

spectra

NHS

Tayside

September-October
Issue 79



*Your Favourite
Kids TV,
Folks!*

Dear spectra readers,

Summer may already be a distant memory but as the autumn leaves start to fall we look back at all the fun outdoor activities NHS Tayside staff and patients have taken part in over the summer.

Walking groups, picnics in the park and climbing mountains for charity are just some of the physical activities people have enjoyed. Find out more in The Buzz and Health Matters.

The Buzz also features Mental Health Minister Jamie Hepburn’s visit to the new Young People’s Unit in Dundee, where he met with parents and staff during a tour of new facilities. You can see more about his visit on page 6.

We all have fond memories of rushing home from school or getting up early at the weekend to catch our favourite TV show. You only have to mention an old classic for people to start reminiscing about their top childhood programmes, and in the spectra office it also prompted a few renditions of the theme songs!

We asked staff to go back in time in Your View and share their memories of their favourite kids’ TV programmes. See if you remember their top picks on pages 12 and 13.

Every day the Transport Hub team is driving improvement across NHS Tayside. In this issue we speak to the dedicated drivers who help transfer goods and services across our sites on a daily basis. Read about their role on page 17.

If you fancy a day out at the shops why not take up one of the offers in the TREATS insert for Livingston’s designer outlet or Glasgow city centre?

Remember to get in touch if you want to submit a story for a future issue. Contact details are on page 3.

spectra editorial team



spectra’s stars!

Consultant general surgeon in colorectal and paediatric surgery Mr Mike Lavelle-Jones is our spectra star this issue.

Mr Lavelle-Jones has recently been elected as President of the Royal College of Surgeons of Edinburgh and will take up his three-year presidency in November.

This is a great honour for Mr Lavelle-Jones and NHS Tayside would like to congratulate him and wish him well in this prestigious role.

Well done Mr Lavelle-Jones!

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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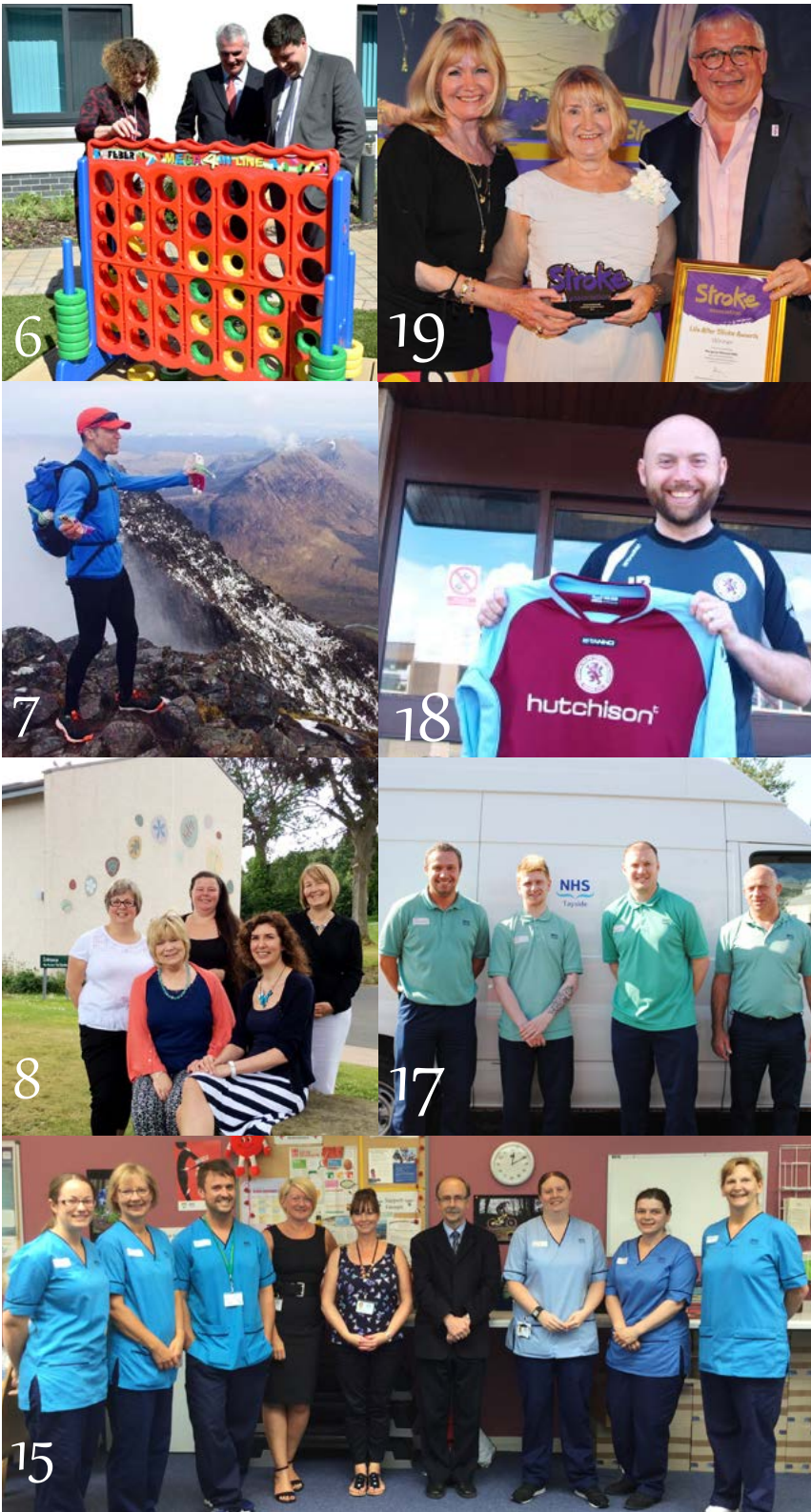
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Submission deadlines for future issues

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Baby Friendly Award for Angus and Perth teams

Angus community health visiting teams and the PRI Community Maternity Unit were presented with the UNICEF Baby Friendly Award at open days in Arbroath and Perth.

The UNICEF Baby Friendly Award is a worldwide programme that recognises high standards of care provided for pregnant women and breastfeeding mothers and babies by community teams across the country.

The award was presented to the Angus team by Breastfeeding Coordinator Janet Dalzell at an afternoon tea party in Arbroath Community Maternity Unit for local mums and their babies.

