Have yourself a very thrifty Christmas
YOUR tips on how to spend less
Dear spectra readers,

How many times have we all said that we can’t believe that it’s nearly Christmas already? It shouldn’t really come as much of a surprise – you know the 25th day of the 12th month – it’s the same date every year and yet we’re all aghast that another year has passed in what seems like a flash.

Of course, there are only two words on most people’s lips this festive period and they’re not Merry Christmas. The ‘Credit Crunch’ is biting hard this year and we’re all looking for hints and tips on how to save cash without skimping on the celebrations.

We’ve asked some of our readers for their thrifty Christmas tips in our voxpop feature this edition and there’s also our Seven Deadly Sins of Christmas Spending.

Also in this issue, it seems NHS Tayside employees just can’t seem to stop winning awards. Local staff have been picking up national awards for their sterling efforts including wins at the Scottish Health Awards, the Healthy Working Lives Awards, Nursing in Practice Awards, Dundee Flower and Food Festival and Health Scotland Wellbeing in Sexual Health Awards. NHS Tayside also honoured its volunteers at its own special awards ceremony.

Well done to everyone.

We really appreciate all your efforts and your support of spectra over the past year and we hope you like reading this latest issue. Remember we’re always on the lookout for articles and stories so if there’s something you’d like to see in your magazine, just get in touch (details below).

So, here’s wishing all our readers a happy, healthy festive period and a prosperous 2009.

spectra editorial team
First patients at new Perth units

Hand Hygiene Awareness Week

Cut the cost of Christmas without being a Scrooge

Have yourself a very thrifty Christmas

Breast Cancer Awareness Month

New trainees welcomed to NHS Tayside

Get the low down on Director for Workforce Alex Killick

Struggling with Staffnet?

Friends’ cheque launches service

Farewell to our colleagues

Charlie’s cheek launches service

We’d like to hear about what you and your department are doing. Maybe you’re just starting out on a new project or you’re welcoming a new member of staff. You and your colleagues may be organising an open day or a fundraiser. Whatever you’d like to share across NHS Tayside, just let us know.

We also welcome your views and opinions so if there’s something you’d like to get off your chest or a topic you’d like to debate with colleagues, get in touch.

Please send items for the next edition of spectra, issue 40 to the editorial team by Wednesday, 7 January. The deadlines for future editions of spectra are as follows:

Issue 41 Apr/May: 3 March 2009
Issue 42 Jun/Jul: 5 May 2009

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It’s your magazine so share your news & views

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Designed and printed by InPosition Media Limited
426 Drumoyne Road, Glasgow G51 4DX
0141 810 9000
www.inpositionmedia.co.uk

Clients and staff from Craigmill Skillcentre at Strathmartine, by Dundee, working with Dundee College Horticultural Department, have scooped a top award at the Dundee Flower and Food Festival. For the fourth year in succession the green-fingered gardeners won the prestigious Lord Provost’s Trophy in the category Garden Designs Showcase. This year’s garden design was specially created to mark Dundee Energy Efficiency 10 year Anniversary. Craigmill Skillcentre is a day centre for people with a learning disability. NHS Tayside’s Occupational Therapy Service provides therapeutic intervention at the centre to help attendees from across Tayside in their daily living.

Craigmill Skillcentre picks up top prize

Renal and haematology patients in Perthshire are now benefiting from new purpose-built treatment facilities at Perth Royal Infirmary.

The renal unit has been equipped so patients can watch TV, a DVD, or listen to music while receiving treatment. There are also highly effective infection control measures in place.

The new haematology day unit will provide chemotherapy and supportive therapies for up to 70 cancer patients per week from across Perth & Kinross, who were previously treated in Ward 2.

Susan Thomson, senior charge nurse in the haematology department, said, “It is great that patients will receive their treatment in this new purpose-built, airy and light unit. Staff are also enjoying their new working environment.”

First patients at new Perth units

A team of Dundee nurses scooped a top award recognising them as best in the UK for anticoagulation therapy.

The NHS Tayside community anticoagulation team, based at Fintry Mill Medical Centre in Dundee, walked away with the cardiac care prize at the Nursing in Practice Awards 2008 at a prestigious ceremony in Birmingham.

The Tayside team offers patients therapy which slows the blood clotting process with drugs. The therapy is used for conditions in which dangerous clots can form in blood vessels.

Dundee nurses win best in UK award

NHS Tayside staff hit the fairways

As part of the NHS Tayside 60th anniversary celebrations, 40 members of staff were out chasing the birdies, eagles and maybe even an albatross at Glen Isla Golf Course at Alyth.

Staff from across Tayside braved the elements for the fun golf day organised by TREATS. The day tee’d off with a team competition in the morning followed by a Stableford competition in the afternoon.

Murray Petrie, Chair of the Delivery Unit, presented prizes to the winners.
Young people workers resource event

NHSTayside’s Schools’ Team held a series of events highlighting resources available for loan from the Public Health Directorate library which supports work with children and young people.

The events, in Perth, Dundee and Forfar, attracted staff from education, health and also voluntary services working with this age group.

Minister for Public Health opens Kings Cross Centre

Minister for Public Health Shona Robison officially opened the Kings Cross Health and Community Care Centre in Dundee.

The new £4m centre houses a range of services including paediatric and adult audiology services, community dental and dental outreach, community rehabilitation and therapy, a biomechanical clinic, women’s health, rheumatology screening and pulmonary rehabilitation.

The new development means shorter waiting times for patients and more local access to the most appropriate clinician as quickly as possible. Other benefits include specially designed areas for paediatric services and a high-quality working environment for staff.

