Winter this year has brought the snow early, bringing with it many challenges for us all. Staff from across Tayside have worked very hard and gone that extra mile to ensure that health services are being maintained. A big thank you to all of you.

This issue of spectra includes a feature on Steps to Better Healthcare (STBH) that explains our plans for the redesign of services which will help us identify where we can make changes which will deliver real improvements for patients.

Health events were held in Tayside to give staff, patients and members of the public the opportunity to share their views on future health services and to raise awareness that by working together in partnership we can make a difference to our NHS.

NHS Tayside teamed up with Tayside Police, Tayside Fire & Rescue, local pubs and shops to mark Alcohol Awareness Week which also saw members of St Johnston FC and Newtyle butchers James Pirie & Son getting behind the campaign.

Also in this issue we have a feature on NHS Tayside’s Care to Save green campaign, which is helping to ensure we are meeting our sustainability and environmental targets.

The TREATS team have some new offers available including trips to London, Edinburgh and McArthur Glen shopping centre as well as proposed trips to Paris and New York so make sure you have a look and see if anything takes your fancy.

And, finally, Christmas is almost upon us and there is nothing quite like a Christmas song to get us in the Christmas spirit so we asked staff for their favourite song and why. Check out voxpop to see if you agree with their choices.

As always the editorial team is looking for ideas and articles that you think might be interesting for your colleagues to read, so please get in touch (contact details below).

Best wishes for the New Year

spectra editorial team

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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Farewell to our colleagues

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 52, to the editorial team by Thursday 6 January. The deadlines for future editions of spectra are as follows:

Issue 53 Apr/May: Tuesday 1 Mar
Issue 54 June/July: Tuesday 3 May

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01382 424138 x71138

It's your magazine so share your news and views

Designed and Printed by:
Winters
David Winter and Son
10 Dunbar Road
Dunbar Industrial Estate,
Dunbar EH42 0DD
01382 813813
www.dwinter.co.uk

Although every care is taken with respect to layout and responsibility will be accepted for any errors or omissions, no responsibility can be accepted for the loss or damage of any contributions due to the editor or printing company.

Winters reserves the right to accept, or reject, any items for publication.
Open day at Glaxo Day Hospital

An open day was held at Glaxo Day Hospital, situated in the grounds of Ashludie, following a review of the services offered.

The original Day Hospital opened on the Ashludie site in October, 1979 and moved to its current premises in February, 2004. The service was reconfigured in September, 2010 following staff and public consultation and is now known as the Glaxo Unit.

The day hospital provides flexible attendance for 15 older adults with severe Mental Health problems. An Outreach Team has been developed in addition to provide a more person centred approach which will deliver care in an intensive manner where patients need it most. There will be an increased level of support offered to carers in an attempt to maintain patients in their community for longer.

Well done Joan Wilson

Head of Nursing & Public Health for Dundee CHP, Joan Wilson was runner-up for the Institute of Healthcare Management, Top Healthcare Manager Award, which recognises those who go above and beyond professional standards to ensure that healthcare is the best it can be.

Chief Executive Professor Tony Wells was also presented with a Companionship Award at the ceremony for significant and sustained contribution to the profession of healthcare management.

Smiles all round in Angus

The first Scottish Self Management Week was launched on Monday, 4 October and local Angus groups got behind this year’s theme of “SMILE for Self Management” which highlights that self management improves lives for everyone.

The campaign aims to raise public awareness of the importance and benefit of self management in a fun and light hearted way and Angus groups joined in by sporting oversized photographs of a smile.

There are an estimated 30,000 people living with a long-term condition in Angus with many people having more than one long-term condition.

If you are interested in learning more about any of the self management options please contact Rhona Guild, Angus CHP on 01307 474889 or email rhona.guild@nhs.net
news in brief

**Angus**

**Diabetes Information Evening in Montrose**

An information evening for people living with diabetes was held at the Links Health Centre in Montrose. The first Diabetes Information Evening was held in August and proved very popular with fifty people taking the opportunity to come along and find out more about diabetes and to share with health professionals suggestions for improvements to services. During the evening Angus Community Health Partnership dietitians lead a discussion on food and diabetes, with opportunity to ask questions and share information and ideas.

