

spectra

NHS

Tayside

March-April
Issue 76

Spring clean your life

Top tips to improve
your health and
wellbeing this spring



Dear spectra readers,

Spring has finally sprung, the days are getting longer and it's the perfect time to make a fresh start. Many of us take the opportunity for a traditional spring clean around the house but this year, why not extend that to other areas of your life? We've put together some tips on how to improve your health and wellbeing in our 'spring clean your life' feature in Health Matters on page 16.

There has been a number of events and visits over the past few months including the opening of the Tayside Health Fund gift shop, the launch of the new Community Innovation Fund, the Chairman and Chief Executive's tours of the refurbished photobiology and renal departments and visits from the First Minister and Health Secretary. The Family Nurse Partnership also celebrated a milestone with the 500th participant signing up to the scheme. You can read about them all in The Buzz!

With the internet providing us with instant access to a variety of ever increasing news sources, many of us are turning away from the more traditional channels to find out what's going on in the world. We asked our readers across Tayside how they get their news and you can see their answers in Your View on pages 12 and 13.

Elsewhere in the magazine we have features on smoking, the launch of the Older People Clinical Board, the work of the ARCHIE Foundation in raising money for Tayside Children's Hospital and a Focus On the Improvement Academy.

The TREATS insert has special deals for a Royal Edinburgh Military Tattoo performance in August and an outdoor picnic concert as part of The Prom at Glamis Castle in July. Why not grab yourself a bargain for the summer!

Remember to get in touch if you have suggestions for articles or features or if you would like to nominate someone for spectra's stars. Our contact details are on page 3.

spectra editorial team

spectra's stars!

Domestic supervisor Anne Millar is this edition's star after being nominated by her colleague Helen Fraser.

Helen told spectra "I would like to nominate one of my supervisors as she has been with our department since 1990 and in all that time has never had a day's sickness. A great achievement! She was first employed as a domestic assistant at Lochee health centre then in 1991 became a domestic supervisor out in the community where she has remained since."

Help us find the hidden gems by nominating someone for spectra's stars! 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 77 May/June - 16 March
Issue 78 July/August - 18 May
Issue 79 September/October - 20 July

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Launch of Community Innovation Fund

A pioneering £2 million fund to benefit local communities was launched by Chairman Sandy Watson.

The Community Innovation Fund, which builds on the work of the former cash4communities initiative, aims to help community groups develop projects that will benefit the health and wellbeing of their local population.

Launching the new fund, Sandy Watson said, "The Fund will play a vital role in supporting local people to make decisions about the changes they want to see to help them improve the health, wellbeing and resilience of their own communities.

"NHS Tayside is committed to helping communities make changes for themselves. The Community Innovation Fund hopes to support new, innovative projects which will promote quality of life, overall health and wellbeing and create a stronger sense of community and social relationships."



Creative art programme in Angus

An exhibition of prints created by people living with Parkinson's disease went on display in Arbroath.

Family and friends had the opportunity to see the unique and bold prints, created using table top screen printing techniques and mono printing, in the town's St Andrew's church.

New recovery booklet

Angus Adult Integrated Mental Health Services has introduced a new booklet titled 'An Introduction to Recovery, Self Management and WRAP'.

The booklet will enable staff working with service users and carers to introduce recovery and enable them to begin to think about their own recovery journey, recognise the importance of their own self identity and personal needs, and promote a holistic approach to their own mental health, wellbeing and everyday living.

The booklet focuses on the key recovery concepts of hope, personal responsibility, education, self advocacy and support.



SmallTalk

New Dundee-Stracathro bus service

Stagecoach Strath Tay has improved services 20 and 21 between Dundee, Forfar, Brechin and Edzell and will now take passengers to Stracathro. A new timetable for the two routes came into effect in January and provides a half-hourly service between Dundee and Forfar and an hourly link between Dundee and Edzell.

Full timetable information is available at www.stagecoachbus.com



Midwifery Skills Passport

The maternity service in Tayside is launching a Midwifery Skills Passport, which sets out the training required for each of the clinical settings and ensures that midwives are aware of how to access available training.

The Passport will also serve as a training record to demonstrate to team leaders, employers and the NMC that midwives have followed the requirements for continuing professional development and in line with expectations of revalidation.

A reflective journal is also included, which will assist midwives in demonstrating how they are using practice-related feedback from women, colleagues and others to enable them to provide the highest standard of care for women using the maternity service in Tayside. The Passport is available in paper format and electronically on Staffnet.



NHS Tayside showcases careers to young people in Angus

Angus CHP and Dundee University nursing students represented NHS Tayside at a successful careers fair in Forfar for young people.

The one-day event showcased the huge range of careers offered by NHS Tayside.

HR business lead for Angus Jackie Bayne said, "To keep NHS Tayside running successfully we need people with skills in many different areas, not just clinical staff such as doctors and nurses.

"We also need plumbers, joiners, porters, domestics, admin staff and people with IT skills amongst many others.

"We had a really successful day at the fair speaking to young people in Angus about the opportunities for careers in NHS Tayside and we hope to see some of them starting their careers with us in the future."



SmallTalk

Cookery classes in Angus

The Angus Healthy Happy Communities Project organises cooking classes in Brechin and Arbroath for young families keen to learn about cooking fresh meals and healthy lifestyles.

Weekly Healthy Start Cafés are also held in Forfar and Brechin for parents with children under 12 months old to share their experiences and learn about healthy eating.

Chairman and Chief Executive tour refurbished units at Ninewells

Chairman Sandy Watson and Chief Executive Lesley McLay visited the newly refurbished photobiology and renal units at Ninewells to see the improvements made for patients.

