"I’m dreaming of a green Christmas..."
The spectra team are feeling very festive this issue!

In keeping with our commitment to reduce the carbon footprint of NHS Tayside, we suggest ways to have a green Christmas this year with lots of tips for staying eco-friendly during the festive season.

Also in this issue, we look at recent events including Alcohol Awareness Week and the NHS Tayside Annual Review, as well as a roundup of all the fundraising activities that have taken place over the last few months.

We have received a letter – see below – about our festive lunch. I’m sure everyone will agree our catering staff do a great job and we would like to take this opportunity to say a big thank you to everyone involved in preparing and serving our Christmas lunches over the festive period.

If you have ideas for articles and stories that you would like to share with us or you would like us to cover something in particular, please get in touch with the communications department on 01382 424138 – extension 71138 or email tay-uhb.spectra@nhs.net

See you in 2010!

spectra editorial team

Dear spectra readers,

The spectra team are feeling very festive this issue!

In keeping with our commitment to reduce the carbon footprint of NHS Tayside, we suggest ways to have a green Christmas this year with lots of tips for staying eco-friendly during the festive season.

Also in this issue, we look at recent events including Alcohol Awareness Week and the NHS Tayside Annual Review, as well as a roundup of all the fundraising activities that have taken place over the last few months.

We have received a letter – see below – about our festive lunch. I’m sure everyone will agree our catering staff do a great job and we would like to take this opportunity to say a big thank you to everyone involved in preparing and serving our Christmas lunches over the festive period.

If you have ideas for articles and stories that you would like to share with us or you would like us to cover something in particular, please get in touch with the communications department on 01382 424138 – extension 71138 or email tay-uhb.spectra@nhs.net

See you in 2010!

spectra editorial team

Dear Tiny Tim & Co,

The staff Christmas lunch continues to be subsidised and the price set this year is to cover an increase in our costs.

Catering staff work really hard to try and make the event a little bit special. I’m sure that everyone who joins us will enjoy their lunch and appreciate the huge efforts of everyone involved in preparing and serving this festive lunch for staff.

The £6 ticket price represents excellent value for money and includes a three course menu plus coffee and mince pies.

We’re sorry Tiny Tim & Co won’t be joining us this year but we wish them all the compliments of the season.

Yours
Professor S Claus

Dear Tiny Tim & Co,

I wish to highlight to you an issue concerning the hardworking staff of Ninewells Hospital. Recently we caught sight of the revised ticket prices for the annual Christmas lunch here at Ninewells. In the previous year the price of a ticket was £4 (a fair price we think) and a merry time was had by all who attended. This of course was an increase from the year before that our memory believes was £2.50.

This year the price of the Christmas lunch tickets are a hefty £6!

Not only is that a 50% increase from last year (rather more than the current rate of inflation), but a rather harsh price taking into consideration the financial climate. We feel that the asking price is too steep for what is essentially a festive canteen lunch.

Alternative arrangements have been made by our entire department due to this and we hope that Mr Scrooge has a very Merry Christmas!

Yours truly
Tiny Tim & Co
4 news2u
Staff offered swine flu vaccine

10 feature
Modemising the role of the senior charge nurse

11 feature
NHS Tayside Annual Review

12 voxpop
Tips for a green Christmas

17 healthwise
Alcohol Awareness Week 2009

19 learning together
Psychiatry of Old Age representatives complete course

20 insight
Dr Laura Stewart discusses tea and tees

21 e-clips
Integrating web, video and voice conferencing

23 check it out
Cyclists raise £4300 for Armitstead

24 retirals
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 48 to the editorial team by Wednesday 6 January. The deadlines for future editions of spectra are as follows:
Issue 46 April/May: Tuesday 2 March
Issue 47 June/July: Tuesday 4 May
Issue 48 August/September: Tuesday 28 September
NHS Tayside staff offered swine flu vaccine

NHS Tayside has vaccinated around 8000 frontline health and social care staff against swine flu in a bid to halt the spread of the infection and protect staff and patients.

A series of vaccination sessions were held across Dundee, Angus and Perth & Kinross over the past couple of months for all eligible frontline health and social care workers. Health and social care workers were included alongside the first set of clinical priority groups because they are at increased risk of infection and of passing the infection on to patients, some of whom may be very vulnerable.

Also, by taking up the offer of vaccine, staff will be helping to maintain our services throughout what is expected to be a challenging winter period.

The Scottish Government has also announced that the vaccination programme will now be extended to offer all children between six months and five years protection against the virus. This is due to start late December/early January.

Angus marks World Hospice Day

Angus Specialist Palliative Care Services held an information event at Abbeygate Shopping Centre in Arbroath to mark World Hospice and Palliative Care Day. Staff manned an information stand throughout the day where visitors picked up leaflets and found out more about palliative care services across the region.

Staff also highlighted opportunities for volunteering in health.

Specialist Palliative Care Services in Angus provide support to people living with cancer or a progressive life-limiting illness.

'The greatest thing ever invented'

Patients, staff, carers and other interested parties are being invited to join a popular support group, which provides an opportunity to share information around bone-anchored hearing aids (BAHAs).

The BAHA Group, which meets at the Kings Cross Health and Community Care Centre, has now been running for around five years and coincides with the BAHA clinic held on the second Monday of every other month. ENT Consultants Mr Musheer Hussain and Mr Stephen Jones are on hand at the sessions to give advice.

Having a BAHA fitted means that there is no requirement for a conventional hearing aid and can help improve people's quality of life. It involves a titanium implant being fitted and works through direct bone conduction.

One member of the BAHA Group said, "It is the greatest thing that's ever been invented for people who are deaf."

Senior Audiologist John Crosby said, "The group is open to all existing and potential BAHA users, as well as parents, relatives, friends, carers, teachers, audiology students, and medical and nursing staff."

"It offers an excellent forum for discussion and can allay any concerns that people may have, as well as ensuring they are making an informed decision."

For more information contact John Crosby on x32824 or email johncrosby@nhs.net

Health Equity Strategy consultation

A Health Equity Strategy called "Communities in Control", which NHS Tayside board agree is as radical and ambitious as it could be, has been completed.

The strategy states that tackling health inequalities is the highest single priority for NHS Tayside and sets out the aim to dramatically reduce inequalities within a generation by improving access to services in the most deprived areas, supporting people to lead healthier lives, and, most importantly, giving control of health back to communities.

The strategy highlights practical ideas that will help promote health equity such as longer GP consultation times for people with socially complex problems; identifying vulnerable families and providing them with practical parenting support; removing barriers to promote volunteering and community networks; and routinely employing significant numbers of people from deprived areas.

A three month public consultation is now underway with staff, community groups and members of the public in order to further refine the strategy.

