Dear spectra readers,

The spectra editorial team is celebrating reaching the 50th issue of the magazine this month! We’ve been producing spectra since 2002 and over the years we’ve made many changes and always looked for ways to improve your magazine.

Having hit the big 5 0, we decided this would be a good time to have a revamp of spectra so decided to ask staff for their views on the magazine. Check out this issue’s voxpop to see some of the staff opinions on their favourite aspects of spectra and if you want to give us your views, get in touch with the team (details below).

NHS Tayside’s Annual Review was held at Bell’s Sports Centre this year and included a tour of Perth Royal Infirmary. The Review was chaired by Minister for Public Health Shona Robison and you can check out some photos from the day on page 10.

Also in this issue we have a feature on the Medical Tattooing Service at Ninewells and PRI, which is available to people who have had surgery, burns, alopecia, mastectomy and breast reconstruction, or skin pigment problems, and we are highlighting the importance of tackling stress amongst staff as part of National Stress Awareness Day in November. You should find a first-aid kit for wellbeing inside this issue.

The TREATS team have some new offers available including trips to London and a Christmas competition with a chance to win vouchers for the Overgate shopping centre so make sure you have a look and see if anything takes your fancy.

As always the editorial team are looking for ideas and articles that you think might be interesting for your colleagues to read. If you have any ideas to change or improve spectra please share it with us (contact details below).

spectra editorial team

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We want to make sure that everyone gets a chance to see spectra so if you would like more copies for your department, or if you think you are getting too many, please contact Hazel McKenzie (details below).
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It’s your magazine so share your news and 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 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 51 to the editorial team by Tuesday 2 November. The deadlines for future editions of spectra are as follows:

Issue 52 Feb/March: Thursday 6 Jan
Issue 53 Apr/May: Tuesday 1 Mar

tay-uhs.spectra@nhs.net
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New free mums-to-be café opens in Forfar

A new free mums-to-be café has opened at Forfar’s Guide Hall.

Pregnant women, their families and friends can go along and celebrate their pregnancy by meeting and getting to know other mums-to-be. The group meets weekly on Monday afternoons from 1pm until 3pm.

Mums-to-be also have the opportunity to chat to health professionals and community volunteers.

‘A Step from the Shore’

‘A Step from the Shore’ is the title for the celebration of art work by people with Chronic Obstructive Pulmonary Disease (COPD) on display at Ward 4 at Arbroath Infirmary.

Participants from the three Angus COPD groups have been working with Lead Artist Elspeth Collier over the last four months. Elspeth has introduced the participants to a wide variety of art materials and techniques whilst focusing on images relating to sea and shore.

The drawing, painting and printmaking programme has been organised by Tayside Healthcare Arts Trust (THAT).
New Chairman for Angus CHP

Andrew Richmond is the new Chairman for Angus Community Health Partnership (CHP).

Andrew is a non-executive member of NHS Tayside’s Board, Deputy Chair of the Scottish Ambulance Service and he is also a member of the Court of the University of Dundee.

Susan Wilson, General Manager of Angus CHP said, “On behalf of members I would like to welcome Mr Richmond as Chair of Angus CHP. I know he will make a valuable contribution to the work of Angus CHP.

“I would also like to thank Mrs Elizabeth Forsyth for chairing the CHP over the last few months.”

Pupils’ dance awards

Chairman of NHS Tayside Sandy Watson took to the floor at the Reid Hall in Forfar to present pupils of the KD School of Dance with a glittering array of awards from their recent examinations.

Presenting the awards, Sandy said, “Dancing is something that everyone can learn to do no matter how young or old they are and the benefits to both health and wellbeing can be easily seen.”

Associate Director of HR Janice Torbet also presented the awards.

news in brief

Angus CHP keeping you up-to-date

The latest Community Medicine & Rehabilitation Redesign Programme (CMRR) newsletter is now available. Angus communities can find out what’s happening in their local health services by picking up a copy of the newsletter which has been widely distributed across the county, as well as being available on NHS Tayside’s website www.nhstayside.scot.nhs.uk

‘Frisky…not risky’ campaign nominated for award

Angus Health Improvement Team has been nominated for an award at the National Wellbeing in Sexual Health (WISH) Annual Conference for their ‘Frisky…not risky’ campaign. The campaign took a light-hearted approach to a serious message using posters and beer mats aiming to encourage people to think about the amount they drink and how over-consumption can lead to the potential risk of sexual transmitted disease and unplanned pregnancies.

Weight management classes in Angus

The Emerge Weight Management Programme run by Angus CHP dietitians has started at Whitehills in Forfar.

Emerge is a group education programme aimed at helping people with a Body Mass Index (BMI) of 35 or above.

Eight weekly sessions look at the causes and consequences of obesity, how to make healthier choices, as well as exploring eating behaviours.

Winning Weigh weight management classes are also held across Angus. The seven-week programmes focus on healthy lifestyles and are run by trained staff from Angus CHP. The classes are aimed at men and women who have a BMI of 25 or above.

Fostering in Angus

The Family Placement Team in Angus is making a plea for more foster carers who could care for children aged 11 to 16 years old.

For more information visit www.fosteringandadoption.angus.gov.uk or contact the fostering team on 01241 435078 or Linda Rodger on RodgerL@angus.gov.uk

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Associate Director of HR Janice Torbet also presented the awards.
‘Living Beyond Loss’

NHS Tayside’s Department of Spiritual Care hosted the second national conference on bereavement in a healthcare setting at Dundee’s West Park Centre.

The two-day event saw over 160 delegates from across the UK and Ireland gather to hear three major keynote addresses, take part in eight interactive seminars, and share in ten short presentations.

Topics ranged from building resilience in bereaved children, supporting staff who work with the dying and bereaved and how deciding to donate organs from a dying child affects the grief of the parents.

People were also offered the opportunity to view the conference through webcast. This can still be accessed at www.video3uk.com/livingbeyondloss

The presentations are also available on the conference website www.ncbhs.org.uk

Major building works at Ninewells

Two major new building projects to upgrade the Assisted Conception Unit (ACU) and Nuclear Medicine Unit are now underway at Ninewells.

