

spectra

NHS
Tayside

November-December
Issue 74



Dear spectra readers,

With Christmas just around the corner, we searched high and low to find staff with Christmas-related names to take part in a festive Your View. We asked what their favourite Christmas film was – you might be surprised by some of the responses!

The TREATS team is also in the Christmas spirit and is offering prizes for the winners of their Christmas wordsearch. You can also bag tickets to Beauty and the Beast panto in Aberdeen featuring Elaine C. Smith....oh yes, you can!

As well as the fun of Christmas, we all know winter can bring flu to our doors. Dr Daniel Chandler explains on page 15 why it's so important for all staff to get the flu jab to protect yourself, your family and our patients. There's a full list of pharmacies across Tayside where the flu jab is available so there's no excuse not to get yourself protected!

We also take a look back to summer to celebrate the NHS Tayside staff who gave their free time to volunteer as 'Clydesiders' at the Commonwealth Games. See which sports stars you can spot in the photo gallery on page 11.

Tayside Health Fund is the new brand name for the Tayside NHS Board Endowment Fund. Check out the new logo and read about the launch event in our feature on page 16.

You can also find out about the Patient Safety Network in The Buzz! The network is an innovative approach to improve patient safety, which was launched by Lesley McLay after a year-long consultation with staff.

Remember you can contact us with any comments or ideas for content – our details are on page 3.

Finally, season's greetings to all our readers! We wish you all happy and restful holidays. We'll be back in 2015 with our January edition - see you then!

spectra editorial team



Tayside Health Fund is a Registered Scottish Charity which supports NHS Tayside hospitals and services. It is supported by donations and legacies from patients, their relatives, the general public and other organisations.

The fund makes a big difference to patients and their families across Tayside and that is why we are grateful for every single penny which we receive. And we know our patients and their families are too...



spectra's stars!

Our star this issue is consultant clinical molecular geneticist Dr David Baty who won the prestigious NHSScotland Healthcare Scientist of the Year Award. Read more about his achievement on page 19.

We want to celebrate the amazing staff we have here in NHS Tayside. Help us find the hidden gems by nominating someone for spectra's stars! Every issue we will feature one member of staff who has been nominated by a colleague. If you would like to suggest someone, please contact us (details on page 3) and explain why you think they deserve to be a spectra star.



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Submission deadlines for future issues
 Issue 75 January/February - 17 November
 Issue 76 March/April - 19 January
 Issue 77 May/June - 16 March

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Re-‘cycling’ at Strathmartine

The Strathmartine Hospital forensic community nursing team has set up links with Dundee University and Dundee City Council recycling centres to receive disused bikes for a cycling project.

Dundee University recently provided five surplus bikes after they had been left behind on their premises.

The Inner Wheel Club of Dundee also recently donated a three-wheeled adult bike which has allowed the project to expand to assist learning disability patients at Carseview.

Assistant practitioner John McKenzie said, “Cycling has many benefits, including improving fitness, confidence and wellbeing, as well as helping with mental health, including depression.

“The bikes we receive are always used. We either refurbish them or strip them down to be scrapped and use the money to buy oil and spare parts for our useable bikes.”



Tamara Cipars and Lesley Brackenridge try out the three-wheeled bike with (from left) Gail Whyte, Gary Porter, Karen Dunn, Linda O'Neill, John McKenzie and Caroline Beescroft



Kings Cross



Stracathro



Ninewells

Staff get healthy at work

Staff from Stracathro, Ninewells and Kings Cross enjoyed lunchtime walks and healthy picnics as part of series of events organised by Healthy Working Lives (HWL).

Rosie De Cecco of the HWL team said, “The walks and picnics are a great way for people to use their lunch break to get outside, stretch their legs and enjoy a healthy snack.

“They provide an opportunity for people to improve their mental wellbeing whilst they are at work.”

SmallTalk

Stroke Pathway for Angus patients

Dr Ian Logan has been appointed as a Medicine for the Elderly consultant.

With support from the Stroke Managed Clinical Network, Dr Logan will lead on developing a clinical pathway to improve the care and treatment of Angus patients suffering from stroke.

Health Secretary visits Arbroath



Cabinet Secretary for Health & Wellbeing Alex Neil visited Arbroath Infirmary to hear about a variety of service improvements and facility upgrades.

During the visit, Mr Neil was shown the refurbished radiology room which has undergone a £130,000 upgrade. Staff explained how the new equipment provides higher quality images and the new surroundings have further improved patients' experience.

The cabinet secretary also met staff and patients in the medical unit and heard about service improvement projects including an initiative carried out over winter where enhanced services were put in place to help patients to stay at home and be cared for in their community.

Prior to his visit to Arbroath, Mr Neil met with current apprentices and graduates of the Modern Apprentice programme at Ninewells where he praised the success of the scheme in Tayside and announced new apprenticeships for NHSScotland.



SmallTalk

Mental Health team launched

The Crisis Resolution and Home Treatment Team (CRHTT) led by consultant psychiatrist Dr Roger Blake was launched in June.

The team provides out-of-hours emergency mental health assessments and daytime intensive home treatment as an alternative to admission to the Mulberry Ward at the Susan Carnegie Centre.

Performance for Parkinson's



Perth

People living with Parkinson's disease shared their stories through performance.

The Performance for Parkinson's programme was delivered by Tayside Healthcare Arts Trust (THAT) and participants shared a selection of performance pieces at St Andrews Church in Arbroath, Dundee Rep Theatre and VisionPK hall in Perth.