**Living with arthritis in Arbroath**

The Angus Arthritis Forum held a free health and wellbeing evening at Arbroath Infirmary for people living with arthritis in Arbroath. The theme of the evening was pain management with Joyce Lind, Pain Specialist Nurse giving a talk on what help is available for managing pain. Further sessions will be held mid January. If you would like more information about the sessions, please contact Rhona Guild on 01307 474889.

**Palliative care services brought closer to home**

Angus Specialist Palliative Care Services provide support to people living with cancer or a progressive life-limiting illness. Angus Community Health Partnership’s palliative care team now deliver specialist services at three sites in Angus: Macmillan Centre at Stracathro Hospital, Little Carnie Hospital in Arbroath and at Clova Ward at Whitehills Health and Community Care Centre in Forfar. There is also Lymphoedema Service available at Whitehills as well as community Macmillan nurses.

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**NHS Tayside launches ‘Coping with Dementia’**

NHS Tayside hosted an event to launch a new DVD which gives support and advice to carers of people with dementia.

‘Coping with Dementia – a practical DVD for carers’ was developed by NHS Health Scotland in partnership with Alzheimer Scotland and was launched locally by NHS Tayside. ‘Coping with Dementia’ is aimed at people who care for someone in the middle to late stages of dementia and, based on the experiences of carers, gives practical advice and support on caring.

Speakers at the event included Chief Executive of Alzheimer Scotland Henry Simmons and Head of Health and Wellbeing at NHS Health Scotland Monica Merson. Consultant Psychiatrist at Royal Dundee Liff Hospital David Findlay chaired the event. The DVD is available to order from NHS Tayside’s Special Health Promotion Service on 01382 424053. Free copies are also available to all carers across Scotland from Alzheimer Scotland’s helpline on 0808 808 3000.

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**New out-of-hours vehicles for Wallacetown**

The Out-of-Hours Service in Tayside has seen five new vehicles delivered for use across Angus, Dundee and Perth & Kinross.

These vehicles are used for GPs visiting patients during out-of-hours periods and each covers approximately 30,000 miles year – around three times more than an average person’s car.

There are three bases for out-of-hours vehicles and drivers – Wallacetown, Arbroath Infirmary and Perth Royal Infirmary and a pool of 37 drivers who cover the whole of Tayside in seven vehicles.

The Out-of-Hours Service provides medical cover to more than 407,000 patients.
In recognition of NHS Tayside’s continuing support for the Territorial Army, TA officers presented Mr Murray Petrie, chairman of the Delivery Unit, with a commemorative print.

TA volunteer medical staff from NHS Tayside began the three-month assignment in Afghanistan in January following a period of intensive training and over the months worked alongside US army and navy personnel.

Their work at the hospital, where casualties from across Helmand are brought, has given them enhanced skills they can now use in their NHS civilian careers.

Colonel Douglas Kennedy, Captain Andrew Cameron and Lieutenant Pat Easton presented Mr Murray Petrie with a limited-edition print of the hospital in Camp Bastion to show their appreciation.

Work gets under way on Ninewells Nuclear Medicine Unit

NHS Tayside Chairman Sandy Watson carried out the official cutting of the sod ceremony marking the beginning of construction on a major new building project at Ninewells Hospital.

The Nuclear Medicine Unit is due to move from its current home to a new, purpose-built unit near the main entrance of the hospital. Enabling works have been carried out over the past couple of months with construction now officially under way on the new unit, which is expected to be operational by summer 2012.

The Nuclear Medicine Unit at Ninewells provides a Tayside-wide diagnostic and therapeutic service, carrying out around 7000 imaging studies each year on three gamma cameras.

Infection Control Week

A two-day event was held at Ninewells Hospital during Infection Control Week (17 - 23 October) which focused on steps that staff, patients and visitors can take to help prevent the winter vomiting bug coming into hospital.

Senior Nurse Infection Control Pamela Davidson said, “This year the focus of Infection Control Week is on trying to reduce the impact of norovirus, also known as the winter vomiting bug, and some simple steps that visitors can take to help prevent this infection and others like flu coming into hospital.

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news in brief

Dundee

Equally Well events

The Dundee Equally Well test site 'StobsWELLbeing' has been running a new awareness raising programme for Stobswell residents to help improve mental well-being and support them to look after their mental health.

'Mind Yer Heid!' sessions help local people to build confidence, reduce stress, and learn to cope with difficult situations.

For further information contact Equally Well Lead Officer Sheila McMahon on (01382) 435852.