The sod cutting for the ACU was carried out by NHS Tayside Chief Operating Officer Gerry Marr. The first stage of work on the new £3.8m ACU sees the construction of an extension before the current space is redeveloped and the service temporarily decanted to ward 33. Work is due to be complete by September 2011.

Construction of the new purpose-built Nuclear Medicine Unit, which will house the department’s imaging service, radiopharmacy and laboratories, has now begun.

The new developments will allow the continued delivery of high quality care and allow for the development of additional enhanced services.

The ACU and Nuclear Medicine developments are both located on James Arrott Drive and as such the road, which runs through the Ninewells site, will be closed to all traffic, other than emergency services and patient transportation, for the foreseeable future.

Scottish broadcaster, writer and mother-of-five Sally Magnusson officially opened the Ninewells Hospital bereavement suite.

The new TULIP (Tayside Unit for Loss in Pregnancy) suite is sound-proofed and offers the assurance of being within close proximity of the labour suite and any medical support the women may need. There is a self-contained room with living, sleeping and delivery area for couples who have experienced pregnancy loss where they can be admitted, cared for and remain for a time after the delivery. The comfortable facility also has an en-suite shower and kitchen.

Around 30 women a year are expected to require the use of the bereavement suite.

SANDS (Stillbirth and Neonatal Deaths) charity group contributed a large sum of money towards the new facility.

On opening the new unit Sally Magnusson said, “To lose a child you have loved and cherished and built hopes for in the womb is anguish of a kind that those of us who haven’t suffered it can only imagine. “I am grateful for the opportunity to associate myself with this quiet, dignified refuge for those who have to confront a terrible pain.”
Dundee Healthy Living Initiative supports Ardler Running Ladies

Dundee Healthy Living Initiative (DHLI) is encouraging women in the city to consider running as an exercise to help them lose weight and improve their fitness levels.

DHLI and Ardler Village Trust support the Ardler Running Ladies group, who are actively seeking members.

Community Health Worker Maria Gracie said, “The success of the group can be put down to the dedication of the jog leaders who help to maintain the enthusiasm and motivation of the members.

“We want local people to give us an encouraging word when they see us running in our new purple vests – or even better come and join us!”

Members of the Ardler Running Ladies group

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“We want local people to give us an encouraging word when they see us running in our new purple vests – or even better come and join us!”

Ardler Running Ladies meet on Monday and Wednesday evenings at 6.20pm at Ardler Complex. If you are interested in coming along contact Maria Gracie on (01382) 832863.

Barry earns Scotland cap

Barry Hampton who is the e-KSF Systems Manager for NHS Tayside recently gained his first international cap at golf when he represented Scotland v Ireland at Deer Park, Livingston.

Barry, who is registered partially sighted, only took up golf when his sight began to deteriorate following illness. He has now been a member of the Scottish Blind Golf Society (SBGS) for the past four years and Secretary to the local Tayside Blind Golf Society for the past three years.

Barry said, “The SBGS has given me a great deal of confidence in dealing with my condition and, through the local Tayside Society, I want to try and attract new members to the sport. It may be that you have had golf experience in the past and had to give up because of failing eyesight or you may have never played golf before but want to give it a try. Either way, this could be for you.”

Players are very much dependant on the use of “guides” to assist them whilst taking part and Barry is keen to hear from any potential new players or guides.

Anyone who would like further information should email barry.hampton@nhs.net
nhs tayside accepts keys for broxden dental centre

Perth & Kinross Integrated Dental Treatment and Training Centre at Broxden Business Park reached a milestone recently when NHS Tayside Chairman Sandy Watson accepted the keys for the £7.6 million development from contractors Mansell.

Minister for Public Health and Sport Shona Robison visited when construction began last summer on the new-build development comprising 20 surgeries, clinical skills training rooms, dental laboratory, decontamination unit and office accommodation.

The state-of-the-art facility, which is due to be operational later this year, will improve access for the people of Perth & Kinross to a broader range of dental services, including emergency treatment, on the one site.

Accepting the keys, Sandy said, “This is a fit-for-purpose 21st century facility meeting modern standards and is suitable for the needs of the people of Perth & Kinross. Not only will it ensure the best possible care is provided for patients, but the dedicated training centre offers a first-class educational environment for dental professionals at all stages of their career.”

Tayside donor rates higher than national average

Recent figures demonstrate that NHS Tayside’s donation rate is sitting at 20.8 donations per million, which is much higher than Scotland’s average of 14 per million.

Specialist Nurse in Organ Donation June Osborne and NHS Tayside link nurses work determinedly to ramp up the profile of organ donation. The link nurses include charge nurse Carol Tweedie, who is in Ninewells ICU, and staff nurses Alison Keay and Kath Hargraves, both from Perth Royal Infirmary ICU.

Carol said, “I collate resources on organ donation including research papers and published articles, available for any member of staff wishing to increase their knowledge around procedures, and latest national guidance.”

June is employed by NHS Blood and Transplant, and splits her time between both Ninewells and PRI. She offers specialist advice on all aspects of organ donation to A&E, medical and nursing staff, and students.

Renal Recipient Co-ordinator for Tayside Irene Russell is also a great source of support as she has had many years experience as a co-ordinator.

Go to www.organdonation.nhs.uk or call 0300 123 23 23 to register.

medical history museum

Dundee Medical Society

Our Museum item this month is the founding scroll of Dundee Medical Society, currently on display in our latest exhibition entitled ‘Off Duty’ at Ninewells.

Dundee Medical Society was formed in 1864, its aims at that time being mainly intellectual, holding meetings to converse on medical topics, providing members with the means of procuring books and periodicals and promoting professional improvement.

The Society lapsed in 1871, but was reconstituted in 1882 as the Dundee Medical Club, the primary purpose of this body being to provide opportunities for practitioners to socialise. For many years the Club met informally about once a month. An annual outing to a local beauty spot also took place. The meetings were entirely male-orientated, female practitioners not being eligible for membership until 1987.