The eight-week programme focused on the benefits of music and movement, combining the physical qualities of exercise with performance which can be very beneficial to those adjusting to and living with Parkinson's.

The events in Perth (left) and Angus (above)



Angus

Smiles all round at Armitstead gardens

There were smiles all round as Chairman Sandy Watson joined staff, families and guests at Armitstead Child Development Centre to officially open the new sensory garden and play park.

The children enjoyed a variety of sensory activities and workshops at the event including a music therapy session, a magician show, face painting, sensory tattoos and nail painting. Mr Watson also planted a fruit tree in the grounds to mark the occasion.

Tayside Health Fund provided £130,000 to develop the outdoor play area, which includes specialist swings, roundabouts and a slide, as well as many sensory items and outdoor musical instruments and planters.

Sandy Watson said, "The trustees of the Tayside Health Fund work to a number of criteria in distributing cash, but the most important is that what is funded must benefit the lives of our service users. There is no doubt that this project meets that criterion in full. The children's faces said it all!"

Paediatric associate specialist Dr Ann Scott said, "The play park and sensory garden are accessible for all the children, enabling them to explore, play and learn in the outside environment. Outdoor learning opportunities are often overlooked for children with disabilities, but these are important aspects of any child's development."



SmallTalk

ADP welcomes over-provision decision

The Dundee Alcohol & Drug Partnership has welcomed the Dundee Licensing Board's decision that the city has an over-provision of alcohol.

Director of Public Health Dr Drew Walker said, "This decision is one of the most important decisions made by the Licensing Board and will contribute to the wellbeing of the city."

Maxilofacial unit helps exchange surgeon

Iraqi surgeon Marwa Turkey spent six months with NHS Tayside's maxillofacial surgery team thanks to Face Facts, a charity set up by local surgeon Sean Laverick.

Marwa thanked the team saying, "I have learnt a great deal during my stay both on a professional and personal level and the team have treated me with great kindness and warmth."

"The charity has not only changed my life, but will change the life of every patient I am able to treat back at home."



Public Health Minister visits optiMum clinic

Minister for Public Health Michael Matheson visited Ninewells to hear about the weight management service optiMum.

optiMum was developed at Ninewells for obese mums-to-be by a multi-disciplinary group including midwives, an obstetrician, an anaesthetist and a dietitian. The service supports around 100 women each year.

Mr Matheson said, "The optiMum clinic should be congratulated for its innovative approach to tackling maternal obesity."



Picture courtesy of The Courier, Dundee

Children's theatre celebrates 10 years

A birthday party was held to mark the 10th anniversary of the opening of ward 30 and the children's theatre at Ninewells, which gave the children of Tayside their own dedicated theatre for the first time with a 10-bedded ward attached.

Current and former patients and their families were invited to celebrate with party games, a magician and birthday cake.

Chairman Sandy Watson said, "Having a dedicated children's theatre is essential to providing safe and appropriate surgical care for children and it is fitting that this milestone was marked with a celebration that children could enjoy."



SmallTalk

Coffee and cake at Roxburghe House

Macmillan Day Care Unit at Roxburghe House held its annual fundraising coffee morning.

There was a bric-a-bac and bottle stall, face painting and a range of free taster sessions in complementary therapies such as Reiki and hand massage.

Tours were also offered of the Day Care Unit, the Sanctuary and the Education Unit.

Tayside acute care app launched in Dundee



Dr Paul Fettes (back, third right) with members of the development team and first year doctors

The Tayside Acute Care Guide, which was developed for junior doctors, other healthcare professionals and medical students, has been adapted as a smartphone app.

The guide was the idea of consultant anaesthetist Dr Paul Fettes and former Dundee medical student Dr Thomas Johnston. It was developed to provide guidance on practical procedures, pain management and emerging situations within medicine, surgery, paediatrics, obstetrics and psychiatry.

The Tayside Acute Care Guide is available online and was adapted as an app by current medical student and computing studies graduate Christopher McCann.

Dr Fettes said, "This development is tremendously exciting because users can now store the guide on their phone and it will be readily accessible, thus bringing a vast array of medical guidelines to the bedside."

Blairgowrie redevelopment progressing well

The £2.36m redevelopment project to provide a modern and purpose-built inpatient GP unit at Blairgowrie Community Hospital is making good progress with all external structural alterations complete.

Internal building work is now well underway, including joinery, plumbing and electrics to form the new unit, which will be a large continuous ward area offering both single and twin rooms, which are all en-suite. The increase in single rooms will also help to accommodate the needs of palliative patients.

There will be a new physiotherapy and occupational therapy rehabilitation area, as well as a new Minor Injury and Illness Unit, which will give clinicians scope to deliver new treatments locally in the future.

Service manager Sue Muir said, "We are delighted at the speed of progress in building the new unit, which is on target for the scheduled completion.

"All involved have worked closely together to achieve this, with minimal disruption to our patients, for which we are extremely grateful."



Residents taking part in the Living Voices programme

Care home residents stay active

Perth & Kinross is leading the way in promoting activity for people in care homes with a number of programmes developed to help improve the lives of residents.

The Perth & Kinross Living Voices pilot sees residents taking part in poetry, stories, reminiscence and song and has allowed residents the opportunity to share their memories and improve their wellbeing.

Staff in care homes have undergone training to incorporate strength and balance exercises into residents' daily walking programmes.