■ To read the strategy visit www.thpc.scot.nhs.uk and to take part in the short online survey visit Staffnet – Staff Noticeboard – Publications/Consultations.

■ For more information contact John Crosby on x32824 or email johncrosby@nhs.net
news in brief

Angus

- **Free weight classes for Angus residents**
  A free weight management programme called Emerge has been launched at Whitehills.
  The six-month group education programme run by Angus CHP is aimed at helping members of the community with a Body Mass Index (BMI) of 35 or over to develop a healthy lifestyle and manage their weight.

- **Health Improvement Plan launched in Angus**
  Angus Joint Health Improvement Plan was launched by Susan Wilson, General Manager for Angus CHP and Dr Robert Peat, Director of Social Work and Health at Angus Council.
  The plan lays out actions for the next three years and looks at what can be done to make the future health of people in Angus better, concentrating on specific themes of alcohol, healthy eating, smoking, exercise, mental health and wellbeing, sexual health and dental health.

- **Open day at Strathmore Hospice in Forfar**
  Forfar and Kirriemuir communities were invited to visit the Strathmore Hospice at Whitehills recently to hear about the benefits of hospice care.
  Staff were on hand to show visitors some of the facilities and chat about the work of the hospice, which provides short admissions for the control of symptoms and palliative care for people with life-limiting illnesses.

- **A breath of fresh air**
  Hazel Donald, Young People’s Smoking Cessation and Prevention Worker for Angus, will now be working full-time hours and a key element of her role is carrying out smoking prevention and education work with young people in schools and the community.
  Hazel is based within the Angus Health Improvement Team and can be contacted by email at hazeldonald@nhs.net or by phoning 01241 430303.

---

Cabinet Secretary launches ‘Care to Save’ campaign

Cabinet Secretary for Health & Wellbeing Nicola Sturgeon visited Ninewells to officially launch ‘Eartha Green’ – the face of NHS Tayside’s ‘Care to Save’ energy saving campaign – you can see her on our front cover this issue!

The ‘Care to Save’ poster and leaflet campaign centres around the four key green themes – energy, transport, recycling and sustainability. It aims to ensure the message that going green and doing all we can to reduce CO2 emissions is getting across to staff all over NHS Tayside.

Ms Sturgeon met with participants of NHS Tayside’s Cycle-to-work scheme, of which there are now 500 members, and found out about the successful Hospital Link bus that was launched last year for patients and staff travelling between Ninewells and PRI.

She said, “NHS Tayside is working extremely hard to be more environmentally friendly and I want to congratulate them on their latest ‘Care to Save’ campaign.

“It’s through initiatives such as this that we can work together – management, staff and patients – to create a greener NHS Scotland.”

For information on how NHS Tayside is going green and tips for an eco-friendly Christmas go to our voxpop feature on pages 12 & 13.

---

Reception for volunteers

Around 250 volunteers attended a reception in the Hilton Hotel in Dundee to acknowledge the work they contribute to the NHS in Tayside.

Sandy Watson, Chairman of NHS Tayside, welcomed volunteers from areas including Patient Partnership Groups, Roxburghie House, Macmillan Cancer Care, Breastfeeding and the Tayside Cancer Network, and presented awards to those with 5, 10 and 15 years’ volunteer service.

Thanking the volunteers for their contributions Mr Watson said, “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.”
Members of the Dundee and Angus Public Partnership (health) Groups (PPG) held an event at Ninewells to find out how well informed the public are about NHS Tayside.

Visitors and patients were asked to complete a questionnaire asking for their views and thoughts on how NHS Tayside share new health developments and important news about the health service with them.

The survey looked at the way this information has been received by the public and if it was in the best and most appropriate way, along with suggestions for improvement.

Dundee has been successful in becoming a pilot area for the Fit For Work scheme, an initiative which will involve employers, GPs and local councils helping people with medical conditions or disabilities to work.

The Fit for Work pilot will give people who fall ill whilst at work the help they need to manage their condition and stay in their job rather than end up on benefits.

Dundee CHP Strategy and Performance Manager Lucy Rennie said, “We very much welcome the announcement of Dundee’s success in becoming a Fit for Work pilot.

“This will allow us to build on the current Working Health Services Dundee programme, which has been up and running for one year and has helped over 500 people to stay in or return to work.

“The Fit for Work pilot will allow us to help more people in Dundee who work for small businesses by providing workplace advice, physiotherapy and counselling services.

"Working Health Services Dundee can be contacted on their helpline number 01382 825100.”

Around 160 Primary 7 pupils from Clepington, Dens Road and Glebelands primary schools took part in events at Morgan Academy where they were supported by senior pupils to explore healthy lifestyles.

Morgan pupils, NHS Tayside staff and Dundee City Council education employees encouraged the primary school groups to create written and visual art work reflecting their response to encouraging others to remain smoke free and adopt a healthy lifestyle.

Alison Duncan, Development Worker (Smoking and Young People) with the NHS Tayside Schools’ Team said, “The success of these events is largely due to the enthusiasm of the children, who have engaged whole-heartedly to produce such wonderful work.”

A disabled Dundee woman is feeling better than ever after taking up the offer of a free Keep well health check that has led to her losing nearly three stones in weight.

Margaret Lindsay is wheelchair-bound as she is paralysed from the waist down and has always found it difficult to lose weight as she had never been able to weigh herself.

She now meets with her Keep well nurse Tracey Mackay monthly at the Ardler Clinic to keep her weight in check.

Since her initial consultation with Tracey in January, Margaret has lost three stone by making small changes to her lifestyle and being weighed regularly on special scales that can accommodate a wheelchair. She has also managed to lower her blood pressure.

As part of her new healthy lifestyle, Margaret also takes part in the Active for Life scheme and enjoys going swimming twice a week with her daughter, and going to the gym every weekend.
Organ donation – give the gift of life

Marie Hebden, a retired DRI and Ninewells charge nurse, is encouraging people to sign up to the Organ Donor Register and give the gift of life following her own personal experiences of organ donation.

Marie’s late husband Pete was diagnosed with a condition which led to kidney failure and spent four years on the transplant list before receiving a new kidney. Unfortunately, just a few years later, Pete died after suffering a brain haemorrhage. Even at this terrible time Marie and her family were grateful to the donor and family for the life saving kidney which gave them an extra seven years together as a family.

Around six years later Marie’s son Nathan also tragically suffered a brain haemorrhage and passed away. Though devastated, the family were comforted to know that Nathan’s organs saved six people through transplants, including a child.

More than 9000 people in the UK are currently waiting for an organ transplant that could save or dramatically improve their life. To sign up to the register visit www.organdonation.nhs.uk or call the Organ Donor Line on 0300 123 23 23. Lines are open 24-hours-a-day, 365-days-a-year.