The photobiology unit offers a national service for the investigation and treatment of patients with abnormal sunlight sensitivity.

Sandy said, "The refurbishment has greatly enhanced the environment for patients from across Scotland who attend for investigations and will hopefully make the time spent within the unit pass that bit quicker."

The visit to the renal unit included a tour of ward 22, renal dialysis and the home therapies unit, as well as seeing the improvements that have been carried out behind the scenes such as improved water supply and storage facilities.

During the tour, Sandy and Lesley met with patients and staff to hear about the benefits provided by the refurbishment.



Renal unit



Photobiology unit



Ellena handed over the Chain to Curator of Museum Services at Dundee University Matthew Jarron

Midwives group donates Chain of Office

The Dundee Branch of the Royal College of Midwives donated its Chain of Office on long term loan to Tayside Medical History Museum.

Former midwife Ellena Salariya said, "The ceremonial Chain of Office was worn by several Chairs of the Branch over the years but, in recent times, regular formal meetings have stopped and the Chain of Office has remained unused.

"In order to ensure its safekeeping, members of the group decided to offer the Chain on long term loan to the Medical History Museum."

SmallTalk
Memorial services held in Dundee
Time to Remember events were held for friends and family who have lost loved ones in Roxburghe House to meet with staff and other families and place a message of remembrance.
A service was also held in Dundee University Chaplaincy Centre in memory of babies and children who have passed away.
A short act of remembering included the lighting of candles.

First Minister and Health Secretary visit neurology department

First Minister Nicola Sturgeon and Health Secretary Shona Robison met with staff and patients at the neurology department at Ninewells to mark the announcement of an extra £2.5 million to be invested in specialist nursing care.



The first allocation of the new funding package, £700,000, will go towards nursing care and support for those with Motor Neurone Disease (MND).

Nicola Sturgeon said, "The first allocation of £700,000 for MND specialist nursing will be sufficient to fund all MND specialist nurses working in the NHS from the public purse, and to double their number.

"We have a hugely committed and professional workforce within our National Health Service and, with the continued support and hard work of everyone involved, I am confident that we can continue to improve care and provide better support for people living with MND."

SmallTalk
Informed consent seminars
Seminars on informed consent were held at Ninewells to enable staff involved in consenting patients to understand more about the process and the legal implication of consent.
Further events will be held in March and May in the Gannochy Lecture Theatre.

Site/support services event



Staff from site/support services attended a communication and engagement event in the Improvement Academy at Ninewells.

Following last year's Site/Support Services Big Event, five workstreams were created – HR, equipment, dignity and respect, communication and working together. Around 50 staff members attended to hear feedback from each of the workstreams.

SmallTalk
Creative Engagement for Dementia
People with Dementia shared their experiences at a performance at Dundee Rep Theatre.
The Creative Engagement for Dementia programme focuses on the benefits of people coming together and sharing stories, combining the qualities of drama and expressive performance.

Tayside Health Fund gift shop opened



Lesley McLay (left), Sandy Watson (centre) and fundraising development manager Callum Cockburn (right) with volunteers from the shop

Chairman Sandy Watson officially opened the refurbished Tayside Health Fund gift shop at a ceremony with Chief Executive Lesley McLay and volunteers from the shop.

Located on the concourse at Ninewells, the shop offers a range of gifts, toys, greeting cards, jewellery, ladies scarves and bags, candles and handmade soap. All proceeds go to Tayside Health Fund.

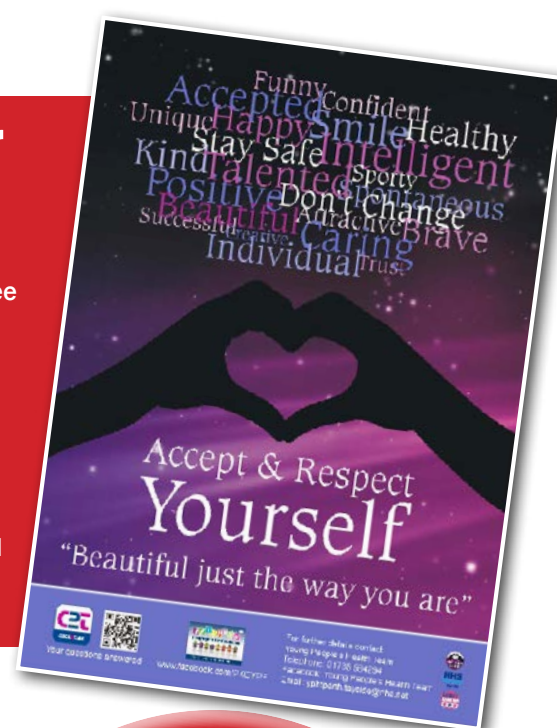
Sandy, who is also Chair of the Board of Trustees for Tayside Health Fund, said, "The Fund makes a big difference to patients and their families across Tayside and that is why we are grateful for every single penny that we receive and for the services of the volunteers who run the shop."

'Accept & Respect' message for girls and young women

A group of young people gave a presentation to Perth & Kinross CHP committee about their experiences during the CHP's Accept & Respect campaign.

The initiative aims to provide health and wellbeing support to girls and young women to enable them to reach their full potential.

The group took part in a 12-week programme of sessions and worked with partner agencies to develop a workshop programme to engage with young women, covering topics like team building and conflict resolution, exercise and mood, and mind, body and soul.



l-r Jade Clark, Jessica Nolan, Alex Murie, Kirsty Pearson and Chloe Stewart-McIlwraith

SmallTalk

CYPF Staffnet site

The Children, Young People & Families (CYPF) Service in Perth & Kinross CHP has launched a new site on Staffnet.

