Helping staff get their five-a-day
Dear spectra readers,

Summer is finally upon us and, with temperatures set to soar over the coming weeks, it is important to make sure you protect yourself and your family when outdoors.

On page 11 you’ll find a summer health feature full of practical tips on sun awareness, sexual health and food hygiene, whether you are holidaying at home this year or heading abroad.

Also in this issue we have photographs of Lorraine Kelly officially opening the new state-of-the-art Dundee Midwifery Unit at Ninewells where she met up with staff, parents and babies born in the unit. The refurbished Community Maternity Unit and Women’s Clinic in Perth were also officially opened by Minister for Public Health and Sport Shona Robison.

As well as the usual round-up of news stories from across the three CHP areas of Angus, Dundee and Perth & Kinross, our Healthwise section includes the launch of a new initiative to provide easy access to fresh fruit and vegetables for staff and visitors (see the front page) and an innovative smoking cessation project.

The nation has been glued to their TV sets recently for another series of Britain’s Got Talent and there can’t be many people in the country, or even the world, that haven’t now heard of Susan Boyle. So just why is she so popular? And why was everyone so shocked at her voice? We asked a selection of our staff and you can read what they think in this edition’s Voxpop.

The TREATS team have so many new offers that they’ve doubled their pull-out newsletter to eight pages for this issue. Why not check out what’s available and see if you can bag yourself a bargain?

Remember to send your ideas for articles and stories to the editorial team (details below) if there’s anything you’d like us to cover in your magazine.

spectra editorial team

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4 news2u
Lorraine Kelly opens Dundee Midwifery Unit

11 feature
Summer Health

12 voxpop
Is beauty essential for star quality?

14 healthwise
Helping staff get their five-a-day

17 learning together
Certificates for Whitehills staff

20 insight
Sean Laverick tells spectra about his overseas charity trips

21 e-clips
Free online learning for all staff

22 check it out
Former patient hands £2500 to unit

24 retireals
Farewell to our colleagues

It’s your magazine so share your news & views
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 43 to the editorial team by Tuesday 7 July. The deadlines for future editions of spectra are as follows:
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Cover story
Helping staff get their five-a-day
Picture courtesy of David Martin, Fotopress
see page 14
Midwives and mums get together

Arbroath midwives joined local mums and babies at a reunion of the YM2B (young mums-to-be) parenting group.

The YM2B group held its annual reunion at The Family Centre in Arbroath and invited mums and babies who have attended the group over the past year to come along for a catch-up.

The group, which is run by local midwives Chris Field, Sheenagh Howard, Wendy Bruce and Val Parker from Arbroath CMU, is aimed at young mums-to-be and their families who would perhaps not normally be attracted to parent education classes.

The YM2B parent education classes run throughout the year and offer information on a variety of topics ranging from diet and relaxation to advice on budgeting as well as providing information on giving birth and breastfeeding.

Long service award

A long service award was made to Ninewells charge nurse Beat Woodfield to celebrate her 40 years working with NHS Tayside.

Beat began her training at Dundee Royal Infirmary in 1968 before working as a staff nurse in cardiology. She went on to work at Kings Cross Hospital and for the paediatric service at DRI as well as spells as a senior charge nurse in respiratory and rehabilitation wards and as a renal charge nurse.

She is currently charge nurse in Ward 2, general medicine, at Ninewells.

Chairman of NHS Tayside Delivery Unit Murray Petrie presented Beat with her long service award.

Walkround at Whitehills

NHS Tayside Chief Executive Professor Tony Wells met staff from the Prosen Ward at Whitehills Health and Community Care Centre in Forfar recently during an Executive Patient Safety Leadership Walkround.

The walkrounds, which are held all over Tayside, aim to increase awareness of safety issues among all clinicians and to educate staff about patient safety concepts such as incident reporting.

New volunteer service at Ninewells

A new volunteer service to help patients and visitors find their way more easily around Ninewells Hospital is now up and running.

Trained Welcome Volunteers are available at the new Welcome Point on the concourse near the entrance to the hospital where visitors and patients will be able to get help and directions to find their way to outpatient appointments and ward areas.

All volunteers completed training which covered topics such as customer care, infection control, confidentiality and child protection as well as health and safety.
Angus renal unit work underway

Work is continuing on Angus’ first renal unit with pre-assembled buildings delivered to Arbroath Infirmary. The new eight-stationed unit, which is due to be fully operational later this summer, will operate from 8am to 8pm Monday to Saturday and provide renal services for up to 32 patients. It will be staffed by experienced dialysis nurses and supported by consultant medical staff based at Ninewells.

Patients in Angus will benefit enormously from the new unit by receiving their dialysis locally instead of having to travel to Dundee three times a week for treatment. The unit will also significantly reduce pressure in the Renal Unit at Ninewells and minimise evening dialysis across Tayside.

Reducing medicine wastage in Tayside

David Gill, Head of Pharmacy for Angus CHP, and members of Dundee Public Partnership Group (PPG) manned an information stand at Ninewells to help to raise awareness of NHS Tayside’s commitment to reducing medicine wastage.

David brought along a box containing £1000 worth of hoarded unused prescription medicines returned from just one patient to highlight NHS Tayside’s key message that the most expensive medicine is the one you do not take.

Each year in Tayside over 18,000kg of medicines, the equivalent of 30 small cars, are destroyed and the event was aimed at raising awareness amongst the public of the simple and practical measures they can take to help reduce this amount.

news in brief

Angus

- **Angus CHP buys ECGs**
  Angus Community Health Partnership has purchased 13 electrocardiogram (ECG) machines for use within GP practices. An ECG is a simple and useful test that looks at the rhythm and electrical activity of your heart. An ECG can detect problems you may have with your heart rhythm and it can help to tell if a patient is having a heart attack or if they’ve had a heart attack in the past. ECG machines are also at Whitehills HCCC and Arbroath MIU.

- **Raising awareness of childhood asthma**
  Education staff in Angus have received asthma training from Angus CHP to help educate and raise awareness of children with asthma. The training includes recognising the symptoms, medication and impact of the condition. Angus CHP also delivers ongoing asthma training to primary care staff who deliver routine and emergency asthma management, such as practice nurses, GPs and pharmacists.