Some care homes have also identified walks within the vicinity for residents and planned walks happen weekly, which the community also join in with.

Perth & Kinross CHP committee chairperson Linda Dunion said, "The work that's being done in care homes across Perth & Kinross is helping older people stay active so that they can carry on enjoying life, even when they are becoming less physically able.

SmallTalk

Dementia roadshows

People living in North Perthshire recently attended a series of dementia roadshows.

The information sessions, which were held in Blair Atholl, Pitlochry, Ballinluig and Birnam, gave people the chance to find out more about the condition and chat to staff from NHS Tayside's Perth & Kinross Healthy Communities collaborative and Alzheimer Scotland.

Keeping Safe, Healthy and Active

The Perth & Kinross Home Safety Partnership launched their Keeping Safe, Healthy and Active booklet at an event to celebrate National Older People's Day.

The Home Safety Partnership is made up of partner agencies including NHS Tayside and Perth & Kinross Council and the new information booklet has been created to bring a lot of the partner information together in one resource.

The booklet was launched at the national Older People's Day event in Perth, where a wide range of health, social and other public sector organisations, along with voluntary sector and national agencies, were available to provide advice on keeping safe, healthy, and active in Perth & Kinross.



SmallTalk

Wellbeing Festival launched

The Perth & Kinross Wellbeing Festival was recently launched to mark Mental Health week in the UK.

A programme of events was held throughout the region to raise awareness of the range of support available for people in Perth & Kinross.



Organ donors urged to 'Spell it Out'

NHS Tayside hosted information stands in PRI, Ninewells and St John's Centre in Perth during National Transplant Week to encourage potential organ donors to spell out their wishes.

Chair of the Tayside Donation Committee Sandy Watson said, "This year's theme 'Spell it Out' encourages people to make a lasting record of their wishes as this tremendous gift can give an exceptional amount of comfort to those left behind following the death of a loved one."

Transplant Coordinator Irene Russell added, "It is important to discuss your wishes with your loved ones as while 95% of families agree to donation if a loved one is registered and has discussed their wishes, this drops to only 46% when donation wishes aren't known."

Currently 41.6% of the Tayside population is signed up to the NHS Organ Donor Register. To join the register please call the Organ Donor Line on 0300 123 23 23 or visit www.organdonation.nhs.uk



Maureen Perry, Maggie McMahon, Irene Russell, Alex Stephen of donor charity Revival and Sandy Watson

SmallTalk

Praise for prisoner healthcare

Positive progress continues to be made in prisoner healthcare at HMP Prison and HMP Open Estate at Castle Huntly.

Innovative health programmes such as tele-mental health and the introduction of focus groups have helped deliver improved care for prisoners in Perthshire.

Launch of Patient Safety Network



Over 200 members of staff joined Chief Executive Lesley McLay and Chairman Sandy Watson at an event to hear about the ambitious and innovative approach NHS Tayside is taking to improve the safety of patients.

The launch of the NHS Tayside Patient Safety Network at Ninewells was the culmination of a year-long consultation with teams and staff from across primary and secondary care to identify key safety priorities.

Frontline staff and teams shared their stories about improvements they have made to patient safety, their successes and challenges and how the network will support them to share and spread these improvements within their own areas and across Tayside.

Three workstreams – medicines safety, deteriorating patient and multidisciplinary communications – will focus on a series of initial interventions including missed doses,

medicines reconciliation, Early Warning Score, Anticipatory Care Planning, safety briefings and structured ward rounds.

Core members for each workstream have been identified from across all services within NHS Tayside and their role will be to share ideas, knowledge and learning with their colleagues, supported by the network.

‘Playing to Your Strengths’ leadership programme

NHS, local authority and third sector colleagues involved in Health and Social Care Integration in Tayside took part in a leadership programme in the Improvement Academy at Ninewells.

The ‘Playing to Your Strengths’ programme focused on people’s strengths and sources of resilience so that they can use these to lead effectively in times of transformational change and uncertainty.

Twenty eight people took part in the programme, which involved a two-hour coaching session prior to attending a one day workshop, 360 Degree feedback followed by a final two-hour coaching session.

For further information please contact organisational development lead Catriona Ness on catriona.ness@nhs.net

SmallTalk
Supporting Self Management Week
NHS Tayside showcased support on offer to adults with chronic pain during Self Management Week. Information stands were held in Ninewells, Kings Cross, PRI, Stracathro, Arbroath Infirmary, Links Health Centre, Angus physio departments and Dundee Jobcentre. Service improvement lead Rhona Guild said, “Getting rid of chronic pain completely might not be possible, but there is a great deal that can be done to reduce the pain experienced and improve the quality of life of those affected.”



Tayside's Commonwealth Clydesiders!



You can't have missed this summer's Commonwealth Games in Glasgow and other areas across Scotland, with Tayside playing its part by hosting shooting events at Barry Buddon in Carnoustie and an athletes' village in Dundee.

Many NHS Tayside staff also gave their free time to volunteer at the Games in a range of roles and, while working long hours, they reported enjoying unforgettable, once-in-a-lifetime experiences.

The Games were hailed around the world as a huge success – mainly thanks to the efforts of the many volunteers, or Clydesiders as they were known.

Some of NHS Tayside's Clydesiders have shared their photos with spectra to give a flavour of their experiences.

A huge well done to all those who volunteered or were chosen as baton bearers. We're proud of you!

