and staff and members of the public had the opportunity to chat and ask questions about the campaign with health professionals.

To promote the campaign staff and patient campaign posters have been developed with key messages and have been distributed across Tayside for display within inpatient areas, along with Frequently Asked Questions (FAQs) factsheets which explain why the campaign has been launched.

The campaign also aims to empower patients to ask staff if they have checked their patient identity band as well as encourage them to check all details on their wrist bands for accuracy when a patient identity band is attached - and to let alert staff to mistakes.

**For more staff and patient DYKWIA? posters contact the communications department by emailing [communications.tayside@nhs.net](mailto:communications.tayside@nhs.net)**



*l-r consultant renal physician Dr Drew Henderson, consultant anaesthetist Dr Catriona Connolly, transfusion practitioner BBT/SNBTS Eleanor Hazra, Operational Medical Director Dr Alan Cook, consultant acute physician Dr Arun Chaudhuri and consultant renal physician Dr Maureen Lafferty*

*Staff nurse Elizabeth Imrie and senior charge nurse Alison Inglis from Ward 32*





# Improving Mental Health Services in Tayside

NHS Tayside has invested in a new senior leadership team for Mental Health led by Director of Mental Health Services Jim Crichton, along with Associate Medical Director Dr Neil Prentice and Associate Nurse Director Karen Robertson.

The leadership team has been looking at areas of improvement within mental health services and this work has been brought under the umbrella for Steps to Better Healthcare (SBH) with Programme Director Lynne Hamilton.

The SBH Mental Health Improvement Programme has been split into two phases which will look at clinical pathways for patients and service users and review the accommodation to ensure the best use of resources.

## Phase 1

Several workstreams are being taken forward during phase 1, which will see changes in some of the wards at Murray Royal to allow more rehabilitation beds, a dedicated ward with an increase in beds for female patients with complex needs, and an improved environment for General Adult Psychiatry (GAP) patients.

The programme team is also looking at clinical pathways across GAP, Psychiatry of Old Age and Learning Disabilities, as well as workforce planning for the third medium secure ward at Rohallion Secure Care Clinic.

Some of the first projects being undertaken in phase one of the programme include the redesign of Moredun Ward at Murray Royal, a proposed increase in beds for females with complex rehabilitation needs, and a review of rehabilitation pathway and bed capacity.

## Phase 2

In the second phase of the programme, the Mental Health Improvement Programme team will undertake a wider review of mental health services across Tayside to look at the clinical models of how we deliver care and the current facilities where we deliver care.

The wider process of engagement will take place during phase 2 and all stakeholders will be involved in exploring a wide range of options that have been identified by the mental health leadership team.



Neil and Lynne showcase the Mental Health Improvement Programme to staff at an SBH event

Director of Mental Health Services Jim Crichton said, "The SBH Mental Health Improvement Programme is a great opportunity to ensure that we are continuously improving our care for patients in Tayside."

"I am very grateful in particular for the time and effort that staff have put into further developing facilities in Moredun Ward. Their innovation has led to some excellent improvement ideas and we will start to reap the benefits of this for patients in the coming months."

**For more information about the programme please contact Lynne Hamilton on [lynne.hamilton2@nhs.net](mailto:lynne.hamilton2@nhs.net) or 01382 660111 x 71412**



Jim Crichton



Dr Neil Prentice



Karen Robertson



Lynne Hamilton



# A bumper summer of sport

This summer is going to be a corker for sporting enthusiasts everywhere. So much is happening that, whether you like it or not, sport is going to feature heavily on our TVs and in our newspapers - it will be almost impossible to ignore it.

Following your favourite team, sportsmen and women could involve you taking a trip to London, Brazil or the USA this summer. However, we are fortunate this year that Scotland is hosting the Commonwealth Games and the Ryder Cup - two huge sporting events - almost on our doorsteps!

Looking at the line up of prestigious sporting events, there is the chance that summer, for many of us, might just pass us by as we could be glued to the TV from May...