A two-room satellite x-ray department provides an open access service to GPs across Tayside and North East Fife and the use of telemedicine links allows doctors and consultants to view x-rays from other Tayside hospitals such as Ninewells and Perth Royal Infirmary.

news in brief

Angus

• Angus PPGs at Ashludie

Representatives from Angus Public Partnership (Health) Group were at Ashludie Hospital recently to hear first hand the views and opinions of the local residents of Monifieth and Carnoustie on health services provided in their area. The event followed on from previous discussion groups held across the county in Montrose, Stracathro, Arbroath and Forfar.

• Arthritis open meeting in Forfar

Angus Community Health Partnership held a successful open meeting in Forfar recently for people affected by arthritis. The event looked at establishing a local peer support group in Angus which would be able to offer advice and up-to-date information, as well health education and support.

• Angus Helpline

Angus Health Improvement Team is running a pilot telephone helpline until March 2009. It aims to provide information and advice, including signposting to more specialist services and professionals, on: Local Health Improvement Agenda; Current Initiatives; Monitoring and Evaluation; and Partnership/Collaborative work. The helpline is open every Tuesday between 9am and 12noon on 01307 474816.

• Local author talks to CHP staff

Local Angus author Jo Middlemiss gave a talk to staff from Angus CHP about how her sister, Dr Maggie Dunn, coped with her impending death 26 years ago. Maggie made a tape, recording her hopes and fears of dealing with her illness over the last eight weeks of her life, which was to be given to her toddler son when he turned 21. Staff found Jo’s talk gave them a window into the past and positively highlighted how palliative care has developed over the years.

news in brief - Angus

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Kenyan hospital staff visit PRI

Staff from Meru District Hospital in Kenya visited Perth Royal Infirmary as part of an exchange programme which saw a team of NHS Tayside staff travel to Meru earlier this year.

Three doctors, one hospital administrator and a clinic officer from the Kenyan hospital worked-shadowed Tayside staff as part of a five-year improvement plan to share knowledge and skills about up-to-date clinical practices.

Spooky cooks serve up a feast at Whitehills

Catering staff at Whitehills Health and Community Care Centre in Forfar got into the spirit of Hallowe’en by serving up a spooky menu to hospital staff and visitors.

On the menu for one day only were delights such as Witches Brew, Slithery Salads and Ghoulish Vegetable Curry with Maggots. Staff were quick to point out that the leek soup, salads and vegetable curry with rice were as good as ever and not to be put off by the names!

Patients’ artwork is ship-shape

The power of art to help people recover from mental illness has been on display at an NHS Tayside centre for people with mental health problems in Dundee.

Service users of Community Adult Mental Health Occupational Therapy at the Dundonald Centre have been working with Tayside Healthcare Arts Trust (THAT) to produce a selection of digital artworks and porthole designs as part of a specially commissioned art project inspired by Dundee’s maritime heritage.

THAT has a long history of working with those with mental health problems, using art to help boost self-esteem and give a sense of achievement.

Pupils have their say

Pupils who attend Dundee’s Menzieshill High School had the chance to tell health professionals how they can form better links with young people.

NHS Tayside Chairman Sandy Watson met pupils from the Menzieshill Pupils’ Representative Council in the school’s community health facility, which was opened earlier this year.

Mr Watson said, “As young people are a significant part of the community, NHS Tayside is very interested in extending its engagement with them.”

• Young people also had the chance to make themselves heard on the future of health services at an event held at The Shore.

Representatives of Dundee CHP and Dundee City Council met with young people to speak about how they want to be involved in the delivery and review of NHS services in the future.
Library service at PRI

The library service is co-ordinated by librarians from the AK Bell Library in Perth who are able to deal with a range of requests such as large print books, audio books, illustrated books and reminiscence material.

The trolleys are staffed by a rota of volunteers and have become a welcome feature of the hospital routine for over 15 years. The involvement of the volunteers enhances patient care and is much appreciated by patients, relatives and staff.

Anyone who would like to volunteer or find out more about the library service contact Jane Laahs, voluntary services manager on 01738 562323 or janelaahs@nhs.net

Raising awareness of stroke emergency

Staff from NHS Tayside’s Stroke Managed Clinical Network (MCN) were at Ninewells Hospital during Chest, Heart & Stroke Scotland (CHSS) Awareness Week to raise awareness of stroke as a medical emergency.

The MCN hosted an information stand in the main concourse of Ninewells with staff on hand each day to answer any queries. Information was also available in local hospitals throughout Tayside.

Councillor Mohammed Assif, who has distributed primary stroke prevention leaflets in various languages around his local community, and patient representative David Falconer also visited the information stand to talk to staff and visitors.

news in brief

Perth & Kinross

- **Dental and Maxillofacial surgery unit refurbishment**

  The Dental and Maxillofacial surgery unit at PRI is undergoing a £220,000 refurbishment. This significant investment will result in a greatly enhanced facility for patients providing a state-of-the-art dental suite for the people of Perth & Kinross.

- **Rheumatology services to be redesigned**

  Rheumatology services are to be redesigned to meet the needs of the people of Perthshire. Following a review of the rheumatology outpatients’ service at PRI, a new multi disciplinary team will be set up, condition specific clinics, direct GP referral for patients who require specialist scans and the potential introduction of direct/rapid access clinics.

- **Carse of Gowrie consultation**

  A consultation feedback event was held for the over 50s residents of the Carse of Gowrie to hear feedback outcomes from the Getting Older Thinking Younger events that took place in each of the villages earlier this year.

- **Smoking update**

  A three-year tobacco and health improvement plan to tackle smoking by targeting pregnant women, young people, families and areas in Perthshire that have high smoking rates was approved at the recent Perth & Kinross CHP.

- **New public health staff nurse**

  Yvonne Wilkie has joined P&K as a Public Health staff nurse, to support the public health function of community health teams and work with the Public Health link nurses to target those with a higher level of needs.
NHS Tayside had four nominations at the Scottish Health Awards 2008.