Dundee Medical Club now offers good food, wine and company to all members of the medical community who live or work in the Dundee area through a wide variety of outings and sporting competitions.

The original Society scroll bears some eminent names. Readily visible are Matthew Nimmo (top left) and James Arrott (top right), who both worked at Dundee Royal Infirmary from 1835-55. Nimmo went on to serve DRI as a surgeon for 50 years, while Arrott was a physician who was instrumental in planning the DRI that we came to know so well.

Note the stern warning on the scroll so typical of the time – ‘We hereby promise faithfully to obey all the laws of the Dundee Medical Society, & to pay the several fines of forfeitures imposed by the laws, for breach or non-observance of the same’.

Rest assured the present Club is much friendlier!
news in brief
Perth & Kinross

- **New integrated sexual health services in Perth**
  A new specialist clinic in Perth will now deliver all sexual and reproductive health services on one site.
  The service is now based at the Sexual and Reproductive Health Clinic at Drumarhar Health Centre in North Methven Street. This new specialist one-stop clinic will incorporate the previous Family Planning service at Drumarhar and replace the GUM service that was delivered from PRI.
  The integrated clinic will ensure patients will be able to access all services under one roof.

- **Baby Bumps and beyond**
  An event was held to raise awareness of two groups run for young pregnant women and young mothers in Perth & Kinross.
  Baby Bumps is a group for pregnant women aged between 16 and 20 and meets every Tuesday in the Community Midwife Unit at PRI. It offers support and information on a range of topics including finances and housing as well as health and pregnancy-related information.
  After giving birth, many of the young mothers move on to Beyond Bumps, a postnatal group supported by Home Start and a public health nurse, held on a Thursday morning in Letham St Marks Church.

- **New diabetes research centre at PRI**
  The Gannochy Trust Clinical Research Suite at PRI was officially opened by Fred MacAulay.
  The £600,000 unit is funded by Dundee University’s £3m Diabetes Research Campaign, which is supported by NHS Tayside and the Gannochy Trust.
  The research suite will enable patients in Perth & Kinross to engage more easily with researchers to help provide new knowledge about diabetes and shape future treatments and prevention.

Have your say

The NHS Scotland Staff Survey 2010 takes place between Monday, 18 October and Friday, 5 November.

Many of you took part in the last survey and gave us your opinions on what is working well across NHS Tayside and what you feel needs to be worked on in order to make NHS Tayside an even better employer.

Since you told us what needs improved, NHS Tayside has already made good progress in areas including communication between management and staff, dignity at work and personal development plans, which directly address the things that you highlighted to us in the last Staff Survey.

We hope that even more of you will complete the 2010 Staff Survey as it is your opportunity to let us know what works well and what you feel needs to be improved.

This year there will be limited paper copies of the survey available and we would encourage people to complete the survey online. However, paper copies will be available from line managers for those who do not have access to a PC.

There is a dedicated site on Staffnet where you can see local action plans and access the online survey. The site is under Our Websites | Staff Survey. If you want to get in touch with the Staff Survey Group please email staffsurvey.tayside@nhs.net

Making the patient experience ‘Better Together’

‘Better Together’ is an innovative programme designed to support NHS Tayside to deliver high quality, equitable, patient-centred care.

Over the next three years, the programme, in partnership with NHS Scotland and national improvement programmes, will equip staff and patients with the tools and techniques to embed experience into the design and delivery of services through continuous quality improvement.

The programme collects patient experiences using evidence-based approaches including surveys and focus groups. Identifying what’s important, what’s working and what isn’t will enable improvements, practical techniques and tools to be developed for use across every Health Board.

The first set of in-patient results are now available and can be found at www.bettertogetherscotland.com

Overall the results for NHS Tayside are very positive. However, as always, we cannot become complacent and there are some improvements to be made. To this end, a communications and improvement strategy has been implemented to look at areas of concern and to address these.

In January 2011, a second survey will be sent out to in-patients who had stays in NHS Tayside hospitals between October 2009 and September 2010.

For further information on the Better Together programme, please contact Arlene Napier, Acting Head of Safety, Governance & Risk on 01382 420095.
Minister for Public Health Ms Shona Robison chaired NHS Tayside’s Annual Review at Bell’s Sports Centre in Perth.

Before the formal review, where Board members are scrutinised over performance and future plans, Ms Robison met with members of staff, staffside representatives, patients and patient’s groups at PRI.

Chairman of NHS Tayside Sandy Watson, Chief Operating Officer Gerry Marr, Chief Executive Tony Wells and Chairman of Perth & Kinross CHP John Angus escorted Ms Robison on a tour of the Renal Dialysis and Haematology/Oncology Units at PRI. Ms Robison also met staff and volunteers at PRI’s health desk and visited the Radiology Department. On route the new Nuclear Medicine Unit and Endoscopy developments were also highlighted to the Minister.

During the afternoon, members of the public came along to Bell’s Sports Centre to see members of NHS Tayside Board and senior management being questioned by the Minister and other members of the Scottish Government Health Department.

NHS Tayside was commended for many of its improvements across all localities and its achievements against waiting times targets.

Mr Watson praised staff for their continuing hard work and dedication in delivering the highest quality of patient care.

For the first time, NHS Tayside’s Annual Review was webcast live and received viewing figures of around 600 over the two-hour period of the event.

The afternoon’s proceedings were recorded and are now available to view on both Staffnet and on the NHS Tayside website www.nhstayside.scot.nhs.uk
The Wellbeing Kit

Wellbeing is important to all of us as it affects every aspect of our lives. It includes how we feel, how we deal with things, and how we function, as well as our physical health. Most of us know that there are things we can do to protect and improve our wellbeing, and all of us need some help with that from time to time, or some support to nip a problem in the bud.