Hearty Lives Dundee to help more hearts

Minister for Public Health and Sport Shona Robison visited Erskine Medical Practice to see first hand the work of Hearty Lives Dundee, the flagship programme which has now been extended to reach more people across the city.

Hearty Lives, a partnership between NHS Tayside and British Heart Foundation (BHF) Scotland, has been widened to include 40 to 44-year-olds, giving an extra 4,500 Dundonians access to potentially life-saving health checks.

The health checks will provide information, advice and support to help people lead healthier lives and to maintain lifestyle change. They also highlight risk factors such as high blood pressure and cholesterol and show people ways to reduce them.

BHF Scotland has invested £1.5 million in the programme, which previously offered health checks to people aged 45 to 64.

news in brief Dundee

● Success of PICU
Dundee CHP Committee heard about the success of Pitkerro Intermediate Care Unit (PICU) in its year end report.

PICU offers patients who are not ready to go home dedicated rehabilitation after an acute episode of illness, and enhances patient flows through Ninewells and Royal Victoria Hospital.

Recently bed occupancy in PICU has been above 80% and it is hoped that a DVD featuring former patients will be developed for potential users of the unit.

● Plans lodged for new Child Protection Unit
Plans have been submitted to Dundee City Council for a new multi-agency Child Protection Unit on the Kings Cross site.

If given the go ahead, the unit will bring together specialists from NHS Tayside, Tayside Police and the local authority to share information on child protection cases.

It is proposed that the two-storey block would be situated where the former Ward 6 was located.

● DHLI gentle walking groups
Dundee Healthy Living Initiative are running gentle walking groups allowing people to gradually build up their fitness levels and live healthier lifestyles.

The groups meet at Baxter Park’s Countryside Ranger Service point beside the play park. One is held every Monday at 10.30am and the other every Tuesday at 11am.

Community Health Worker Alison Christie said, “Walking is a great way to stay healthy and these groups are also a great opportunity to meet new people.”
Minister for Public Health and Sport Shona Robison gave the keynote address at an event to showcase the work of the Perth & Kinross Healthy Communities Collaborative (HCC).

Delegates at the event also saw older community volunteers from the HCC present on issues such as relationships, physical health, discrimination, poverty and participation in activity.

The Perth & Kinross HCC is a groundbreaking partnership between NHS Tayside, Perth & Kinross Council and, most importantly, older people themselves. It is jointly-funded by NHS Tayside and Perth & Kinross Council and seeks to tackle inequalities and improve health through community development and collaboration.

Local older community members lead the work in teams supported by professionals to highlight and address issues which affect the health and wellbeing of themselves and their communities and, indeed, all the initiatives and interventions which have been introduced originate from the older communities themselves.

Some of the things which have been introduced include: increasing socialising and exercise opportunities; providing local opportunities to speak with energy saving advice agencies; introducing computer technology at community halls, sheltered housing and care homes; and providing internet access at events and meetings.

Shona Robison said, “It’s great to see people coming together and working with the NHS, the council and organisations in their area to improve the health and wellbeing of their communities. I’m delighted with the results the Perth & Kinross HCC has achieved so far and hope their success continues to grow.”

Hospital Radio Perth looking for ward visitors

Hospital Radio Perth (HRP) is on the lookout for new volunteers who can spare a few hours a week helping to improve the service for patients.

The award-winning charity, based at PRI, is run by volunteers who cover all aspects of broadcasting including presenting, sports commenting, fundraising and record library work but all members start out as ward visitors who chat to patients and take suggestions for request shows.

HRP is currently experiencing a shortage of volunteers to help with ward visiting and is looking for people who are reliable, friendly, committed and can bring a little cheer to people in hospital.

Anyone who is interested in finding out more can contact the team on 01738 440044, email hprperth@blueyonder.co.uk or visit the website at www.hospitalradioperth.org.uk
Practice Manager Jane Macnaughton welcomes guests to the official opening ceremony

Loch Leven Health Centre officially opened

Former Flight Lieutenant Sir Alan Smith officially opened the new Loch Leven Health Centre, marking the end of a six-year project to relocate from the old premises.

Sir Alan unveiled a commemorative plaque in front of guests from the health centre, NHS Tayside, Perth & Kinross Community Health Partnership and the local community, before enjoying a tour of the new facilities.

The new development houses Orwell and St Serf’s Medical Practices, along with a team of NHS Tayside community staff, providing more space and capacity for additional clinics and services.

The NHS community team includes physiotherapists, podiatrists, midwives, health visitors, district nurses, speech and language therapists, dieticians and the community rehabilitation team.

Consultants from PRI run clinics for general surgery, paediatrics and psychiatry of the elderly, counsellors offer drug, psychiatric and bereavement counselling and there is a clinic for anticoagulant services.

Sandy Watson, Chairman of NHS Tayside, said, “This building is truly a modern healthcare facility. Fit for the 21st century, fit for the needs of the community, and in tune with the concept of a mutual NHS where partners have real involvement, representation and a voice that is heard.”

Rubi says thanks to PRI

A young Nepalese woman has completed a year-long spell as a volunteer in the stroke unit at Perth Royal Infirmary to gain valuable experience in a hospital environment.

Twenty-year-old Rubina Khanal, known as Rubi, came to Perth in December 2006 from Kathmandu, Nepal and hopes to pursue a career in medicine. So, whilst studying for her Highers and Advanced Highers, she also volunteered in the PRI unit.

As well as chatting with patients and helping out with their meals, Rubi would help with the Saturday morning patient arts group as part of her Duke of Edinburgh’s Award.

Since finishing her year at PRI, Rubi has landed a job as a care assistant at North Inch Care Home and been accepted into second year at Dundee University to study Biomedical Science next year.

Rubi with Perth & Kinross Voluntary Services Manager Jane Laahs

Rubi says that her time in the stroke unit helped to give her more confidence in her abilities. “I learned so much at the unit, not just in medicine but lots of other skills such as language,” she said. “The staff were always friendly and making lots of jokes to make me feel welcome.”

For further information on volunteering with NHS Tayside please contact Jane Laahs on 01738 562323, x62923 or email janelaahs@nhs.net

news in brief

Perth & Kinross

Learn a lesson in kicking the habit

Smokers in the Blairgowrie area are being encouraged to go back to school to help kick the habit. Following on from the success of community smoking cessation groups in Perthshire, NHS Tayside has started two new drop-in groups at Blairgowrie Community Campus and Rattray primary School.

By holding the groups at local schools, NHS Tayside is making it easier for people to access smoking cessation services in their area.

Smoking scheme milestone

The Give It Up For Baby scheme has signed up its 100th member in Perth & Kinross.