1 Team lead physiotherapist Cameron Marr - volunteer physio at badminton and cycling

2 Senior physiotherapist Cat Moulton - volunteer physio at the diving village in Edinburgh

3 Specialist nurse in cardiology Debbie Letham (right) with Usain Bolt - volunteer at athletics in Hampden

4 Charge nurse Donna Pass - baton bearer in Forfar

5 Senior charge nurse Pam Wilson - driver for the transport team at Barry Buddon

6 Personal assistant Kim Carr with Tom Daley - baton bearer in St Andrews and volunteer at the diving village

7 Property technical and environmental manager Mark Conway (far right) with his anti doping team and Kelly Holmes

8 Consultant orthopaedic surgeon Neil Valentine - National Technical Official judge for the swimming events at Tollcross



The Buzz!

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Fairy lights, camera, action!

'Tis almost the season to cosy up on the sofa with your loved ones, a warm cup of hot chocolate and watch your favourite Christmas films.

As the cold winter nights draw in, watching a festive and heartwarming movie is as much a part of Christmas as mince pies and presents.

From golden oldies like the 1946 classic *It's a Wonderful Life* to more recent comedies such as *Elf*, there's sure to be a festive flick out there to make you smile this winter.

As the communications team gets into the festive spirit, we decided to seek out some of our festively-named staff to see what their all time favourite Christmas movie is and why.



*Comms team top
Christmas movies!*

*It's a Wonderful Life
Elf
Miracle on 34th
Street
Home Alone*

*A Christmas Carol
White Christmas
Polar Express
Love Actually
The Holiday
The Nightmare
before Christmas
Die Hard*





Christina Robin
Staff Nurse
St Margaret's Hospital

My favourite Christmas movie is Love Actually.

I proposed to my partner to one of the songs from that movie.



Susan Yule
Research Nurse
Photobiology Unit, Ninewells

My favourite Christmas film has to be A Christmas Carol.

It's a bit of a family tradition in our household. I think I've seen every film version, but my favourite is the one with Jim Carrey as Scrooge.

David Bell
Staff Nurse
Rehab Unit, RVH

I have two favourite Christmas movies - Home Alone & Die Hard.

Home Alone was my favourite movie growing up, but Die Hard was just better in every way.

Everything you want at Christmas is in Die Hard.



Bill Berry
Porter
Ninewells

My favourite Christmas film is the classic It's a Wonderful Life.

It is a good heart-warming film that has a nice Christmas message.



Nicola Joy
Healthcare Scientist
Ninewells

It's a Wonderful life is definitely my favourite Christmas film.

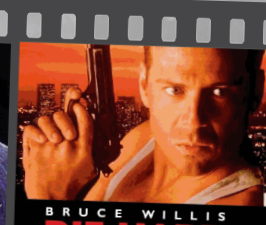
The bells tinkling at the end get me every time.



Mark Sleight
Hearing Therapy Manager
Kings Cross HCCC

Monty Python's Life of Brian - not strictly a Christmas film but it's on every year at Christmas.

I just think it's a great comedy and every time I see it, it just makes me chuckle.



Eat Well, Play Well - a recipe for success



The Eat Well, Play Well project is making a real difference to the lives of children growing up in Dundee's community regeneration areas.

The aim of the project is for people to achieve a healthy weight and to reduce health risks such as heart disease and type 2 Diabetes.

The programme was launched in January by NHS Tayside, Dundee Healthy Living Initiative and Leisure and Culture Dundee to promote healthy eating and physical activity. Parents and children get involved together in cookery, healthy eating messages and play.

If you want to get involved or learn more please
contact Mitchell Street Centre on 01382 435824.



The Corner recently ran a health promotion campaign to highlight issues around young men's health.

The #MenMatter@TheCorner campaign aimed to address issues relevant to young men such as mental health, lifestyle choices, sexual health, relationships, diet and exercise.



Quit smoking and change your life!

Renal care assistant Karen Abel has given up cigarettes with the support of NHS Tayside Smoke Free Services.

Karen, who works at PRI, said the decision has given her a new lease of life.

“Smoking cessation co-ordinator Audrey Mackenzie was my support and she was great, always praising and encouraging me, she believed that I could do it this time,” Karen said.

"I certainly would encourage people to use the Smoke Free Services, it is free and helps you lead a healthier lifestyle."

A Staff Support Clinic is held at the research shop across from main reception at Ninewells every Tuesday. Staff can drop in between 12.30 and 3.30pm.

Staff support clinics at PRI and Stracathro are available by appointment. For more information call 07879 878180 or 0845 600 999 6.

Staff hit the gym to promote healthy living

The Caledonian Road Medical Centre in Perth is highlighting the importance of a healthy lifestyle by installing a new staff gym.

The GPs have turned one of the unused rooms in the practice into a gym, which staff can access to help them stay fit and active.



A personal trainer attended the official opening to advise staff on the correct way to use the fitness equipment and provide advice.

**Caledonian Road
Medical Centre staff in
the new gym**

Flu – Protect your patients, protect yourself, protect the service

Protect your patients
Staff have a **duty of care** to patients to get vaccinated for flu

Flu season has arrived and it's not too late to get your free seasonal flu vaccination.

NHS Tayside is once again offering the flu jab to all members of staff and volunteers and clinics have been running across Tayside over the past few weeks. The clinics end in early November but staff can still receive their free vaccination at participating community pharmacies (see below). Your line manager will also be able to tell you about ward-based or peer vaccination sessions.