**So with the prospect of a summer of sport and the excitement around the Commonwealth Games in Glasgow ramping up, we asked our staff who their sporting hero is and why?**



**Ion Johnstone**

*Support Services Assistant  
Murray Royal Hospital*

I don't watch a lot of sports but Andy Murray is good. He has done so well and he is from Scotland!



**Fiona Small**

*HR Business Adviser  
St Margaret's House, Forfar*

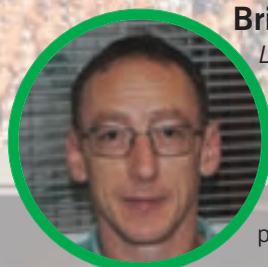
My sporting hero is Andy Murray. I've watched him develop as a player over the years and have grown to admire him. I don't think he's miserable - I think its determination - he's there to get on with the job. It's a shame he's got a girlfriend, my mum would be delighted if I brought him home!



**Margaret-Rose McLean**

*Clinical Governance and Risk  
Management Support Officer, Murray  
Royal Hospital*

My sporting hero is swimmer Ellie Simmonds. She is something to aspire to. She has achieved so much. She is a good role model.



**Brian Roberts**

*Laundry Assistant  
Laundry, Ninewells Hospital*

My sporting hero is Steven Gerrard captain of Liverpool football team, simply because he is an outstanding player.



**Robert Wilkie**

*Laundry Assistant  
Laundry, Ninewells Hospital*

My sporting hero would be Floyd Mayweather because he is the best pound for pound boxer and is undefeated in so many weight categories.



**Diane Begg**

*Personal Assistant  
St Margaret's House, Forfar*

I love watching Wimbledon so I've always rooted for Andy Murray. It makes it more exciting when there's someone you are supporting. I wouldn't say he's my hero, but I always support him.



**Jodi Lyon**

*Personal Assistant  
Laundry, Ninewells Hospital*

Cristiano Ronaldo will be playing for Portugal in the World Cup and he is my hero purely because he is my son's hero and he wants to be just like him.



# What will you be watching? Plan your summer of sport

May 17	Football	FA Cup final	Wembley Stadium, London
May 24	Football	UEFA Champions League final	Lisbon, Portugal
May 26-Jun 8	Tennis	French Open	Paris, France
Jun 2-14	Field Hockey	World Cup (men and women)	The Hague, Netherlands
Jun 12-15	Golf	US Open	Pinehurst, North Carolina, USA
Jun 12-July 13	Football	FIFA World Cup	Brazil
Jun 23-July 6	Tennis	Wimbledon	London, England
July 6	Formula 1	British Grand Prix	Silverstone, UK
July 5-27	Cycling	Tour de France 2014	France
July 17-20	Golf	British Open	Royal Liverpool Golf Club, UK
July 23-Aug 3	Multi-sports	Commonwealth Games	Glasgow, Scotland
Aug 4-10	Golf	US PGA	Valhalla GC, Kentucky, USA
Aug 4-17	Rugby	Womens World Cup	France
Aug 25-Sep 8	Tennis	US Open	New York, USA
Sep 16-21	Canoe/Kayak	Slalom World Championships	Deep Creek Lake, MD, USA
Sep 26-28	Golf	Ryder Cup	Gleneagles, Auchterarder, Scotland



**William Dickson**

*Medical Gas Porter  
Support Services, Ninewells Hospital*

Seven-times World Champion snooker player Stephen Hendry is my sporting hero. I always liked him and admired his skill though now I have to say the young Stephen played so much better than the old one!



**Hayley McNally**

*Personal Assistant  
St Margaret's House, Forfar*

My sporting hero is Greg Drummond, a local curler from Forfar who was part of the team that won the silver medal at the Sochi Olympics. It's great that someone from my hometown has made it big. They might not have got the gold that they wanted, but it was still a great achievement.

Summertime is the season for sunshine, holidays and music festivals! We are asking our spectra readers who would be in their dream festival line up. If you are interested in taking part in the next voxp, please email the spectra team on [communications.tayside@nhs.net](mailto:communications.tayside@nhs.net)



## Give It Up For Baby success

Perth mum Ashley Irvine is giving her baby the best start in life by successfully quitting her 20-a-day smoking habit with the help of NHS Tayside's Give It Up For Baby (GIUFB) scheme.