Wheelchair users and carers event

Wheelchair users and carers were invited to a public consultation event at Ninewells’ Tayside Orthopaedic and Rehabilitation Technology (TORT) Centre on how to modernise wheelchair services.

Consultant Clinical Scientist Dr Geoff Bardsley has been leading a national wheelchair project as it relates to Tayside, which aims to modernise wheelchair services.

An important part of this is to involve wheelchair users and their carers more closely with the operation and strategic development of the service.

Stroke Awareness Week

Members of NHS Tayside’s Stroke Liaison Team hosted an awareness event at Asda Kirkton in Dundee to mark Stroke Awareness Week which highlights the fact that stroke is the third most common cause of death and the most frequent cause of severe adult disability in Scotland.

NHS Tayside’s Stroke Liaison Nurses provide ongoing care for people in the community after a stroke or ‘mini stroke’.

Play in Hospital Week

Ninewells Paediatric Unit celebrated Play in Hospital Week which had the theme of ‘Play Works’ and aimed to raise awareness of the value of play for sick children and young people in hospital.

The Play Service Department launched the event with a balloon launch for staff and patients in the garden of the children’s ward.

Play began in Ninewells in 1962 under the guidance of Margaret Deuchars, who still leads the service today.

Firsts for Ninewells

Ninewells has become the first treatment centre in Scotland to offer a potentially lifesaving new highly specialised surgery and chemotherapy procedure for patients with cancer.

The introduction of this new procedure means greater life expectancy for patients with colorectal cancer.

The procedure requires a patient to undergo a complex surgical procedure and the removal of the membrane that lines the inner wall of the abdomen and all visible recurrent cancer.

Another first for Ninewells was a keyhole procedure to partially remove part of a patient’s bladder, the first in Scotland.

A partial cystectomy has been carried out by Consultant Urological Surgeon Ghulam Nabi on a patient who had been suffering from urinary problems for some time due to a large cyst on his bladder.

Mr Nabi said, "Previously in Tayside, an open procedure would have been carried out, but the keyhole procedure offers the patient increased benefits including two tiny incisions as opposed to one of around 15 centimetres in length, less blood loss, a much shorter hospital stay and quicker healing."

"Ninewells is really at the forefront of introducing these procedures to Scotland and is becoming a centre of excellence for keyhole surgery."

Ninewells vs. Tayside
Shona Robison visits Crieff Community Hospital

Minister for Public Health, Shona Robison visited Crieff Community Hospital to see a project which is using telemedicine to improve care for patients with lung disease.

The Pulmonary Rehabilitation Telehealth Project uses teleconferencing equipment to deliver patient assessment, exercise training, education and psychosocial support to people in Crieff with Chronic Obstructive Pulmonary Disease (COPD), saving them a journey to PRI.

Patients are given a consultation with a physiotherapist and a physiotherapy assistant based at PRI. The project is also being trialled in Blairgowrie and Pitlochry.

Roxburghe House celebrates top environment award

The Macmillan Day Care centre at Roxburghe House has been presented with the Macmillan Quality Environment Mark (MDEM) for high standards in building design and cancer services after receiving the highest marks by independent assessors.

The MDEM will help to ensure that people affected by cancer are treated and supported in physical environments of uniformly high quality.

The scheme is open to any healthcare providers from the public, voluntary or private sectors that operate cancer care buildings. It has been developed in collaboration with people living with cancer.

NHS Tayside celebrates volunteering

Volunteers from throughout Tayside were invited to attend receptions at Ninewells and PRI to thank them for their contributions to the health service.

The volunteers were welcomed by Chairman Sandy Watson, who also awarded long service awards to a number of those attending, for 5, 10 and 15 years’ volunteer service.

There are over 950 volunteers in NHS Tayside who can be found working alongside staff on many hospital wards and helping to support self-management groups in the communities of Dundee, Angus and Perth & Kinross.

At the awards ceremonies a member of Voluntary Development Scotland also presented ‘Investing In Volunteers’ awards to NHS Tayside.

Mr Watson said: “We are extremely grateful to all of the volunteers who are involved in providing a huge contribution to the health service across NHS Tayside.

“We are also delighted that NHS Tayside has gained the ‘Investing In Volunteers’ award.

- The Angus event was cancelled due to the adverse weather but is being rescheduled for the new year.