Consultant in Public Health Dr Daniel Chandler explains why it is so important to get the flu jab.



"All staff have a duty of care to ensure they have the jab to protect their patients, themselves and their families and help to maintain services.

"If patients are ill, elderly or suffering from a chronic condition, flu can lead to serious illness and evidence shows that vaccination of healthcare workers significantly lowers rates of flu-like illness, hospitalisation and death in the elderly in healthcare settings.

"Even for healthy people, flu can be a serious illness. It makes people feel extremely unwell for two to three days and full recovery normally takes a week. If large numbers of staff need to take a week off work with flu, it can make it difficult for us to maintain services over the very busy winter period."

Protect yourself and your family
Even fit, healthy people can develop more serious consequences and require hospitalisation

Angus

The Pharmacy
High Street **Edzell**
Lloyds
High Street **Montrose**

Davidsons
East High Street **Forfar**
Keptie Street **Arbroath**
High Street **Brechin**
Gardyne Street **Frickheim**

Ashludie
Victoria Street **Monifieth**
Co-op
Murray Street **Montrose**
Fishacre **Arbroath**

Protect the service
The jab can protect staff, reduce sickness absence and minimise disruption to services

Dundee

Boots
High Street
Albert Street (Until 9pm Mon-Fri)
Colin Lowe
Perth Road

Co-op
Nethergate
Albert Street
Hilltown
RS MacPherson
Gray Street

Davidsons
Cleington Road
Lawers Drive, Panmurefield
Coupar Angus Road **Muirhead**
Boots
Main Street **Invergowrie**

Perth & Kinross

Davidsons
Bank Street **Aberfeldy**
Airlie Street **Alyth**
High Street **Auchterarder**
Wellmeadow **Blairstown**
Main Street **Bridge of Earn**
Bridge Street **Dunkeld**
High Street **Milnathort**
South Street **Perth**
Main Street, Bridgend **Perth**
Atholl Road **Pitlochry**

Angus Road **Scone**
Percy Street **Stanley**
ASDA
Dunkeld Road **Perth**
Boots
High Street **Perth**
Browns
High Street **Perth**
North Methven Street **Perth**
Lloyds
Glover Street **Perth**
High Street **Auchterarder**

Right Medicine
High Street **Crieff**
Strathearn
King Street **Crieff**
Harris
Main Street **Methven**
Superdrug
High Street **Perth**
RP Blair
South Methven Street **Perth**
Co-op
Rannoch Road **Perth**



Tayside Health Fund

www.taysidehealthfund.scot.nhs.uk



Tayside Health Fund is the new brand name for Tayside NHS Board Endowment Fund which has been receiving donations and granting funds for projects for many decades.

Tayside Health Fund is generously funded by donations and legacies from patients, families, carers, the communities of Tayside and other organisations.

Donations to the Fund can be used for many things including buying items for patients that will make their stay in hospital more comfortable, introducing new pioneering ways of delivering care, providing funds for research projects, building new facilities or providing educational and training opportunities for staff.

Earlier this year, NHS Tayside staff and the public were asked for their views about the previous endowment fund and how they thought the charity fund could be improved upon.

More than 400 people took part in the survey and their feedback has helped to inform the relaunch of the fund.

Chairman Sandy Watson launched the new Tayside Health Fund at an event at the Armitstead Child Development Centre in Dundee. Armitstead received funding of around £130,000 to build a sensory garden in the grounds of the centre.

Other projects to benefit include the development of the Community Hospital in Blairgowrie and the provision of wifi for patients in Roxburghe House.



For further information about the Fund, including ways to donate and advice about fundraising, visit www.taysidehealthfund.scot.nhs.uk



Sandy Watson, Head of Nursing Sarah McLaughlin and Chief Executive Lesley McLay with children from Armitstead at the launch of Tayside Health Fund

Tayside Health Fund



Tayside Health Fund is a Registered Scottish Charity which supports NHS Tayside hospitals and services. It is supported by donations and legacies from patients, their relatives, the general public and other organisations.

The fund makes a big difference to patients and their families across Tayside and that is why we are grateful for every single penny which we receive. And we know our patients and their families are too...



To find out more or to make a donation go to www.taysidehealthfund.scot.nhs.uk

Tayside NHS Board Endowment Fund Registered Charity No. SCO 11042

Extend your learning opportunities!

Supported by Tayside Health Fund, the Education and Training Endowment Fund was set up to offer staff the opportunity to further develop their skills and learning.

The fund was set up in December 2010 to support staff development opportunities across all NHS Tayside sites, giving staff who traditionally may not have had such learning the chance to pursue a new and worthwhile personal development activity.

It's not too late to apply for funding. The Education and Training Endowment Fund is open to all employees from any area of NHS Tayside. For more information, get in touch with Lorraine Smith on 71437 or email Lorraine.smith8@nhs.net

More information and an application form can be found on Staffnet:

Staffnet Home | Learning and Training | Your Life Long Learning



Head of knowledge and skills Pat Millar with Lorraine Smith

What our staff said!

"The fund helped me to think outside the box in terms of service improvement and also helped to provide a structure for trying out new ideas. It also allowed me to apply for, and get, a higher grade position within NHS Tayside."

What our staff said!

"This is an excellent scheme for those who would like to improve their skills and career prospects but feel there isn't the opportunity for them."

What our staff said!

"Without financial help from the Fund I wouldn't have been able to continue with my education. With the additional qualifications I've been able to develop the skills required to gain a further promotion."