- **Self-help course for Angus residents**
  Angus CHP, in collaboration with Arthritis Care, ran a free six-week self-help course in Montrose and Arbroath for people living with long-term conditions. ‘Challenging your Condition’ aimed to help people manage their condition more effectively and improve their quality of life, and offered practical advice on the benefits of exercise, pain management, relaxation, and diet and nutrition.

- **Angus healthcare academy recruits**
  The healthcare academy in Angus continues to go from strength to strength. There are currently 11 students on the eight-week healthcare academy course being run at Angus College in Arbroath. The course began in April and runs until June.

- **Angus renal unit work underway**
  Work is continuing on Angus’ first renal unit with pre-assembled buildings delivered to Arbroath Infirmary.

The new eight-stationed unit, which is due to be fully operational later this summer, will operate from 8am to 8pm Monday to Saturday and provide renal services for up to 32 patients. It will be staffed by experienced dialysis nurses and supported by consultant medical staff based at Ninewells.

Patients in Angus will benefit enormously from the new unit by receiving their dialysis locally instead of having to travel to Dundee three times a week for treatment. The unit will also significantly reduce pressure in the Renal Unit at Ninewells and minimise evening dialysis across Tayside.
Lorraine Kelly opens Dundee Midwifery Unit

MTV presenter Lorraine Kelly officially opened the new state-of-the-art midwifery unit at Ninewells Hospital.

Lorraine toured the £2.5 million unit meeting with staff, new mums and mums-to-be, seeing at first-hand the state-of-the-art facilities, including six spacious birthing rooms, two birthing pools and a four-bed post-natal ward for mothers and babies.

Two very special deliveries were also in attendance at the opening. Athan Pollock and Hollie McDonald were the first two babies born at the unit and were brought along to the event by their parents to meet with Lorraine.

The Dundee Midwifery Unit provides women who are assessed as being low risk with a whole range of options for a more natural birth experience. Mums-to-be are offered early labour monitoring, care throughout labour and delivery, the option of water labour and water birth, and immediate post-natal care, including help with feeding baby.

Radio Lollipop live from Ninewells

The Tayside Children’s Hospital at Ninewells hosted a live children’s show by Radio Lollipop to celebrate three decades of broadcasting for children in hospitals.

Volunteer presenters broadcast live from Ward 29 to children in Ninewells and the Royal Hospital for Sick Children in Edinburgh.

Live shows are broadcast from Edinburgh every weekday between 6pm and 8pm and to enable this to happen Radio Lollipop relies heavily on its dedicated team of volunteers in Dundee and Edinburgh.

Volunteers encourage children to take part in all the show’s activities, games and competitions as well as taking requests for the children’s favourite songs. There is also a pre-recorded selection of songs and stories which runs throughout the rest of the day.
**Omnicell Cabinet installed at Ninewells**

Ward 15 at Ninewells has recently installed an Omnicell Automated Medication Cabinet, the first of its kind in Scotland, which is set to revolutionise the way medication is stored and dispensed at ward level.

Derek Ford, Specialist Clinical Pharmacy Technician, has been working with Meg Park, Clinical Team Manager on the implementation of the state-of-the-art cabinet since it was first presented to pharmacy staff last summer.

Nursing staff log in to the cabinet using their fingerprint or a username and password. They select the patient for whom they want to dispense medication and a list of all the medication available on the ward is displayed. The nurses then select the medication they require using a touch screen and flashing lights direct them to the item required.

The main benefits of this type of system are that stock is ordered automatically from the pharmacy department reducing time spent by staff on ordering medication; the cabinet is locked until a nurse has logged in and pre-selected the medication required, even then, only specific doors open dependant on the medication required; and the random arrangement of the stock in the cabinet reduces the risk of medication dispensing errors.

For further information please contact Derek Ford on derekford@nhs.net

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**Artistic touches at neonatal unit**

Parents and babies at Ninewells’ neonatal unit are enjoying a more therapeutic environment thanks to the creative talents of artists from Tayside Healthcare Arts Trust (THAT).

Mother and artist Mhairi Nicol, who stayed in the unit after the birth of her baby, came up with the theme of ‘The Journey’ to represent the arrival of life into the world and the parents’ experience.

Parents have commented that it beneficially enhances the mood of the environment, and makes it feel warmer and more homely.

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**news in brief**

**Dundee**

- **Equally Well health checks**
  Dundee Healthy Living Initiative (DHLI) were offering Stobswell pub goers free basic health checks as part of the Scottish Government-led health inequalities strategy Equally Well. Blood pressure and glucose testing for diabetes were carried out by community health workers at Ferrari’s, Ogilvie Street.

- **S1 drama tour**
  A drama tour focusing on smoking and health amongst young people visited First Year pupils at Dundee secondary schools to allow them to explore attitudes to tobacco, the pressure on young people to smoke and the consequences of doing so. Following the performance, pupils took part in workshops with local health workers during which they were encouraged to consider their own views on smoking and to listen to the views of others. They were also given information about local health services and the opportunity to ask health-related questions.

- **Real Nappy Week**
  Parents in Dundee were urged to switch to real nappies in a bid to save money and reduce household waste. A display and information stand was held in Ninewells to allow families to find out about the benefits of using real nappies instead of disposables.

- **Diabetes Event**
  A diabetes event organised by the NHS Tayside’s Diabetes Managed Clinical Network Patient Council was held at Dundee University’s Dalhousie Building. Patients were given the opportunity to meet with other people with the condition and share their experiences. Delegates heard from local healthcare professionals on a range of important topics such as healthy eating, exercise, looking after their feet, understanding their medications and new research.
An important event in Dundee’s medical history occurred in 1874 with the arrival of Mrs Rebecca Strong from St Thomas’ Hospital in London, where she had been a probationer at the newly-established Nightingale School. Her pioneering spirit had come to light there when she became the first nurse to take a patient’s temperature, and subsequently this ritual bedside investigation gradually became the province of the nurse rather than the medical student.