The Nurses Award was won by an NHS Tayside employee for the second year running and the Cancer Care Team Award was also brought back to Tayside following the ceremony in Edinburgh.

Also short-listed were Give It Up For Baby, the smoking cessation in pregnancy project, and the Perth Baby Bumps project.

Senior charge nurse Bernie McLaughlin of the Stroke Rehabilitation Unit at PRI was presented with the Nurses Award after being nominated by a former stroke patient. The patient was so inspired by the care and respect given to him by Bernie that he undertook to research the effects of stroke.

During his research he encountered many other stroke patients who had also been touched by Bernie’s kindness and professionalism, prompting him to nominate her for the award.

The Cancer Care Team Award was won by staff at the chemotherapy day unit at Ninewells in recognition of their compassion, professionalism and dedication towards patients in Tayside.

A breast cancer survivor nominated the team for the expert care they gave her during her treatment, which included a mastectomy, chemotherapy, radiotherapy and intravenous Herceptin treatment.

The dignity, respect and kindness shown to her by staff at the Princess Alexandra Suite helped to make a difficult and frightening experience much easier.

**Medical History Museum**

**DRI Memorial Wall – The missing plaque**

A memorial wall of treasures commemorating the history of Dundee Royal Infirmary was officially unveiled at Ninewells Hospital - marking the 10th anniversary of the closure of the city’s old hospital.

The wall features many of the commemorative plaques that were an integral part of the old hospital, along with photographs and artefacts from DRI’s history, however, there is one important plaque that should be on display, but of which we have no idea of its whereabouts.

It was located outside Ward 6 at DRI, and was dedicated to one of Tayside’s most eminent medical personalities, Professor Lloyd Turton Price.

Turton Price was a surgeon at the Infirmary from 1907 until his untimely death following an operation in 1933. His skill and personality had established Dundee as the surgical consulting centre for the midlands of Scotland, and he excelled as a practical clinician and teacher.

The esteem and affection that he was held in was reflected in the 2,000 mourners who attended his funeral. In his obituary in the British Medical Journal, a particularly moving tribute was paid by the woman he had been about to marry, Dr Margaret Fairlie - who would later become Scotland’s first female Professor.

Turton Price’s plaque was arguably the most attractive in the ‘DRI collection’, complete with Hippocratic staff and snake, and the DRI motto ‘pro aegris et laesis’ – for the sick and injured.

So, I ask hopefully, does anyone know where it is now?

Dr Graham Lowe
Honorary Curator of the Medical History Museum
Reception to say thanks

A reception to acknowledge the work that volunteers have contributed to the NHS in Tayside was held in Ninewells Hospital.

Around 250 volunteers from areas including Patient Partnership Groups, Roxburgh House, Macmillan Cancer Care, Breastfeeding and the Tayside Cancer Network were invited to the Ian Low Centre where they were welcomed by the Chairman of NHS Tayside, Sandy Watson.

Mr Watson thanked all the volunteers for their contributions and for taking the time to become involved in the health service in Tayside before presenting awards to those with 5+, 10+ and 15+ years’ volunteer service.

“NHS Tayside is privileged to have input from volunteers from diverse backgrounds and with very different talents and skills who provide this important service in their community,” he said.

Volunteering at Ninewells

Could your ward or clinic benefit from a volunteer? Would you like more information on working with your volunteers?

Volunteers already work alongside NHS Tayside’s staff in many areas, providing additional, non-clinical services for patients and their families.

NHS Tayside, supported by Volunteer Development Scotland, will continue to encourage volunteering by providing a positive and supporting environment for volunteers, enabling them to have the best possible experience within NHS Tayside.

At a recent Ninewells concourse event organised by Dundee Public Partnership (Health) Group, 100 members of the public were invited to complete a questionnaire on volunteering and were asked if they thought having Welcome Volunteers on the concourse at Ninewells would be helpful. The results from the questionnaire indicated an overwhelming 98% of people agreed that volunteers would be a welcome additional service, with many stating specifically they would appreciate the extra help with getting about the vast building.

Following this event, 40 enthusiastic volunteers, including retired NHS Tayside employees, NHS staff, students, and general members of the public, expressed an interest in joining the volunteering initiative at Ninewells.

The training of a small group of 12 welcome volunteers embarked on a training programme in November they will be part of a project group to participate in a pilot service on the concourse.

Many more volunteers have been recruited, who have expressed an interested in working within wards and clinics.

If you would like more information about volunteering please contact Maureen O’Reilly on 01382 632613 x33329 or email moreilly2@nhs.net

news in brief

Dundee

- Radiotherapy open day at Ninewells
  An open day was held in the newly-refurbished radiotherapy department at Ninewells to coincide with World Radiography Day. Members of the public were given guided tours of the department as well as demonstrations of equipment and the opportunity to chat to radiographers about their profession and other aspects of radiotherapy.

- New smoking cessation clinic
  NHS Tayside is offering smokers further support to stop with a new drop-in outpatient clinic at Ninewells Hospital. The Free Yourself... Smoke Free Service is available every Wednesday morning in Outpatient Area 5 and offers one-to-one support sessions for patients. Smoking cessation is also provided to in-patients who wish to stop smoking, at their bedside.

- Improving access to Keep well
  Healthcare professionals from across Scotland attended a meeting of the Anticipatory Care Practitioners Network in Dundee to share learning and good practice around health inequalities. Dundee CHP Public Health Pharmacist Jackie Duncan, NHS Tayside Community Heart project nurse Alison Hume and manager of Dundee Healthy Living Initiative Beverley Black presented on the innovative approaches to increasing access to Keep well in Dundee.