Tayside team attends Young Scotland Programme



NHS Tayside has sponsored four employees to attend this year's Young Scotland Programme in November through the Education and Training Endowment Fund.

The three-day programme's core aim is to further personal development by promoting communication skills, building confidence and stretching minds, and features the combination of debate, group discussions, presentations and thought-provoking speakers.

The NHS Tayside team consists of (from left) dental practitioner Zahid Imran, admin assistant Fiona Young, pharmacy technician John Hogan and estates officer Niall Deuchar.



l-r Mark Anderson, George Doherty, Nadine Duncan, Fraser Gow, Murray Robertson, Sandy Watson, Caroline Hay and Robert Harvie

A group of nine young people celebrated completing their Modern Apprenticeship training at NHS Tayside at an event with friends and family.

The group included the first four graduates of NHS Tayside's Modern Apprenticeship in Healthcare programme who have all now secured full-time employment with the organisation or a place in full-time education.

During the event, Fraser Gow was named as the NHS Tayside Property Department Apprentice of the Year and two new estates department apprentices were also welcomed to NHS Tayside.

NHS Tayside has offered 45 apprenticeships since 2006. The initiative is implemented across a range of departments and specialities to ensure the apprentices gain a variety of experiences and opportunities. The apprenticeships vary in length, between two and four years and are at a variety of academic levels and pay bands.

New Pharmaceutical 'Specials' Service

General manager of Tayside Pharmaceuticals Dr Baxter Millar has been appointed Head of NHS Scotland Pharmaceutical 'Specials' Service.



This new national service is being formed by the amalgamation of Tayside Pharmaceuticals and the Pharmacy Production Unit based in NHS Greater Glasgow & Clyde and will be under the management of NHS Tayside.

The service will manufacture medicines that are not commercially available as licensed products. This includes a range of eye drops, injections, infusions, creams, ointments and oral liquids which are required to meet the clinical needs of patients.

This new service will occupy a purpose-built, state of the art facility on the Ninewells site and building work is due to start in 2015.

Green project benefits local charities

NHS Tayside's Waste Action Reuse Portal (WARPit) was set up last summer to allow staff to redistribute surplus equipment and supplies, helping us to save money, donate to charity and do our bit for the environment.

A total of £1,100 worth of furniture has been donated to charities registered with the WARPit initiative and more than £50,000 worth of furniture and equipment has been reused in different departments across NHS Tayside.

In addition, more than 28,500kg of CO₂ has been saved across the organisation, while 8851kg of waste has been avoided.

Thanks to everyone who has helped us achieve this!



l-r Store and transport coordinator Jack Chalmers, procurement manager Andy Hay and porter Tom Ballantine



Ninewells Garden wins national award

The Ninewells Community Garden has won The David Welch Memorial for Something Special Award in the Beautiful Scotland competition. The garden, which is a registered charity, includes herbaceous plants, fruit and vegetables, a sensory garden and a medicinal herb garden, all in an accessible environment.

The mission of the garden is to promote physical activity and good health through gardening. The garden is supported by volunteers and is open to the public, local groups, hospital staff and patients.



Physiotherapy team lead Yvonne Miskell (centre) was presented with the prestigious President's Award by HRH Princess Anne for 30 years of volunteering with Riding for the Disabled Association (RDA).

The President's Award is the most prestigious volunteer award with RDA and is presented for service of an exceptional nature over a period of at least 25 years.

Yvonne works with learning disability clients in Dundee and has been involved with the building and funding of the RDA facility in Dundee, The Brae, for the past 16 years, but has volunteered with RDA for 30 years.

NHSScotland Healthcare Scientist of the Year 2014

Dr David Baty, NHS Tayside consultant clinical molecular geneticist, has scooped the prestigious NHSScotland Healthcare Scientist of the Year Award.

As part of the Human Genomic Strategy Group, Dr Baty was involved in shaping the national strategy for genomics ensuring that the national policy maintains safe and sustainable genetic services for the UK at the highest quality, enabling Britain to become a world leader in this area.

Dr Baty has also been instrumental in creating the Association for Clinical Genetic Science (ACGS) and chairs the Workforce Development Group in ACGS and represents the profession at the Academy for Healthcare Science, working tirelessly to keep genetics at the forefront of healthcare delivery.



Quality Learning Environment Toolkit

NHS Tayside Practice Education Facilitators have been promoting a new and exciting resource developed for all practice placement areas across Tayside that support pre-registration students.

The Quality Learning Environment Toolkit (QLET) provides a range of Update Activities for mentors to help them meet the NMC requirements as well as providing clinical areas with a range of tools to help support and promote excellence in mentorship.

Mentors and managers have welcomed the flexibility and accessibility of the range of resources and activities available within their clinical areas. There is one copy of the QLET booklet available per placement area and plans are underway to provide electronic access in the future.



So Long, Farewell...



Andrew Wilmshurst

Consultant plastic surgeon Andrew Wilmshurst (seated) has bid farewell to colleagues after a career spanning more than 40 years.

Andrew began his general surgery studies at University College Hospital in London in 1974. He then studied plastic surgery and hand surgery and spent two years working in rural Nigeria. He was appointed consultant plastic surgeon in 1996 and, since 1998, has specialised in hand surgery at Ninewells.

Healthcare assistant Helen Middleton has retired from medical outpatients at Ninewells after 36 years with NHS Tayside.