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Stop smoking support for Rattray residents

Smokers in Rattray are being offered support to give up smoking with the introduction of a new morning group. NHS Tayside Smoking Cessation Advisor Claire Johnstone has been running drop-in groups at venues in Perth & Kinross for over a year and is now starting up a new morning group in the Balmore Hall in Rattray. The free drop-in will run every Friday from 9.30-10.30am and are open to everyone. Potential quitters can also contact Claire on 07747 693372 or NHS Tayside Smoke Free Services on 0845 600 9996 to discuss the best options for support.

Art on display in Perth

The Moncrieff Community Centre in Perth hosted the final celebration and display of artworks created by participants on a Long Term Conditions art programme. The work with the Perth Parkinson’s Group is part of an innovative approach to improving the health and wellbeing of people with this and other long-term conditions. The Stroke Rehab Unit at Perth Royal Infirmary also showcased a selection of artwork created by inpatients on an arts programme. Both programmes are run by Tayside Healthcare Arts Trust (THAT) in association with NHS Tayside as part of their wider commitment to working with people with Long Term Conditions.

New dementia service for Strathmore

A new local service for people living with dementia and their families has been launched for the residents of Strathmore. Specialist support for people living with dementia and their families, following diagnosis, will also be available, along with education and specialist counselling to help support them to continue their lives within the community.

Halloween fun for young mums

Mums and babies in Perth had some spooky fun at the Beyond Bumps Halloween party. Staff invited mums to dress up their babies in Halloween outfits for Beyond Bumps, a postnatal group for young mums up to the age of 21 which meets on a Thursday morning from 10-11.30am at Youth Services in Scott Street, Perth. Following on from Baby Bumps, the award-winning group for young pregnant girls, Beyond Bumps is an opportunity for young mums to seek support and advice on any aspect of parenting in a relaxed and friendly environment. Beyond Bumps is a joint initiative between NHS Tayside and Home-start. For more information please contact Vriette Swift on 07760 210767.

‘Winter Warmer’ event in Perth

Older people in Perth were invited to a ‘Winter Warmer’ event to help get them prepared for the colder weather. Perth & Kinross Healthy Communities Collaborative (HCC) hosted the event which included electric blanket testing by Tayside Fire and Rescue, a free soup lunch and various stalls offering information and advice on being prepared for winter. Visitors were also able to take part in some fun activities including indoor curling and ten-pin bowling on the Nintendo Wii.
Steps to Better Healthcare is a programme of activity, redesign of services and innovation which is working towards NHS Tayside’s vision of healthcare and health services for the future. Its foundations are firmly in finding new and different ways to improve the experiences of our patients and keep on improving healthcare for all our communities in Tayside.

The STBH plan also puts staff very much at the heart of any improvement and redesign work. Our focus is on driving up quality in everything we do and ensuring any redesign of services puts patients at the centre of their own healthcare.

**Challenge**

We are committed to continuing to invest in new and improved ways of delivering care but we all need to challenge ourselves, the public and each other to keep reducing waste and variation in our services. This will mean all of us thinking and acting differently to find the best ways to improve the health and healthcare for the people of Tayside.

**Eight projects**

STBH is focusing on eight project areas. All of the teams involved in these workstreams have been working extremely hard to identify ways to deliver services in these key areas. We have highlighted some of the teams’ achievements to date and we will keep you updated on the future progress of these. You can find more information about STBH on the dedicated website on Staffnet.

**Mental health**

The General Adult Psychiatry Service has implemented a ‘one acute ward model’ at Sunnyside prior to the move to Stracathro next autumn and all males requiring intensive psychiatric input will now be cared for at Carseview. The service has also been running a test of change in two localities with teams providing emergency assessments and alternatives to admission in the form of intensive home treatment, early supported discharge or signposting to other services. These teams are providing a real alternative to people who previously had nowhere else to go.