The site will act as a central resource for referral forms, useful leaflets and helpful website links for staff within CYPF, but also as a source of information for other NHS Tayside staff.

Community Mental Health Team development day

Perth City Community Mental Health Team held a development day with local stakeholders and guest speakers where they looked at their performance against the Scottish Recovery Indicator 2 tool and produced an action plan for the future.

Prior to the event, information was collected from service users, carers, staff, assessments, care plans and service information literature and this was used to generate a score against each of the ten recovery indicators.

Two clients spoke about their experiences of using the team and how this had affected their recovery journeys. Taster sessions of complementary therapies were also provided throughout the afternoon.

A graphic illustrator was then commissioned to create a piece of artwork detailing the service and its vision for the future.



Staff and patients welcomed into new unit at Blairgowrie

Staff and patients have moved into the new GP unit at Blairgowrie Community Hospital following a £2.36 million redevelopment.

Building work began last April to provide a modern environment for patient care which offers both single and twin en-suite rooms.

The unit has a new enhanced physiotherapy and occupational therapy rehabilitation area, as well as a MIU, which will give clinicians scope to deliver new treatments locally in the future.



WRAP workshops for staff

Wellness Recovery Action Plan (WRAP) facilitators in Perth & Kinross are rolling out a programme of workshops in 2015.

WRAP is a tool that empowers people experiencing distress to take charge of their recovery and to help them get on with their lives.

WRAP workshops encourage the five key concepts of hope, personal responsibility, education, self-advocacy

and support. Attendees of the course have reported an increased hope for the future, belief in their own abilities and confidence.

The Perth & Kinross facilitators come from a variety of organisations including NHS Tayside, PLUS, Mindspace and P&K Council.

For more information please contact Jackie Fleming on jffleming2@nhs.net

SmallTalk

Learning Disability Services praised

The P&K learning disability joint strategy plan has been praised for its success.

The plan is divided into 12 areas, covering services like helping people to live in their own homes, employability and meeting new people.

The key achievements of the service include improving the physical, mental and spiritual wellbeing of people with a learning disability.

SmallTalk

New mental health model approved

A new model of care for older people's mental health services in North West Perthshire was approved by Tayside NHS Board.

NHS Tayside is working in partnership with patients, families, P&K Council, and voluntary and third sectors to test a more localised service for people living with dementia.

Cornhill patients' music programme



A music programme for people with life limiting illnesses culminated in a celebration event at the Moncrieffe Community Centre in Perth.

The eight-week Musicality for Cornhill Macmillan Centre programme focused on the benefits of singing and exploring the participants' creativity through music.



Milestone for Family Nurse Partnership

The Family Nurse Partnership (FNP) in Tayside is going from strength to strength having recently celebrated recruiting its 500th young woman on to the programme.

The FNP programme began in Tayside in 2011 and aims to achieve positive outcomes for first-time mothers aged 19 years or under and their children.



"I have learned the importance of not filling all the silences during a visit"
nurse

"you have made me into such a confident mum"
client

"after 30 years of nursing – wondering why I haven't always worked like this"
nurse

"I feel like a mum already"
client
25 weeks pregnant

The programme is an evidenced-based, preventative programme delivered by a family nurse and builds on the intrinsic desire of a young woman, when pregnant for the first time, to be the best parent that they can possibly be.

FNP is based on the theories of human ecology, attachment and self-efficacy. It is an intensive home visiting programme, ideally starting in early pregnancy, which covers personal health, environmental health, life course development, maternal role and family and friends.

The family nurse forms a therapeutic relationship with the young mother and uses the FNP programme guidelines, materials, methods and practical activities to work with her, as well as the father and their wider family where applicable, to help develop a better understanding of their baby.

The service is flexible and responsive, adapting to the individual needs of children and families.

Through participation in the FNP programme, young women can increase their parenting capacity, develop emotionally, experience changes to their behaviour and build positive relationships.

In Tayside, FNP is offered to all eligible young women and they are recruited to the programme on a voluntary basis.

For more information on FNP email Tay-UHB.FNP@nhs.net or visit www.facebook.com/FNPNHSTayside

Above left: Ann Eriksen & Joan Wilson celebrating 500 clients

Right: A young dad enjoying play with his daughter

Below: The FNP team



Working with us

NHS Tayside recognises the importance of effective employee engagement, shown in our work around People Matter, the NHSScotland Staff Survey and the 2020 Workforce Vision.

Staff who feel engaged, involved and valued provide a strong workforce which is essential to improve healthcare services. It is in the interests of everyone – our patients, families, carers and the wider community – that our staff have a positive employee experience.

By regularly reviewing the levels of satisfaction of our staff, we can share best practice and help areas which need a bit more support.

"If we value staff experience and staff engagement over everything else, our patients, ourselves and our performance will all reap the benefits."

Collective Leadership commitment statement
NHS Tayside Senior Leadership Team
December 2014



NHSScotland Staff Survey results

Cabinet Secretary for Health, Wellbeing and Sport Shona Robison announced the results of the NHSScotland Staff Survey at Ninewells in December.

Chairman Sandy Watson and Chief Executive Lesley McLay welcomed the Cabinet Secretary to the Renal Dialysis Unit where she met with staff to discuss the results of the survey and pledged to work with health boards to further improve staff experience.

The survey saw a significant increase in respondents to the questionnaire in Tayside from 19% in 2013 to 33% in 2014.

The survey results were positive with 61% of staff responding that they would recommend their workplace as a good place to work – an increase from 48% in 2013. Backing this up, 79% of respondents indicated they still intend to be working with NHS Tayside in 12 months' time.

We are constantly striving to be a better place to work, but can only keep improving if we understand the views and opinions of every single member of staff.