The initiative, which started in the region in February 2008, offers practical help and advice for pregnant women who want to give up smoking, along with a weekly incentive of £12.50 to spend on groceries and baby goods at selected local supermarkets if they can prove they are smoke free.

Results show nearly half of women who join up are smoke free four weeks after quitting, and more than a third remain this way after three months.

Cornhill open days a success

A series of public open days at the new Cornhill Macmillan Centre in Perth were a great success with around 200 people visiting the centre.

Members of the public and local fundraising committees and organisations who supported the £3.775 million appeal were invited along to check out the new specialist palliative care facility.

The centre is now open to day care patients and inpatients with the official opening set to take place early next year.
Modernising
the role of the senior charge nurse

Leading Better Care is an improvement programme aimed at ward and departmental senior charge nurses and midwifery team leaders from across NHS Tayside. The programme aims to support senior charge nurses to continually improve the standards of patient care and experience.

The national policy document “Leading Better Care” details the role of the Senior Charge Nurse (SCN) in a modern NHS and places them as the guarantor of care, working on behalf of patients to ensure continually high standards of practice.

Director of Nursing, Professor Elizabeth Wilson is the Executive Lead for Tayside’s Leading Better Care programme. A local programme board chaired by Delivery Unit Director of Nursing Maggie Simpson is currently working to ensure SCNs are provided with adequate support and guidance to deliver on the modern role. The aim of the programme board is to ensure:

- Systems are in place to enhance the SCNs clinical visibility within their clinical area
- Training and education is available for SCNs to support them in acquiring the level of skills and knowledge required for the post
- Systems are in place for the collection, reporting and implementation of clinical quality and operational measures

All SCNs who are part of the programme are attending monthly learning communities, which provide them with an opportunity to learn how to improve standards of care, patient experiences, practice settings, nursing student support and their own people management skills.

The majority of SCNs are finding the opportunities to reflect on their role extremely helpful and have been strongly supportive of the introduction of new ways of working and in particular the implementation of national clinical quality indicators that support them to continually measure and improve the fundamentals of care.

In the forthcoming months SCNs will be involved in:

- A local Leading Better Care conference, planned for spring 2010. This will provide SCNs with an opportunity to meet with the Chief Operating Officer, Board Director of Nursing, and the Delivery Unit Director of Nursing and discuss how the redesigned role is being introduced and supported within NHS Tayside
- Funded opportunities to engage in degree level or masters modules
- Training on how to use the nationally agreed Clinical Quality Indicators and other measures to drive improvements in care e.g. improved patient safety, reduced infection rates and improved clinical outcomes
- Training in people and nursing resource management skills
- An improvement programme, “Releasing Time to Care” which is aimed at supporting staff to spend the majority of their time in direct patient care
- A study evaluating the impact the Leading Better Care programme has had on SCN work activities and perceptions of work-related stress, job satisfaction and support

For further information on the Leading Better Care programme, contact Debbie Baldie, regional Leading Better Care facilitator, on 34676 or at dbaldie@nhs.net
Cabinet Secretary for Health & Wellbeing Nicola Sturgeon visited Whitehills Health and Community Care Centre in Forfar as part of NHS Tayside’s Annual Review.

Ms Sturgeon was given a tour of the centre where she saw a “first-class example” of bringing together a range of different services. NHS Tayside and Angus Council work together under the same roof and this new way of working aims to provide a ‘seamless’ service of care in an integrated way for all patients.

The Cabinet Secretary’s visit included a tour of the Minor Injury and Illness Unit and a chance to meet with members of the COPD patient group.

Mr Watson opened the public meeting at the Reid Hall in Forfar by giving an overview of the Board’s achievements and challenges over the last year. Ms Sturgeon was pleased with the progress in addressing the 2008 action points, particularly highlighting the successful completion of the learning disability resettlement programme and the increased number of GP practices now offering extended hours.

Ms Sturgeon highlighted the “extremely good” performance in meeting waiting time targets in all areas and felt NHS Tayside was preparing well to move towards the 18-week referral to treatment target due in 2011.

The Cabinet Secretary concluded “There is a difficult journey ahead – not least because of the additional pressures arising from pandemic flu planning and the continuing need for careful financial management. However, I was impressed by a great deal of what I saw and heard throughout the day and this reinforced my confidence that NHS Tayside is well placed to face up to future challenges.”
"I’m dreaming of a green Christmas…"

Will you be doing anything to be more eco-friendly this Christmas?

NHS Tayside’s ‘Care to Save’ campaign aims to ensure the message that going green and doing all we can to reduce CO₂ emissions is getting across to our 14,000 staff in Dundee, Angus and Perth & Kinross.

NHS Tayside is working in partnership with the Carbon Trust to meet the aim of reducing CO₂ emissions by 20% by 2013. This involves NHS Tayside having a Carbon Management Plan to lessen the organisation’s impact on the environment.

Green initiatives undertaken by NHS Tayside include:

- A travel directive issued across NHS Tayside outlining a range of measures to help reach a 20% reduction in annual business travel. This is achievable if all staff who have to travel remove just one journey in every five by looking at greater use of teleconferencing facilities, pool cars and car sharing. See e-clips on page 21 for details on the unified communications conferencing facilities.

- Ninewells is a national model site for travel by working in partnership the Energy Saving Trust. A plan of action was put together to tackle parking pressures on the Ninewells site, and promote more environmentally-friendly and healthier travel options for staff.

- Over 400 IT monitors across NHS Tayside’s hospital sites are being replaced by flat panel monitors this year, potentially leading to a £14,000 per annum saving and 70% reduction in power consumption.

- Lighting upgrades are also underway, for example in Wards 18 and 19 at Ninewells, which should result in a 50% reduction in electricity consumption.

- There has also been a 10% reduction in A4 copy paper across the whole organisation.
How green are you? spectra quizzed some of our staff on how they plan to do their bit this Christmas

Eartha Green – the face of NHS Tayside’s ‘Care to Save’ energy saving campaign – is dreaming of a green Christmas by offering some tips on how to be both environmentally friendly and thrifty during the festive season.

Eartha’s Christmas List

We can all do our bit to reduce energy consumption, waste and carbon emissions by following Eartha’s tips to having a green Christmas:

1. Recycle wrapping paper and unwanted gifts, while using
Christmas cards can be used as gift tags. Don’t add to the
landfill mountains by simply throwing all waste into the
dustbin. A warning on recycling unwanted gifts though –
remember who gave what to you to avoid any embarrassing
moments of returning the gift to the person who gave you it
in the first place!

2. Make sure you switch off Christmas lights and any
decorations with electrical supplies at the wall before you go
to bed at night.

3. Take reusable shopping bags with you whenever you are
making your Christmas purchases – around 126,000 tonnes
of plastic packaging are thrown away over the Yuletide
season.