The teams are also able to assist people to leave hospital earlier and support them back in to the community offering practical assistance, psychological interventions and emotional support. Contact hazel.mitchell@nhs.net x62300

**Outpatients**

The project team has been working with the staff across the organisation to look at ways to improve outpatient services. This has been an excellent opportunity for everyone involved in delivering outpatient services to look at the services they provide in a different way and use the information gathered to identify opportunities for new and improved ways of working. This supports timely access to outpatient services with an access policy having been developed, which provides a standard approach to annual leave planning and service planning. This policy was implemented across Tayside on 1 October. It is also important that we have a flexible, skilled workforce to provide safe, effective, quality care across all outpatient services within NHS Tayside. The nursing Workforce Plan has been completed and offers consideration to what the future nursing workforce for outpatients will look like. Discussions regarding the changes to the current skill mix, within consultant-led outpatient clinics, have taken place with service managers. Consultation with all nursing staff will take place prior to implementation. Awareness sessions have been held to gather views from staff on their own experiences and thoughts as to how outpatient services could be delivered in the future. We have also been asking patients for their views and plan to invite the public to an open forum to discuss the outpatient project and provide feedback on the comments received. Contact outpatientproject.tayside@nhs.net or kerry.wilson@nhs.net x40443

**Surgery**

The surgery team has been extremely busy over the past few months and has started to implement new ways of working to increase same day surgery, which will result in a reduction in hospital waiting times and improved flow in theatres. One of the initiatives introduced is a standard approach to pre-operative assessment across Tayside, which will ensure patients are better prepared for surgery and, where appropriate, will be admitted on the day of their surgery. The team are also piloting an ‘enhanced recovery’ programme for patients undergoing hip and knee joint replacement, allowing earlier mobilisation of the joint after surgery and a reduction in length of stay in hospital. The aim is to make day case surgery the ‘norm’ across Tayside. Contact hazel.carroll@nhs.net x36389

**Older people**

NHS Tayside has ambitious plans to modernise services for older people.

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**Steps to Better Healthcare (STBH)**

**Staffnet**

**Sunnyside**

**Stracathro**

**Carseview**

**FTB**

**STBH**

**Chairman Sandy Watson said, “NHS Tayside is an organisation with a great ambition and, over the next five years, we will take every opportunity to look at things differently. We are all capable of making that leap from looking at our plans with the fixation of ‘where can we make the savings’ and shift to viewing service redesign and change as a transformation process, which will both reduce waste and elevate our services to the best they can be.”**

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**PATIENTS AT THE CENTRE**

**Chairman Sandy Watson**

**NHS Tayside**

**mitchell@nhs.net x62300**

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**One of the surgeons at Stracathro**

**Older people**

NHS Tayside has ambitious plans to modernise services for older people.
with the ultimate aim of enhancing the journey of care for all elderly patients. Over the past few months, the project team has been concentrating on the introduction of new care pathways, meaning patients are assessed quicker and they have a reduced length of stay. There has been a redesign of wards and staffing at Royal Victoria Hospital with Ward 6, closing in the summer, and Ninewells now having a dedicated Medicine for the Elderly (MFE) unit on wards 5/6. The Ashludie project team is currently looking at how we can provide more appropriate accommodation for patients as the environment and facilities are no longer suitable. Contact arlene.wood@nhs.net x36726 or janieehenderson@nhs.net x71155.

**Workforce**

The focus of the workforce team has been to look at introducing a number of processes to achieve efficiencies. These include minimising supplementary staffing (bank staff, agency staff and locums) across Tayside, developing a new Skill/Redeployment Register and looking at ways to deploy staff more flexibly. A new vacancy/recruitment management control process is also currently in place. The team has been concentrating on tackling absence rates and a new employee support service is being piloted in Angus CHP. This service, which started in October, engages with staff members from their first day of absence, offering ongoing support throughout their period of absence, helping them back to health and back to work. Contact geordedeherty@nhs.net x36979.

**Balance of care**

Angus Balance of Care Programme aims to develop services to meet the needs of the current and future adult population of Angus through: local delivery of care; safe effective care; patient empowerment and support to self-manage; fair access to services; and effective utilisation of resources through reduction of waste, variation and harm. The programme includes areas of improvement including: extended range of proactive care services, including falls, renal dialysis, deep venous thrombosis pathway and virtual wards; reduction of unscheduled care; improved palliative and end of life care; maximising use of community hospitals; improved self-management support and community capacity; and extensive workforce planning. Contact janet.guilde@nhs.net 01307 474889.

**Survive or Thrive? - The 5% v the 95%**

NHS Tayside Chief Operating Officer Gerry Marr said, “If we continue with the traditional preoccupation of just meeting our 5% savings target, we, as an organisation, might just survive the coming years. But making those 5% efficiency savings is becoming more and more difficult as we all know opportunities are dwindling on how to make those savings on our existing services.