National funding from The Working Well Challenge Fund is allowing NHS Tayside to try innovative ways to improve the wellbeing of its 14,000 staff. Through the Working Well in NHS Tayside programme, staff are offered more activities that promote their wellbeing, quicker access to help when they need it, and increased awareness and understanding of wellbeing and mental health.

A first-aid kit for wellbeing, the Wellbeing Kit, has been produced for staff, which explains what wellbeing is, why it is so important, and how we can all protect and improve our own wellbeing, as well as information on where and how to get support.

Mentally Healthy Workplace Training for managers and supervisors

The Mentally Healthy Workplace Training programme is for team leaders, line managers, supervisors and directorate managers and is designed to encourage good practice in promoting positive mental health and wellbeing, thereby contributing to a more open culture that puts mental health on the agenda alongside physical health, social inclusion and productivity.

It aims to:

• Give employers and line managers a broad understanding of mental health
• Identify the key factors that contribute to a mentally healthy workplace
• Increase awareness of mental health issues in the workplace
• Improve managers’ skills and confidence in dealing with mental health and wellbeing in the workplace
• Ensure that managers are aware of their legislative responsibilities in relation to stress, health and wellbeing

Details for the training programme are below. Courses run from 9.30am to 4.30pm and participants are required to attend both days.

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If you require further information about the courses contact Pat Davidson on x71093, 01382 424093 or to book a place please email hwl.tayside@nhs.net giving your name, designation, workplace address and contact telephone number.
Can you believe it? It’s now eight years since spectra was launched and 50 issues on – doesn’t time fly! We feel the time has come for a revamp of your magazine. Over the years we have shared your good news stories and covered a wide range of topics.

To help us gauge what you really like and what you do not like about the magazine we have been out-and-about asking some of our readers for their opinions on their favourite parts of spectra and what they would like to see changed.

Wendy Todd  
**Project Secretary**  
Mental Health Developments Team, Murray Royal

We get every issue of spectra in our pigeon hole so I always flick through a copy. I think it is nice to see the photos and put faces to names and I also like to catch up on all the news.

I enjoy the features, as it’s good to find out about other areas and departments and what they do. The voxpops are always good and some of the people featured in Insight are really interesting. I also find it useful that TREATS have their own section in spectra.

I like the glossy magazine but I am open to seeing any new ideas from spectra as you have to try out new things to see if they work.

**“My favourite part is the photographs”**

Ruth Toy  
**Complementary Therapy Co-ordinator**  
Macmillan Daycare Unit, Roxburgh House

Every edition of spectra is delivered to Roxburgh House so I can read it whenever I would like to.

I enjoy all of spectra. I think it is really colourful, but my favourite part is all of the various photographs.

I can’t think of anything I would want to change about spectra. I think it is really good as it is. I like the glossy magazine style format.

**“The voxpops are always good”**

Jenny Graham  
**Senior Charge Nurse**  
Moredun A, Murray Royal

We get a pile of every issue which we always put out on the information desk for patients and in the staff room for staff to read. I usually take a copy to my office so I can read it in peace!

I enjoy the photos and keeping up to date with what’s going on in other areas.

There’s no specific section I enjoy the most. I just like mulling through it. The only thing I would like to see is more input from psychiatry.

I like the magazine as it is but change is always positive so I’ll look forward to seeing how spectra continues to evolve.

Onesmallstepforman?  
Kirsten McKenzie  
Guy Cross  
voxpop  

On Sunday, 20 July 1969, the American spacecraft Apollo 11 became the first manned mission to land on the surface of the moon, with Neil Armstrong and Buzz Aldrin taking mankind’s first steps on another plane. The original moon landing was broadcast live around the world with over 500 million people tuning in to see Armstrong climb out of the lunar module Eagle and utter the infamous line ‘that’s one small step for man, one giant leap for mankind’.

“Although only one country sent men to the moon, there is a great sense of mankind as a whole having sent someone to the moon.”


Ben Walker  
Kenny Greig  
Hilde Barrie  
Freda Stewart  

“Although only one country sent men to the moon, there is a great sense of mankind as a whole having sent someone to the moon.”
Karen Adams  
PERSONAL ASSISTANT  
St Margaret’s House, Forfar

I am a regular reader as it is delivered to my office. I tend to keep the copy at the end of my desk and I enjoy flicking through it. I especially like the photographs. Insight is good as sometimes you speak to people on the phone and yet you don’t know what they look like, so it’s nice when their pic appears in the magazine and you can put a face to the name!

I think spectra looks good. It covers so much already that really only having fun competitions or maybe a look-a-like photo competition would add to it.

Evelyn Ogilvie  
DOMESTIC ASSISTANT  
Whitehills HCCC

Yes I see it regularly in the linen room and I read it at lunchtime.

I enjoy all of spectra, there is no particular section that I would say is my favourite. There is a lot to read in the magazine and plenty of pics.

If I was going to change anything it would be to add competitions with prizes as that could be fun...especially if the prizes were good, like tickets for concerts or for dinner at a nice restaurant.

Lynn Ritchie  
DOMESTIC ASSISTANT  
Whitehills HCCC

I like spectra in hard copy as I am not online much so would never see it if it was only available on the net. We get copies in the linen room which I read at coffee time and I have also picked it up at Academy Street Medical Centre and Kirriemuir Health Centre.

I like the TREATS section, voxpop and retirals as it is good to see how long people have been working for NHS Tayside.

I wouldn’t change it as I like it the way it is.

Kevin Thomson  
PORTER  
Whitehills HCCC

I have seen spectra at Arbroath Infirmary and here in the porters’ room.

I am busy at work but I try and read it when I can – big photographs are good!

If the magazine became more like a newspaper it might appeal to more men but that’s just my opinion. I think competitions would be good to do during break times.

Diane Lambert  
MACMILLAN SPECIALIST OCCUPATIONAL THERAPIST  
Macmillan Daycare Unit, Roxburghe House

spectra is always delivered to Roxburghe House, where I work so I can always read every issue.

I really enjoy looking at all the pictures in spectra and I find it interesting to see what different members of staff and my colleagues are up to.