For more information please see Vital Signs Issue 646 or you can see NHS Tayside's report at [Staffnet Home](#) | [Our Websites](#) | [Staff Survey](#).

iMatter – 'Better Staff Experience Supports Better Patient Experience'

NHSScotland has developed iMatter – a new tool to support continuous improvement in staff experience and employee engagement. The iMatter model is different from previous staff surveys in that it will be completed at team level and results will be reported at team level.

NHS Tayside is implementing iMatter over the next three years. Staff in the first cohort (Corporate & Board Directorates) have now completed the questionnaire and their team reports will be finalised by the end of March.

The NHSScotland Staff Survey will continue to run during the three-year roll out of iMatter to allow all members of staff to have their say.

The iMatter Staffnet page full of information including a 'frequently asked questions' document is now available at [Staffnet Home](#) | [Our Websites](#) | [iMatter](#)

For further information please email imatter.tayside@nhs.net

Read all about it?



According to the latest figures, sales of printed newspapers are falling by around 8% a year, which is hardly surprising given the many different options we now have to catch up with what's going on.

You can choose to get the latest from 24-hour TV news channels, the radio, an online version of a newspaper, a news app or from your friends on Facebook or Twitter... and all of this is available from a PC, laptop, tablet or phone!

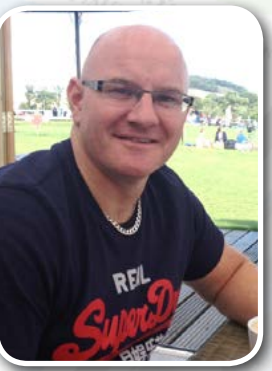
This got us wondering how spectra readers keep up-to-date with what's going on in the world. We asked our staff whether they get their news from more traditional sources or whether they have joined the ever-expanding digital world.



Les Lawrenson
Community Dental Nurse
Whitehills

I am an early bird and get up around 6am, so I tend to watch the BBC news bulletins. Then during the day, we have the radio on in the surgery so I listen to the news reports for our local area.

I also get the 'local rag' The Forfar Dispatch which comes out once a week.



Alan McIntosh
Assistant Site/Support
Services Manager
PRI and Perth City

I get my news from social media because anything that's happening around the world is only a click away.

It doesn't matter where you are, you can get access to things practically as they are happening.



Vicki Sloan
Clerical Officer
Breast Screening, Ninewells

I get my news mostly on the internet. I visit the BBC website usually but I also look at local newspaper websites.

I don't buy newspapers as I get my information online and it is much more up-to-date.



Alison Lyall
Personal Assistant
Child, Family and Public
Health, Whitehills

I very rarely buy newspapers, but do watch the news on ITV at teatime.

I use the internet for keeping up-to-date with what is going on in the world or for research.



Andy Nicholson
Sexual Health Nurse
Ninewells

I get news updates via the BBC app I have on my phone and I read additional news online on my tablet.

I watch news on CNN and if I am away at a conference I tend to watch Euro news as I find that it gives a more balanced view.

Basically I am a news junkie!



Jennifer Bates
Radiographer
Breast Screening, Ninewells

I don't buy newspapers but if my dad buys one I will read his.

I prefer to get my news online by looking at various sites, there isn't one in particular I favour.

I will watch the news on TV if I am in and it comes on.



Kerri Richards
Specialist Physiotherapist
Whitehills

I tend to mainly use the BBC News app on my phone. Aside from that I probably get my news from social media and via friends and word of mouth.



Beverley Malcolm
Admin Assistant
Child, Family and Public
Health, Whitehills

I check the news on my phone and have it set up to send me notifications of breaking news throughout the day.

Platforms used for news in 2014

Consumption of news via the internet has increased for computers, laptops, tablets and mobiles. Television has seen a small decrease but remains by far the most-used platform for news consumption. People getting news by any type of internet platform is now on a par with newspapers and radio.

Television	75%
Internet/apps	41%
Newspapers	40%
Radio	36%
Word of Mouth	11%

Source: Ofcom



Raising money for charity, whilst raising fitness levels!

NHS Tayside staff led by example and got into gear to change their exercise habits during a fun fitness challenge.

Dozens of staff across sites in Tayside signed up to our fun fit exercise challenge in a bid to get active. For the month of December, staff were encouraged to take part in some form of exercise for 30 minutes every day – even on Christmas day!



Exercises such as walking, cycling and even dancing were just some of the activities tried out by our staff for half an hour per day.

As well as boosting their personal fitness, participants in the Team Tayside Advent Challenge also had the opportunity to raise funds for charities, including the Tayside Health Fund and Tayside Children's Hospital appeal ARCHIE.

Support for the challenge came from staff at Royal Victoria Hospital, Kings Cross, Murray Royal Hospital, Dundee Dental Hospital and Ninewells Hospital, as well as staff based in the community.

Speech therapists, dietitians, physiotherapists, dental technicians, nurses and administrators donned their walking boots, got on their bikes, pulled on their lycra and even grabbed a hula hoop to take part in the active challenge.

Chief Executive Lesley McLay, who ran every day during the challenge to raise money for ARCHIE, said, "The way that staff got behind the Team Tayside Advent Challenge has been really heartwarming with many sharing their stories.

"Thank you and well done to everyone who took part."

What are the benefits of daily activity?

- Reduces risk of a range of diseases e.g. coronary heart disease, stroke, type 2 diabetes
- Helps maintain a healthy weight
- Helps maintain ability to perform everyday tasks with ease
- Improves self-esteem
- Reduces symptoms of depression and anxiety



Cervical Cancer Prevention

The NHS Tayside Colposcopy team supported Cervical Cancer Prevention Week (25-31 January) by holding an information event in the concourse at Ninewells.