The PRI unit received their award at a family open day held during Breastfeeding Awareness Week.

Families were invited to take part in a range of activities including a tour around the unit, hypnosis for childbirth, face painting and afternoon tea.



Branching Out at Crombie Country Park



A 12-week environmental programme for people with mental health issues in Angus concluded with an awards ceremony for participants at Crombie Country Park.

Branching Out is a programme of woodland activities set up by Forestry Commission Scotland. The programme was run by staff from Angus Council Ranger Service with support from NHS Tayside occupational therapists.

Participants who work with Community Mental Health Teams in Angus enjoyed themed walks, woodland management, photography and art along with a range of nature activities. They also completed The John Muir Award, which encourages awareness and responsibility for the natural environment in a spirit of fun, adventure and exploration.

Postural management training course



Staff from across Tayside attended a four-day postural management course delivered by tutors from The Oxford Centre of Enablement.

The course gave a range of practical information about postural management to attendees from areas

including occupational therapy, physiotherapy, paediatrics and TORT centre

One of the benefits of the course was the chance for participants to share ideas with colleagues and plans are now in place for the group to continue to work together in the future.

SmallTalk

Angus Self Management

Pain Association Scotland programmes across Angus continue to be a huge success with recent courses in Arbroath and Montrose fully subscribed. The next course starts in Forfar in January 2016.

The Fatigue Programme developed and delivered in Angus has recently been reviewed with the first of the new programmes delivered in Arbroath. The outcomes from this programme are being reviewed and further sessions planned.



Creative Moves in Forfar

People living with COPD shared their 'Creative Moves' with family and friends at Forfar Guide Hall after taking part in an eight-week programme to learn how to explore their expressive performance techniques.

The performance was part of a new programme funded by Creative Scotland and NHS Tayside and delivered by the Tayside Healthcare Arts Trust (THAT).

The sessions, developed by THAT staff and dancer Ania Kielinska, focused on combining the qualities of expressive movement to music which are beneficial for those with long-term health conditions.

SmallTalk

Tele Exercise 2 You

A new pilot programme in Angus will allow people over the age of 55, who are currently not exercising, to join a live chair-based fitness programme via their laptop, tablet, PC or smart phone.

Those without internet access will be able to work with a volunteer via DVD.

Art exhibition at Stracathro café

The gallery in The Pavilion @ Stracathro café in the grounds of Stracathro Hospital hosted an art exhibition by artist Lynda Marshall.

Lynda, who worked as a consultant sonographer and radiography manager at Stracathro until her retirement in 2012, said, "It is an honour and a privilege to have my works displayed at the café as I worked here for so many years and it holds many memories for me."

The exhibitions at the café are changed approximately every eight weeks and local artists are invited to display their work.

The majority of art on display at the gallery is for sale, with each artist donating 20% of their commission to Stracathro to enhance the environment for patients and visitors.



SmallTalk

Allotment placements

Angus CHP Health Improvement Team has joined forces with Jobcentre Plus to offer the Arbroath Community Collaborative Allotment as a voluntary placement for Jobcentre Plus clients.

Run by volunteers, the allotment offers healthy exercise and the opportunity to learn about healthy eating in a friendly, supportive environment.



I-r NoS CAMHS clinical lead Dr Sally Bonnar, regional CAMHS network manager Ruth Masson, Jamie Hepburn, Director of Mental Health Services Dr Karen Ozden and NHS Tayside Vice Chair Doug Cross

Minister visits new Young People's Unit

Mental Health Minister Jamie Hepburn visited the new Young People's Unit in Dundee and met with patients and staff during a tour of the new facilities.

The £8 million, 12-bed inpatient unit includes family accommodation for young people from across the north of Scotland. All bedrooms have en-suite bathrooms and there is a private outdoor space, education facility and a gym.

The new unit is a partnership between NHS Tayside, Grampian, Highland, Orkney and Shetland, as part of the North of Scotland Regional Child and Adolescent Mental Health Service (NoS CAMHS) project.



Ann Vickers

Imaging equipment finds a new home in Uganda

Following an urgent appeal from a colleague in England for unused radiography equipment, radiographer Ann Vickers from Royal Victoria Hospital provided a supply of x-ray cassettes and a name stamper for fellow radiographer Teresa Dawks to take to Uganda.

The desperately-needed equipment will be put to good use in its new home to benefit the patients in the Villa Maria Hospital near Masaka in Uganda.

Rescue dog exercise at former Liff site

Teams from across the UK Fire Service and Rescue Dog Team carried out a nationwide exercise at Gourdie House in the grounds of the former Liff Hospital.

The dogs are trained to identify any live scent of a trapped or missing person and can be used in building collapses or deployed to disaster zones, such as the earthquake in Nepal.

Gourdie House has proved to be a valuable tool for the emergency services who often carry out exercises in the building. The access to the former hospital allowed the teams to maintain the dogs' training in a derelict building scenario.



Success for Archie Mountain Challenge

The Archie Mountain Challenge event saw 57 runners, mainly NHS Tayside employees, complete a relay run over 130 Scottish mountains over 1km high.

The challenge was the idea of consultant anaesthetist & honorary senior lecturer Dr Paul Fettes. He wanted to contribute to the Archie Tayside appeal, which aims to enhance the new children's theatre suite planned for the Tayside Children's Hospital.

Despite battling gales, blizzards, whiteouts, hail and torrential rain in the first week, the team took only 16 days to complete the challenge, which was quite an achievement. The total height climbed during the challenge was approximately 10 times the height of Everest.



Volunteers reception

Two hundred volunteers attended a reception at Ninewells to acknowledge their contribution to NHS Tayside.

Vice chair Doug Cross thanked the volunteers before presenting awards to those with five, 10, 15, 20 and 30 years' service.

Mr Cross said, "NHS Tayside is extremely privileged to have the support of so many volunteers from a range of backgrounds who bring with them their individual talents and skills."



Doug Cross (front, centre) with NHS Tayside staff and volunteers

There are almost 1000 volunteers across NHS Tayside carrying out roles including library assistants, health walk leaders, gardeners, flower arrangers, chaplaincy support and breastfeeding buddies.

Story time at Ninewells

Starlight Children's Foundation visited Tayside Children's Hospital at Ninewells and entertained children and their parents with magical performances of Beauty and the Beast, The Jungle Book and The Wizard of Oz.