There is nothing I would change about spectra, I like it just the way it is.

We plan to launch a new look spectra and we want your views! If you would like to add your thoughts on what you would like in your magazine then please email tay-uhn.spectra@nhs.net or call x71138, 01382 424138

“Fun competitions would be good”  
“It’s nice to put a face to the name”
Health Walks for staff

NHS Tayside, in association with local authority partners, launched a series of Health Walks for staff as part of the Active Nation programme which encourages people to take more activity.

A range of potential health benefits are associated with health improvement programmes in the workplace with staff experiencing lower sickness absence levels.

Mary Colvin, Health Promotion Programmes Manager, said, “Activity should be fun, it should be something that is achievable and something you gradually build on. The health walks range in time from 10 minutes to 30 minutes and are aimed at encouraging staff to take gentle, fun exercise.”

Dundee Travel Active also offered further information about walking, cycling and ways to travel to work.

Central to the Active Nation initiative is setting your own personal activity goal however large or small. www.ouractivenation.co.uk is an online resource where people can register their goals, track their progress over time and find out about events in their area. You can also join NHS Tayside’s Facebook page www.facebook.com/nhstayside for more details of what’s on in your area.

Staff visit GrowWell Café

Community nursing staff were invited to attend The Shore to find out about the GrowWell Café and other activities taking place at the Dundee venue. Activities are targeted to parents of pre-school children to raise awareness of the benefits of breastfeeding and healthy eating. Staff were also able to meet Susan Middleton, who won the GrowWell breastfeeding mum of the year competition which was held earlier in the year.

The café is open to the public and it also offers breastfeeding mothers a supportive environment where they can feed their baby when they are in the city centre.

POST sees positive results

Perthshire schoolgirl Abby Henderson has given the ‘thumbs up’ to NHS Tayside’s Paediatric Overweight Service Tayside (POST) after losing around a stone.

Mum Ann contacted POST in December last year after becoming concerned about her daughter Abby’s weight. Nine-year-old Abby has been attending the service since January and since then has taken up lots of new activities and changed her diet.

As part of the programme, Abby and her mum meet regularly with activity co-ordinator Caroline Lawrie to help get Abby involved in more sports and exercise. Some of the activities Caroline has introduced Abby to include skipping, basketball, dancing and hockey.

POST is a specialist weight management service in Tayside which aims to support children and young people between two and 15 years old, as well as their families, to manage their weight.

Promoting hand hygiene in Clova ward

Margaret Whyte, healthcare assistant and Denise Campbell, nursing auxiliary in Clova ward at Whitehills decided to do their bit to raise awareness of hand hygiene amongst staff, visitors and patients by putting together a fun information stand. They even organised a colouring in competition for younger visitors to the ward. Margaret and Denise wanted to reinforce the important message that good hand hygiene is for everyone.
A successful smoking cessation incentive scheme, which has seen almost 1500 people in Dundee sign up to kick the habit, is to be opened up to smokers in Perth and Rattray.

There is an estimated 23,000 adult smokers in Perth & Kinross, 21.8% of the region’s population. However in the more disadvantaged areas the number is much higher with Letham at 32.9%, Murton 32.3%, Tulloch 34.5% and Rattray 26.7%.

quit4u was launched in March 2009 by Minister for Public Health Shona Robison. The scheme offers eligible smokers an incentive of £12.50 supermarket credit per week to spend on groceries. Participants must successfully pass a weekly carbon monoxide breath test to be eligible for the payment.

The quit rate after four weeks is almost 50% which is significantly higher than the average of 28% for those not on the scheme and NHS Tayside has seen more than double the amount of people coming forward for help to quit smoking since quit4u was launched than in previous years.

A Guide to Smoking Cessation in Scotland 2010 is a robust, evidence-based compendium of all smoking cessation guidance and recommendations derived from NICE and from previous Scottish guidelines. It also includes suggestions for good practice. The new smoking cessation guidance for Scotland produced by NHS Health Scotland and ASH Scotland has been published and copies of the guide can be downloaded at www.healthscotland.com/documents/4661.aspx

Healthy Start for mums-to-be

NHS Tayside has launched a new initiative which offers all pregnant women in Tayside free vitamins. Healthy Start is a government scheme that encourages pregnant women and families from low income groups to eat a more nutritious diet. Those eligible for Healthy Start can get vouchers to spend on milk, fresh fruit, fresh vegetables and infant formula milk. Women who are eligible for Healthy Start also get free vitamins but in Tayside, midwives will provide all pregnant women with these vitamins for free.

Women are encouraged to apply for Healthy Start if they meet the criteria which includes being at least 10 weeks pregnant or having a child under four years old.

Hand hygiene project has positive results

Keith Todd, senior staff nurse in Leven Ward at Murray Royal Hospital has seen positive results from his hand hygiene project.

The project is part of his leadership course and focused on raising awareness of hand hygiene amongst staff, visitors, patients and the public.

To improve levels of hand hygiene compliance, a variety of measures were put in place including placing new posters by alcohol gel dispensers carrying the message that it only took 15 seconds to clean your hands.

Promotional hand hygiene materials were given out such as key rings, mouse mats and stickers, as well as carrying out a ward audit on hand washing.
Dentists’ mission to Romania

A team of NHS Tayside dental staff has returned from a mission to Romania where they provided dental treatment for children living in areas of deprivation where many homes have no electricity or running water.

Senior dental officer Gillian Elliott, dental therapist Lynn McAllister and dental nurse Fiona Thompson all work for NHS Tayside Integrated Dental Service and travelled to Romania during their holidays. They offered their expertise to help Romanian children from very poor backgrounds and who live in remote rural villages.

Working conditions were rather different from the NHS Tayside team’s usual state-of-the-art surgery and consisted of a hospital bed instead of a dental chair and a portable light. All dental equipment and supplies were transported to Romania by the team.

Hand hygiene training

The Green Practice at Whitefriars Surgery, Drumhar Health Centre Yellow Practice and Crieff Red Practice have successfully completed their hand hygiene training packages with NHS Tayside Hand Hygiene Co-ordinator Margaret Kennedy.