GIUFB, a joint project between NHS Tayside and partnership agencies, is an incentive scheme to support mums-to-be to quit smoking.

Pregnant women who give up smoking with the initiative can receive up to £50 per month in supermarket vouchers for food and groceries. Participants are also offered nicotine replacement therapy and group support as part of the programme.

Tracey Furness, smoking cessation project worker in Perth, said, "Ashley has

done very well. She is not only improving her own health but she is also giving her unborn baby the best possible start in life by stopping smoking."

For more information on smoking cessation services, call NHS Tayside Smoke Free Services on 0845 600 999 6.

*(l-r) Ian Duncan, lead pharmacist at Asda Perth, Tracey Furness and Ashley*



Picture courtesy of The Courier, Dundee

## Wellbeing event for students

Members of NHS Tayside's Healthy Working Lives team supported a wellbeing event which was hosted at Ninewells.

The team manned an information table and were on hand to give students help and advice on healthy living. Other stalls at the event included Oxfam, Student Support Services, yoga and organic food.



## Getting the measure of alcohol

The Dundee Alcohol and Drug Partnership (ADP) are encouraging Dundonians to measure up their own alcohol intake.

The ADP has developed measuring cups that clearly indicate the number of alcohol units contained within different drinks.

As an example, a small 125ml glass of wine contains 1.6 units, a large 275ml glass of wine contains 3.1 units

and a pint of lager contains 2.8 units.

Vered Hopkins, Dundee ADP development officer, said, "People will see real benefits if they reduce their alcohol consumption.

"You can take small, simple achievable steps to cut down, such as having at least two alcohol-free days every week and alternating alcoholic drinks with soft drinks or water on a night out."

## Breastfeeding roadshows

Local women have been working with NHS Tayside's Maternal and Infant Nutrition team to make short films which were shown in shopping centres in Dundee and Perth to promote breastfeeding in public and the Healthy Start Scheme.

Programme manager Carol Barnett said, "The aim of these roadshows is to encourage mothers to continue breastfeeding by letting them know that they are legally entitled to breastfeed their baby in public.

"We also want to let people know about the Healthy Start Scheme which provides vouchers to spend on fresh and frozen fruit and vegetables, milk and infant formula and also provides free vitamins for pregnant and breastfeeding women and children up to four years of age."



The breastfeeding roadshow stops off at the Wellgate Centre in Dundee



# POST celebrates five years!

The Paediatric Overweight Service Tayside (POST) is celebrating five years of success in helping keep our children's weight at a healthy level.

POST was initially launched in 2009 in Perth & Kinross and works with families to support children and young people aged between two and 15 years in the unhealthy weight category.

The team promotes the Fun Fit Tayside message of at least one hour of activity a day, no more than two hours of screen time a day and reducing high energy foods and drinks.

Over the last five years, more than 850 children and young people in Tayside with concerns about their weight have been referred to the service, with three quarters of these deciding to take part in the programme.



*POST practitioners with families at a Fun Fit Forfar group*



*School children are taught about fat levels in food*

The team now also promotes healthy eating and healthy weight to whole schools through the Fun Fit Tayside programme, which was developed in partnership with teachers. Over 5000 primary school pupils from 99 schools have taken part and a secondary school programme is ready to be tested out later this year.

In addition, POST has teamed up with Dundee City and Angus Councils to promote physical activity by sponsoring secondary school dance and cross country competitions.

The team recently held a conference for NHS Tayside staff and partner organisations to discuss the work of the service to date and to look to the future as POST aims to continue going from strength to strength.

More information can be found on the [www.funfittayside.org.uk](http://www.funfittayside.org.uk) website or the POST Facebook page [www.facebook.com/nhstaysidePOST](https://www.facebook.com/nhstaysidePOST).