Every year, Starlight provides entertainment and distraction to children in hospital and the Starlight panto gives sick children the chance to laugh and cheer without leaving a hospital ward.



Cornhill marks fifth anniversary

Cornhill Macmillan Centre at Perth Royal Infirmary has celebrated its fifth anniversary.

The centre, which is a joint partnership between NHS Tayside and Macmillan Cancer Support, has provided specialist support to thousands of patients, relatives and carers since it opened its doors in 2010.

Both inpatients and day care patients can access a wide range of services at the centre, ranging from symptom control, rehabilitation and end-of-life care, to complementary therapies, yoga and benefits advice.

l-r (back) Head of nursing Caitlin Charlton, admin team leader Lisa McRae, service manager Lindsey Miller (front) day patient Margaret Japp and senior staff nurse Louise Rattray



Volunteers recognised for Heartstart service

Heartstart Discovery has thanked former nurses Maureen Cotterell and Irene Watson for their combined total of 28 years service.

Maureen and Irene began working with Heartstart Discovery after retiring from NHS Tayside in 2001.

Maureen works in Perth as a Heartstart Discovery co-ordinator and runs regular Heartstart sessions in Perth on a Saturday morning for members of the public.

Irene previously worked within the Cardiac Unit at Ninewells and has been assisting with Heartstart sessions for 14 years.

Heartstart Discovery co-ordinator Helen Brady presented Irene and Maureen with flowers at the Heartstart Discovery Annual General Meeting as a token of thanks for their many years of service.

Helen said, "This is a fantastic achievement and I would like to thank Irene and Maureen for their dedication and hard work over the past 14 years."

Centenary booklet still on sale

A commemorative book celebrating 100 years of Perth Royal Infirmary is still available to buy as the year marking the centenary comes to an end.

Dundee locality portering services team lead Bruce Leckie (formerly of PRI Support Services) has produced a book documenting the hospital and the royal opening of PRI in 1914.

Any profits from the sale of the book will be donated to the Tayside Health Fund for PRI.

Anyone who would like to purchase a copy of the commemorative book, which costs £5, can do so by contacting Jennifer Welch on jwelch@nhs.net or 01738 473207.



The commemorative booklet produced by Bruce Leckie

SmallTalk

Brushing up on dental health in P&K

The Oral Health Improvement Team has been working closely with P&K Children, Young People and Families Team to improve dental health for children and young people.

As well as supporting Childsmile, the teams have given support and advice at young carer sessions and oral health training has been offered to Perth Autism Support and PKAVS staff so they can refer young people in need to the service.



Fun for all ages at community picnic

Young and older people bridged the generational gap at a community picnic in the park in Luncarty.



The picnic was planned by the Luncarty Healthy Communities group. Young people and staff from The Honeypot Nursery and Perth & Kinross Council Wrap Around school club attended the event, alongside local families and adults from Balhousie Luncarty Care Home and Glenhelenbank Care Home.

The children and adults played different generational games at the picnic from snakes and ladders to French skipping, hopscotch and hula hooping.



P&K Healthy Communities project support worker Audra Webster said, "The Healthy Communities group in Luncarty worked very hard to organise the picnic as a way to help promote active ageing and encourage healthier, independent communities and therefore reduce social isolation, particularly among older people."



Tough Mudder challenge

John Leith, a support services driver at PRI, recently completed the gruelling Tough Mudder challenge for the third year in a row to raise money for Help For Heroes.

Tough Mudder is a series of 10-12 mile obstacle courses which tests fitness and the determination of participants.

John also planned to compete in The Kilt Run and Total Warrior contests this year.

SmallTalk

Occupational Therapy Integration

Occupational Therapy (OT) services in P&K are currently working towards the integration of health and social care services and a project team has been put in place to oversee the delivery of the project plan.

Consultation work is also ongoing with service users to find out their views on the OT services available.

AHPs complete dementia training



Two groups of AHP staff, including occupational therapists, podiatrists, dietitians and physios completed the Level 2 Promoting Excellence training in Perth & Kinross.

Promoting Excellence is a framework for all health and social services staff working with people with dementia, their families and carers.

The groups, based at Murray Royal and PRI, met for six learning sessions over six months.

Staff and the public attended NHS Tayside's Annual Review led by Minister for Sport, Health Improvement and Mental Health Jamie Hepburn.

At the public session, Vice Chair Doug Cross presented NHS Tayside's performance over the past year along with Chief Executive Lesley McLay and Medical Director Dr Andrew Russell.

Some of the key achievements highlighted were the A&E four-hour waiting target being consistently met, the world leading programme for Hepatitis C treatment, a total of 5412 smoking quit attempts achieved in 2014/15 and a 100% success rate of screening eligible IVF patients.

Mr Cross said, "The Annual Review is an important date in our calendar as we are rightly held accountable in public for the services we provide. We want to open up dialogue with our staff and communities and get their views on our services. The Annual Review means everyone can see first-hand how we are doing and perhaps suggest some improvements."

NHS Tayside's Annual Review



NES education pathway launch

NHS Tayside representatives attended the launch of the NHS Education for Scotland (NES) education pathway for business & administration staff.

The pathway was created following a 10-month consultation period between NES and staff working in business & administration roles across NHSScotland Boards.

During the conference, delegates heard a presentation on the new pathway and took part in workshops to discuss the opportunities available in partnership working.

Administrative services manager Barbara Phinn, HR lead for employability services Alison Smith and learning & development coordinator Irene Thompson during discussions with colleagues from AHPs and other NHS Boards.

Tayside staff donate their voices

A team from Edinburgh University visited Ninewells to gather donor voices to create personalised synthetic voices for patients with communication loss.

Many patients with neurodegenerative disorders, such as motor neurone disease, frequently lose the ability to communicate due to dysarthria/anarthria.

Current provision of communication aids is poor and a universal complaint of patients is that they sound impersonal and robotic.

Fifteen members of staff donated their voices to the Voicebank Research Project, which aims to create bespoke voices so that people can use communication aids that speak for them in their own voice.

By collecting samples of a patient's voice shortly after diagnosis, their voice can be combined with a donor voice and effectively 'cloned' to create a personalised communication aid.

To find out more about the project please visit www.annerowlingclinic.com | What We Do | Voicebank Research Project.