Margaret presented each practice with a certificate to mark their achievements.

Staff kick the habit

NHS Tayside’s Hospital Smoke Free Service provides support and one-to-one counseling for staff at Ninewells, PRI and Stracathro on a weekly basis at a time that is suitable for them and their work pattern.

The service is invaluable in providing motivational support to those who need help to quit and the Smoke Free team pride themselves on their friendly and enthusiastic approach to helping smokers understand their addiction and working together on a personalised plan to stop smoking.

They also provide information on Nicotine Replacement Therapy and other cessation aids.

Staff wishing support to stop smoking should contact the Hospital Smoke Free Service on 07879 878180.
**Medical Tattooing Service**

Charge nurse Camilla Keir and staff nurse Donna Brown are nurse tattooists and run the nurse-led medical tattooing service at Ninewells Hospital.

The medical tattoo service is delivered in the Department of Plastic, Reconstructive and Hand Surgery at Ninewells. It was initially set up to provide medical tattoos for patients who had undergone reconstructive surgery following breast cancer.

A visit to the United States by Mr Howard Stevenson, Consultant Plastic Surgeon, some 15 years ago was the initial driving force for the service as he felt it would be appropriate for tattooing to be carried out by nursing staff.

At this time training was not readily available and a breakthrough came when Camilla was put in contact with a tattoo trainer from Harley Street, London. On hearing that NHS Tayside was trying to set up a nurse-led tattoo service the Harley Street practitioner agreed to train Camilla as she felt it was commendable that this service was going to be offered to NHS patients.

Since then it has been very challenging for the service due to the lack of available training. However, over the years, the service has gone from strength to strength and now has busy, well-established clinics at Ninewells and at PRI.

The clinics are entirely nurse led and are held in the Women’s Health Room at PRI one day per month and at Ninewells in the plastic surgery day case area, four days per month.

This is a service highly sought after by a large range of patients from the plastic surgery and dermatology departments as well as referrals from across Tayside and Fife.

Clinics offer eyebrow tattoos to patients with alopecia, nipple/areolar complex tattoos for patients who have had mastectomy and breast reconstruction, camouflage tattoos for skin pigment problems due to trauma or burns and removal of small areas of tattooed pigment. In the future it is hoped the service can look at the possibility of using dry needle tattooing to flatten small scars.

This is a growing service which aims to complement the work of the consultant plastic surgeons in the unit by improving the aesthetics of the area involved, making it more pleasing to the patient. The tattooing service also offers a boost in confidence to patients attending with hair loss caused by dermatological problems.

A recent patient satisfaction audit revealed high levels of patient satisfaction with the service and noted in particular the great value that patients felt the service brought to them. The patients felt the tattoo service went a long way to making them feel complete by boosting their self-esteem. Patients liked the fact that it is nurses from the ward, who they know, carrying out tattooing and feel the service is well run.

Camilla said, “Donna and I both feel a great sense of satisfaction and feel privileged to be involved in such a worthwhile service.”

Before and after eyebrow tattooing
Dame Carol Black visits Working Heath Services

Dame Carol Black visited an initiative that provides occupational health support to employees of small and medium sized businesses in Dundee, Angus and Perth & Kinross.

Working Health Services Tayside is a project which was launched in Dundee in February 2008 and, since April 2010, has been extended across the whole of Tayside. It works closely with organisations including Access to Work, Jobcentre Plus and Healthy Working Lives to provide employees of small and medium sized businesses with free and confidential access to specialist work health professionals to enable them to stay or return to work.

Dame Carol Black’s review of the health of Britain’s working age population was published in March 2008. It made recommendations to the Government and wider stakeholders on how to improve the health of the working age population.

Dame Carol said, “My 2008 review of the health of the working age population was intended as a wake-up call about the enormous economic, social and personal costs of working age ill health. Building on the already solid foundation in Tayside, funded by the Scottish Government, I am very impressed with the way this current project is helping people with health conditions get back to work as soon as possible.”
Armed Forces seeking recruits

Medical staff are also invited to join the Territorial Army (TA).

Angela Wadge, a staff nurse at Ninewells, is also a Corporal nurse in 225 Medical Regiment, a TA Unit in Dalkeith Rd, Dundee. Angela, who joined the TA in 2002, successfully combines her NHS nursing role with her TA commitments. Working for the past four years in the Intensive Care Unit at Ninewells and having previously worked for nine years in the Burns and Plastics Unit, Angela brings a wealth of nursing expertise to her army role.

In January 2009 Angela found herself called up for a six-month tour in Afghanistan working in the ICU of the busy field hospital in Camp Bastion. Following a month of pre-deployment training with the field hospital she was sent overseas.

The field hospital is a prefabricated building consisting of an Emergency Department, theatre, X-ray and CT, labs, ICU, a ward, pharmacy, health centre, dentist and GU Clinic.

Angela said, “We worked very closely as a team but there were times when you had to just get on with things on your own and use your own initiative. It was difficult at times working with other multi nationals and their working practices, but overall it was beneficial to both my military and civilian career. I was also given the chance to take charge of the ICU which helped enhance my managerial skills and also helped boost my confidence. “The TA has opened up opportunities to do things that I would never have thought of doing before like skiing and climbing, giving me the incentive to keep my fitness levels up.

“One of the best things about being in the TA is the friends I have met from all over the world.”

If you are interested in joining the TA and would like more information then please call 0131 310 4760.

The Royal Air Force (RAF) Reserves are seeking clinicians for deployment.

The last eight members of 612 (County of Aberdeen) Squadron returned from Afghanistan in August. Throughout the last five months, 12 members of the Squadron have been deployed to Camp Bastion to provide surgical support to the field hospital.

Their specialties ranged from consultants, nurses, operation department practitioner, radiographer and medics.

On their return, everyone said that it had been a very difficult deployment, however, they all stated that it had been well worth the experience.