Helen (centre, seated) began her career in 1978 in dermatology before spending 14 years in the medical wards. She then moved to outpatients in 1992 where she remained until her retirement.



Helen Middleton



Evelyn Milne

Evelyn Milne, nurse specialist in Motor Neurone Disease (MND) has retired after 41 years NHS service. Evelyn (holding card) completed her nurse training in Dundee in 1976 and then went to Edinburgh to become a midwife.

In 1994 Evelyn moved to Roxburgh House, before joining the Ninewells palliative care team. For the last six years she has been a member of the neurology team advising and supporting patients with MND.

Patricia Martin, MRI Research Coordinator Radiographer, has retired after 30 years NHS service.

Pat, (fifth left) completed her radiography training in 1972 in Wirral before moving to NHS Tayside in 1993, undertaking CT scanning and later, MRI as a senior radiographer. Pat has been leading the MRI research and clinical studies at the Clinical Research Imaging Facility since 2012.



Patricia Martin

Intensive Care Unit charge nurse Susan Baxter (second, right seated) has retired after 35 years in NHS Tayside.

Associate nurse director Gillian Costello presented Susan with a bouquet and her 35 year long service award at her retiral lunch.

Picture courtesy of Medical Illustration, PRI



Susan Baxter

A surprise farewell reception was held for George Stewart by his friends and colleagues on his final shift as theatre orderly in main theatres at PRI.

George has worked for the NHS for since 1979, beginning at Bridge of Earn Hospital before transferring to PRI in 1992.

George has been a popular member of the team and will be missed by all the good friends he has made over the years.



George Stewart



Heather McGregor

The Family Nurse Partnership team said good luck and farewell to Heather McGregor.

Heather (left) started her 40 year NHS career as a nursing assistant before deciding to train as a nurse in Tayside. She moved through many differing roles and settled in public health/ community nursing including working within the Family Nurse Partnership team until her retirement.

Nurse consultant Liz Myers (centre) has retired after more than 30 years in Tayside.

Liz started her training at Edinburgh Royal Infirmary in 1974 before moving to Dundee in 1983 where she took up post in Ninewells ICU/ CCU and paediatrics as clinical teacher. She held various positions including senior charge nurse and clinical team manager before taking up her current role in 2001.



Liz Myers



Pamela Dalgarno

Friends and colleagues gathered to celebrate staff nurse Pamela Dalgarno's 36 years service with NHS Tayside.

Pam (left) started her career as an auxiliary nurse in 1978 within the surgical wards at Ninewells before undertaking her enrolled nurse training in 1989. She then worked in the medical wards and has spent the last 10 years in the Clinical Investigations Unit/Short Stay Medicine Unit.



Ruth Gourlay

Staff nurse Ruth Gourlay (centre) has retired after almost 40 years with NHS Tayside.

Ruth started her nursing auxiliary training in 1974 at Forfar Infirmary before completing her nurse training. She worked most of her career at the original Whitehills Hospital before moving to the new build to work in Isla Ward.

Staff nurse Joyce McVean, charge nurses Jenny Fitzpatrick and Pam Leighton and staff nurse Val Ford retired from PRI A&E after clocking up 157 years of nursing service.

The ladies gave a huge commitment to nursing and they will be greatly missed by the whole A&E team.

I-r Joyce (42 years), Jenny (35 years), Pam and Val (both with 40 years)



PRI A&E nurses

Stuart Mitchell (centre) received his 40-year long service award from estates manager Robert Harvie.



Stuart started with NHS Tayside in 1974 as a maintenance assistant in Ninewells, moving in 1977 to the post of assistant mechanical fitter.

In 2004 he became a mature trainee and this led to him becoming maintenance crafts mechanical fitter, the position he still holds.

Dr Geoff Bardsley, consultant clinical scientist and head of the wheelchair, special seating/assistive technology services at the TORT Centre, has retired after 37 years.

Geoff (centre) started his training at the University of Strathclyde and in 1977 he took up the post of research fellow at Dundee Limb Fitting Centre in Broughty Ferry. He worked there until the centre closed in 1999 moving to the newly-built TORT Centre at Ninewells.



Dr Geoff Bardsley

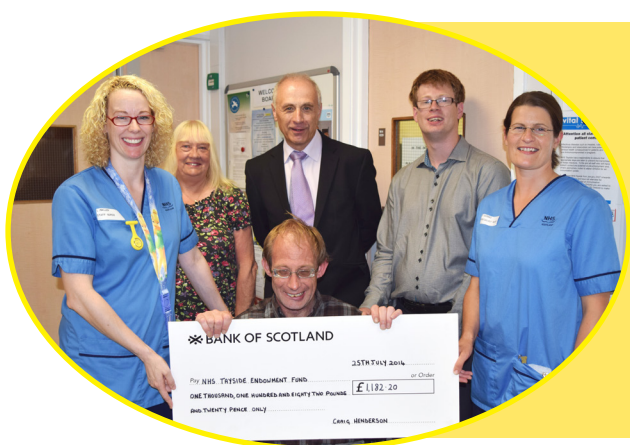
Check It Out

Cycle trip for Liver Education Fund

Dundee couple Kay and Bob Brodie presented a cheque for £2,380 to consultant hepatologist Dr John Dillon for NHS Tayside's Liver Education Fund.

The intrepid couple raised the money by organising and completing a sponsored cycle trip across Vietnam and Cambodia, a distance of 530km, along with their friend Bea Peterson.