Dr Robert Sinclair, a Medical Superintendent at DRI, was the catalyst for Mrs Strong coming to Dundee. He had very advanced views with regard to nursing and had presented a comprehensive report on the unsatisfactory state of the nursing department to the Directors of the Infirmary, recommending that a training school for nurses be established. His proposals were immediately endorsed by the Directors and special funds were found to facilitate this new venture.

DRI was very fortunate to obtain the services of Mrs Strong and over the next five years she and Dr Sinclair raised the nursing department to a standard that was exceptionally high for the time. His forward-looking policy helped her to crystallise her own views on the necessary preparation of a nurse, and that with the rapid advance of medical and surgical knowledge this should not just be limited to attendance at the bedside under the instruction of the medical personnel.

Wishing to expand her horizons, Mrs Strong was appointed Matron of Glasgow Royal Infirmary in 1879, but even with her persuasive charm she had a hard time introducing her plans there. A nurses’ home (which had been provided in Dundee before she even arrived here) was a step too far for the Glasgow Board, and a six year impasse had to be overcome before she was finally able to bring her nurse training plans to fruition.

In time, Rebecca Strong was to become an international figure in nursing circles and was awarded the OBE. She revisited DRI in 1929 to open the Preliminary Training School for Nurses and on reaching her 100th birthday in 1943 she penned this letter to her well-wishers in Dundee, the city that had supported her so well at the commencement of her great campaign.

“My dear friends, I am very grateful for your kind congratulations. My success has been owing to the strenuous efforts of those who worked with me. The advance is great since then and going on, you are blessed indeed with the good education in theory before being set to the practice of your Profession. Wishing you a long and happy life. Sincerely yours, Rebecca Strong”

Wise words from a distinguished Centenarian.

Dr Graham Lowe
Honorary Curator of the Medical History Museum
The Brae’s Royal opening

The Brae riding ability centre in Dundee was officially opened by HRH the Princess Royal after more than a decade of fundraising work.

Janet Parkinson, physiotherapist in paediatrics and Yvonne Miskell, physiotherapist in adult mental health and learning difficulties, previously ran small riding groups for the disabled but recognised the need for a purpose-built indoor centre that could be used throughout the year.

Janet and Yvonne joined with a small group with similar interests to become directors of The Brae – a charitable group under the auspices of the Riding for the Disabled Association (RDA) – and formed a partnership with NHS Tayside, Dundee City Council and Dundee College.

Following ten years of local and national fundraising, the centre opened in March 2008 with the official opening taking place in February of this year.

The Brae is open five and a half days a week and has over 100 riders accessing the centre each week. Each client is offered a 12-week block of riding, which can be repeated, and this ensures that a huge number of clients have the opportunity to access these excellent facilities.

Prize-winning ideas

Innovative products and technologies are being created by NHS Tayside staff and developed with the assistance of Scottish Health Innovations Ltd (SHIL) in a bid to improve patient care.

SHIL have a presence in Dundee at Ninewells Hospital where Mark Ferguson, Business Development Manager, works on the innovations that come from NHS Tayside employees.

SHIL and NHS Tayside Research and Development Office recently put together a simple questionnaire that was designed to help staff think about any potential ideas they may have. Almost 500 questionnaires were returned and participants were entered into a prize draw.

The first prize winner was Pete Moffatt, Section Manager Biomedical Laboratories, PRI who picked up £100. The £50 second prize went to Ninewells Administrative Assistant Kathryn Tinley and Ninewells nurse Kirsty Turnbull won third prize of £25.

news in brief

Perth & Kinross

- Improving stroke care at PRI
  NHS Tayside has been investing in improving the care of stroke patients at Perth Royal Infirmary.
  Three main areas of improvement have been identified including offering thrombolysis to more people within three hours, improving access to stroke units, and improving local rehabilitation.
  The number of dedicated stroke beds at PRI has been increased and the creation of four dedicated acute beds has improved the patient journey.

- Tackling asthma in schools
  There are 1518 children in P&K with asthma and NHS Tayside, along with Perth & Kinross Council Education & Children’s Services and Asthma UK, has begun a pilot project to tackle asthma in children throughout local primary and secondary schools.
  The project sets out to train teachers in the management of acute asthma attacks, medication and understanding of the possible impact on education. It will also seek to ensure that children with asthma have an individual healthcare plan appropriate to their needs.

- Design chosen for Cornhill
  Andrea Geile is the successful artist whose design has been chosen for the courtyard area at the Cornhill Macmillan Centre – the new palliative care unit being built at Perth Royal Infirmary (PRI).
  Andrea’s design is based around a sculptural “leaf group” and is the artist’s version of a secret garden. The key idea is to bring nature right into the courtyard and to enhance the positive sense of space. Everlasting plants will be growing along the walls and out of the ground forming an intimate ‘woodland room’, offering privacy and relief by bringing nature right into the courtyard.

Mark Ferguson, Kirsty Turnbull, Kathryn Tinley, Pete Moffatt and Dr Ellie Dow, NHS Tayside Director of Research & Development.
The people of Tayside experience some of the most significant health inequalities in Scotland. These inequalities are of course affected by the individual lifestyle choices we all make. Growing evidence supports the common sense view that people who have to struggle to make ends meet have far less freedom to make choices that would help their health.

These inequalities also tend to last over generations, with children brought up in more disadvantaged families being more likely to experience poorer health and wellbeing, for longer periods of time.

The single, biggest challenge that faces NHS Tayside is to help give the same chances of health and wellbeing to everyone.

Our staff are already helping tackle some of these health inequalities, with many innovative projects and services working directly with people across Tayside to try to remove some of the obstacles to health improvement and make a real difference in communities. However, we believe we need to do more and do it differently and that is why we’re asking for your help.

Dr Drew Walker, Director of Public Health, is leading on the development of a new NHS Tayside Health Inequalities Strategy on how we can work with our partners to help tackle more of the problems our staff see every day in Tayside communities.

In developing the strategy we will look closely at what services we offer, where we offer them, and how our communities access them. We’ll also look at what skills and understanding our staff have and how they relate to and interact with people.

We are keen to hear your views, particularly those of you who work with our communities and see the impact of inequalities every day. We’d like you to help us by sharing your experiences and ideas on what you think could make the biggest impact. Your contributions will help shape the new Health Inequalities Strategy and could make a big difference to the lives of people in Tayside.