SmallTalk

Site/support services Twitter account

Staff in site/support services can now access a special Twitter account which was set up to help improve communication within the department.

To join the account please contact avril.campbell@nhs.net x40841 or lisa.pope@nhs.net x40824.

Patient safety sharing success event

The Patient Safety Team held an event at Ninewells for staff to share improvements and promote the activities within the Patient Safety Network.

The event was opened by Nurse & Midwife Director Dr Margaret McGuire and attended by a range of professions including nursing, medicine and dentistry students.

Over 40 storyboards and posters were on display covering topics such as improving communication in theatres, medication administration, catheter-associated urinary tract infection passport and sepsis in maternity.

Similar events will also be held in PRI and Stracathro this autumn. For further information please contact the Patient Safety Team on x40749 or patientsafetynetwork.tayside@nhs.net



Tayside donors remembered

A plaque commemorating organ donors in Tayside was unveiled at Ninewells by former Chairman Sandy Watson.

The plaque is on display beside the three colourful stained glass windows on the concourse, entitled 'The Gift', which are a permanent memorial to those who became organ and tissue donors and also encourage others to take time to consider their own donor wishes.

Leaflets which explain why the windows were created and how to become an organ donor have also been produced and can be found beside the windows on the concourse.

Tayside Health Fund in partnership with local charity Revival provided funds for the stained glass windows, plaque and information leaflets.

If you believe in organ donation, prove it. Register now at www.organdonation.nhs.uk or call 0300 123 23 23.



Ir Artist Liz Rowley, transplant coordinator Irene Russell, fundraising development manager Callum Cockburn, deputy chair of Revival Andrew Wilson, Sandy Watson, consultant anaesthetist Dr Stephen Cole and specialist nurse June Osborne



Supporting Reserves Day

As part of Reserves Day, Vice Chair Doug Cross met with transport and logistics manager Bob Mayes, who was a regular in the army catering corps for 23 years before joining the reserves in 1995.

Bob said, "It wouldn't have been possible without NHS Tayside's support. NHS Tayside has gained from my army catering skills and I've gained by being given responsibility for managing domestic and portering staff."

Mr Cross added, "Reservists bring so many transferable skills to our workplace. We thank each and every one of them for the great work they do, both for NHS Tayside and for the UK's armed forces."

- The 225 (Scottish) Medical Regiment and 205 (Scottish) Field Hospital are part of the Army Medical Services (Reserves) in Scotland and deliver pre-hospital, primary and full hospital health care.

Medical staff looking to enhance their skills, study further or just looking for a different challenge are invited to get in touch for more information. Adventurous training in the form of winter sports, climbing, mountain biking and more also provide great opportunities to try something new.

If you would like to learn more please visit the websites by searching '225 Medical Regiment' or '205 Field Hospital'.

That's All Folks!

What do you remember most about your childhood? Some memories can take you right back to your childhood years, from the music, to the toys, to the questionable fashion choices!

But for many, the favourite memories of their childhood involved racing home from school to watch their favourite show on TV.

To celebrate some of that nostalgia for good old-fashioned children's TV, we asked staff across NHS Tayside to share their memories of their favourite Kids' TV shows.

Ruth Crighton
Healthcare Assistant
Medical Outpatients, Ninewells

"Magic Roundabout – I liked it as I loved the theme tune and Zebedee was my favourite character. I also liked the fact the show was very colourful and amusing."



Fiona Small
HR Adviser
St Margaret's House

I loved Fun House. Who could forget Pat Sharp and THAT mullet? I used to race home from school to watch this game show which involved kids running around an obstacle filled house to find prizes. My mum wasn't happy when I once created my own version at home complete with buckets of gunge!



Gillian Cormie
Medical Secretary Supervisor
Paediatrics, Ninewells

Wacky Races - I still watch it with my children on DVD. They enjoy playing along trying to guess who is going to win.



Jim Howie
Administration Clerk
Medical Unit, Arbroath Infirmary

The one I remember was Wagon Train. It was a cowboy serial and it was something we knew nothing of as children so it was fantasy.



Peter Mearns
Renal care assistant
Arbroath Infirmary

I remember watching SWAP SHOP on a Saturday morning with Keith Chegwin and Noel Edmonds and seeing all the kids swap their toys.

I always sat with a toy I would like to swap on my lap while asking my mum if I could go to see Swap Shop. I know my four kids would love to see Swap Shop back on TV again.



Lindsey Griffin
Service Manager for Perth City Community Mental Health Services
Perth Royal Infirmary

"Crackerjack was my favourite with Stu "Ooh I could jump off a doll's house" Francis.

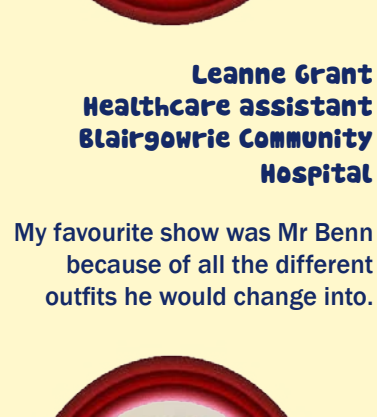
The programme always started with "It's Friday, it's five to five, it's CRACKERJACK" and I used to think 'Yipee it's the weekend'. As the Krankies said, it was "Fan-Dabi-Dozi!"

My favourite kids show was Tom and Jerry. I enjoyed all the mischief they got up to and I love cats.



Maureen Ramsay
Staff Nurse
Blairgowrie Community Hospital

My favourite show was Mr Benn because of all the different outfits he would change into.



Leanne Grant
Healthcare assistant
Blairgowrie Community Hospital



Mary Kimmet
Phlebotomist
Blood Sciences, Ninewells

Blue Peter – I always loved watching it and always wanted a Blue Peter badge growing up. But who didn't?



Jane Maxtone
Senior Charge Nurse
Blairgowrie Community Hospital

I really liked Fraggie Rock. I liked Uncle Travelling Mac because of all the postcards he sent from all over the world.



Hayley McNally
Personal Assistant
Angus Health Improvement Team, St Margaret's House

I have two favourite children's TV programmes that I enjoy and it was very difficult to pick between Rainbow and The Sooty Show.

However, I've opted for The Sooty Show on this occasion as I'm still actively watching it every week since the new series has been made and my two sons also love it. My favourite character has got to be Sweep.