Kay and Bob's donation will enable the Liver Education Fund to continue to fund the supply of educational and information leaflets from the British Liver Trust.



Patient says thanks to ICU

Monifieth men Craig Henderson and Ryan Duncan donated £1182 to the Intensive Care Unit (ICU) Fund at Ninewells.

Craig, who was treated at the ICU for burn injuries three years ago after a fire at his house, wanted to do something for the ward. With help from his friend Ryan they organised a disco and karaoke evening and held a raffle and auction.

Senior staff nurse Lynne Malley and specialist nurse Fiona Geddes accept the cheque

Newlyweds give to breast screening fund

Arbroath couple Frances and Ken Beattie donated £1010 to the breast screening endowment fund at Ninewells Hospital.

Frances and Ken Beattie decided to use their wedding to raise funds for breast screening and invited family and friends to make a donation instead of gifts.

In total they raised £2020 which was split between the mental health charity SAMH and breast screening.

Consultant surgeon Douglas Brown accepted the cheque from Francis and Ken Beattie



Donation to benefit urology patients

Former patient Brian Lackie has donated £350 on behalf of the Aberdeen Sovereign Council to the urology department at Ninewells.

Brian, who is grand commander of the Council, has received treatment at the urology department for prostate cancer.

I-r: Senior staff nurse Christine Birtles, Brian Mackie, Macmillan urology nurse specialist Alison Smith and healthcare assistant Pamela Conway

Golden couple donate to Ninewells



Consultant Douglas Kennedy with Grant and Helen Adamson and staff from the ward

A Dundee couple have donated £550 to the oral and maxillofacial fund at Ninewells.

Grant and Helen Adamson celebrated their golden wedding anniversary and instead of gifts, asked friends and family to make a donation.

Grant, who had a tumour removed from his salivary gland, decided to raise funds for the ward to say thank you for the excellent care he had received.

Birthday raises money for Parkinson's

The Parkinson's disease education and research fund at Ninewells received a welcome boost of £550 from Dundonian Douglas Davidson who attends the neurology clinic.

Instead of gifts, Douglas kindly asked friends and relatives at his 65th birthday party to make a donation.

Douglas presented the cheque to Dr Miratul Muqit



Skin cancer research gets a boost



A couple from Guardbridge near St Andrews have donated £675 to the Tayside skin cancer research fund at Ninewells.

Margaret and Sydney Lackie have been fundraising for the dermatology department, with a 5km walk and bake sales, since Sydney was diagnosed with skin cancer a year ago.

Margaret and Sydney with staff from dermatology

Soulful boost for CBIR

The Centre for Brain Injury Rehabilitation received a cheque from £1018 from Bob Caird of Dundee Northern Soul Club.

The money was raised by friends of former patient Alan Small as a way to say thank you to the CBIR team for having helped Alan recover from a stroke earlier this year.



Consultant Douglas Gentleman, along with nursing auxiliaries Alison Robertson and Anne-Marie Scott, accepted the cheque from Alan Small and Bob Caird

Consultant's run raises funds

Christopher Pell, consultant psychiatrist in the Mulberry Unit at the Susan Carnegie Centre, completed a gruelling 69-mile ultramarathon which raised £800 to enhance the ward environment.

Christopher completed 'The Wall Run', a two-day event tracking the length of Hadrian's Wall from west to east across the UK, the equivalent of running two and a half marathons.



Dr Pell running the ultramarathon

All About Robyn!

Robyn Michie Staff Nurse, Aberfeldy Community Hospital

From the hustle and bustle of Glasgow to a picturesque village in Highland Perthshire, Robyn Michie gives us the lowdown on her fledgling nursing career, as well as her suprising new talent and her desire to see the world.



Robyn (right) with a colleague at Aberfeldy

How did you come to be in your current job?

I spent four years studying nursing in Glasgow and the majority of my student placements were community based which I really enjoyed. When I graduated I knew that I wanted to find a nursing post that would allow me to work in the community.

Aberfeldy Community Hospital is my first post as a staff nurse and I am enjoying it. Though the hospital is small it has inpatients, outpatients as well as an MIIU. I think I have landed on my feet for my first post as I am lucky to work alongside a fantastic team.

What would you be doing if you weren't doing your current job?

I would have studied geography and then found a career which allowed me to travel.



If you could learn to do something new, what would it be?

Learn to play the guitar and as I have one I really should bite the bullet and get lessons.

What do you miss most about being a kid?

Having absolutely no responsibilities!

If you could meet anyone, living or dead, who would it be?

Channing Tatum because... well he is easy on the eye, what more can I say?

What secret skills/party tricks do you have?

I don't have a party trick but I recently tried trampoline dodge ball in Dublin and I seemed to have a natural talent for it.

What's your theme song?

Modjo - Lady (hear me tonight) as it reminds me of being back at Uni and getting ready to go out on a night out with my friends.

If you were stuck on a desert island, what three items would you take?

I am a practical person so I would be thinking survival...

My phone - as it has a compass on it, I could call for help and whilst I was waiting to be rescued I could listen to music
Matches - so that I could make a fire in case the rescue party took longer than expected
Sun cream - because I wouldn't want to look like a beetroot when I was rescued

What is the first music album you ever bought?

Spice by Spice Girls and I still know all the songs.

If you won the lottery, what would be the first thing you would buy?

I would buy a first class round the world ticket and stay in beautiful places, see amazing countries and enjoy never having to worry about the cost of anything.