Cervical screening saves around 5,000 lives in the UK every year and prevents eight out of 10 cervical cancers from developing.

I-r Elaine Coupar, Pauline Billingham, Erica McGaughay and Lyndsey Neillie



Free Yourself from smoking!

NHS Tayside smoking policy

NHS Tayside has launched a programme of work to update its smoking policy in order to meet the requirements of the Scottish Government's tobacco control strategy.

The 'Creating a Tobacco Free Generation' strategy, which aims for Scotland to be tobacco free by 2034, sets a requirement for all NHS boards in Scotland to ensure that their premises and grounds are completely smoke free by March 2015.

NHS Tayside's smoking policy aims to maintain a safe, healthy working environment and improve the health of the population of Tayside by providing smoke-free sites, while offering support to those who smoke and those who would like to stop.

NHS Tayside's smoking cessation service is available to provide support to staff and patients and can offer a range of services, including Nicotine Replacement Therapy (NRT), stop smoking classes and drop-in sessions.

Public health consultant Andrew Radley said, "In Scotland, tobacco use is estimated to be linked to over 13,000 deaths a year (a quarter of all deaths) and 56,000 hospital admissions every year. We ask all staff, patients and visitors to NHS premises and grounds in Tayside to help us make this policy a success and help improve the health of people in Tayside."



Training

Training is available for all staff to raise awareness around the smoke free policy and promote smoke free NHS premises and grounds.

For more information please contact Elvi Guild on elvi.guild@nhs.net, 01382 424127 or ext 71127.

Support

If you would like support to stop smoking, call **NHS Tayside Smoke Free Services on 0845 600 9996 or the Hospital Smoke Free Service on 07879 878180.**

The 'stop smoking in 12 weeks' programme is available for free at all community pharmacies. This includes either NRT or Varenicline, just go in and make an appointment and remember to ask if you are eligible for the quit4u extra incentive.



Further details on the current NHS Tayside smoking policy can be found on Staffnet by following the path:

Staffnet Homepage | Safe & Effective Working | Policies | Human Resources

For more information on The Scottish Government's tobacco control strategy please visit www.scotland.gov.uk/Publications/2013/03/3766/

Quit smoking and change your life!

Spring clean your life

Spring is the perfect time to clear out the cobwebs and look forward to the rest of the year ahead with a traditional spring clean.

Your New Year's resolutions of joining a gym, starting a diet or signing up for that evening class may have already fallen by the wayside but it is not too late to make positive changes.

This year, why not extend the spring cleaning to the rest of your life and get rid of your lifestyle clutter to make room for a healthier, more active life.

Spruce up your diet



On the long cold winter nights it's easy to reach for convenience foods and ready meals and we can often end up eating the same meals with little variation in our diets. However, sticking to the same foods means you may be missing out on certain nutrients.

Why not try experimenting once or twice a week with foods or recipes you have never tried before? If you are a snackaholic and find it hard to last between meals go for low fat, low sugar alternatives.



Brighten your day... make time for you, your family and friends

It is very easy to come up with a reason or an excuse to say no to invitations to meet up with friends and families. 'I am too tired.' 'I can't face going out in the cold.' 'I've not got time.'

This spring why not make the time in your busy life to pop round and visit a relative, go for that coffee with your friend or enjoy a meal out with your partner. The message behind that old TV advert 'It's good to talk' is still true!

Best foot forward



Does the mere mention of exercise make you groan and sink deeper into the couch? Joining a gym not your thing? Don't have time to exercise? Now is the perfect time to put that spring back in your step.

Anything which makes you even a little more active will do you good, so try pulling on your trainers or walking boots and getting outside every day for at least 20 minutes of brisk walking in the fresh air. Look out for Healthy Working Lives Walk Groups or go for a short walk in your lunch break.

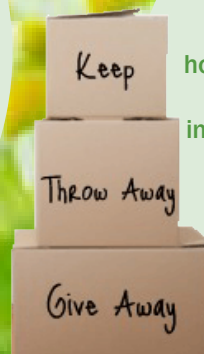
Look after the pennies...



After the demands of the festive period, spring is a good time to look at your finances to get them back on track. While it may be scary to assess your financial situation, be brave, bite the bullet and, if necessary, set yourself a budget for the next few months or so.

Try making a plan to look at ways of saving money such as doing without your shop bought cup of coffee or that expensive pre-packed sandwich, and those few extra pounds saved will soon add up.

Clear out the clutter



While you're sorting out the other areas of your life it's a great to have the traditional spring clean and get rid of household clutter. Throw away, sell or give to charity anything you don't use anymore, including clothes you've been hanging on to for years for the 'right occasion'.

Clear your kitchen cupboards of junk food and re-arrange the furniture to freshen up your home. Not only will this give you space for more useful things, but decluttering can also help boost your mental wellbeing.



The locality model in practice at Broughty Ferry Health Centre

Launch of Older People Clinical Board

NHS Tayside has launched a new clinical board looking at improving the care of older people in the acute and community settings.

According to the National Records of Scotland, the number of people living in Scotland of pensionable age will increase by 26% by 2035 and those in the age group of 75 and above will increase by 82% over the same period.

This will have an impact on the services we provide in NHS Tayside and the Older People Clinical Board (OPCB) has been set up to modernise and transform the care we deliver to our older population through clinical leadership and engagement. One of the principal aims of the OPCB is to optimise independence and wellbeing for older people at home, or in a homely setting and to improve services by shifting care towards anticipatory care, preventing unnecessary admissions to hospital.

The OPCB is working closely with the new integrated health and social care partnerships to develop a new locality model in which care, whether in hospital or in the community, will be organised around the needs of the individual and delivered by teams who know them.