4. Head for your local farmers’ market to stock up on festive
food and avoid any last minute trips to the supermarket.
Have a weekly vegetable box delivered, or do your food and
present shopping online to save you driving to the shops and
reducing carbon emissions.

5. If you buy a real tree, check with your local council that they
will recycle it. Many local authorities grind the
trees into wood chips and use them to mulch gardens or parks.

How green are you?
spectra quizzed some of our staff on how they plan to do their bit this Christmas

Caroline Snowdon
PUBLIC HEALTH INTELLIGENCE OFFICER
Information & Performance Scrutiny, Kings Cross
I like to think I’m eco-friendly.
I don’t use a real tree - I have a fake one and my mum does
online shopping at Christmas, but if we do need to go to the shops then we
use recycled bags.
I will be recycling wrapping paper as always and this
year’s Christmas cards will make lovely gift tags for next
year.
To save paper I won’t be sending Christmas cards this
year.

Donna Downie
CORPORATE SERVICES OFFICER
Corporate Services, Kings Cross
I am very eco-friendly these days anyway. I try to recycle
as much as possible so I will be recycling my wrapping paper and cards.
I was thinking of not sending any cards this year to be eco-
friendly but have decided against it as I don’t want to
be a Scrooge!
Instead of throwing out any
gifts I receive that may not be
to my taste, I try to exchange
them, but if that fails then
beware as an unwanted gift
may be coming your way!

Donna Marshall
HEALTH RECORDS OFFICER
Murray Royal, Perth
We always have a real tree at Christmas, but we make sure it goes to the recycled
afterwards.
I also recycle all of my paper so will take my old Christmas
cards to the recycling point at Tesco, along with wrapping paper and boxes that will no
doubt accumulate.
I am hoping that I don’t get any unwanted gifts for
Christmas but if I do, I will recycle them by giving them
to friends and family – as long as they are not from my
husband of course!

Janice Craig
HEALTH RECORDS OFFICER
Murray Royal, Perth
We always have a real tree at Christmas, but we make sure it goes to the recycled
afterwards.
I also recycle all of my paper so will take my old Christmas
cards to the recycling point at Tesco, along with wrapping paper and boxes that will no
doubt accumulate.
I am hoping that I don’t get any unwanted gifts for
Christmas but if I do, I will recycle them by giving them
to friends and family – as long as they are not from my
husband of course!

spectra Issue 45 December 2009 – January 2010 | 13
'How We Feel' dance tour

A dance performance and workshop for second year pupils that explores young people’s feelings and emotions toured Dundee and Angus secondary schools.

'Through Our Eyes' was developed by students from the Scottish School of Contemporary Dance at The Space, Dundee College, based on information collected from young people aged 12 to 13 years.

The tour was funded by Dundee City Council education department and has been organised by health promotion officers at NHS Tayside.

Olympic success for Tayside Team

Three members of Tayside Learning Disability Team made up part of the staff team who attended the Special Olympic National Summer Games held in July in Leicester.

Setting off from Discovery Point in Dundee, 108 athletes, 36 coaches and staff from across Tayside returned triumphantly with 43 golds, 67 silver and 34 bronze medals.

‘Life Art Mind’ event

A ‘Life Art Mind’ event was organised as part of Scotland’s Mental Health Arts & Film Festival by the voluntary sector and held at Dundee’s Bonar Hall to coincide with World Mental Health Day in October.

The event involved laughter workshops, Bollywood dancing classes, musical performances, poetry recitals, card making and visual artwork supplied by Art Angel, The Alloway Centre and Dundee Association for Mental Health.

Service users supported by the Physiotherapy staff, Carseview and the Keep well health coach shared their stories and experiences of mental illness and the impact of physical activity and physiotherapy on their mental wellbeing.

NHS Tayside’s Hearty Lives team were also kept very busy during the day providing health checks to members of the public.

Hearty Lives team carrying out health checks

Drop-in sessions for Blairgowrie parents

A new initiative has been set up in Blairgowrie for parents and carers to get information and advice on health and lifestyle issues concerning their children.

The Strathmore Community Nursing Team have been holding drop-in clinics for parents and carers of children up to 12 years old in Rattray Primary School and Blairgowrie Community Campus.

School Health Nurse Rachel Stevenson, said, "We hope this service will be of benefit to the whole community. Through early intervention and striving to address health inequalities, we can empower families to choose healthy lifestyles."
Working Well in NHS Tayside

A national Working Well Challenge Fund grant of £166,100 has been awarded to the Public Health Directorate to benefit the wellbeing of NHS Tayside’s 14,000 staff.

The programme will be known as Working Well in NHS Tayside and aims to increase the range and availability of support for staff to improve wellbeing.

Consultant in Public Health Medicine Dr Karen Adam said, “We are trying out new ways to give staff more activities that promote their wellbeing, quicker access to help when they need it, and increase awareness and understanding of wellbeing and mental health. We want to ensure that we build the capacity to sustain these important activities.

“We are building new partnerships between departments, and with agencies outside NHS Tayside, to help deliver this innovative programme.”

Older people to benefit from fitness scheme

Staff and volunteers in Angus are now trained to deliver the Active Gold Plus programme for helping old and less physically able people to exercise.

It will be delivered in a variety of different venues including residential care homes and sheltered housing complexes.

The classes may be ideal for those people who have been through the NHS Tayside chronic obstructive pulmonary disease or cardiac rehabilitation treatment programmes, and who then wish to continue to improve their fitness and to socialise in the community.

■ For more information call 08452 777778

Healthy Working Lives builds relationship with Bovis Lend Lease

NHS Tayside’s Healthy Working Lives (HWL) programme has signed up Bovis Lend Lease, a leading project management and construction company.

The company is currently working on a two-year build programme to complete new civic offices for Dundee City Council in the city centre and is participating in the HWL programme to promote the health and wellbeing of their on-site sub-contractors.

Bovis Lend Lease, with the help of the NHS Tayside team, plans to provide health information on a regular basis and offer opportunities for their sub-contractors to participate in health promoting activities.
A group of young people from across Tayside are discussing and sharing their views on health matters affecting people of their age.

The youngsters who make up the Youth Talkin’ Health group will meet on a regular basis and feed their views into NHS Tayside as the voice of young people across Tayside.

They recently took part in a three-day training and development event at Highland Adventure, Glenisla.

Dundee, Angus and Perth & Kinross will have four seats each in the Youth Talkin’ Health group, with voting rights. These four young people have been nominated by local youth organisations across Tayside.