- Dundee nurses raise awareness of COPD
  An awareness raising event was held at Ninewells Hospital to coincide with World COPD Day. Respiratory nurses were on hand to answer questions and give information on Chronic Obstructive Pulmonary Disease (COPD) as well as offering spirometry testing – a test to measure lung function.
NHS Tayside held an awareness week as part of its continued campaign to highlight the importance of effective hand hygiene to patients, staff and members of the public.

The hand hygiene team, assisted by representatives from the Tayside PPGs, set up information points and displays in hospitals across Tayside to promote correct hand cleaning procedures and to show how, by adhering to these, infections can be prevented from spreading.

During the week, information packs were sent out to all wards reiterating the five key moments for hand hygiene – before patient contact, between last exposure to a surface and before accessing a clean site, after risk of body fluid exposure, after patient contact, and after hand contact with patient surroundings.

Hand hygiene is a priority for NHS Tayside all year round. Margaret Kennedy, NHS Tayside’s Hand Hygiene Coordinator has recently presented certificates to staff at Craigvinnean Surgery in Dunkeld and Strathmore GP Practice in Blairgowrie after they completed their hand hygiene awareness training programme.

Margaret also visited the Sterile Services Department (SSD) at Ninewells to support staff on hand hygiene. Assistant Technical Officer Supervisor in SSD Janice Ferguson has recently completed her Cleanliness Champions course and was very keen to put into practice what she had learnt. Janice led her colleagues through practical sessions to highlight their hand hygiene techniques.
Cut the cost of Christmas without being a Scrooge

Christmas 2008. The first Christmas of the credit crunch. Ho Ho No!!! Everyone's feeling the pinch at the moment so we here at spectra thought we’d better get our heads together and come up with some money-saving ideas on how to spend less this festive period but still be able to celebrate in style.

Of course, the best way to deal with festive frolics is preparation and planning but, hey, it’s too late for that now. However, you don’t need to cancel Christmas and, please, DON’T PANIC.

We’ve put together a handy little list of what not to do with the help of some sparkly words of wisdom from financial commentator and presenter of BBC TV’s Your Money or Your Life Alvin Hall.

The seven deadly sins of Christmas spending

1. Don’t fall into the trap of Emotionally-Driven Spending. This is easy to do when perhaps we feel guilty that we don’t see friends and family enough or maybe we feel we need to show how much we love someone by how much we spend on them. It’s just not necessary.

2. Don’t resist setting limits on your spending for presents and entertaining. Set out what you can afford and stick to it!

3. Don’t Top-Up Presents. Women are really bad for this. For example, you buy a jumper reduced from £50 to £35 and instead of thanking your lucky stars that you’ve been so clever as to bag yourself a Christmassy bargain you SIMPLY MUST buy something else to top up the present! What’s all that about?

4. Don’t Overspend On Children. Younger children don’t remember what they got and who from and older ones should understand that if they get a main (ie more expensive) present then they really don’t need 67 stocking fillers.

5. Don’t Overspend on Food. People think they have to put on a lavish feast. Be practical. Contrary to what many mums up and down the land believe you are not feeding the 5000. A turkey, a ham and a goose is probably overkill. Have your guests all contribute something to the menu and that’ll help control your supermarket spends.

6. Don’t ignore your friends and family. If someone says they want socks/a book/some smellies then don’t take it on yourself to think of something else!

7. Don’t borrow money or go into debt to pay for Christmas – it’s only one day! Control spending, control yourself, control your emotions and you’ll be happier come the New Year.
Have yourself a very thrifty Christmas

Will you be cutting back on the crackers, giving fewer gifts or munching on economy mince pies this Christmas? Or will you still be splashing the cash and celebrating in style?

spectra asked our readers how they would be dealing with the credit crunch during the festive season.

Elizabeth McNiven
Catering and Conference Administrator
Catering Dept, PRI

With the credit crunch will you be cutting back this Christmas?
I won’t be really cutting back, I will be looking for value for money more than anything. I have a range of age groups to buy Christmas presents for, from one-year-olds to adults, so shopping for me can be expensive and challenging!

Any tips for a thrifty Christmas?
I would say keep a look out for all those buy one get one free offers that are around in stores and watch for special promotions. If I see a good buy I like to tell my friends and colleagues at work about it so they can benefit too.

Linda Finlayson
Catering Assistant
Catering Dept, PRI

With the credit crunch will you be cutting back this Christmas?
No I won’t be, it will be a normal Christmas for me and my family, though I will be looking for bargains and sales.

Any tips for a thrifty Christmas?
To save money you could recycle last year’s Christmas cards and turn them into gift tags and those gift bags are easy to reuse as they are usually like new anyway after the gift has been opened. You could also substitute expensive branded alcoholic drinks with shop own labels.

Iain Dorricott
Information Manager
Infrastructure and TREATS
Chairperson
Information & Performance Scrutiny

With the credit crunch will you be cutting back this Christmas?
I don’t do credit unless interest free so if my wife and two boys allow me then I will try to reduce on the Christmas presents. Sadly I have already seen the Santa Letters and it’s unlikely the opportunity for saving will arise!

Any tips for a thrifty Christmas?
Get yourself in the kitchen like I will and do as much home baking as you can instead of buying bland expensive alternatives. It’s amazing what you can create if you put your cooking head on.

Phyllis Burnett
Receptionist/Clerical Officer
Outpatients Department, Arbroath Infirmary

With the credit crunch will you be cutting back this Christmas?
Definitely! I’ve been waiting to see what will happen with the big ticket items and so far it’s been worth the wait. Usually I buy October-ish just to get purchases out of the way but I’ve found the big stores are reducing things already with the credit crunch in mind. I’ve bought the Xbox360 for £100 cheaper than RRP.

Otherwise, it’s less for everyone in the family this year. I belong to the Broons and money-wise we’re all thinking more carefully about how much we spend on each person. A large family means an empty purse at Christmas!