To get involved, please contact Paul Welford, Health Strategy Manager on paul.welford@nhs.net or 01382 424079 x71079.
**Sun Awareness**

People all over Tayside will be spending much of their free time outside this summer and as we look forward to brighter sunnier days we need to keep in mind the risks of over exposure.

Consultant Dermatologist Dr Colin Fleming explains the importance of protecting yourself from the sun's rays.

"It's important to look after your skin in the sun – both on holiday and here in the UK. Research has found that six out of 10 men and four out of 10 women never use sunscreen or cover-up during sunny periods in the UK. The sun doesn't need to feel hot to damage your skin and it can be just as damaging here as it is abroad.

"Exposure to UV light increases the risk of skin cancer and prematurely ages the skin and those looking after children should remember that young skin is especially delicate and very easily damaged by the sun.

"All children, no matter whether they tan easily or not, should be protected from the sun. Young people are more vulnerable to the effects of sunlight and if children get burnt, it increases the risk of skin cancer later in life.

"Skin Cancer is the most common cancer in the UK but most cases could be prevented. The number of people getting skin cancer is rising each year at an alarming rate and it is predicted to rise faster than any other cancer in Scotland over the next 15 years.

"In Tayside, 170 patients are affected with malignant melanomas each year and 20-30% of these patients will die from the disease. There are also a further 1200 non-malignant skin cancers removed in Tayside every year."

A lot on myths surround sunbed use and sunbathing – one example being that getting a tan before going on holiday protects your skin – this is completely untrue.

One of the main causes of skin cancer is over exposure to ultraviolet (UV) radiation from the sun or sunbeds.

The skin does not distinguish between sunbeds and sunlight and it has been estimated that over 100 deaths per year from melanoma in the UK are attributed to ultraviolet A sunbeds.

A tan is actually your body's attempt to protect itself from the damaging effect of these rays so the term a "healthy-looking glow" could not be further from the truth.

So the message from the health professionals is that the only safe option to a beautiful healthy tan is – fake it!

Keep safe in the sun and avoid sunburn by remembering the SunSmart message:

**S**pend time in the shade between 11 and 3
**M**ake sure you never burn
**A**im to cover up with a hat and sunglasses
**R**emember to take extra care with children
**T**hen use factor 15+ sunscreen

For more information check out Cancer Research UK's SunSmart campaign website http://info.cancerresearchuk.org/healthyliving/sunsmart/

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**Food Hygiene**

The long summer days are perfect for getting family and friends together for a barbecue but raw and undercooked meat carry a high risk of food poisoning.

Raw and cooked foods should be kept apart at all time to avoid cross-contamination of bacteria from raw meat.

Always ensure that chicken, burgers, sausages and kebabs are cooked throughout, none of the meat is pink and the juices run clear. When you reheat food on the barbecue, make sure it's piping hot all the way through before serving.

For more tips on food safety, the eatwell website has a helpful section on barbecues at www.eatwell.gov.uk

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**Sexual Health**

Sexually transmitted diseases are on the increase in the UK so holidaymakers should always practice safe sex when they are away.

Travel Safe messages advise travellers:

- Take condoms when travelling and use them
- Do not get a tattoo or body piercing when travelling
- If you need a blood transfusion, make sure the blood has been screened for HIV and Hepatitis

NHS Tayside's sexual health and wellbeing website gives information and advice on contraception, sexually-transmitted diseases and other aspects of sexual health for people of all ages.

For more information visit www.sexualhealthtayside.org

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**Summer health**

Summer is approaching slowly but surely with experts even predicting a possible heat wave over the coming months, so NHS Tayside is offering some practical tips on how to protect your skin and stay healthy when the mercury rises.
In a world obsessed with beauty and fame, genuine talent can often be overlooked. Many of today’s celebrities seem to only be famous for, well, being famous. Take celebrity daughters Paris Hilton, Kimberly Stewart, the Geldof sisters, or any one of the reality TV stars who have appeared over the past decade. With few exceptions, these so-called celebrities tend to be rather easy on the eye, but often lack any discernable talent.

So it’s no wonder that the public backed singer Susan Boyle to challenge the stereotype and come second on Britain’s Got Talent. The middle-aged, single, frumpy-looking cat lover from a small town in Scotland shot to fame overnight after she shocked the show’s judges, audience and viewers with her performance. But why should we be surprised that she could actually sing? Do we now believe that talent cannot exist with beauty? spectra asked our readers what they thought.

Is beauty essential for star quality?

Donna Downie
CORPORATE WEB MANAGER (ACTING)
Corporate Services, Kings Cross
Does society think that talent cannot exist without beauty?

I did see Susan Boyle on Britain’s Got Talent but I had already heard about her so I kind of knew what to expect. I think if I hadn’t heard about her I would have been a bit surprised by her voice.

I know you shouldn’t judge a book by its cover but because most celebrities are good looking we just don’t expect people who look a bit average to be so talented. It just shows that it’s not all about looks.

Saying that, since appearing on the show she has had a bit of a makeover to make her more appealing so already she has started to conform to society’s ideal of beauty.

Paul McCombie
SOFTWARE DEVELOPER
ICT, Maryfield
Does society think that talent cannot exist without beauty?

I don’t think society believes you can’t be talented unless you’re beautiful but I think there is a pre-conception among people that celebrities should be good looking.

Looks shouldn’t be more important when it comes to fame but I’m afraid to say they are and I don’t think that Susan Boyle’s popularity will challenge this perception as people are generally quite shallow.

Michelle Lorente
SAFETY, GOVERNANCE & RISK COORDINATOR
Risk Management, Kings Cross
Does society think that talent cannot exist without beauty?

It shouldn’t really matter what someone looks like, especially when it comes to singers as you can’t see them when you’re listening to a CD.

If a singer has a good voice and people enjoy listening to them that should be enough but unfortunately society prefers to look at people who are attractive.
Does society think that talent cannot exist without beauty?

I think we tend to judge people on appearances an awful lot. This is probably because most of our information comes via television and the internet and images are very important for getting across the message. The media promote what they consider to be the ideal and this is what we see every day.