Chairman of NHS Tayside Mr Sandy Watson said, “One of the areas the Youth Talkin’ Health group will be focusing on is mental health and specifically on issues that affect young people such as body image, self-esteem and self-harm. They will also be discussing sexual health including sex education, teenage pregnancies and STIs.

“By giving young people a forum for discussion we are ensuring they are feeding into NHS Tayside policy making, as we recognise that their views are vitally important in the shaping of our future health services.”

Healthy Working Lives in Angus

Healthy Working Lives (HWL) in Angus is helping ensure people are finding the right balance between work and the rest of their lives.

The HWL team consists of an Angus Council-based development worker post as well as teams within Angus Council and Angus Community Health Partnership which are already being supported to take forward Healthy Working Lives (HWL) on a joint basis, including St Margaret’s House, Whitehills and the Learning and Physical Disabilities Team at Lunan Park, Friockheim.

For more information contact Julie Bell on 01307 474823 (Mondays, Wednesdays and Fridays) or by emailing BellJA@angus.gov.uk

Raising awareness of sexual health at The Corner

The Corner health and information project teamed up with the Ninewells sexual health clinic on their latest campaign to promote sexual health amongst young people.

The campaign, which ran throughout September and October, focused on raising young people’s awareness of sexually transmitted infections and how to reduce their risks of infection.

The focal point of the campaign was a colourful window display created by young people at The Corner with support from Nikki Bradwell, teaching assistant at Menzieshill High School. There was also a health questionnaire for young people to complete, and a health visitor from Ninewells sexual health clinic offered advice at The Corner’s drop-in service.
Alcohol Awareness Week 2009

Alcohol Awareness Week saw a series of events taking place throughout the Tayside area.

The message was that making positive lifestyle choices, changing drinking habits and drinking more responsibly will enable them to get more out of their day, week and weekend, at work, at home and with friends or family.

Many people are unaware how many units of alcohol they are drinking and how looking out for information on units can keep them healthy. As an example, a small 125ml glass of wine contains 1.6 units, a large 275ml glass of wine contains 3.1 units and a pint of lager contains 2.8 units.

It is advised not to exceed the recommended daily guidelines of two units for women and three units for men and try and keep two consecutive days alcohol free, each week.

NHS Tayside Deputy Director of Public Health Paul Ballard said, “Get the most from your leisure and family time by following the sensible drinking tips and avoid damaging your health.”

If you are concerned about your drinking, try to get help. Talk to a friend, or your GP. For free, confidential advice on alcohol and how you can reduce your intake call Drinkline on 0800 7314 314.

The campaign provided people with hints and tips on how to drink responsibly, giving them ideas for small changes that can help them manage the amount of alcohol they drink. These top tips for responsible drinking include:

1. Eat before you drink. Food absorbs alcohol and so limits how quickly it will get into your bloodstream.
2. Know your strength. The strength of a drink varies depending on what you drink so make sure you know how many units of alcohol are in your drink.
3. Drink plenty of water. Keeping hydrated cuts down the chances of a hangover the next day.
4. Have a break. Give your liver a chance to detox with at least two alcohol-free days per week.
5. Don’t top up. Finish your drink before you refill your glass so it is easier to keep track of how much you have consumed.
Increasing work experience opportunities

Work experience placements for young people play an important part in helping them make their career choices.

NHS Tayside is leading work for the Scottish Government in making the Department of Health document ‘Enabling Work Experience’ suitable for use across Scotland.

The Scottish Government has provided the organisation with funding to undertake this work. Part of this will reduce the age of opportunity for work experience within NHS Tayside to 15.

The organisation has also received funding from the Scottish Government Nursing Recruitment & Retention Working Group to fund a Work Experience Co-ordinator to capture all placements opportunities and offer central co-ordination.

One area where the organisation is looking to increase work experience opportunities is within nursing. This is being taken forward in partnership with local authorities and the Working in Health Access Network (WHAN).

NHS Tayside do currently offer work placement opportunities for school pupils, for example, the Operations Directorate provides an excellent programme for young people. However, many areas offer limited or no opportunities and as an organisation NHS Tayside is aiming to provide equal opportunities across all disciplines.

If you are interested in offering a work experience placement for a young person please contact Karen Park, Learning and Development on 01382 527928 or email karen.park1@nhs.net

Stoma care open day

A stoma care open day was held at PRI to give people with stomas and healthcare professionals within Perth & Kinross the opportunity to meet with product manufacturers, local stoma care nurses and local representatives of the national patient associations.

A stoma is an artificial opening on the abdomen that is surgically created to remove or bypass an injured or diseased part of the digestive or urinary system.

Angus information day for health and education staff

An information day was held in Forfar offering health and education staff the opportunity to find out more about the support services available to children and young people across Angus.

The event, organised by NHS Tayside and Angus Council, brought together health and education staff and representatives from local support agencies to raise awareness of services and provide a learning and networking opportunity.

The WEB Project, Local Multi Agency Resource Team (LMART), Barnados, Domestic Abuse Initiative, Relationships Scotland and Tayside Council on Alcohol held workshops throughout the day to raise awareness of the services they provide, along with their criteria for referral and contact information.

The aim of the event was to increase frontline workers’ knowledge of local agencies to ensure that children and young people in Angus get the most appropriate help when and where they need it.

Gail Penman of NHS Tayside’s Child and Adolescent Mental Health Services, said, “This information day has allowed local agencies to raise their profile among health and education staff, so that staff know which services are available for children and young people to meet their needs as early as possible.”
Ceremony to mark fourth intake of apprentices and adult trainees

An inauguration ceremony was held at Ninewells Hospital to mark the fourth intake of apprentices and adult trainees for NHS Tayside in a 10-year period.

With support and funding from the NHS Tayside Healthcare Academy, seven new employees were welcomed into NHS Tayside – five apprentices and two adult trainees.

The demand for these apprenticeships was extremely high with over 600 applicants showing an interest in them.

The new intake started their apprenticeships to train as fitters, a painter and a plumber, whilst the adult trainees are completing their training to become electricians. NHS Tayside already has 17 existing apprentices and adult trainees in place in various trades throughout its different hospitals.

Alan Gallacher, NHS Tayside Engineering Maintenance Manager, said, “This is the fourth year of this very successful programme and brings our number of apprentices and trainees covering various trades to 24 in total – the highest number of any health board in Scotland. “The existing apprentices are already establishing themselves as potentially competent future tradesmen showing a high level of skills even at this early stage in their career and, with the extremely high calibre of candidate recruited this year, this looks set to continue.”

Psychiatry of Old Age representatives complete course

The first representatives of Psychiatry of Old Age based at Royal Dundee Liff Hospital (RDLH) have recently completed a course developed by Stirling University for healthcare assistants.

The course was designed to be delivered over a six-month period within clinical areas however this proved to be quite challenging.