The consultants were on constant call which put pressure on them because of the steady stream of admissions of patients throughout the 24-hour period.

The injured were NATO troops, Afghanistan military and police, locals and insurgents.

If you are interested in joining the RAF Medical Reserves, please contact 01334 857830 or email LEU612Sqn-Recruiting@leuchars.raf.mod.uk
**Rights, Relationships & Recovery**

The Rights, Relationship & Recovery Report of the National Review of Mental Health Nursing in Scotland aims to help improve culture and attitudes surrounding mental health through increased service user and carer involvement, better physical and preventive interventions and effective leadership, support and training for staff.

Recovery principals which promote social inclusion are well demonstrated in The Carseview Centre which welcomes Voluntary Services, Welfare Rights, Carers and Advocacy who hold surgeries in the wards. Service Users also perform a ‘meet and greet’ role at the Dundonald Day Centre.

All mental health nurses must undertake values based training (The Ten Essential Shared Capabilities (TESC)) which provides foundation knowledge of recovery principles. It is available to all disciplines in mental health care, service users and carers, some of whom deliver training. Additionally, Realising Recovery provides more in-depth recovery understanding; and WRAP (Wellness Recovery Action Plan) training is becoming more available and popular. Some service users have completed their own WRAP, helping them identify factors contributing to their illness but more importantly highlighting what helps keep them well.

Other NHS and voluntary sector organisations also provide valuable support in helping achieve the aims and vision of the Review. The RRR actions can be viewed at [www.scotland.gov.uk/topics/health/health/mental-health](http://www.scotland.gov.uk/topics/health/health/mental-health).

Service users using the Scottish Recovery Indicator (SRI) tool which measures services against recovery orientated standards are also involved in the pilot study in Angus, which is being extended to Perth and Dundee.

**Infection Control event**

A half-day event led by Dawn Weir, General Manager, Infection Control & Management was held to seek PPG input to help revise and improve the current communication strategy for patients and the public around infection outbreaks.

An overview was provided of the structure and role of the Directorate of Infection Control and Management. It highlighted the wide range of activities undertaken by the team including involvement with PPG. The group also participated in breakout sessions with clinical representation and facilitators moved between the groups so that participants were able to openly comment on the three topics which were patient information during outbreak, ward signage during an outbreak and hand hygiene – next steps.

**Dementia Café wins award**

The Dementia Café in Perth, a joint initiative between NHS Tayside, Perth & Kinross Council and Alzheimer Scotland was awarded a bronze certificate in the category of Improving Services Through Partnership at a recent event hosted by Perth & Kinross Council.

**New respiratory website**

The new NHS Tayside Respiratory MCN website will enable clinicians providing a respiratory service to have easy access to information and resources that they need. There is a wealth of information on the site including important evidence and practical resources.

The managed clinical network are keen to have your opinions and suggestions regarding the content of the site so please take a look and feed back to Janet Winter MCN Manager at janet.winter@nhs.net

To access the site through Staffnet go to Our Websites and then select Respiratory MCN.
Helen Brady, Heartstart Discovery Co-ordinator and Health Shops Manager, tells spectra about her crowded dinner table and letting a skeleton out of the closet......and into her car!

Name, designation and dept.
Helen Brady
Heartstart Discovery Co-ordinator and Health Shops Manager

Personal history (an outline of yourself and how you came to be in this job....)
I joined the Eastern Regional Hospital Board a number of years ago and worked as a trainee in all finance/admin departments of the NHS. I moved to a post within the salaries and wages department at the then area Health Board in Vernonholme and then for a time in the Primary Care Department working with GP/dentist/pharmacist contracts. I finally moved to Health Promotion in 1993.

Like about current job
I love working with the public and particularly with school children – they are so keen and can be so funny!

Dislike about current job
Driving and I do drive a lot. I think I have visited every corner of Tayside.

Most unusual thing asked to do at work
Transport a skeleton from Dundee University to Ninewells when working on an osteoporosis campaign. I strapped him into the front seat of my car and put a baseball hat on him. He did attract some funny looks from passersby at traffic signals and there were also a few choice comments when I wheeled him into the concourse at Ninewells!

Achievement most proud of
On a personal level, I would have to say bringing up my two sons. Professionally, that would have to be instigating and implementing the Heartstart for Schools Initiative whereby children in Tayside schools are trained in basic life support skills. I wish I had had this training at an early age.

Favourite music
I have to say Scottish music as my boys are Scottish musicians. However, I do like swing music and anything soothing.

Favourite meal
Christmas Dinner with my family.

Most like to have dinner with
Oh dear – so many! Robert the Bruce, William the Marshall, JFK, Emily Pankhurst, Florence Nightingale, and not forgetting Sean Connery!

Favourite word
My son tells me that it’s hoover!

Top 3 frustrations
Drivers’ speeding, untidiness – yes I am a neat freak!, and procrastination

Most embarrassing moment
Falling downstairs at the Caird Hall when my boys were performing. After the performance, coming downstairs, I spotted a friend in the crowd, waved energetically to attract her attention and promptly fell all the way to the bottom of the stairs. I immediately jumped up and shouted that I was OK then collapsed in a heap with a very badly twisted ankle and bruised pride!

Irritating habit
I would say impatience but my assistant, Jodi, would say that it’s not being able to say ‘No’!

Do better than anyone else
Anyone who has tasted it would tell you my frosted carrot cake is to die for!

3 wishes
To be able to play the saxophone
To see my sons through Uni, happy and settled
To retire with good health
Attention ALL computer users

Due to changes to certain applications eHealth are required to upgrade **ALL Windows 2000 PCs** in NHS Tayside. If you currently use a PC within your working environment, you must check if you are still using Windows 2000. To do this, click on the **Start** button, which is located along the bottom left hand side of your screen, and a menu should appear which will display whether your PC has Windows 2000 or Windows XP Professional (as indicated):

If you have Windows 2000 you must email itp.tayside@nhs.net with the following information:

- Your name
- Full computer name
- Telephone/extension number
- PC location e.g PRI, NWH, Ashludie
- Department
- Room number and level (where appropriate)
- If you use Winscribe
- If you use Bed Management

A member of eHealth will then contact you to arrange a suitable time to upgrade your PC in the near future.