Susan Boyle has had her appearance changed slightly but they don’t seem to want to change her too much as the public like her the way she is. That might change now that the show is over however, if people start to lose interest in her. The public might not have as much affection for her without the competition and she may have to edit her image to match her voice.

People can be talented without being good looking but unfortunately most of society prefers celebrities to be good looking. We just prefer to look at attractive people on TV and in magazines.

The fact that magazines airbrush photographs to make people look more beautiful gives us a false idea of reality and we have come to expect celebrities to always look perfect.

I think that maybe people were surprised by Susan Boyle because the majority of people who go on these shows and look a bit different are there for the novelty factor.

In the early stages of X Factor there are always people who look different and can’t sing who are put on the show to make the audience laugh. People probably thought Susan Boyle was going to be one of these acts.

In general people prefer celebrities such as movie stars and singers to be attractive, it’s all about having the whole package of looks and talent. There are exceptions though like comedians or comedy actors who aren’t always attractive but we don’t seem to mind because they make us laugh.
helpwise

Helping staff get their five-a-day

NHSTayside is helping patients, staff and visitors get their five-a-day with a weekly fruit and vegetable stall at Ninewells.

In partnership with Dundee Cyrenians, NHSTayside is running a market stall every Tuesday between 11am and 4pm in the Fresh Air Garden at the main entrance to the hospital.

Patients, staff and visitors will be able to buy a range of fresh local produce at competitive prices, including fruit baskets, salad items and seasonal vegetables.

The stall will enable to people to make healthy choices and it is also planned to extend the initiative to PRI having also recently launched at Stracathro.

Chairman of NHS Tayside’s Single Delivery Unit Murray Petrie officially opened the stall before serving the first customer.

Angus midwives celebrate Breastfeeding Awareness Week

Angus midwives met up with local mums and babies to mark National Breastfeeding Awareness Week at the region’s Community Maternity Units.

A garden party was held at Montrose CMU where expectant mothers met up with new mums who have had their babies at the unit over the past year, midwives from the unit, a breastfeeding support worker and a maternity care assistant to talk about the benefits of breastfeeding.

Midwives from Arbroath CMU hosted a coffee afternoon in the unit where mums were able to chat to midwives and the breastfeeding support worker over coffee and cake.

The CMU team were offering practical advice and support to both new and expectant mums.

Hearty Lives health checks

NHSTaff were at the Lookin’ Good shop in Kirkton to carry out health checks on customers as part of a community health drive.

Alison Hume, lead specialist nurse, Hearty Lives Dundee (left) is seen giving Pat Wilson of Lookin’ Good a blood-pressure check.
Smoking incentive scheme launched

Over 300 people have signed up to NHS Tayside’s new stop smoking scheme since Minister for Public Health and Sport Shona Robison launched the initiative in March.

quit4u, which is a partnership between NHS Tayside, the Scottish Government, Dundee City Council, NHS Health Scotland, Community Pharmacies, Asda and GPs, targets smokers in disadvantaged areas of Dundee offering them £12.50 credit per week to help with their food and groceries if they can prove they have stopped smoking.

Following a similar approach to the successful NHS Tayside Give It Up For Baby project, which works across the whole of Tayside encouraging and supporting pregnant smokers to give up, quit4u was developed with help and input from smokers in the target areas of Dundee.

Smokers living in these communities were asked what would make the difference to them to help them succeed in giving up smoking and there was a very positive response to the grocery incentive scheme on which quit4u is based.

Launching the scheme, Ms Robison said, “The most important thing anyone can do to improve their health is to quit smoking – it’s the biggest preventable cause of ill-health and premature death in Scotland.

“The NHS in Scotland provides a range of tailored help and support for people who want to quit and this is particularly important in deprived areas where the health inequalities people face are even starker.

“This is an innovative project and I’ll be following the results with interest to see if lessons can be learned for the rest of Scotland.”

Giving up smoking is the single most important lifestyle decision that anyone can make to improve their health immediately.

For more information on all of NHS Tayside’s Smoke Free Services contact 0845 600 999 6.

Pupils learn how to save lives

Pupils at St Joseph’s Primary School in Dundee were put through their paces by Dundee University medical students as they trained them in vital life-saving techniques.

Three P6 classes were taken through the Heartstart Discovery programme which aims to teach Emergency Life Support skills including cardio-pulmonary resuscitation, opening airways and managing suspected heart attacks.

Since 2005, Heartstart Discovery has trained nearly 2000 teachers across Tayside who in turn transfer skills to pupils in their schools.

Whilst the scheme currently deals mainly with primary schools it aims to train more senior secondary school pupils who can then pass on the techniques to their younger peers.
Staff from NHS Tayside were the stars of a special ceremony to celebrate their efforts in building healthy workplaces.

Six teams from NHS Tayside received Healthy Working Lives awards at a recent ceremony in Dunfermline.

NHS Tayside Board became the first area to achieve the Gold award in NHS Tayside.

The Perth & Kinross Quality Improvement Team were presented with their Silver award and Ashludie Corporate Services Department, Dundee Dental Hospital and Angus Social Work & Health all picked up their Bronze award.

As part of the Healthy Working Lives programme, NHS Tayside is providing staff with the opportunity to take part in a wide range of health promoting activities including walk/jog groups, cycle initiatives, discounted membership to leisure facilities, healthy eating awareness sessions and positive steps to wellbeing awareness sessions.
Minister attends WHAN National Conference

Minister for Public Health and Sport Shona Robison gave the keynote speech at the recent Working in Health Access Network (WHAN) National Conference, held at Discovery Point in Dundee.

Before addressing the delegates, Ms Robison viewed a health workshop where two medical students discussed and demonstrated medical techniques to third year pupils from Menzieshill High School.

The purpose of the conference was to discuss the impact the WHAN project has made in terms of raising awareness of careers in health and to discuss future developments in this area.

Ms Robison said, “The variety and value of healthcare roles is enormous and we need to ensure our schoolchildren are aware of all the opportunities.”

A workshop was also held at Ninewells where third year pupils from across Tayside met with medical students and health professionals to find out about careers in the health service.

Coaching service in NHS Tayside

A coaching service is being launched across NHS Tayside to help staff develop greater self awareness and personal growth in their job. The service is not designed to be counselling or therapy but is an opportunity to learn new skills, improve workplace performance and help make the transition from one job to another.