Discussions between Stirling University and NHS Tayside resulted in RDLH becoming a pilot site for the course to be delivered within 16 weeks.

Other employees are also completing the training that is a combination of both practical experience and classroom theory, which allows them to integrate new practices into their working environment.

The staff are to be congratulated for their commitment to the course.
Dr Laura Stewart, Team Lead for the Paediatric Obesity Service Tayside discusses tea and tees with spectra

Name, designation and dept.
Dr Laura Stewart
Team Lead for the Paediatric Obesity Service Tayside (POST)
Nutrition and Dietetics, PRI

Personal history (an outline of yourself and how you came to be in this job...)
Up until February 2009 I had worked as a dietician for the NHS in Lothian for over 20 years. The last 13 years was at the Royal Hospital for Sick Children in Edinburgh working both as a clinical dietitian and a Research Associate for the University of Edinburgh. I specialised in childhood obesity which is why I applied for the POST job in Tayside.

I still live in Edinburgh with my youngest son and commute to Perth every day. My oldest son is studying molecular biology at St Andrews University.

Like(s) about current job
• I love the direct patient contact – I see kids and their families weekly at our Perth clinic
• Staff training
• Good team working

Dislike about current job
Commuting from Edinburgh every day.

Most unusual thing asked to do at work
We hold our POST clinics in unusual setting – in Perth at the leisure pool, in Dundee at Kirkton and Finmill Community Centres and in Arbroath at the Saltire Leisure Centre.

Achievement most proud of
Has to be getting my PhD in my mid-40s while still working and bringing up two children.

Favourite writer
Without a doubt Graham Greene, author of Brighton Rock and The Third Man.

Favourite music
David Bowie or U2 (showing my age again!)

Favourite meal
Sea food

Most like to have dinner with
That is easy – Johnny Depp

Favourite word
Okay!

Top 3 frustrations
• Commuting from Edinburgh every day
• Doing clinics with no tea available within a mile
• Playing golf (on a bad day)

Most embarrassing moment
Many years ago when I was a young dietitian meeting a nutrition legend at a meeting in London, at the tea break I went to introduce myself but missed a step, stumbled and ended up throwing my hot cup of tea over her. I just wanted the ground to open and swallow me up!!

Irritating habit
I asked my children this one and they said singing out loud and they should know.

Do better than anyone else
Lets just say it is not singing or playing the guitar – both of which I love to do.

3 wishes
• To have dinner with Johnny Depp
• For my children to grow up and be happy people
• To be able to teleport between Perth and Edinburgh

Above: Laura on holiday in Venice with her two sons, summer 2009.
The 'Unified Communications' conferencing facility allows people to meet at any time from anywhere, without the expense and inefficiencies of travelling. NHS Tayside’s customised version of ‘Cisco Unified Meeting Place’ effectively integrates voice, web, and video conferencing into everyday communications, enhancing operational effectiveness and decision making processes by allowing cost-effective and time-effective sharing of information and expertise. Video conferencing requires suitably equipped rooms, but web and/or voice conferencing can be done from your own desk, reducing travel both locally and nationally. Connection via mobile phone also allows voice conferencing from any place where you can receive a signal!

The web component is a core element which allows us to: schedule meetings conducted via web, video, telephone, or in combination; check availability and reserve video resources; and invite attendees and set their initial permissions when they join the meeting. NHS Tayside attendee details are loaded from LDAP, but distribution lists and external attendees can also be invited by entering their name and email addresses. Files and web links can be attached during scheduling or during the meeting itself.

Details of how to join the conference by web, video or phone are sent to invitees via an email invitation which is automatically generated when the meeting is scheduled. To join a web meeting, either click on the link in the email message or access the Unified Communications link from Staffnet then enter the meeting ID to find the meeting.

Users can customise their account to enable the system to call them automatically as soon as the meeting starts. Alternatively, anyone from anywhere can call the system by dialling the number provided in their email message. In addition, anyone attending the web meeting can opt to have the system call them at any point during the meeting.

Pre-defined video equipment can be scheduled into a meeting to connect automatically when the meeting begins. Additional video endpoints can be invited during the meeting.

The web element is available to anyone in NHS (UK), but not to external parties. It provides various ‘tools’ for effective communication: ‘Participant List’ displays current participants and their moderator-controlled status; ‘Chat’ enables text exchange between participants; ‘File Share’ allows upload of files for sharing/downloading; and ‘Share’ allows shared viewing/annotation of complete desktop, whiteboards, or selected applications, e.g. PowerPoint, Excel or Word. Any changes made to shared applications are visible to all participants.

The web or voice components of the meeting can be recorded for accessing along with meeting attachments after the meeting has ended.

The Unified Communications micro site, which can be accessed via the IT Implementation and Training site within Staffnet, contains a link to the system, various guides, contact details, conference phone and video end point details. The ‘Unified Communications’ system can also be accessed via ‘Business Systems’ in Staffnet or by entering the web link: https://mfh-webconfint-01.tayside.scot.nhs.uk/

Anyone interested in receiving training please contact IT Implementation and Training on 01382 537707 for further details.
Sunflower Centre benefits from double cash boost

The Sunflower centre at PRI received a double cash boost from local two families.

Five-year-old Lauren Taylor has attended the centre regularly since she was born and parents Paul and Kirsten Taylor, with the help of family and friends, have donated over £1000 to the centre.

Newlyweds Wendy and John Innes also donated £600 which was raised at their wedding reception. John and Wendy’s granddaughter Madison has also been attending the centre.

Children of all ages from Perth & Kinross visit the centre for physiotherapy, speech and language therapy, occupational therapy and podiatry.

Children's ward gets a boost

A local fundraising committee made up of colleagues of Scottish charity Cornerstone donated £1640 Ninewells children’s ward, raised from a variety of fundraising initiatives including a sponsored cycle, sponsored silence and a fancy dress event.

Committee members Margaret Davidson, Moira Phinn, Karen Stewart, Rachel Cruikshanks, Caroline Roberts and Marion Cameron, were overwhelmed by the support they received from the community.

A great walk for Glenlaw House

Two keen hill walking hotel service assistants completed the Great Glen Way to raise money for the children at Glenlaw House.

NHS Tayside’s Gwen Connolly and Lynn Cassidy, both active walkers and experienced Munro baggers, completed the 73-mile trek in just five days. With the support of their husbands Joe Connelly and Ray Cassidy they raised £693 to benefit children with profound and multiple learning disabilities who attend the respite centre at Kings Cross, Dundee.

Charity dance raises cash

A Tayport family visited the Dermatology Clinic at Ninewells and handed over a cheque for £400 for research into skin conditions.

Bruce and Ann Dickson organised a charity dance and decided to donate the money for research into skin conditions as their son Scott has been regularly attending the clinic over the past 10 years.