Phyllis Renshaw
Receptionist/Clerical Officer
Outpatients Reception
Arbroath Infirmary

Glen Michael's Cartoon Cavalcade. It was must-see viewing for the best in animated fun as a child, we'd all talk about the toons at school after the weekend.

I loved the Roadrunner, I always wondered how Wile E. Coyote could afford to buy all those ACME kits to catch the Roadrunner, but couldn't afford to buy anything to eat? He never did catch him either!



Support for breastfeeding mums

A series of events to raise awareness of the benefits of breastfeeding were held in Dundee and Perth as part of National Breastfeeding Awareness Week (21-27 June).

Local mums were invited to 'Milk in the Park' at Castlegreen in Broughty Ferry which was organised by Alexis Rinaldy, a local breastfeeding support volunteer.

The event gave mums the opportunity to speak to a range of people and organisations, including local health visitors, breastfeeding support workers, Helm Health, Homestart and Togs for Tots.

Over at Ninewells, NHS Tayside infant feeding advisor Carol Sutherland and breastfeeding volunteers Marjory Morrison, Delyth Harrod and Joanne Mills manned an information stand on the concourse to promote breastfeeding and chat to visitors about the benefits to both mums and babies.

Local businesses in Perth also helped to promote awareness of the benefits of breastfeeding by offering breastfeeding mums a free cup of tea or coffee during Breastfeeding Awareness Week.

Mums were invited to look out for the special 'Tea for Two' posters which were displayed in participating cafes and restaurants or visit the 'Tea for Two' Breastfeeding Awareness Facebook page.



Milk in the Park



Tea for Two in Perth



Ninewells



Cardiac rehab team joins World Walking challenge

The cardiac rehabilitation team joined up with World Walking's challenge to complete a virtual 32,000 mile walk around the world.

National associations and cardiac rehabilitation groups around the globe were invited to record their steps taken during the challenge with the aim that together they would walk around the world. NHS Tayside cardiology patients and staff joined the challenge and walked a fantastic 4,083,199 steps during a week in February.

Congratulations to our top three staff participants, Carol Johnson (121,689 steps), Fiona Penny (121, 434 steps) and Professor Allan Struthers (103,509 steps).

Anyone who would like to get involved with World Walking can register at worldwalking.org and join one of their planned routes around the world.

I-r Fiona Brownlie, Corinne Main, Simon Bancewicz, Fiona Penny, Gail Henderson, Professor Allan Struthers, Carol Johnson, Evelyn McCafferty and Jennifer McArtney

Summer walks and picnics

Over 100 staff across Tayside have enjoyed lunchtime walks and picnics organised by Healthy Working Lives.

The walks covered local green spaces across the region and were followed by a healthy salad lunch.

Staff from PRI, Maryfield, Kings Cross, Ninewells and Stracathro took part in the walks and some even managed to catch some sunshine.



Kings Cross



Maryfield



Perth



Ninewells



Stracathro

Kathleen kicks the habit after 30 years

Ninewells charge nurse Kathleen Tough has kicked the smoking habit after three decades with help from NHS Tayside Smoke Free Services.

Kathleen said, "The team is flexible in the support it provides which helps when you are working shifts. I would have found it difficult without their continual support. I never thought I would achieve it."

Tayside Smoke Free Services offer free advice, support and free stop smoking treatments such as nicotine patches. Anyone who would like support can call 0845 600 999 6.

Maternal and infant nutrition event

The Maternal and Infant Nutrition team held a promotional day at Dundee City Council's Dundee House.

Information and resources were available to support healthy eating, maintaining a healthy pregnancy and feeding baby.

The team were also at the Dundee Food and Flower festival again this year to chat to visitors and offer advice and information to pregnant women and new parents.

If anyone is interested in hosting a promotional event please get in touch with Carol Barnett on cbarnett@nhs.net





Walkers take Steps Tay Health

A series of walking groups are currently running for people throughout Angus.

Steps Tay Health, an initiative between NHS Tayside and Paths For All, has groups in most areas of Angus giving walkers the opportunity to take part in gentle exercise and socialise with other local people.

A new Stepping Out walk in Monifieth, led by volunteer walk leader Craig Dickie, attracted great interest from a cheery group who were not put off by the dull weather.

Meanwhile, the Kirriemuir walking group celebrated its first anniversary with a walk round Kate's Wood and refreshments on Kirrie Hill.

The Brechin walking group had an away day to Montrose beach led by new walk leader George Mitchell.

The Thursday group in Forfar held its first walk with a 'get to know you' day round Forfar Loch.

Walk leaders plan to explore routes including Lour, Balmashanner and Lunanhead.

The Carnoustie group also enjoyed a recent walk along the coastal path.

Anyone interested in joining any of the walking groups should contact Frances Joiner on frances.joiner@nhs.net or 01307 476495 for more information about their nearest walking group.