*Laura with the winners of a dance competition that POST sponsors*

- One hour of activity a day
- No more than two hours of screen time a day
- Reducing high energy foods and drinks



## Care to Save: Could you do more to help the environment?

NHS Tayside's Care to Save campaign is helping to ensure that we are all making greener, more sustainable choices.

Care to Save focuses on four key green themes – energy, transport, recycling and sustainability – and aims to encourage all staff, patients and visitors to do all we can to reduce CO2 emissions.

Scotland's Zero Waste Plan has set the challenge that 70% of our waste must be recycled or composted by 2025, with only 5% going to landfill. NHS Tayside is committed to reducing its ratio of waste that goes to landfill sites and increasing its recycling.

Staff across all sites are making greener choices and NHS Tayside saw recycling rates rise from 17% in January 2013 to 33% in December 2013.

The amount of cardboard recycled has jumped from 0.5 tonnes in January 2013 to 14 tonnes in December.

Head of Environmental Management Philip Wilde said, "We are very pleased at how much support the Care to Save campaign has been given by staff across NHS Tayside.

"Nearly 400 tonnes of dry mixed recyclable waste alone was prevented from going to landfill in 2013 with a saving of £8000. There has been major progress but there is always room for improvement. Staff are encouraged to deposit materials that can be recycled in the appropriate bin. We can make small and simple changes to make a big difference."



As part of NHS Sustainability Day, Scots Pine trees were planted at 2pm on Thursday 27 March at the entrance to Ninewells, in the woodland area at PRI and the grass meadows near the Susan Carnegie Centre at Stracathro.

NHS Sustainability Day is an annual event aimed at healthcare organisations taking action on climate change.

Philip Wilde added, "Planting the Scots Pine trees in the grounds of NHS Tayside sites not only benefits the environment for patients and visitors but it shows our commitment to improving sustainability."





Spectra spoke to departments in NHS Tayside to see how their team is going green!

## Ward 6 Ninewells

Staff in ward six at Ninewells Hospital have implemented changes to the dedicated recycling bins in the ward and kitchen areas and have seen a marked reduction in the amount of waste.

Olivia Robertson, Head of Nursing for medicine of the elderly, said, "Staff have adapted really well with all aspects of the changes and we are seeing a difference in terms of waste management. It has been a positive experience and simple changes have made a real difference."



Staff members on ward six



Domestic assistant Ann Emsley and Lead Pharmacy Technician Lorna Shannon

## Pharmacy Dispensing and Distribution Centre

The team at the Pharmacy Dispensing and Distribution Centre in Ninewells are driving forward with their efforts to go green.

Domestic assistant Ann Emsley has helped implement improved recycling practices in the department, including clear signage to alert staff to the appropriate bins to use.

Lead pharmacy technician Lorna Shannon said, "The team have taken all the changes on board and have done well to follow the new procedures.

"Everyone knows which bin to use to dispose of waste so it is all going to the right place. It is a simple change but is one that has been easy to do."

## How green is your driving?

NHS Tayside also recently supported national Climate Week by promoting the Care to Save campaign.

An information stall was set up at Ninewells where staff were on hand to offer advice and information on recycling, energy efficiency and sustainability.

Staff were also given the chance to try a driving simulator and assess how environmentally friendly their driving is.

Staff at Climate Week event at Ninewells



## Dementia Champions graduation



*I-r Audrey, Heather and Helen at the graduation*

Five members of nursing staff from NHS Tayside have graduated as Dementia Champions.

The Dementia Champion's role is to continue to support and improve the care of people with dementia coming into hospital in NHS Tayside.

Senior nurse practice development Audrey Fleming, staff nurse Heather Laws and charge nurse Helen Scully attended a graduation event at Murrayfield.

Charge nurses Jade Lyon and Jennifer Stewart also graduated.

## UK Radiology Trainer of the Year

Tayside consultant radiologist Dr George Watson was awarded the title of UK Radiology Trainer of the Year by the Junior Radiologists' Forum of the Royal College of Radiologists for an outstanding contribution to radiology teaching and training.