Part of the locality model is the enhanced community support response which supports people at home by triggering rapid multi-disciplinary assessment from Medicine for the Elderly consultants, GPs, pharmacists, Allied Health Professionals (AHP), community nursing, Community Mental Health Team for older people and social work staff.

A test of change was run through four GP practices in Angus and Dundee last winter. The aim was to identify older frail people in the community and trigger an assessment and immediate input from the multidisciplinary team so that unnecessary admissions to hospital could be prevented. It also allowed timely supported discharge for patients who did need to be admitted thus reducing length of stay and prevention of the complications related to hospitalisation.

The test showed that older patients from those four GP practices were less likely to be admitted to hospital, and showed a reduction in occupied bed days and length of stay. There was also a positive impact on the number of patients that need to be 'boarded' from wards 5 and 6 in Ninewells. These positive results led to an NHS Tayside Quality Award and roll-out across GP practices in Tayside is now under way.

Dr Cesar Rodriguez, Associate Medical Director for Older People, explains, "In Tayside we are reshaping the way we want to deliver services for older people.

"The work that the Older People Clinical Board is carrying out is a great opportunity to improve the way we offer services and support to older people and their families in Tayside.

"Many of those older people that require our services tend to have complex needs that involve physical, psychological and social aspects of their lives.

"That is why it is important that we offer a person-centred, well co-ordinated, integrated approach to their very specific needs. We also need to do this close to older people's homes and in a proactive, anticipatory way.

"NHS Tayside is working with our partners to make this possible through the establishment of multidisciplinary teams in each of the localities in the integrated board areas."



British Empire honours for Tayside staff



Professor Dilip Nathwani

Co-Director of the Academic Health Sciences Partnership Dilip has been awarded the Order of the British Empire (OBE) in the New Year's Honours List for services to the treatment of infectious diseases.

Dilip is honorary professor of infection at Dundee University and National Speciality Adviser for Infectious Diseases to the Scottish Government. He is also President-elect of the British Society for Antimicrobial Chemotherapy.

On receipt of the OBE Professor Nathwani said, "I am delighted to receive such an accolade which reflects the hard work of a large number of colleagues from different disciplines."



Margaret Mitchell

Stroke team lead Margaret was awarded the Member of the British Empire (MBE) for services to healthcare with NHS Tayside.

Margaret has spent 45 years in nursing, including the past 15 years caring for stroke patients in Tayside. She has recently been appointed acting clinical co-ordinator for brain injury rehab, helping provide support for stroke survivors.

On receiving the award Margaret said, "I find working with people who have survived strokes inspirational. A stroke can have a devastating effect on a person's health but they all show a real determination to recover and get as much normal life back as possible."



Cathy Hamilton

Carseview support worker Cathy received the MBE for services in the development of mental health care in Tayside (Dundee) during a trip to Buckingham Palace in November.

Cathy has worked in mental health for many years and in her current role runs courses for carers, relatives and friends of people suffering from mental ill health. She is also Chair of the Dundee Mental Health Cairn Fowk, a fundraising charity to support carers, relatives and friends.

Head of Adult Mental Health in Dundee Val Johnson said, "Cathy is a long serving advocate for carers in mental health and well deserving of this recognition."

Coaching Graduates



Graduates Deborah Morales, Fiona Gibson, Kathleen Paterson and Susan Johnston with tutor Sandra Wilson and mentor Adrian McLaughlin

Six NHS Tayside staff successfully graduated with a Certificate in Business Coaching during 2014.

They have joined a bank of 14 qualified coaches within NHS Tayside and are providing coaching for a range of staff across the organisation.

For further information on accessing the coaching service, please contact Catriona Ness on catriona.ness@nhs.net

Tayside consultant wins Lifetime Achievement Award

Dr Martin Leiper was awarded the Anne Norfolk Lifetime Achievement Award by Hospice UK, which recognises the significant contribution individuals have made to hospice care in local communities.

Dr Leiper has been a leader in specialist palliative care services in NHS Tayside and since his retirement has continued to support patients, carers and colleagues as a locum consultant.

On receiving the award, Dr Leiper said, "I am deeply moved at receiving this award, however, the secret of palliative care is that it can only be delivered effectively for patients by a multidisciplinary team. I count myself privileged to have worked for 28 years in palliative care services including Roxburghe House, Cornhill Macmillan Centre and with the community team across Angus."



Dr Leiper (right) with Hospice UK Chair Lord Howard

The Improvement Academy provides a centre of excellence for staff learning and development, with local pop-up academies ensuring that all staff across Tayside have access to learning and development opportunities.

The Academy, which is located on Level 5 at Ninewells, offers flexible learning facilities which can be tailored to meet the specific needs of various training and development sessions, courses and events. The seminar rooms on the lower level have been kitted out with audio-visual and video conferencing equipment and this, coupled with technical support from the onsite team, ensures a great experience for all those organising and attending learning events.

Whilst the lower floor provides a more traditional learning environment, the upper floor of the Academy offers an opportunity for staff to engage and interact with strategic improvement programmes such as Steps to Better Healthcare, Shaping Surgical Services and Shaping Outpatient Services.

The Academy also offers all staff an opportunity for individual learning by providing improvement resources, access to key electronic resources via the Knowledge Network, comfortable surroundings for private study and staff development surgeries which give individual support on topics such as leadership, quality improvement, using e-ksf and career development.

The Academy supports various improvement and development courses, most of which can be accessed by staff free of charge. For details of these courses and to book a place visit www.t-coe.org.uk

For more information, email improvementacademy.tayside@nhs.net or just pop in. The Academy can be found on level 5 of the main ward block in Ninewells by following the signs to ward 42 and taking the next door on the left past the entrance to the ward.