Any tips for a thrifty Christmas?
Every January I start buying Morrisons savers stamps at a £1 each. Two or three every purchase a few times a week soon mounts up and by Christmas I’ve filled several cards. I’ve saved £300 so far.

Our family does Secret Santa/lucky dip for all the adults. We designate £20 per person and see what we can get for that. With many children to buy for, it’s a relief to only have one grown up out of eleven to buy a gift for.
With the credit crunch will you be cutting back this Christmas?

As much as possible. We usually try to keep within our means Ha! Ha!

Any tips for a thrifty Christmas?

For me it’s to go and do the shopping on my own without my husband. It’s always a good idea to try starting at the sales & saver clubs.

Karen Wallace and Clare Clarke

Physiotherapists

Physiotherapy Dept. Arbroath Infirmary

With the credit crunch will you be cutting back this Christmas?

Clare - Yes, of course I will be cutting back (because my husband will be reading this!)

Karen - Yes, I will be cutting back on friends this Christmas - oops I mean presents.

Any tips for a thrifty Christmas?

Sorry, we aren’t very good at the thrifty bit, especially Clare!!

According to the money experts we should shop around and take advantage of sales and offers or give people money or vouchers.

OTHER TOP TIPS

- If you’ve got loads of nieces and nephews, get the family together and have a lucky dip for ONE kid’s name each. So you just buy for one, label it ‘From all your uncles and aunties’, and each kid gets one decent present instead of more minor presents from everyone.

- If you’re totally skint, buy everyone a lottery ticket! You might even be giving a fortune!

- The Pound Shops are a great source of stocking fillers. Their stock is constantly changing and a lot of their stuff is really practical too.

- Set your friends and family the challenge of buying presents for a tenner maximum (or even more challenging a fiver). It can actually be a lot of fun trying to put that £10 to best use.
NHS Tayside was in the pink during October as staff from across the region supported International Breast Cancer Awareness Month with a series of events.

The Corner health and information project ran a month-long campaign aimed at raising awareness of breast cancer and promoting the “look, feel, be breast aware” five point check amongst young people.

The campaign came to an end with a pink tea party where Corner staff and volunteers from Breast Cancer Care Scotland dressed up in pink. Visitors enjoyed tea, cakes and soft drinks and had the opportunity to enter into a prize draw.

In Forfar, staff from Angus CHP and Angus Council social work department held an “In the Pink” fundraising event at St Margaret’s House, where all staff were encouraged to wear something pink to work for the day.

Proceeds from a pink-themed cake and candy table, as well as raffle tickets and a quiz, were donated to Breast Cancer Care and Cancer Research UK.

Members of the public at Ninewells Hospital were invited to ‘Pin on the Pink’ by adding pink items to a large ribbon at the Health Shop. Donated items included pink stickers, hearts, baby sleep suits, dresses and a home made tapestry.

Health Shop manager Helen Brady said, “Breast Cancer Awareness Month is an ideal opportunity to highlight breast awareness and emphasise to women, and men, the benefits of making lifestyle changes which can potentially lower the risk of breast cancer and other diseases.”

Staff at Ninewells also got into the spirit of things by donning pink clothes to celebrate the end of the campaign. They were joined by surgeon Professor Alastair Thompson who is also chairman of the national charity Breast Cancer Campaign’s scientific discovery board.
Drinks4Health rolled out across Tayside

NHS Tayside is rolling out its innovative drinks project across all sites following successful pilot schemes in Perth and Dundee.

The Drinks4Health initiative involves all high-sugar drinks being replaced with an extended range of healthier drinks in vending machines, shops and staff dining rooms.

It was first introduced at Perth Royal Infirmary in 2005 before being expanded to include Ninewells Hospital, Maryfield House and Dundee Dental Hospital last year.

NHS Tayside is now rolling out the initiative across all sites in the region as part of NHS Tayside’s commitment to tackling obesity and taking health promotion messages to staff and the general public at the point-of-sale.

Perth mum gives it up for baby

A young mother from Perth has given up smoking thanks to NHS Tayside’s Give It Up For Baby initiative.

Constance Comer had been a smoker for four years but managed to kick the habit with the help of the incentive scheme, which offers practical support and advice for pregnant women.

If the women can prove with a weekly breath test that they have been smoke-free, they are rewarded with supermarket vouchers to spend on groceries and baby products.

Constance and baby Coralee with Chair of Perth & Kinross CHP John Angus, smoking cessation class advisor Tracey Furness and Councillor Peter Bartlett

Keep well for mental health

NHS Tayside hosted an event in Dundee to raise awareness of the Keep well programme and aimed to improve the physical wellbeing and mental health of people with severe and enduring mental illness.

As there is an increased risk of disease to those with mental health problems, the Keep well programme is piloting health checks for 16 to 64-year-olds who have a mental illness. Enhanced support can then be offered on aspects of their lifestyle that may be having a negative impact on their condition.

The Keep well programme currently provides a free health check for people aged between 45 and 64 in the areas of greatest need in Dundee and aims to identify those who are at a high risk of heart disease, diabetes and stroke.

The simple checks carried out include height, weight, blood pressure, cholesterol and to find out whether the patient is diabetic.

Those invited may be seen by a nurse, healthcare assistant, a pharmacist or health worker and those eligible will be contacted by letter.

Also through the Keep well project, people are referred to Dundee Healthy Living Initiative for health coaching and the team provides valuable one-to-one support for weight management, smoking cessation and alcohol awareness, whilst also offering healthy eating, keep-fit and wellbeing classes.

For more information on Keep well visit www.keepwellscotland.com

Dundee Healthy Living Initiative can be contacted on 01382 435824 or visit the website at www.dundeehealth.co.uk
Six teams from NHS Tayside received Healthy Working Lives awards at a ceremony in Dunfermline recently.