NHS Tayside is fully committed to the adoption of a continuous improvement ethos in the way we do our business together and our coaching strategy supports individuals as part of a team and the organisation to continually achieve improved individual, team and organisational effectiveness.

Ray Robertson, Medical Records & Information Manager at Dundee Dental Hospital recently attended a three-day training course – Coaching Skills for Managers.

Ray said, “I found the course to be of enormous value, especially when dealing with staff issues and training plans and for personal development improvement.

“The concepts and ideas I learned from the course could be incorporated into dealing with staff issues such as back-to-work interviews, staff PDPs and also into departmental service change.

“There is an opportunity for further learning by contracting one-to-one sessions with a coach to further understand the ideas involved in the coaching process and I have found this to be highly valuable.

“In my view, this is a training course where the contents can prove to be a very useful tool for staff to improve and enhance their managerial skills.”

Certificates for Whitehills staff

More than 20 domestic assistants working at Whitehills Health and Community Care Centre in Forfar received certificates marking their completion of a national training handbook.

As part of their continuing staff education and development, every domestic assistant in NHS Tayside now completes a personal work handbook. The handbook has been devised by NHS Education for Scotland and Health Facilities Scotland and is recognised nationally as an ongoing learning tool.

The workbooks cover topics such as hand hygiene, cleaning principles, health & safety and safe disposal of waste products, and give an understanding of how vital the domestic assistants’ role is in helping to prevent healthcare associated infection (HAI). Having completed these handbooks, staff will now have the opportunity to move on to NHS Tayside’s Cleanliness Champions Programme.

For more information or to access coaching contact Jenni Jones jenni.jones@nhs.net or Marilyn Macdougall m.macdougall@nhs.net
Hand hygiene in Alyth

Hand Hygiene Co-ordinator Mags Kennedy visited Alyth GP Practice to assist them in hosting a short training course.

Mags provided educational material around hand hygiene and the practice staff completed a questionnaire. This was then analysed and ways in which possible improvements could be made to improve hand hygiene suggested.

The practice was awarded a certificate to demonstrate that they have completed the training.

PRI mock evacuation a success

Perth Royal Infirmary main theatre staff and anaesthetists, who were unhappy to assume a fire evacuation plan would work without testing it, liaised closely to plan and implement a mock version during a Clinical Effectiveness half-day.

The route was from Main Theatres in the new building to Day Surgery Unit in the old building, via Western Avenue. Since Main Theatres assumes responsibility for all of Level One of the new building, the general and orthopaedic secretaries became involved, along with x-ray filing, anaesthetic department and medical registrars training room.

Task cards were agreed, all relevant agencies, departments and managers were informed, and Douglas Grewar and Philip Wilde from the Major Incident Team were in attendance. The event was videoed by Brian Lawson and Claire Thompson from Clinical Photography for evaluation and future training purposes.

The event went very well. A few minor difficulties were found but at the debriefing following the event staff were quick to find workable solutions.

To follow this up there is an out-of-hours, minimal staff mock evacuation on the cards as well as a triaging event which surgeons and anaesthetists are invited to participate in along with Main Theatre, Day Surgery and Gynae theatre staff. This will provide an opportunity to practice on labelled healthy staff members to ensure the department is prepared to protect the vulnerable sick patients should the worst occur.

NHS Tayside mentoring scheme

NHS Tayside is committed to promoting and developing a diverse workforce.

To enable us to do this we have committed to promoting a mentoring project in order to actively increase diversity at senior levels in the organisation.

The mentoring scheme will provide leadership, career development and mentoring for staff, where all talent in NHS Tayside can be nurtured and encouraged to move into developed and enhanced roles as clinicians and leaders.

NHS Tayside has now trained ten mentors who have been matched to mentees. The mentoring relationship will last six months and will be monitored, evaluated and written in the form of a report at the end of November 2009.

Further training for mentors is to be scheduled for early next year. If you are interested in mentoring please contact Helen Forbes on x36954 or Santosh Chima (Project Lead) on x36950.
New Research Training scheme launched

NHS Tayside has teamed up with senior health services researchers from the University of Dundee to identify and help train the new principal investigators of the future – committed health professionals who would like a career in research but want to retain a significant role in clinical practice.

The scheme is being run under the auspices of the Social Dimensions of Health Institute (SDHI) which includes staff from the School of Nursing & Midwifery and the University of Dundee Medical School. Eight nurses, midwives or allied health professionals will join a mentoring group for one day per week co-ordinated by researchers with an excellent track record in writing successful grant applications and a wide range of experience of research methods.

Individuals will be supported in a constructive atmosphere to develop their research ideas and write and submit a fundable research proposal. The development of the research idea and proposal provides the vehicle through which a range of research methods and processes will be learnt. Where projects are finally funded there will be the opportunity to work longer term on these and supplement the knowledge gained with practical real life experience of research.

The group draws on a successful ‘apprenticeship’ model that was developed several years ago by Dr Brian Williams, Director of SDHI, Kath Fairgrieve, Lead AHP for NHS Tayside, and Professor Liz Wilson, Director of Nursing for NHS Tayside.

Jacqui Morris, a physiotherapist and one of the organisers of the research training scheme, benefited from an earlier version of the same programme which ran in 2003 through funding provided by Anne Jarvie, Chief Nursing Officer for Scotland.

Jacqui obtained a grant of £129,000 from the Chief Scientist Office to investigate an intervention for the upper limb in patients with stroke. Having completed the project, she has subsequently been seconded as a Clinical Research Fellow with the Alliance for Self-Care Research at the University of Dundee. She has just completed her PhD thesis and is now Research Development Lead for AHPs in NHS Tayside whilst also continuing her research career at the University.

Further details about the scheme are available at www.sdhi.ac.uk or www.dundee.ac.uk/nursingmidwifery

For informal enquiries or further information please contact
Jacqui Morris  j.y.morris@dundee.ac.uk
Mary Wells  e.m.wells@dundee.ac.uk
or Brian Williams b.y.williams@cpse.dundee.ac.uk

Working Towards Health Team

The Working Towards Health team consists of four senior health practitioners based in the Discover Opportunities Centre, a multi-agency office located in convenient City Centre premises.