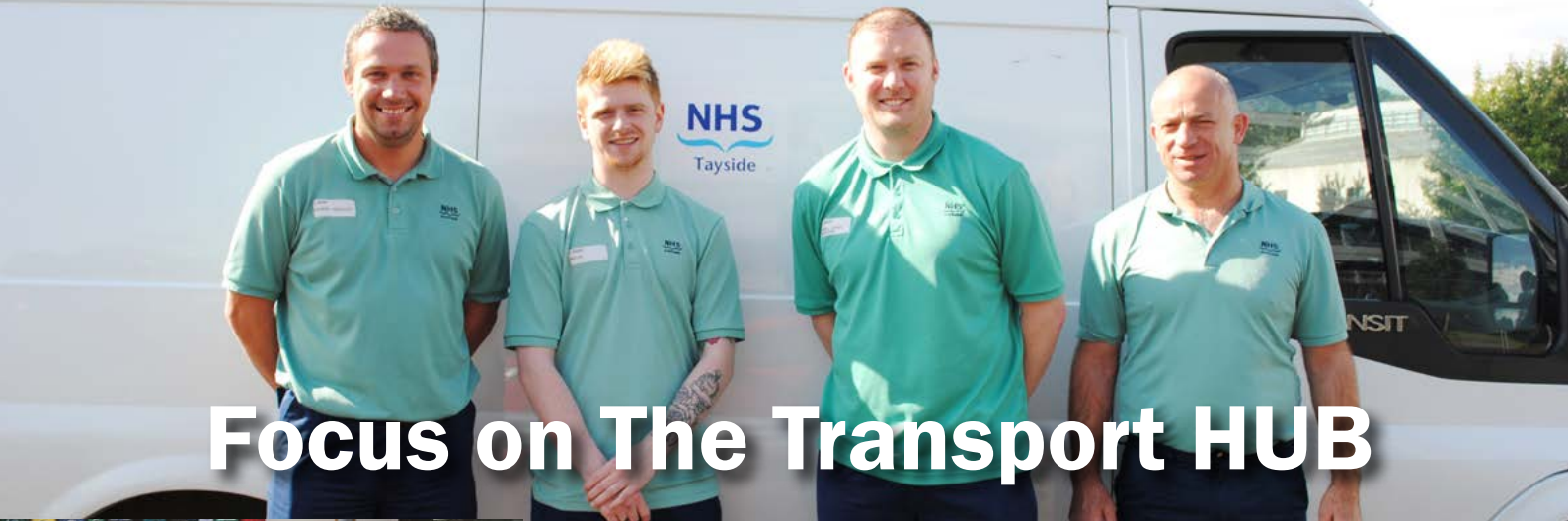


PRI staff go green with Cycle to Work Scheme

Three physiotherapists at Perth Royal Infirmary have taken advantage of the Cycle to Work Scheme to make their journey to work more environmentally friendly.

Ruth Mahood, Gill De Felice and Alison Robinson all live in Dundee and use the bikes they purchased through the scheme to cycle to a meeting point where they then car share to PRI. The trio have also cycled all the way to Perth on a few occasions.

The Cycle to Work Scheme will open again for staff to register in early spring 2016.



Focus on The Transport HUB



Driving improvements across NHS Tayside

A dedicated team in the transport department are driving full steam ahead to improve services.

The Transport HUB team, which consists of 11 drivers and an admin assistant, is on hand to help departments transfer goods and services across Tayside and beyond on a daily basis.

The HUB, based at Ninewells Hospital, is a demand responsive transport service that is available to move items and services across sites.

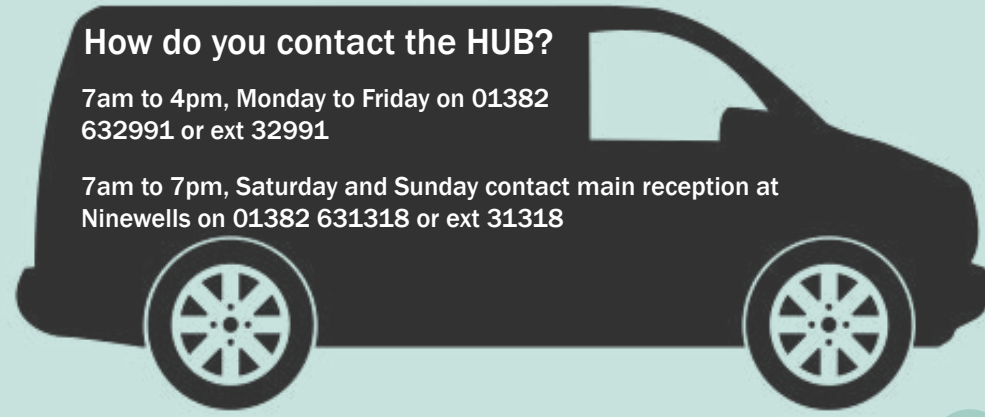
Every day can be different for the drivers, who can be asked to transfer a variety of essential items such as notes and specimens, as well as staff and sometimes patient transfers.

The facility has been set up to undertake the jobs that would have previously been carried out by taxis and external courier companies to deliver an efficient and cost-effective service.

How does it operate?

- All scheduled Dundee transport runs for goods and services operate out of the Ninewells Transport HUB
- Requests for transport should be channelled through the Transport HUB
- Transport will be prioritised and, if appropriate, internal transport used

Transport supervisor Garry Stewart said, "We want to make more people aware of the Transport HUB so even more staff members can use the service. We would like to see all transport requests eventually come through the HUB and ensure that we continue to deliver a high level of service."



How do you contact the HUB?

7am to 4pm, Monday to Friday on 01382 632991 or ext 32991

7am to 7pm, Saturday and Sunday contact main reception at Ninewells on 01382 631318 or ext 31318

Consultant general surgeon in colorectal and paediatric surgery Mr Mike Lavelle-Jones has been elected as President of the Royal College of Surgeons of Edinburgh. Mr Lavelle-Jones' three-year presidency begins in November.

The Royal College is dedicated to the pursuit of excellence and advancement in surgical and dental practice, through its interest in education, training and examinations, its liaison with external medical bodies and representation of the modern surgical and dental workforce.

On learning of his election Mr Lavelle-Jones said, "I am honoured and delighted to have been elected and I am looking forward to working with Council, its membership, College staff and all our colleagues to build on the legacy of my predecessors and lead the College as it grows and develops over the next three years."



Fellowship and PhD for Carol

Head of medicines supply chain Carol Nairn gained a PhD from Abertay University for her thesis on Pharmacy Technician Regulation and Professionalism and has been awarded a Fellowship of the Association of Pharmacy Technicians UK (APTUK).

A number of recommendations in Carol's thesis are being put into practice locally and nationally and, in addition, Carol plans to further develop her findings with colleagues across the UK.

The APTUK has awarded Carol a Fellowship in recognition of advanced expertise and sustained professionalism. It further recognises exceptional professional performance or outstanding service contribution to pharmacy at a local or national level. Being awarded a Fellowship is one of the highest honours that can be bestowed upon members.

John Beatt, a technician in the prosthetics lab at Dundee Dental Hospital, has been recognised with an award from the Scottish Football Association.

John was named Volunteer Football Coach of the Year for the East of Scotland for his work coaching the U15 Dryburgh Girls football team. He received his award during half time at the Dundee derby at Tannadice in August.



Celebration event for healthcare support workers



A celebration was held at Ninewells for staff who have completed the Healthcare Support Worker Code of Conduct.

Training sessions for nursing, AHP and workforce staff highlighted the origin of the Induction Standards and Codes of Conduct for Clinical Healthcare Support Workers and how they relate to NHS Tayside's Aims, Vision and Values and the eKSF introduction to Courageous Conversations.