"The opening of the Academy demonstrates NHS Tayside's continued commitment to being a learning organisation."

"The Academy resources are focused on the engagement and development of all staff in the pursuit of quality improvement as a means of improving the experience of care for the people of Tayside."

Lesley McLay
Chief Executive



"We are always keen to hear ideas on how the Academy could be further developed to support staff."

"Would you be interested in starting an initiative in the Academy, perhaps a reading or creative writing group, or classes in photography, conversational languages or introductory computer skills? Or perhaps a walking club, smoking cessation or healthy weight group?"

"If you have any ideas, please get in touch – we would love to hear from you!"

Jackie McCallum
Teaching Lead



THE ARCHIE FOUNDATION MAKING THE DIFFERENCE IN TAYSIDE CHILDREN'S HOSPITAL



MEET THE ARCHIE TEAM!

The ARCHIE Foundation is well and truly established in Tayside with its fundraising team of Emma White (right) and Hannah Clark (left) in the ARCHIE office on Level 7 at Ninewells (past reception, left after the Metropole sandwich bar and then on the right).



social entrepreneur for eight years, Emma jumped at the chance to lead the fundraising team in Tayside.

When you speak to Emma you will detect a quiet Canadian accent which belies the fact that she was born in Belfast. At just seven months old her parents emigrated to Canada, then at 12 she moved back to Scotland and eventually to Dundee. A mother of two, Emma attended Dundee University and while there worked as a nursing assistant with the NHS.

Five years ago Emma's son needed an operation at Royal Aberdeen Children's Hospital and she encountered the difference The ARCHIE Foundation makes for the first time. Having been involved in fundraising as a self-employed

Hannah, the ARCHIE fundraising assistant, was born and brought up in Dundee and has an HND in events management from Dundee and Angus College. Also a mother of two young children, Hannah has taken part in many fundraising events from abseiling to Christmas fayres. However her starring role has been as a world championship competitor in cheerleading, attending the 2006 World Championships in Florida as a member of Team Scotland.

Three cheers then for the Tayside fundraising team!

You can call Emma and Hannah on 01382 496303 or by email on emmawhite@archiefoundation.org.uk and hannah@archiefoundation.org.uk

ARCHIE'S MOUNTAIN CHALLENGE

"I LOVE THE IDEA - WHY HAS IT NOT BEEN DONE BEFORE?"

Mark Beaumont, broadcaster, adventurer, author, and speaker

"BONKERS AND WONDERFUL"

Lizzie Rose, adventure racer, artist and mountain rescuer

"THIS WILL BE THE BEST ADVENTURE TO HAPPEN IN SCOTLAND/UK IN 2015."

Gary Tompsett, adventure race organiser and racer

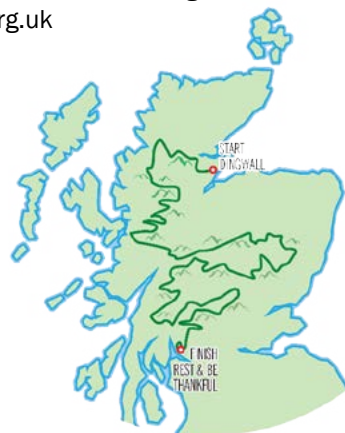
These are a few of the things that have been said about the ARCHIE Mountain Challenge, which will take place in Scotland this summer and raise funds for Tayside Children's Hospital. It will take the form of a human power relay over all 130 mountains in Scotland that are over 1000m! We like to think of these mountains as the ARCHIES.

WHAT IS IT AND WHEN WILL IT HAPPEN?

The Challenge will start on 30 May at sea level with a toe dip in the North Sea at Dingwall and finish an estimated 2-3 weeks later at the 'Rest and Be Thankful' (where better!) and with a toe dip in the Atlantic at Arrochar. In between, a group of outdoor enthusiasts will walk and run over the mountains and cycle between them. They will carry ARCHIE's rabbit as a relay baton with a transponder on its back to allow people to follow progress of the baton live on the event website.

HOW CAN I GET INVOLVED?

There will be three walking stages which everyone is invited to join and get sponsored to complete. Ben Wyvis, the first mountain on 30 May at the start of the relay, Lochnagar on the weekend of 6 and 7 June, and Schiehallion on 13 and 14 June. If you would like to take part in the challenge relay then you need to be a competent cyclist or a mountain runner capable of navigating over rough wilderness terrain in any weather. Whatever your potential role please get in touch with Emma or Hannah using the contact details above or pop into the ARCHIE office at Ninewells.



So Long, Farewell...



Sheona Chisholm

Midwife Sheona Chisholm (centre) has retired after a 32-year career.

Sheona began her nurse training in Perth in 1982 then took up her first post in ward 16 in Ninewells. After training to become a midwife, she spent two years in a mission hospital in Jerusalem. In 1990, Sheona returned to work at Ninewells then transferred to the midwifery unit at PRI in 2014.

Sheona has travelled far and wide over the years helping children in orphanages and she plans to continue her volunteer work during her retirement.

Domestic assistant Rosina Drain said farewell to colleagues in Arbroath after 32 years service with NHS Tayside.

Rosina started working at Arbroath Infirmary in 1982 where she stayed for just under two years. She then moved to Little Cairnie where she worked until retiring in December 2014.

Since retiring, Rosina has been enjoying spending time with her grandchildren.



Rosina Drain



David Flett

David Flett (front, centre) has retired as medical physics service manager at Perth Royal Infirmary after 40 years with the NHS.

David joined the NHS in 1974 working at the Bridge of Earn Hospital then moved to the PRI theatres in 1997. He then joined medical physics as a gas technician and has been part of a growing team looking after all medical equipment in Perthshire.