Dr Matt Budak, registrar in the radiology department at Ninewells, said, "Dr Watson's recognition is most deserving and all the registrars, past and present, would like to thank him for the time and effort he devoted to making our programme the highest ranked in the UK for three years running."

Dr Watson said, "I am delighted to have been presented with this award. The excellence of the registrar training programme in radiology is a team effort from all consultants, radiographers and nurses."



*Dr George Watson (right) receiving the award from Dr Giles Maskell, President of the Royal College of Radiologists*

## Partnership approach to reducing fire accidents



*I-r Associate AHP Director Shelagh Creegan, Chief Executive Lesley McLay, OT student Eithne O'Regan, Michael Matheson, OT student Natalie Crawford, Martin Tait (SFRS) and Vice Chair Linda Dunion*

Minister for Public Health Michael Matheson visited Blackness Road Fire Station in Dundee to hear about innovative work by NHS Tayside and the Scottish Fire and Rescue Service (SFRS) to reduce fire accidents and deaths in vulnerable people.

Some of the partnership work showcased included the role of allied health professionals in improving access for vulnerable service users to other organisations such as the SFRS.

The health practitioners conduct joint home fire safety visits with a community fire safety link worker who gives essential safety advice, installs and tests smoke detectors, issues fire retardant bedding and discusses bedtime routines and fire escape plans with service users.



*I-r (front) Kareen Taylor, Dr Paula Collin, Dr Lesley Dolan (back) Dr Calum Munro, consultant psychiatrist with The Anorexia Nervosa Intensive Treatment Team in Lothian*

## Eating Disorders Service in the capital

Members of the NHS Tayside Eating Disorders Service were invited to attend events hosted by the Scottish Government during National Eating Disorders Awareness Week.

Consultant clinical psychologist Dr Paula Collin and specialist dietitian Kareen Taylor gave presentations at events held in the Scottish Parliament.

Dr Collin, Kareen and consultant psychiatrist Dr Lesley Dolan were also invited to attend a reception at Edinburgh Castle which was hosted by the First Minister Alex Salmond.



# Tayside doctor flies the flag in Sochi

Dr Niall Elliott recently returned from Sochi where he had the honour of being Team GB Chief Medical Officer for the Winter Olympic athletes.

Niall's day job sees him working as a sports and exercise medicine specialist at Dundee's King Cross and as Deputy Head of Sports Medicine with elite sportsmen and women from a variety of sports at the Sportscotland Institute of Sport.

Niall was at the heart of the action in the mountain venues and athletes' village with a medical team which included another doctor and seven physiotherapists.

Sochi 2014 was a record-equalling Olympic Winter Games with Team GB coming home with one gold, one silver and two bronze medals.

Niall's preparation focused on bringing the right medical equipment and medications to allow Team GB to be self-sufficient as well as ensuring the athletes were injury and illness free.

Niall said, "The Games period was busy with long days typically from 6am until 11pm and involved reviewing athletes in the Team GB medical centre at the start of the day, travelling with the teams to training sessions or being on the side of the slopes with the athletes as they competed.

"Some of the skiing and snowboarding events have a high injury risk and a few of the athletes needed immediate first aid support, with a severe concussion and a hip injury being some of the more serious cases.

"Concussion is a hot topic in the medical world at the moment and it is so important to get early advice, support for the athlete to reduce the risk of re-injury and decide on the step-wise return to sport.

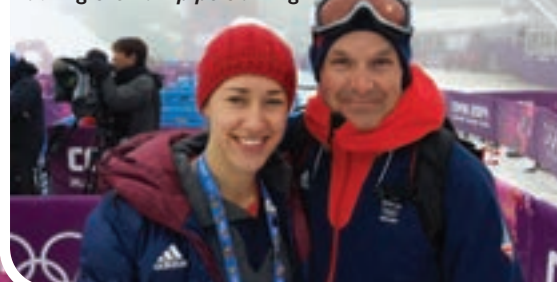
"Brain injury as a result of concussion is a real risk and I had some tough decisions to take which resulted in stopping some athletes from taking further part in the Games.