Silver awards were presented to Specialist Palliative Care Services, Support Services and Paediatrics & Child Health.

NHS Tayside’s Single Delivery Unit, the Centre for Brain Injury Rehabilitation (CBIR) at Royal Victoria Hospital, Dundee and the Perth & Kinross Quality Improvement Team all picked up Bronze awards.

Some of the activities undertaken by the teams include pedometer challenges, alcohol awareness, self referral for staff to physiotherapy, walk groups, alternative therapy sessions, stress awareness workshops, weight management and health checks.

The awards scheme is part of a national programme aimed at employers, employees and other workers and promotes health, safety and wellbeing issues within the workplace.
Alcohol Awareness Week

NHS Tayside was promoting sensible drinking and urging people to “take the challenge” during this year’s Alcohol Awareness Week.

The Scottish Government’s national campaign set out hints and tips on making positive choices in the form of seven challenges to help people manage their alcohol consumption. These included having smaller glasses, having at least two alcohol free days per week and keeping a drinking diary.

Dundee Healthy Living Initiative (DHLI) held an event as part of their regular healthy living sessions to provide information and advice on the effects of alcohol and what support services are available locally.

Visitors, staff and patients at Whitehills Health and Community Care Centre were invited to take up the challenge as volunteers at the centre’s Health Information Desk gave out information leaflets and advice on sensible drinking.

The volunteers were also encouraging people to use the public computer beside the health desk to visit the alcohol awareness week website and spread the message to family and friends.

NHS Tayside also teamed up with Tayside Fire and Rescue and Tayside Police at Dundee Contemporary Arts to encourage visitors to consider how much alcohol they actually drink.

Visitors were asked to demonstrate what they would consider normal measures of spirits and wine in order to educate them about the number of units they were regularly consuming. There were also freebies on offer along with a quiz on alcohol myths and facts.
New trainees welcomed

NHSTayside Director for Workforce Alex Killick has welcomed the third annual intake of apprentices and adult trainees, thanks to funding and support from NHS Tayside Healthcare Academy.

The new intake takes the total number of apprentices and trainees to 18, which is the highest of any NHS board in Scotland.

The group will develop the necessary knowledge and skills to become an electrician, fitter, grounds person or floor layer.

Healthy communities

NHSTayside hosted a groundbreaking event focusing on community-led health, a Scottish Government priority which aims to improve health and reduce inequalities within deprived communities.

Delegates from the three local community health partnerships, the three local councils, local communities and voluntary sector groups heard a keynote address by Minister for Public Health Shona Robison and discussed how best to improve health through community focused projects.

Richard McIntosh, senior health promotion specialist was honoured in two categories at the first NHS Health Scotland Wellbeing in Sexual Health (WISH) awards.

The NHS Tayside Sexual Health and Wellbeing website picked up an award in the Integrating Sexual Health Category and the Angus C Card scheme won out in the Remote and Rural Innovation Category.
Promoting Equality and Diversity

NHS Tayside has now trained over 100 Diversity Champions as one of the first health boards in Scotland to pilot the initiative.

An event was held at Westpark Conference Centre in Dundee to launch the Diversity Champions, allowing them to share their knowledge, skills and experiences with other champions, invited members of the public and members of Tayside NHS Board.

NHS Tayside Board also held a development event in September to increase awareness and understanding of Equality and Diversity and the equality schemes in place within NHS Tayside.

Board members received a presentation from NHS Health Scotland Director of Equalities and Planning, Cath Denholm, as well as input from Janice Torbet, strategic lead on Equality & Diversity for NHS Tayside and Santosh Chima, Equality & Diversity Manager.

Strathmore Unit completes KSF job profiles

All staff should now be progressing with their KSF job profiles. KSF Facilitator Liz Reilly helped the staff of the Strathmore Unit at Blairgowrie Community Hospital (pictured) complete their profiles and was so impressed with their efforts that she felt compelled to put pen to paper and write a poem (see box on right).

Ode to KSF
Heather and Kate never late
And always on the ball
In making up their evidential file
They really did walk tall

But all Blairgowrie Strathmore staff
Have really done their duty
Lots and lots of KSF files
And every one a beauty

Lovely files all filled with facts
Ready for their KSF review
You’ve set the pace for everyone
Hip hip hooray for you

Well done from all at KSF
In making your creation
You’ve shown the way to one and all
To give their presentation

Study centre opens at PRI

The Gillingham Study Centre at PRI was officially opened yesterday by John Angus, Chair of Perth & Kinross CHP.

The centre, which is already being used by foundation doctors for in-service training, will increasingly be used by under and post-graduate doctors for training, seminars, meeting and learning events.

The high-tech multifunctional room has the capacity for 40 people and is equipped with audio visual and video conferencing technology allowing consistent and fixed training to be carried out simultaneously across Tayside at PRI, Stracathro and Ninewells.

Perth and Kinross Community Health Partnership Chair John Angus, Dr Alan Connacher, Consultant Physician Medicine and Melissa Hope of the Gillingham Trust.
Name, designation and dept.
Alex Killick, Director for Workforce

Personal history
Born in London in the swinging 60s and went to school at Christ’s Hospital otherwise known as Rock School (this was the one on TV recently that showed the unusual uniforms – breeches and yellow socks!) which probably explains a little about me.

I attended a modern university (Polytechnic in old money) also in London and qualified in the Eighties with a degree in Humanities – don’t ask, I’m not sure either. Needing a job, I wandered into the local hospital and started my NHS career as a Payroll Clerk and I’ve not looked back, moving into Personnel (HR), and becoming a Director at the ripe old age of 26.

I moved to Scotland in 1993 as Director of HR in Dundee Healthcare and have been in Tayside ever since – with the exception of my five year secondment to Scottish Government.