Long Service Award



Kay Henderson, schools co-ordinator in community child health, has been presented with her long service award.

Kay has spent 42 years in NHS Tayside working in a variety of roles within child health services.

Marion McNaughton (fourth left), medical secretary within the osteoporosis service, has retired after more than 30 years.

Marion worked for Salford Health Authority before moving to Bridge of Earn in 1989.

She then transferred to PRI and worked in various administrative roles within medical records and rheumatology before becoming osteoporosis secretary.



Marion McNaughton

Mo Bros raise cash for men’s health



Five staff from Broxden Dental Centre raised £142.92 for Movember, the charity for men’s health, by cultivating their finest facial hair.

During November senior dental officers Garry Sime and Ian Hay, dentist Cameron Webster, lab technician Ross Shand and dental nurse Nathan John proudly displayed their bushy moustaches after dispensing with shaving for the entire month.

Colleagues also joined in the fun by sporting fake moustaches.

Fans for Roxburghe House



Roxburghe House patients have benefited from a donation of six high powered Dyson fans from Gill and Ellen Smith in memory of their friend Michelle Smith.

Donations at the funeral of Michelle were used to purchase three fans initially but when the makers of the fans heard where they were to be used they generously doubled the order at no extra cost.

I-r Gill Smith, staff nurse Jackie Laird, charge nurse Louise Richardson, staff nurse Marnie Lemanczyk, Ellen Smith, senior staff nurse Brian McMurchie and Macmillan physiotherapist Rosemary Brewster

Jams and jellies for skin cancer research

A year-long fundraising drive by Guardbridge couple Margaret and Sidney Lackie has resulted in a £1,000 donation for skin cancer research.

The money has been raised through Margaret’s home produce sales of baking, jams, jellies and chutneys and even a sponsored 5K walk.

I-r (seated) Professor Charlotte Proby, Sidney and Margaret Lackie, and research nurse Leaca Crawford with staff from dermatology



Boost for upper GI cancer research fund

The upper GI cancer research fund received a £600 donation from Lesley Fenton who donated the money in memory of her husband, Peter, who passed away 11 years ago from oesophagus cancer.

There is currently research being carried out to improve chemotherapy treatment and side effects and this donation will be used to support this research.



Lesley Fenton presenting the cheque to consultant clinical oncologist Dr Douglas Adamson with foundation doctors Niall Killeen and Kirsty Morrison

Tea party success



I-r Wendy Roud, Alison Hoey, Gwen Rudol, community Macmillan nurse Cath Foulis, Mary Dowall, Fiona Hunter and Jaqui Sutherland

Six senior dental nurses held an old fashioned afternoon tea at Dundee Dental Hospital to raise funds for Macmillan Cancer Support.

The tea party’s vintage theme proved very successful and the event raised £830.15. The money will be used in Dundee to help support the people of Tayside.



Orchestra hits the right notes for dermatology

Consultant dermatologist Dr Andy Affleck accepted a cheque for £600 from Mrs Dorothy Baird and her niece Margaret Davidson from Tayport.

The money was raised at an event in Tayport which saw Woodlands Orchestra take centre stage and entertain patrons with a selection of musical arrangements. The proceeds of the concert will be put towards research into skin conditions.

Margaret Davidson, Dr Andy Affleck and Dorothy Baird (seated) with staff from the dermatology department

£3,500 from Lippen Care

The charity Lippen Care donated over £3,500 to the Angus District Nursing Service.

The money will be used to purchase four portable syringe pumps which enable medicines to be administered under the skin, slowly over a 24-hour period to palliative patients.



I-r District nurse Beverley Boler, clinical team manager Kaye Wiseman and convener of Lippen Care Forfar Moira Nicoll

All About Shirley!

Shirley Black Senior Support Services Supervisor Stracathro

After cutting her teeth in the hotels of Angus, Shirley Black has spent 17 years in support services at Stracathro but she almost ended up in a very different career. Get the lowdown on Shirley's childhood dream job and more below.



How did you come to be in your current job?

My mum and dad bought their first hotel when I left school so I went to work with them at Dykehead doing various jobs around the hotel. I met my husband Ian who was a chef there and we have been married for 28 years. My parents then bought Hillside Hotel so Ian and I followed them there.

When they decided to retire, I applied for a job at Stracathro as a porter and telephonist supervisor. After a few years, the job changed to generic supervisor. I have now been with NHS Tayside for 17 years and have seen quite a lot of changes in that time. I also have two sons, Joe and Sam, who are keen golfers and footballers. Joe is 14 and Sam is 12-years-old.

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

When I was younger I always wanted to be a policewoman. I did apply and sit the test when I was 16/17-years-old but there were only spaces in Grampian and not Tayside and at that time I didn't want to move.

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

I would like to be more mechanically minded. I took up cycling over a year ago and have got the bug and would love to know how to maintain bikes etc.

What do you miss most about being a kid?

Having no worries and getting everything done for me.

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

Mark Owen as I love Take That.

What secret skills/party tricks do you have?

The cornflake game was my party piece, always a winner although I would struggle now!

Who would play you in a movie of your life?

Melissa McCarthy. I like her movies and she has a good sense of humour.

What's your theme song?

Rule The World by Take That. Every time I hear it, it makes me feel good.

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

A book as I love reading, an Ipod so I could listen to music and my bike as I love cycling.

What is the first music album you ever bought?

Grease. I went to see the movie seven times when Forfar Pictures was still on the go. I loved it.

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

I would pay off my mortgage and take all my family to Florida.

Shirley with former classmates at her 30 year high school reunion Webster's High, Kirriemuir Class of '82