Those who have completed the sessions now have the opportunity to become Champions of the Healthcare Support Workers Code of Conduct.

A photograph of three people at an awards ceremony. In the center is a woman with blonde hair wearing a white top, holding a small trophy. To her left is a woman with blonde hair in a black top. To her right is a man with glasses in a dark suit and pink shirt, holding a framed certificate. The certificate and trophy both feature the 'Stroke' logo. A blue banner at the bottom of the photo contains the text: 'Margaret (centre) at the Life After Stroke Awards'.

Community nurse and stroke liaison team leader Margaret Mitchell MBE has won the Professional Excellence Award in the Stroke Association's Life After Stroke Awards.

Margaret, who works at Royal Victoria Hospital in Dundee, has spent the past four-and-a-half decades in nursing and in recent years has transformed the lives of stroke patients in and around Dundee.

The Life After Stroke Awards recognise the achievements of everyone affected by stroke, including stroke survivors, carers, volunteers, stroke clubs and health professionals. Margaret received the award at a star-studded event in London.

A project for adults in Angus with Autism Spectrum Disorder (ASD) has been recognised at the College of Occupational Therapists' national conference.

Senior occupational therapist Hilary Hart and speech & language therapist Susan Munro ran a group at Gowanlea Community Mental Health Team in Arbroath which offered coping strategies and peer support to clients with a recent diagnosis of ASD.

Hilary and Susan submitted a poster about their work to the conference and were delighted when it was picked as the winner out of nearly 100 entrants.



NHSScotland Event poster exhibition finalists

Four Tayside teams were finalists in the Poster Exhibition at this year's NHSScotland Event.

'Movements Matter', a programme led by senior charge midwife Linda Gierasik and consultant Dr Pauline Lynch to reduce stillbirths by discussing the importance of babies' movements with pregnant women, was a finalist in the Improving Quality: Effective category.

There were two finalists in the Improving the Health of the Population category. Community chaplain Alan Gibbon and the Department of Spiritual Care were recognised for the project 'Person-centred listening, improving wellbeing in a community setting'.

The Care Home Activity Network (CHAN) had their 'Care home residents make a splash' poster chosen as a finalist. The poster showed the work of a project which took care home residents swimming.

In the 'Securing the value and financial sustainability' category, Clare Devery's 'MRI Safe Paediatric Video Entertainment System – MRI or a Marvellous Movie' was also a finalist.

Congratulations to our finalists and well done to everyone from NHS Tayside who was successful in having a poster exhibited at the event as the standard and quality of all entrants was outstanding.



Cycle for Prosen Unit

Forfar man Stephen Cormie raised £3938 by completing a gruelling 100-mile sponsored cycle in aid of the Prosen Unit at Whitehills where his father Tommy is a patient.

Stephen cycled continuously from Forfar Athletic Football Club at 6am climbing 5000 feet over the Cairn O Mount to finish at Peterhead Football Club six hours later.

Healthcare assistant Ann Brandie and charge nurse Elaine Taylor (back left) with Stephen Cormie and family

Picture courtesy of DC Thomson



Dementia Network set for £3500 boost

The Scottish Dementia Clinical Research Network at Murray Royal Hospital received a welcome boost from a star-studded event.

Scottish tennis player Malcolm Watt presented a cheque for £3540 which will be used for research into frontotemporal dementia. Malcolm has defied doctors' expectations by continuing to play tennis since being diagnosed with the condition in 2011.

A host of stars including Judy Murray, footballer Alan Rough, newsreader Sally Magnusson and Still Game actors Sanjeev Kohli and Greg Hemphill took part in the Rally for Bally event at the Western Tennis Club in Glasgow.

I-r SDCRN clinical studies officer Catriona McNeill and manager Emma Law with Western Tennis Club Coach Julie Gordon and Malcom Watt

Marathon effort for ward 2

Elaine Scott from Carnoustie ran the Paris marathon and raised £1150 for ward 2 at Ninewells to thank staff who looked after her brother Ewan Pardoe.

Elaine said, "I wanted to raise money for the ward and couldn't think of a better way than to run a marathon."

I-r Staff nurse Julie Walker, Ewan Pardoe, Elaine Scott and senior charge nurse Gill Nicholson



Smart TVs donated to Roxburghe House

The family of Dundee woman Vi Wighton donated 12 Smart televisions to Roxburghe House.

They held a race night to raise funds in Vi's memory to say thank you to all the staff at Roxburghe House for the care and support given not only to Vi but also to the whole family during her stay at the unit.



Senior charge nurse Marnie Ferguson with Vi's family

Birthday gift for photodynamic therapy

Newtyle woman Mary MacAulay raised £400 for the photodynamic therapy unit at Ninewells by asking friends and family for donations rather than gifts on her 90th birthday.

Accepting the cheque, consultant dermatologist Dr Sally Ibbotson said, "I am delighted to accept this cheque on behalf of the unit and would like to thank Mary for her kindness and generosity.

I-r Senior clinical technologist Lynn Fullerton, photobiology technologist Laura Patullo, Mary MacAulay, Dr Sally Ibbotson, Mary's friend Neil Melville and clinical technologist Lesley Knight



Members of Dundee Lions Club with May Duncan

Donation to children's ward

The City of Dundee Lions Club donated a TV and Xbox 360 to ward 29 at Ninewells.

The club opened a charity shop in Blairgowrie which raises money for different charities in the area.

Club members agreed to donate the TV and Xbox to help keep children entertained and distract them while they are in hospital.

Senior play specialist May Duncan said, "On behalf of the staff and children on ward 29, I would like to thank the Dundee Lions Club for their generous donation."

Family and friends say thanks

Roxburghe House and the lung cancer unit at Ninewells each received £250 in memory of former patient Bill Henderson.

Family and friends donated £300 at Bill's funeral and an extra £200 from Bill's wife Elsie brought the total to £500.

I-r Staff nurse Dawn Chaplin, senior charge nurse Marnie Ferguson, Elsie Henderson, healthcare assistant Alison Grant, student Louise Hollywood, staff nurse Lynn Murphy and Macmillan lung clinical nurse specialist Susan Smyth



Golf match for CBIR

Bill Brand donated £800 to the Centre for Brain Injury Rehabilitation (CBIR) at Royal Victoria Hospital in memory of his son Gary.