Like(s) about current job
The people – which is just as well since that’s what my job is all about.

Dislike about current job
The travel – I live in Edinburgh so the commute is a pain – especially with all the roadworks.

Most unusual thing asked to do at work
Probably “Men in Black”. A few years ago John Thomson, the Employee Director at the time, and I did a stand up show locally and nationally at the Partnership Conference on Staff Governance. We were even asked back so we couldn’t have been too bad!

Achievement most proud of
Dundee Healthcare getting Investors in People – over 10 years ago now, but more the pride in my team who had pushed for us to get it – persuading those who were not so sure that it was worth it. Obviously being a father is also up there; all my kids are “doin’ away” but my youngest (Desmond) is the cutest.

Favourite writer
I like John O’Farrell but confess that because my job requires so much reading I don’t read as much as I should. I have, however, now discovered audio books which are easier when you’re driving!

Favourite music
I like most things – from James Brown to Jamiroquai, from Mozart to Mark Ronson. My kids say I’m too old for hip hop, electronica and R&B but you’ll find most things on my iPod.

Favourite meal
A good fillet steak is hard to beat but at the moment Spaghetti Vongole is top of the food pops.

Most like to have to a dinner party
Barack (O), Nicola (S) (politics), Billy (C), Stephen (F) (comedy), Harry (R) and Liz (Mc) (sport), Sigourney (W), Cheryl (C), Marshall (M) (arts), Dave (U) and Damien (H) (business) and, of course, Lynn (A) (fiancée).

Favourite word
People

Top 3 frustrations
Technology – too fast and too slow
People – see above
Squash – I am not a good loser

Most embarrassing moment
Sitting on a horse in the Australian outback and not knowing how to work the gears! It just wouldn’t move. I’m much better on an elephant!

3 wishes
To make a difference
To live a happy life
To score the winner in a World Cup Final

Why do people insist on making me look silly?, says the Koala!
As we are still in a transitional period of departments moving their information from the old Intranet to Staffnet, then some information can still be found on the Old Intranet until 31 March 2009, when the old site will be closed down. Following feedback around commonly asked questions, the following FAQs have been developed:

**Q. Do I have to log in to Staffnet?**
A. You do not have to log in to Staffnet to view information, however, if you do log in you will get access to additional functions including:
- Access to your own Personal Home Page
- Ability to Save Searches to one document or a group of documents
- Ability to add Saved Weblinks
- Ability to subscribe to a document
- Post a notice to Staffnet's Noticeboard

**Q. When I log in to Staffnet, why is my old Personal Portal missing?**
A. Staffnet is a brand new website. There is a link to the 'old Intranet' from Staffnet as this site will not be closed down completely until April 2009, so you will still get access to your old Personal Portal. However, if you wish to still have access to your links in your Personal Portal, you will need to recreate them through Staffnet's Saved Weblinks facility.

**Q. Why is my Internet Explorer home page not automatically changed to open up with Staffnet?**
A. If you are based in a site such as General Practice or Local Authority premise, then we are unable to automatically change your home page location. However, you can do this yourself by editing the home page setting within your Browser's Internet Options to the following url address:
www.staffnet.tayside.scot.nhs.uk

**Q. Why, when I open a document within Staffnet, it does not look correct?**
A. Some documents are presented in html format, however depending on how the original document has been created, it may not be presented correctly. Work is ongoing to fix this, but if you click on the 'Printable Version' link in the top right hand corner, you will see the document accurately.

**Q. Where are the links to applications such as Central Vision?**
A. Central Vision is available from the Clinical Systems link in the left hand navigation bar. Access to other Clinical applications is also available from this page. Access to Clinical Admin Systems and Business Systems are available from their retrospective links in the left hand navigation bar. AIM & SMART are available within the Business Systems link.

**Q. Where are NHS Tayside policies?**
A. The policies are available within the Safe & Effective Working Section. Refer to the Help section of Staffnet to view details of what information is available in all sections. You also may find viewing the Site Map useful. Both links are available within the footer of the web page.

**Q. What does subscribing to a document mean?**
A. Also available in the footer section is the Site Map. This lists all pages under the section headings of Staffnet and provides quick and easy access to each page. This is helpful if you are unsure where certain information can be found.

In the New Year, NHS Tayside's IT Training Centre is to be providing training on how to use Staffnet. Look out for information regarding this very soon.

**Take part in our survey**
During December 2008, we will be undertaking a survey about Staffnet. A Vital Signs will be issued regarding this, and a link to the Survey will be available on the home page of Staffnet. This will be your opportunity to provide us with your views and comments regarding the website.

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**National Sexual Health System**

The National Sexual Health System (NaSH) is a clinical system designed and developed by AxSy s Technology Ltd which has been procured for national use across NHS Scotland. NHS Tayside is the fourth site to implement this national project with a start date planned for early 2009.

The NaSH system will be used in Family Planning Clinics and Genito-Urinary Medicine (GUM) Clinics throughout the region.

The system can be used to register patients, record patient attendances and manage patient case records, allowing for a comprehensive electronic patient record to be built up over time containing a detailed clinical history and history of patient contacts.

The system will comply with statutory national data recording requirement.

For more information please contact Rhonda Forbes, Senior IT Trainer on rhonda.forbes@nhs.net
Birthday boost for new PRI unit

Alexander Marshall, whose sister Joanne Scott was a patient in the Haematology Day Unit, held a party for his 21st birthday recently and instead of gifts he asked for donations, raising £500 for the new Haematology/Oncology Unit at PRI.

Joanne, who is a staff nurse at Aberfeldy Cottage Hospital, had received chemotherapy at the unit and Alexander decided to raise the money to say thank you to staff.

Charity evening raises funds for Ninewells

A Dundee woman handed over a cheque for over £1800 to be split between Ward 26 and the Ear Nose & Throat (ENT) outpatient’s clinic at Ninewells Hospital.