"We had a very motivated and experienced support team which gives the athletes confidence to perform to their best at the Games. It was a great sporting occasion and a real honour to have worked and supported British sport at an historic Olympic Winter Games."

*Dr Niall Elliott at the bottom of the Slopestyle course*



*Dr Niall Elliott with gold medal winner Lizzy Yarnold during the half-pipe training*



*Team GB support team standing under the slopestyle boarders during training*



*Team GB medical team (from left) Dr Niall Elliott, physio Sian Knott from Wales and Dr Derick Macleod from Inverness*

# The Healthcare Academy - transforming lives

Since its creation in 2006, NHS Tayside's Healthcare Academy has provided a vital route into employment for hundreds of people across Tayside.

The Academy provides unemployed and young people with opportunities to gain experience in the health service using a range of pre-employment programmes, work experience opportunities and education.

Programmes available include pre-employment programmes and qualification based courses in health and social care and business administration. The Academy also works with partners to provide a programme specifically targeted at young people.

**George Ramsay, maintenance assistant**



Three of the Academy's success stories from the Youth Programme are maintenance assistant George Ramsay, admin clerical officer Amy Jamieson and clerical officer Anastasia Foster.

George gained a permanent position in the Property Department after taking part in a work placement.

George said, "The Healthcare Academy got me the placement so I could get some experience. It went really well and I got lucky and was offered an interview and got the job. I really enjoy working here."

"The Healthcare Academy gives people opportunities. It helped change my life."

Amy Jamieson completed a work placement in the medical physics department at Ninewells and is now going from strength to strength in her post as an admin clerical officer at Stracathro Hospital.

Amy said, "I was offered a working placement at Ninewells and I really enjoyed it. I then got my job at Stracathro. It is a really good team here, I am very lucky."

"The Healthcare Academy gives you so many benefits and I developed many different skills."

Clerical officer Anastasia Foster took part in a placement at Murray Royal Hospital and later secured a permanent post in the medical records department at Perth Royal Infirmary.

Anastasia said, "My placement was great, everyone there was really supportive. I got this job and it is going well. The Healthcare Academy is a good opportunity and it gives you a boost which encourages you."

**Anastasia Foster, clerical officer**



**Amy Jamieson, admin clerical officer**



The Healthcare Academy is a partnership development between NHS Tayside, Job Centre Plus, Skills Development Scotland, Dundee and Angus College, Perth College UHI, Dundee City Council, Angus Social & Health and Perth & Kinross Housing and Community Care. The Academy also works with partners in the voluntary sector.

Alison Smith, HR lead for employability services, said, "We can see the impact the Academy programmes have had on people's lives and many of our course participants are now valuable members of staff within NHS Tayside."

**For more information on The Healthcare Academy contact  
Alison Smith on x71250 or Joan Laing on x71110**



# Fiona Kimmet

## Locality Catering Services Manager Ninewells Catering Department

### Personal history

I have worked in catering since leaving college in various capacities and was offered a job as catering service manager at PRI in 2009 which was my first post in the NHS. In November 2013, due to restructuring, I moved to Ninewells in my current role.

### Like(s) about current job

The day-to-day challenges that this type of post brings, and helping to shape the future of both patient and non patient catering in NHS Tayside. I work with some great people across a number of disciplines.

### Dislike about current job

All the emails!

### Most unusual thing asked to do at work

It's not really unusual, but I was recently asked to take part in a short training film for Healthy Living Award. It was nerve wracking, I was way out of my comfort zone.

### Achievement most proud of

I would have to say getting where I am today through sheer determination and hard work.

### Favourite writer

I like a number of authors but don't have a favourite as such. I like Peter May, James Oswald and Stuart McBride at the moment and have read all Ian Rankin's novels.

### Favourite music

I like a variety of music including Led Zeppelin, Guns and Roses and Foo Fighters. I went to see an AC/DC tribute band a few months ago who were brilliant.

### Favourite meal

I couldn't really say, it depends what sort of mood I'm in. I'll try anything but particularly like seafood.