Gary died suddenly from a brain haemorrhage in 2011 whilst teaching in Egypt. Each year since then his father Bill has arranged a charity golf match in Cairo to raise funds for a local school and for the CBIR, which has already benefited twice from this event.

Competition raises funds for renal unit

Dundee woman Sheila Robertson raised £100 for the renal unit at Ninewells.

To coincide with World Kidney Day, Sheila organised a 'guess the volume of water in the glass' competition to raise funds for the unit.



Sheila decided to raise money following the one-year anniversary of her live kidney donation to her nephew in Holland.

I-r Renal care assistant Pam Bolas, consultant Graham Stewart, Sheila Robertson and renal care assistant Denise Soutar



Karen Gray

After 36 years at Ninewells, senior charge nurse Karen Gray has retired from her post in the renal ward.

Karen began her career in the surgical directorate before moving to the renal service in 1992. After successive promotions, she took up her current post nine years ago and has managed and led many developments and improvements in clinical practice.



Ian & Liz McDonald

Husband and wife Ian and Liz McDonald have retired after 40 years and 37 years respectively with the NHS in Tayside.

Ian joined Tayside Health Board Perth District in 1975 as a clerical officer and held various positions including Director of Contracting and Area General Manager before becoming Director of Finance in 2009.

He unofficially began his NHS career many years earlier when, as a young boy living in the grounds of PRI, he helped out the gardeners in his spare time.

Liz has retired from her post as project development worker within the directorate of public health after 37 years with the health service in Tayside.

Susan Wilson retired from her role as interim chief officer for Angus Shadow Health and Social Care Integration Partnership after a 33-year career in healthcare.

Susan began her career as an occupational therapist in Glasgow in 1982 before coming to Dundee in 1988 as head OT.

She moved to Angus in 2002 as General Manager of the Local Healthcare Co-operative and later became General Manager of Angus CHP before taking up her final post in 2014.



Susan Wilson

Strategy and regional planning manager Brian Kelly has retired after 40 years of service with the NHS.

Brian began his training in 1975 in mental health and general nursing in Lanarkshire and his nursing career took him to Ayrshire, Perth & Kinross, Angus and Forth Valley.

Brian returned to Tayside in 1993, undertaking various senior management roles over the past 20 years, and has been in his current role for around 10 years.



Brian Kelly

Catering assistant Jane Coull has retired after almost half a century with NHS Tayside.

Jane began her 47-year career in 1968 as a catering assistant at Bridge of Earn Hospital before moving to DRI in 1969 then Royal Victoria Hospital in 1971 where she has worked until her retirement.



Val Clark

Assistant transport and logistics manager Margaret Carlin bade farewell to colleagues after 40 years with NHS Tayside.

Margaret started her career at Ninewells as a domestic and progressed to supervisor and assistant manager. She then moved to Liff Hospital where she remained until returning to Ninewells around 18 months ago.

Margaret was presented with flowers and vouchers by colleagues and also received her 40-year long service award.



Jane Coull

Coronary care nurse Val Clark has bid farewell to colleagues after 41 years at Ninewells Hospital.

Val qualified in 1977 and worked in wards 3 and 7 before joining the team in the coronary care unit where she has worked for the last 32 years.

During her time in CCU, Val has seen many changes in cardiology and played a part in advancing the nurse role.



Margaret Carlin

Senior charge nurse Sandra Aitken (seated third left) has retired from PRI after more than 40 years in nursing.

Sandra started her career as a nursing auxiliary in the paediatric wards of PRI before undertaking her nurse, midwifery and district nurse training.

She spent time as a ward sister in Ninewells, a district nurse in Dunkeld and a community Macmillan nurse in Perth & Kinross palliative care services before taking on her most recent role establishing the new Cornhill inpatient unit at PRI.



Sandra Aitken



PRI porter James Birnie received a long service award from non-executive member of Tayside NHS Board Sheila Tunstall-James in recognition of his 41-year career with NHS Tayside.

James began his career as a messenger in Bridge of Earn Hospital in 1974 before the role changed to a general porter in 1976. When the hospital closed in 1993 he transferred to PRI where he has remained ever since.

Alice Burns

Smoking Cessation Co-ordinator, Ninewells



Would-be actor/comedian Alice has recently taken up her post as part of the smoking cessation team, continuing her lifelong interest in health promotion. Here she tells us all about her love of dancing, writing and storytelling, as well as her dream to live in luxury by the sea.

How did you come to be in your current job?

I came into health promotion through my interest in physical activity. I was employed on a community fitness bus which travelled throughout Bedfordshire with the aim of reducing coronary heart disease by promoting the health benefits of being active. I piloted the first health promotion exercise prescription project.

It was, however, my growing interest in addressing inequalities and human rights that resulted in my obtaining my post grad diploma in health promotion /education focusing on community development and patient & person centred approaches. That was over 35 years ago and I remain interested in this area of work.

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

Dancing, writing, singing, poetry, exploring myths and legends and retelling these from a feminist perspective through storytelling. Witches get a bad press!

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

Acting or I'd learn how to be a comedian. It would be great fun to dress up and play a range of characters.

Laughing promotes wellbeing and can help address serious issues and reveal tragic stories, acts of heroism, learning about ourselves and others.

I admire those who are able to cut through all the jargon and hype with a witty punch line.

What do you miss most about being a kid?

There were no limits to your imagination.

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

Shami Chakrabarti as she is committed to addressing human rights and civil liberties by supporting those who are most vulnerable. She is inspirational.



*A caricature of
Alice as a witch*

What secret skills/party tricks do you have?

Tiling – I did my kitchen and bathroom, floors and walls.

Who would play you in a movie of your life?

Audrey Hepburn is my first choice but as that is not an option, I'd choose Olivia Colman for her depth and skill.

What's your theme song?

Barbra Streisand – Don't Rain on My Parade.

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

Dancing shoes, radio / music and my partner or Anton du Beke.

What is the first music album you ever bought?

The Best of Cilla Black

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

I would buy a house by the sea with huge glass windows so I could enjoy spectacular and inspiring views. I would also buy a dance studio where I would have lessons from Anton du Beke and Vincent Simone.



Alice 'robbing' a safe



Alice and her husband David scuba diving in the Bahamas