The team deliver an individualised programme to enable people to address and manage health conditions that are a barrier to them participating in work, education or training. They aim to help improve health and offer benefit advice as well as provide access to training and other opportunities. The programme is open to anyone with a mild to moderate health condition and in receipt of a working age benefit.

The programme is entirely voluntary and delivered on a one-to-one basis in a variety of settings including the Discover Opportunities Centre or community venues. Two GP practices in Dundee, Erskine practice and Whitfield Health Centre, have also recently introduced this initiative, in conjunction with the Dundee Employability Action Team, for patients and local residents.

For further information please contact Wendy Third on 01382 434558 or wendy.third@nhs.net

Research award for Tayside GP

NHS Tayside GP and Chair of Research & Development in General Practice and Primary Care Professor Frank Sullivan and colleagues from the Scottish School of Primary Care in Dundee were awarded Research Paper of the Year at the British Medical Journal Group awards at a recent ceremony in London.

Their research into management of Bell’s Palsy – a condition that affects mainly young adults by paralysing half of their face – has shown that a simple, affordable treatment can speed up recovery.
Sean Laverick, Consultant in Maxillofacial Surgery at Ninewells tells spectra about his overseas charity trips and his self-confessed habit of moaning!

**Name, designation and dept.**
Sean Laverick  
Consultant  
Maxillofacial surgery

**Personal history (an outline of yourself and how you came to be in this job...)**
Maxillofacial surgery is the longest of all medical specialty training and requires a dental as well as medical degree. Although this extended student existence racked up enormous debts and took a lot of commitment I was lucky enough to meet, and be supported and helped all the way by my wife Adela.

Along the way I picked up a forensic degree, did some mass disaster identification and still do the occasional identification case for the coroner. I spent some time in orthopaedic, general and plastic surgery before opting to complete my higher surgical training in my chosen field.

During my training I spent time on holiday and climbing in Scotland and so couldn’t believe my luck when I got appointed to Tayside.

We had just had our daughter Hannah Rose when we moved up to Scotland and I think she is very lucky to have the chance to grow up in such a wonderful part of the UK.

**Like(s) about current job**
Reconstruction of the face. To return function and, importantly for the patient, appearance is a fascinating and difficult challenge that to this day still inspires.

**Dislike about current job**
It may sound trite but there really isn’t anything as yet. Perhaps I am still too new in the post.

**Most unusual thing asked to do at work**
I was once asked to be Father Christmas. I am pretty skinny, not really built for the part, so it took an awful lot of padding.

**Achievement most proud of**
Volunteering to go to Pakistan after the 2005 earthquake. Although the small group of us that went out treated just a drop in the ocean of the human suffering we encountered, the experience changed me forever and inspired return charity trips both to Pakistan and numerous other places around the world.

**Favourite writer**
Le Carre

**Favourite music**
At work, Mozart. At home, Brian Eno.

**Favourite meal**
Thai

**Most like to have dinner with**
Richard Dawkins, a polymath and inspiration.

**Top 3 frustrations**
Not enough hours in the day. Not enough days in the week. Not enough years in life.

Top to bottom:  
Ice climbing in the Alps  
In Baghdad where Sean spent a week training over 50 Iraqi surgeons in specialist head, neck and facial surgery  
With surgical colleagues in Islamabad

**Favourite word**
Ice. Only a climber would understand.

**Most embarrassing moment**
Probably reading this when it’s published.

**Irritating habit**
Moaning. Sorry but I just can’t get through the day without it.

**Do better than anyone else**
Moan

**3 wishes**
To go climbing in Greenland before it truly becomes green.  
To finally get to grips with my garden.  
To see my daughter happily into adulthood.
Free online learning available for all staff

The NHS Tayside IT Implementation and Training Department is a Learndirect Branded Centre that offers a wide variety of IT training courses, both class-led and through online learning.

Information on all class-led IT courses can be found on the Tayside Training Database on Staffnet – Learning/eLibrary

NHS Tayside currently promotes the following eLearning packages:

NHS Microsoft Learning Resource Centre
http://www.microsoft.com/uk/nhs/

Microsoft offer free online learning to all NHS staff. These learning materials include the entire Office package and NHSmail. Please note – you must have an nhs.net email address to register for these courses.

For more information on how to register for any of the above, please contact the IT Training Department on (01382) 537707

Identity and Access Management (IAM)

Do you use any of these systems? LDAP (Staffnet Username & Password); Staffnet (Tayside Intranet); AD (Active Directory); NHS Net Mail; SCI DC; SCI Store; TOPAS; ECS (Emergency Care Summary); Central Vision, or Carestream PACS/RIS?

How many different passwords do you use for all these? And can you remember them? If this is a work day problem for you, then signing in to these is set to get easier, starting this summer.

The formal name for the project is Identity and Access Management (IAM).

Besides saving us all the chore of using a variety of passwords, and/or avoiding the risks of using the same one across different isolated systems, other intended benefits of the IAM include:

- The ability to reset your password by answering security questions on screen avoiding the need to contact the IT Service Helpdesk.
- Faster deployment of information systems and services to users
  - Users will be able to track access to Systems
  - Managers will be able to authorise access to Systems via the IAM
- Electronic Registration to IT Systems via the IAM

IAM implementation involves two key steps:

1. Installation of an IAM system. It is planned to have this go live the week beginning 21 July this year.
2. Attaching IT systems to the IAM. Systems will be linked in on a phased basis.

IAM will give you the choice of a username –
- LDAP@tayside e.g. scottreid@tayside or
- NHS Net mail address e.g. scott.reid@nhs.net

Logging in to Staffnet will change. Currently you enter your username and password on the top left hand side of the homepage but this will change to have a Login button instead. Once you click on Login it will take you to a NHS Scotland Login page where you will enter your username and password. Within this page you will also have ‘Forgotten Password’ and ‘Forgotten Username’ facility.

Once in Staffnet you will have a new option on your screen called ‘My Profile’ where you will be able to manage your username and password, request access to certain IT Systems, update your details, and update your role within NHS Tayside.