### Most like to have dinner with

John Bishop. I think I would laugh too much to eat, which probably wouldn't be a bad thing!

### Favourite word

Not a word as such. I'm a great believer in doing your best in everything you do.

### Top 3 frustrations

Getting stuck in traffic.

Lateness, whether it's me or other people.

That the hard work of catering staff is not always appreciated. Some people don't always realise what a fantastic job they do and how complicated and difficult it can be. We can have up to 11 different patient menus going out of Ninewells kitchen as well as hospitality and restaurant meals. It's no mean feat coordinating all that.

### Most embarrassing moment

Too many to mention, but one of the more recent ones happened when I was driving and turned the wrong way down a one way road. As some of my colleagues would tell you, navigation isn't one of my strong points. Definitely a cringe worthy moment.

### Irritating habit

Tidying away my husband's belongings then forgetting what I've done with them. It's so annoying.

### Do better than anyone else

I make a mean Bolognese sauce.

### 3 wishes

To finish off the work in our house sooner rather than later.

To get a new car before the current one dies.

To see my children happy and settled.



## Charity ball raises funds for Tayside Children's Hospital

Lynn Kirkwood and her daughter Emily visited Ninewells to hand over a cheque for £2,800 and a selection of toys to the Tayside Children's Hospital.

Lynn decided to raise money for the Tayside Children's Hospital and the ARCHIE Foundation to say thank you for the care her daughter had received at Ninewells.

With help from her four work colleagues Colin Bannerman, Martin Reynolds, Kelsey Forsyth and Donal Leddy from Wood Group PSN in Aberdeen, Lynn organised a charity ball.

*Staff from the Tayside Children's Hospital with Lynn and daughter Emily and Colin Bannerman (centre)*



## Cash boost for cancer support

Sylvia Wallace, a staff nurse at Murray Royal Hospital, and two friends Margaret Kilmartin and Lynne McKenzie were all diagnosed with breast cancer in 2012.

*(l-r) Sylvia Wallace, Margaret Kilmartin and Lynne McKenzie*



The three women wanted to give something back after the care and support they received during their treatment and embarked on a fundraising campaign together, raising £4900.

Oakbank Primary School in Perth donated £500 from their Christmas performances to boost the total.

Sylvia, Margaret and Lynne have now donated three cheques for £1325 each to Perth Breast Care Fund based at PRI, Macmillan Cancer Support (Perth Committee) and Cornhill MacMillan Support Group. The three women also handed over a fourth cheque to Maggie's Centre in Dundee for £986.

Friend and colleague Linda Nicol, a physiotherapist at Murray Royal Hospital, also raised over £200 for Perth Breast Cancer Care fund after braving the icy sea in Helensburgh on New Year's Day.

## Donation for 'PINNT' patient support group

Paula Stewart has donated £651 to the patient support group Patients on Intravenous and Nasogastric Nutrition Therapy (PINNT) at Ninewells.

Paula attends the Department of Gastroenterology and had a goal since starting intravenous feeding in 2013, to establish a local branch of the patient support group PINNT, which offers practical and emotional support.

Paula organised a raffle at a PINNT session to help raise funds for the support group, with help from fellow patient Margaret Macdonald.



*(l-r) Specialist dietitian Katy Blair, nutrition nurse specialist Julie Fyall, Paula, Dr Janet Baxter improvement and development manager and Margaret*

## Vein viewer donated to Stracathro

The Friends of Stracathro recently donated a vein viewer to the hospital. The small device clearly locates veins making it easier and quicker for a range of tasks to be carried out.

Over the course of 2013, the Friends generously donated equipment worth over £131,000 to the hospital.

*Stracathro staff demonstrate the vein viewer*



## Calendars raise cash

A calendar created by amateur photographer Michael Carver featuring beautiful landscape photographs raised £2000 which was donated to Macmillan Day Care Dundee and Macmillan Cancer Support charity.

Michael attended Roxburghe House and presented the £1000 cheques to clinical coordinator Irene Hillsden and Macmillan specialist physiotherapist Mandy Trickett.