Newlyweds Wendy and John Innes also donated £600 which was raised at their wedding reception. John and Wendy’s granddaughter Madison has also been attending the centre.

Children of all ages from Perth & Kinross visit the centre for physiotherapy, speech and language therapy, occupational therapy and podiatry.

Arbroath renal unit donation

Connie Smith, a catering assistant at Arbroath Infirmary, and her son Gary, a police constable with Tayside Police donated £400 to the renal unit at Arbroath Infirmary. The money was raised at a collection at Connie’s husband George’s funeral recently.

George had been receiving kidney dialysis sessions at Ninewells Hospital and his family wanted to make the donation to the new renal unit.
**Donation for ward 23b**

Denise and Murray Ewing, along with Helen McLoughlin, Denise’s mother, visited ward 23b at Ninewells Hospital to thank staff for the care Denise received there when she was treated for a brain tumour and to hand over a cheque for £657. The money was raised at a charity hairdressing evening organised by Helen and her friend Moira Laing.

**Cyclists raise £4300 for children at Armitstead**

Barry Smith, Paul Hocking and Greg Balmer presented £4300 to Armitstead Child Development Centre after successfully completing a sponsored 300-mile cycle from London to Paris.

The three friends took a total of four days to go the distance to raise funds for the facility. Barry’s little cousin Gracie Ross, aged one, suffers from cerebral palsy and attends the centre.

**Golden wedding presentation**

Perth residents William and Katherine Robertson raised £600 for the haematology ward at Perth Royal Infirmary after celebrating 50 years of marriage.

The couple marked their golden wedding anniversary with around 30 friends and family at the Craigiehill Golf Club in Cherrybank. Instead of receiving the traditional gifts they kindly suggested people make contributions that could be donated to the ward.

William and Katherine decided to give to the ward that has given William fortnightly blood transfusions for the past seven years. Thanks to his treatment and the devoted care given by staff, he has been able to live a happy and healthy life.

**Multi-faith kist at Whitehills**

Forfar craftsman Peter Fordyce and his wife Joan have created a handcrafted wooden kist for Strathmore Hospice at Whitehills Health and Community Care Centre.

The box-kist, which will be used store the wards multi-faith items, was created in memory of Peter’s brother Robert who had been cared for at the hospice.

**Lab staff raise funds for PRI**

Laboratory staff from Ninewells Hospital and PRI held several social events raising £1000 for the Haematology Day Unit at Perth Royal Infirmary.

Various events were organised by biomedical scientists Andy Bell and Layna Heller and lab technician Arianne Munro. PRI Haematology Day Unit was chosen to receive the donation as Layna has been treated at the unit and staff in the labs felt it was a good way to say thanks for the care she received.

**Half marathon benefits Angus hospice**

Kirriemuir woman Sarah Kirkman handed over a cheque for £300 to Susan Hamill, ward manager of the Strathmore Hospice at Whitehills Health and Community Care Centre in Forfar, in appreciation for the care her grandmother received there.

Sarah, a staff nurse at the New Victoria Hospital in Glasgow, was sponsored by her family and friends to run the Great North Run. The money will be used for patient comforts.
Jenny Clark, Personal Assistant to the Director of Operations has retired after 30 years of NHS service.

Jenny started her career in 1979 working as a shorthand typist and over the years she has worked in various roles including typing pool supervisor, manager in the Trust offices and more recently as a personal assistant to the Director of Operations, Ken Armstrong, who presented Jenny with flowers and a cheque.

Three members of staff from Perth Midwife Unit, midwives Veronica Mitchell and Lorraine Wheeler and nursery nurse Valerie Wright have received their 40 years long service award from NHS Tayside Delivery Unit Chairman Murray Petrie at a presentation at Perth Royal Infirmary.

Mr Petrie said, “Over the years Veronica, Lorraine and Valerie have provided care and support to countless babies and their families. It is with great pleasure that I present these dedicated and loyal members of staff with their awards to commemorate their 40 years service with NHS Tayside.”

Jon Fok, consultant surgeon at Perth Royal Infirmary, has retired following 41 years service within the health service.

After studying at Jesus College, Cambridge, John started his medical training in 1968 at Kings College Hospital, London and held various positions in that hospital till 1985 when he went to Hong Kong. Returning to Scotland in 1990 he worked at Stracathro Hospital before moving to PRI in 1996 as consultant surgeon in the Surgical Department. John was presented with a cheque on behalf of his colleagues.

Dundee midwife Eileen Milton was bid a fond farewell from colleagues at Ninewells maternity unit.

Eileen started her career in 1974 working as an auxiliary nurse in the gynaecology theatre at Dundee Royal Infirmary. She worked there for a year before transferring to the labour suite at Ninewells, working within the maternity unit until 1988.

In the same year Eileen began a three-year general training course and later qualified as a midwife in 1994. Her career in midwifery continued as she worked in the labour suite, antenatal and postnatal care.

Eileen was presented with gifts and flowers on behalf of all of her colleagues.

Senior charge nurse and outpatients manager Jeannie Hannah has retired from NHS Tayside after more than 39 years of service.

Jeannie started her career in 1970 as a student nurse at Maryfield Hospital in Dundee. After qualifying as a registered nurse in 1974 she worked as a staff nurse at Dundee Royal Infirmary. She later moved to Montrose Royal Infirmary where she was to work the majority of her long and established career. In 2003, Jeannie transferred to the Montrose Links Health Centre.

Jeannie was presented with flowers and a retirement gift by Heather Goudie, former colleague and manager.

Jeannie Hannah

Senior charge nurse and outpatients manager Jeannie Hannah has retired from NHS Tayside after more than 39 years of service.

Jeannie started her career in 1970 as a student nurse at Maryfield Hospital in Dundee. After qualifying as a registered nurse in 1974 she worked as a staff nurse at Dundee Royal Infirmary. She later moved to Montrose Royal Infirmary where she was to work the majority of her long and established career. In 2003, Jeannie transferred to the Montrose Links Health Centre.

Jeannie was presented with flowers and a retirement gift by Heather Goudie, former colleague and manager.

Eileen Milton

After a 35-year career, Dundee midwife Eileen Milton was bid a fond farewell from colleagues at Ninewells maternity unit.

Eileen started her career in 1974 working as an auxiliary nurse in the gynaecology theatre at Dundee Royal Infirmary. She worked there for a year before transferring to the labour suite at Ninewells, working within the maternity unit until 1988.

In the same year Eileen began a three-year general training course and later qualified as a midwife in 1994. Her career in midwifery continued as she worked in the labour suite, antenatal and postnatal care.

Eileen was presented with gifts and flowers on behalf of all of her colleagues.