Betty Sharp has received treatment in both areas following throat surgery and decided to raise the money to show her appreciation for the care and support she has received from staff.

She organised a charity evening at Dundee Social Club with entertainment provided by local bands. There was also tombola and a raffle with many prizes donated by club members and local businesses.

Family effort for diabetes centre

A diabetic Dundee mother handed over a cheque for £600 to the Diabetes Centre at Ninewells after completing the Dundee Running Adventure. Nikki Milne raised £500 through sponsorship and donations and was able to add a further £100 to the total from her six-year-old daughter Helena’s efforts in a family cyclothon.

Friends’ cheque launches service

A cheque for £19,500 handed over by the Friends of Stracathro has enabled the launch of an innovative endoscopy service in Tayside.

Capsule endoscopy uses modern technology to examine the small bowel of patients where traditional endoscopic procedures have been unable to lead to a definitive diagnosis and treatment.

The service has just been introduced at Stracathro Hospital and the Friends’ donation will be used for the first 20 capsules to start the service, plus the associated equipment.
Donna Small, a former staff nurse at Ninewells, has donated £900 to colorectal research.

Donna was a patient at Ward 7 after being diagnosed with cancer two years ago and decided to hold a charity fancy dress disco at Ferrari’s in Dundee to raise some funds.

Proceeds from ticket sales and a raffle were collected for colorectal research, with a further £125 donated by Donna’s husband’s colleagues at Tokheim UK to the Maggie’s Centre.

Consultant surgeon Mike Lavelle-Jones accepted the cheque from Donna (second left) and her sister-in-law senior charge nurse Joan Robertson (right).

Colorectal research boost

Patients at Royal Victoria Hospital in Dundee can now take part in “Wiihabilitation” after a local fundraising group presented staff at the hospital with a Wii console.

The Friends of RVH donated the console, along with Wii Fit software and balance board, for use by elderly patients in the assessment unit therapies suite. Wii Fit can help with balance and coordination as well as keeping patients interested during exercises.

Every Saturday the Friends provide teas, coffees and home baking to patients and their families and friends and the money raised is used to buy items which help make patients’ and staff’s lives that little bit easier.

The therapy suite also recently accepted a donation of over £2000 from another fundraising group. Members of Logie and St John’s Cross Church have been running an afternoon shop at RVH for 25 years, selling snacks and soft drinks, and over the years have raised over £15,000 for the hospital.

The latest donation was used to purchase therapy chairs, a recliner and a mattress elevator.

Fundraising trek benefits Dundee hospice

Roxburghe House in Dundee has been presented with a cheque for £2000.

Laura O’Donnell and Curstaidh Wedgewood, along with 11-year-old Emma McKinlay, recently undertook a 60-mile fund-raising trek across Tayside which began at the hospice in the grounds of Royal Victoria Hospital.

Roxburghe House provides care and support for terminally ill patients and their families. Curstaidh decided to raise funds for the hospice to show her and her family’s appreciation for the excellent care her aunt, Margaret Crichton, received from all the staff there.

• A further £1000 was donated to Roxburghe House by a group of 10 staff at Beaverbrooks jewellers in Dundee who were given £100 each by the store to donate to a charity of their choice.

Double donation to RVH therapy suite
Senior charge nurse Carol Archibald (centre) has celebrated her retirement from Whitehills Health and Community Care Centre in Forfar after over 40 years of nursing in Tayside.

Carol began her career at Maryfield Hospital in 1966 before spells in the private sector as an industrial nurse with Timex and Levi Strauss in Dundee. She returned to the NHS in 1984, working in Forfar Infirmary and Arbroath Infirmary before facilitating the move from Forfar Infirmary to the newly-built Whitehills. Carol was presented with a collection from colleagues.

Ninewells Hospital Cashier Sylvia Treger has retired after spending 39 years with the NHS.

Sylvia joined the NHS in 1969 on a three-year training scheme and has since worked continuously within Administration and Financial Services at Ninewells. In her retirement, Sylvia intends to return to NHS Tayside to help out at Strathmore hospice at Whitehills Health and Community Care Centre.

A presentation and buffet was held for Sylvia at Ninewells where she was presented with flowers and gifts by her colleagues.

Neonatal nurse Jean Bain (pictured second left), who helped set up the neonatal transport service at Ninewells Hospital, has retired after over 40 years service with the NHS.

Jean undertook her nurse training in 1967 and joined NHS Tayside in 1984. In 2003, following the set-up of a national neonatal transport service, she was appointed as co-ordinator of the service for the northern region.

Jean has also been instrumental in implementing education packs and training for community midwifery units.

A tea party was held for Jean in the neonatal department where colleagues presented her with gifts and a cake.

Stracathro Hospital gardener Michael Wright hung up his overalls for the last time when he retired from the NHS after 42 years of service.

Michael joined the NHS in 1966 and most of his working life has been spent at Stracathro Hospital working in the glass houses, tending the large well-stocked vegetable plot as well as maintaining the numerous flower beds which were located within the hospital grounds.

Latterly Michael has spent much of his time cutting the extensive grassed areas and pruning the many shrubs and trees on site, as well as creating a floral border to mark the 60th anniversary of the NHS.

Michael was presented with gift vouchers on behalf of his colleagues and friends.

Dundee nurse Joyce McGregor has said farewell to her colleagues in the main theatres suite at Ninewells after four decades of NHS service.

Joyce began her nurse training at DRI in 1965 and has worked in various wards as an enrolled nurse at DRI, Mayfield and Ninewells. She also worked as a nurse in Leicester and spent five years in South Africa before returning to Dundee.

Joyce was presented with a cheque, flowers and other gifts on behalf of all her colleagues and friends.