Alternative method of finding your system and computer name

- **RIGHT CLICK** on the ‘**MY COMPUTER**’ icon and left click to select ‘**PROPERTIES**’
- **SELECT** the **COMPUTER NAME** tab or the **NETWORK IDENTIFICATION** tab and provide the information next to **FULL COMPUTER NAME** Example: MF4EECSJ

Do you want to learn how to use a computer?

**or**

Just want to brush up your computer skills?

You can learn:

- Where you want – at home or at work
- How you want – at your own pace
- What you want – learn to do more as your confidence grows!

**NHS ELITE** is a basic IT course which will help you with:

- Switching the computer on and off
- Using the mouse and keyboard
- Working with applications such as Microsoft Word
- Working with files
- Using the internet and e-mail

**How do I register?**

We are currently taking notes of interest from individuals for this new online training course.

Contact us using the details below.

We will put you on our waiting list and then contact you when we are ready to proceed. It’s as easy as that.

Relaxed informal workshops will be held to get you started, and there will be ongoing support as required.

You can find out more by contacting the IT Training Booking Line on 01382 537707 or by emailing ittraining.tayside@nhs.net
Ultra marathon effort for breast care

A clerical officer in medical records at Perth Royal Infirmary has raised around £1000 for the hospital’s breast care endowment fund after competing in his first ultra marathon.

Robin Wombill took part in the Devil of the Highlands race in August, a 43-mile ultra marathon across the top half of the West Highland Way from Tyndrum to Fort William.

Robin hoped to complete the race in less than 10 hours but, after around 35 miles, tripped and cut his head on a rock. As luck would have it, Ninewells oncology research nurse Jennifer Keith was on a walking holiday in the same area and came to Robin’s rescue, managing to stop the bleeding until Robin’s wife arrived and bandaged his head.

Against Jennifer’s advice, Robin carried on with the race, finishing in 10 hours and 43 seconds before rushing off to A&E in Fort William where he received nine stitches to his cut.

Schoolgirl raises funds for skin cancer

Arbroath schoolgirl Remy Stewart visited the dermatology department at Ninewells to hand over a cheque for £184 which she raised by undertaking a sponsored walk round Crombie Park in Angus.

Nine-year-old Remy took it upon herself to raise the money for skin cancer because in her own words, “You don’t hear about people raising money for skin cancer”.

Remy’s mum Sheena, family friend Denise Martin and Denise’s daughter Stacey Dickson also took part in the three-mile walk, which the group completed in just over an hour.

Accepting the cheque on behalf of the department, Consultant Dermatologist Dr Andy Afleck said, “I would like to thank Remy for this donation. It was very kind of her to raise this money which will go towards helping patients attending the department.”

£10,000 donation to help cancer patients

Exceptional fundraising efforts by a Perth couple are helping cancer patients being treated at the Scottish Photodynamic Therapy (PDT) Centre at Ninewells.

Train driver Derek Yeaman and his partner Debbie Cooper started to raise money after Derek’s late brother Alan was treated for a brain tumour and subsequently underwent PDT in Dundee.

Following Alan’s death in 2001, Derek and Debbie have undertaken several fundraising efforts, including Derek running the London Marathon in 2007, a charity disco and auction and a charity golf day at King James VI in Perth.

Consultant Clinical Scientist Professor Harry Moseley said, “It is a privilege to acknowledge the contribution of patients and relatives who work tirelessly to provide the finance that allows us to continue our research and improve clinical care.”

Donation for Ninewells vascular lab

A Perthshire woman has handed over a cheque for £200 to the Ninewells unit which helped her back on her feet and able to fulfil an ambition of climbing Mount Everest.

Sarah Thomson suffered from a trapped artery in her leg which left her unable to walk for around a year. In 2003 she underwent a femoro-popliteal bypass at Ninewells to treat the problem and was soon back to work and looking for new challenges.

Having already climbed Mount Kilimanjaro in 2000, Sarah embarked on a two-week expedition to Mount Everest Base Camp earlier this year, climbing to a height of 17,500 ft.

Sarah paid all costs of the expedition herself and asked family and friends to support her by giving donations. She raised a total of around £900 for her chosen charities including £200 for the Ninewells vascular laboratory.
Health Records and Information Manager Christina Krajeska (front, second left) has retired after 39 years working within NHS Tayside.

Christina began her career in 1971 at Dundee Royal Infirmary as a clerical officer and has held many positions within medical records at Ninewells, Liff and latterly in Primary Care at Ashludie.

In her retiral, Christina is looking forward to spending time with her husband Vince, who also retired from teaching this summer, using their leisure time to indulge in hobbies such as ballroom dancing, jazz, theatre, walking and travelling to exciting and interesting places in the world.

Medical technical officer Jim Crosby (centre), who was NHS Tayside’s longest-serving employee, has retired after 46 years.

Jim joined the NHS in 1963 and spent time in the newly-opened neurosurgery theatre at Dundee Royal Infirmary before moving to Ninewells in 1998.

Jim was presented with several gifts from his colleagues who gathered at Ninewells to wish him well.

“I have enjoyed every minute of it,” said Jim. “My time here has been more like a holiday than a job. I’ve met so many nice people here, and I couldn’t have asked for more from my colleagues.”

In his new-found free time, Jim intends to do more gardening and spend some time with his son Jamie.

Arbroath midwife Val Parker has retired after a nursing career spanning four decades.

Val undertook her nursing training in 1970 before completing her midwifery training and holding posts in London, Ayrshire and Greenock.

For the past 27 years Val has been delivering babies and providing antenatal and postnatal care at Arbroath Infirmary for local women and their families.

Friends and colleagues gathered at a farewell tea party and presented Val with a cheque to mark her retirement.

Val is looking forward to spending more time with her family and exercising at her local gym.