For further information please contact Scott Reid
Specialist IT Trainer/ Project Manager on 01382 537732
or scott.reid@nhs.net
Double donation for Ninewells

Catherine Millar, a former patient at Ninewells has donated £1100 as a thank you for the treatment she received in the hospital.

Catherine recently celebrated her 80th birthday and asked family and friends to donate money rather than give her gifts.

Consultant Sami Shimi accepted £500 on behalf of Ward 11 and Dr Gillian Smith received £600 for the Ninewells Cancer Campaign.

Drive for Perth haematology unit

Perth Royal Infirmary’s new haematology unit received a boost thanks to the fund-raising efforts of the Scotia Winch Challenge Club (SWCC).

The club has donated £2500 to the Perth unit after former patient Kay Bisset, whose partner Graham is a member of the club, was asked to choose a charity to receive the proceeds from a testing four-wheel drive challenge.

Kay received treatment for lymphoma at PRI, with her last few treatments in the haematology unit, and wanted to give something back and benefit future patients in Perthshire.

Former patient hands £2500 to unit

Former breast cancer patient May Williamson has returned to the unit that cared for her to hand over a cheque for £2500.

May threw a fundraising St Patrick’s Day party to mark the end of her two-year battle with the disease and to raise money for the chemotherapy daycare unit at Ninewells where she received treatment for 18 months.

Some of the money will be used to replace a television and some prints damaged in a flood, with the remaining cash going to the unit’s patient comfort fund.

Donation in memory of Gail

A collection was made in memory of Gail Carroll, who died suddenly in January, amongst Gail’s family members, friends, and colleagues and customers at Asda Kirkton.

A total of £473 was raised and Gail’s family decided to donate the money to Ninewells neonatal unit as Gail had raised funds for various premature baby charities during her life.
Kids collect silver for stroke ward

Youngsters from Park Place Nursery in Dundee made a kind-hearted donation to the acute stroke ward at Ninewells after collecting a pot of silver.

The children, aged between three and five, raised £186 by asking friends and family to donate silver coins at their Christmas concert.

Pupils Alfie Ackerley and Lucia Jaconelli presented the cheque to Penny McManus, Martin Low and Christine Robertson from the unit.

NCR union funds benefit good causes

Workers’ representatives from NCR have donated a total of £10,000 to 14 local charities.

Roxburghe House was among those who picked up a donation of £1000, while Glenlaw House and Ninewells’ heart and stroke, renal, haematology and oncology wards were presented with £500 each.

With manufacturing at the Dundee plant set to end this year, union organisers decided to donate the majority of the NCR Unite the Union Shop Steward’s Fund to local good causes.

Thanks for mother’s care

The ‘exemplary’ care received by former Dunkeld resident Nancy Gitsham at Ninewells was remembered when her three daughters presented a cheque for £400 to the vascular unit at the hospital.

The money, donated by mourners at her funeral, will be spent on special pressure pillows which help avoid patients’ bed sores.

Mrs Gitsham had a leg amputated at Ninewells several years ago because of vascular problems and her daughters decided to donate the cash to say thank you to staff.

Triple celebrations help raise funds

An Angus couple visited the Strathmore Hospice at Whitehills to hand over a cheque for £510.

Good things come in threes and for Kirriemuir couple John and Kathy Kelly that was very true when they recently celebrated their silver wedding anniversary, John’s 70th birthday and Kathy’s 60th birthday.

John and Kathy invited their friends and family to donate to the Strathmore Hospice instead of giving them gifts for the three celebrations.
Specialist Radiographer
Jackie Bird has bid farewell after 40 years service in the NHS.

Jackie retired from her post at the orthopaedic outpatients department at PRI, having previously held posts in x-ray at PRI and as a junior radiographer at Bridge of Earn Hospital.

Jackie plans to spend her new found free time tending to her garden and enjoying time with her two dogs. She is also looking forward to her daughter getting married in the summer.

Ann Craig, Clinical Coordinator for Angus Macmillan Service, has retired following 36 years of NHS service.

Since undertaking her nurse training in 1972, Ann has worked in the orthopaedic wards at DRI, at the Limb Fitting Centre in Broughty Ferry and in the Angus community as a district nurse and a school nurse. She also completed her midwifery training at Ninewells.

As a Macmillan sister, Ann then joined the palliative care team at the Macmillan Day Centre at Stracathro where she remained until her retirement.

With her free time Ann plans to spend more time with her family, enjoy travelling and sailing with her husband and to learn French.

Senior staff nurse Marilyn McColm has bid farewell to colleagues at Ninewells Hospital after 32 years service.

Marilyn has spent the past 28 years working in the gynaecology ward at the hospital and colleagues gathered to wish her well and present her with gifts and flowers.

A holiday to Rome is on the cards for Marilyn’s retirement, as well as working in her garden and learning Italian.

Colleagues gathered at Ninewells to say farewell to Alan Orr after more than 40 years working with the NHS.

Alan’s distinguished career has included spells as Site Manager at Ninewells and Clinical Group Manager for Support Services across Tayside. His most recent post was as a project manager on secondment to the Change and Innovation team.

A presentation was held for Alan in the Board room at Ninewells. NHS Tayside’s Vice Chairman Murray Petrie and Chief Operating Officer Gerry Marr were among colleagues who attended to wish Alan well.

Healthcare assistant Catherine Page (known as Kate) has retired from Ward 25 at Ninewells Hospital following 31 years with NHS Tayside.

Kate began working as an auxiliary nurse in 1978 and has worked in Kings Cross, DRI and Ninewells, mainly in Orthopaedics, before taking up her current post in Ophthalmology.

In her new-found free time, Kate is looking forward to spending more time with her grandchildren and holidaying abroad.

Angus nurse Mary McDonald has retired after more than three decades of NHS service.

Mary has spent the last 32 years working at Stracathro Hospital as an enrolled nurse in most wards including medical, orthopaedic, medicine for the elderly and, latterly, the surgical unit.

In her retirement May is looking forward to spending more time with her family and enjoying outdoor pursuits including her hobbies of cycling and hill walking.

Surgical Unit Manager Jim Henderson presented Mary with a cheque, flowers and gifts on behalf of her colleagues and friends.