*Michael (third left) presented cheques to Irene (first left) and Mandy (second right)*



## 150th dress casual day for charity

Staff at Maryfield donate £1 for charity to dress casual on the last Friday of every month, and the department has over the years donated almost £13,000 to many different charities since collection began in 2000.

The charity chosen for the month of January was Lupus UK.

In addition, at Christmas, the staff collect money in lieu of sending Christmas cards and split this money between various charities in memory of Maryfield colleagues who have sadly passed away while in service.

Robert MacKinnon, Assistant Director of Finance, said, "The success of the Maryfield House Charities Committee in raising nearly £13,000 for worthy causes since 2000 is a tribute to their hard work and to the staff who are willing to give regularly."



(centre) eHealth trainer Shona Hunter and Robert MacKinnon with the cheque for Lupus UK

## Palliative Homecare Fund receives boost

Masonic Lodge 47 generously donated £300 to the Palliative Care Homecare fund at Roxburghe House.

The money, which was raised by holding a charity disco and bingo event, was handed over by Dr John Wells on behalf of the Masonic Lodge 47. In addition Dr Wells also made a personal donation of £100 to the fund.

Community Macmillan nurse team leader Gail Walker said "This is a very generous and much appreciated donation which will be used to enhance the comfort and quality of life of patients in their own home."



(l-r) Community Macmillan nurses Lynn Mago and Catherine Foulis, Dr Wells and Gail

## £1000 donation to Roxburghe House

The Palliative Care Home Fund at Roxburghe House was presented with a cheque for £1000 donated by Grace Christie.

Grace's husband Willie was an inpatient at Roxburghe House and attended MacMillan Day Care. Willie passed away in December 2013 and his family and friends kindly donated money after the funeral service.



Grace (seated right) with stepdaughter Dorothy McGregor (seated left) with Macmillan nursing team

## Grand boost for ward 32



Ben presenting the cheque to senior charge nurse Alison Inglis

Former patient Ben Gunn donated £1000 to the oncology ward at Ninewells.

Ben raised money by holding a dance at the Harley Davidson's owner group Dunedin Chapter's club house.

The dance raised £575 for ward 32 and the club also added £425 towards the donation, bringing the final total to £1000.

## £1064 donation to Parkinson's clinic

The Parkinson's disease clinic at Royal Victoria Hospital received a donation of £1064 from Edward and Hilda Foster.

Edward has been attending as an outpatient at the clinic for the past five years.

To thank the staff for the great support and care shown to them both, Mr and Mrs Foster decided to donate money raised at their joint 80th birthday party last year.



Staff nurse Nicola Blaney (front left) accepting the cheque from Mr & Mrs Foster

## Mary Clarkson

Midwife Mary Clarkson (centre, holding flowers) retired after 39 years with NHS Tayside.

Mary completed her nurse training in 1976 and worked in the children's ward at PRI before undertaking her midwifery training in 1977. On completion of her studies, Mary was a rotational and relief community midwife at PRI then worked in SCBU in PRI. In 2004, Mary transferred to Ward 38 at Ninewells.

Mary now hopes to spend more time with her family, gardening and walking her dog. She also hopes to take up a new hobby and just enjoy being retired!



## Mary Thompson

Midwife Mary Thompson (seated centre) retired from Ninewells after 37 years of service with NHS Tayside.

Mary trained in Merseyside then came to work in Ninewells in 1977 and worked in ward 8 for a short while before moving to midwifery in November 1977. It was so good that she stayed there ever since!

Mary lives in Dundee and is married with two sons and three grandchildren.



# Long Service Award - Helen Brady



Colleagues and friends gathered to celebrate Helen Brady's 40 years of service with NHS Tayside.

Helen started her career as a trainee administrator/accountant based at Vernonholme and has worked in many departments including primary care services.

Helen has been with the Directorate of Public Health since 1993 and is currently Health Shops manager and Heartstart Discovery co-ordinator.

Helen received vouchers and a watch from NHS Tayside and flowers from her colleagues.

*Helen (right) receives her gift from Public Health Directorate manager Lesley Marley*