“So let’s focus our efforts on the 95%, ruthlessly examining every penny we spend and seizing each daily opportunity to spend our £700 million a year better – that’s better for patients and staff.

“We will drive out wasteful spending and make sure patients have a better experience by reducing waste and variation and ensuring patients are seen by the right person in the right place for the right treatment with no delays, no hold ups for diagnostic treatments and the best pathway in place for their health.

**Optimising capacity**

Members of the Estates team are visiting all of the 94 properties that NHS Tayside maintains, with a view to optimising the capacity of new and existing buildings and improving patient experience and the staff working environment. Over the past few months the team has visited a number of sites for tours of the facilities, meetings with members of staff and detailed question and answer sessions. The visits assess the quality and condition of the property, how well the space is used and how it fits for purpose the facility is. A new group called the Property Strategy Management Group has been set up, with representation from staff side and workforce, to consider proposals from services for new accommodation or changes to their existing premises. Contact amot.tippett@nhs.net x71115.

**Prescribing**

The prescribing workstream is developing the Tayside Area Formulary (TAF), ensuring that it meets the prescribing needs of all primary and secondary care prescribers, and is easily accessible electronically via Staffnet and a newly-developed smart phone application. The TAF represents the best evidence-based and cost-effective choices for the majority of patients with a particular condition, with clinical effectiveness remaining the top priority. The team are looking at implementing initiatives which offer people on multiple medicines (polypharmacy) a face-to-face medication review focusing on empowering them to manage their medication and encouraging their involvement in any decision making. They are also working to reduce the potential for harm and improve patient and carer experience by offering a specialist medication review for people with dementia in care homes who are prescribed antipsychotic medication. The quality of Coeliac Disease management is to be improved by implementing an enhanced patient pathway for access, assessment, information and choice in the range of nutritional products making it easier for self-management of the condition.

Contact Frances.rooney@nhs.net x3967.

Your ideas will help us. We’d also like to hear YOUR ideas from the frontline about how we can reduce waste and inefficiencies and, most importantly, improve services for our patients.

You can give us your ideas by emailing communications.tayside@nhs.net
Research carried out by music licensing organisations has proven that shoppers do actually spend more if they hear festive tunes playing – so love it or hate it, there’s little chance of high street stores letting up on playing these songs well in advance of Christmas any time soon.

So we are fighting a losing battle with retailers if these tunes make us more likely to splash the cash, regardless of whether or not we want to hear about sleigh bells ringing and Santa Claus coming to town in October!

There has been a rise in the amount of Christmas-themed music played in stores in recent years with the most popular Christmas song over the last 10 years being Mariah Carey’s ‘All I Want for Christmas is You’.

The Pogues’ ‘Fairytale of New York’ featuring Kirsty MacColl takes second place and Slade’s ‘Merry Xmas Everybody’ is third.

So whether their preference was the dulcet tones of Bing Crosby on ‘White Christmas’ or the more unconventional Christmas number 1 hit such as ‘Killing in the Name’ by Rage Against The Machine in 2009, we asked some members of staff what their favourite Christmas song was and why?

Bill Lynch
DENTAL TECHNICIAN
Orthodontic Laboratory, Dundee Dental Hospital

What is your favourite Christmas song and why?
‘Merry Xmas Everybody’ by Slade. It always gets the crowd going and makes people happy.

Dave Hoban
DENTAL LABORATORY SERVICES MANAGER
Orthodontic Laboratory, Dundee Dental Hospital

What is your favourite Christmas song and why?
‘Fairytale of New York’ by The Pogues. I like this song as it’s a good tune to dance to and puts you in the Christmas spirit.

The top 10 most played Christmas songs of the noughties:
1. ALL I WANT FOR CHRISTMAS IS YOU Mariah Carey (1994)
2. FAIRYTALE OF NEW YORK The Pogues (1987)
3. MERRY XMAS EVERYBODY Slade (1973)
5. DO THEY KNOW IT’S CHRISTMAS? Band Aid (1984)
6. DRIVING HOME FOR CHRISTMAS Chris Rea (1988)
7. LAST CHRISTMAS Wham (1984)
8. BELIEVE IN FATHER CHRISTMAS Greg Lake (1975)
9. STEP INTO CHRISTMAS Elton John (1973)
10. WONDERFUL CHRISTMAS TIME Paul McCartney (1979)
(Source: PPL & PRS for Music)
Helen Watson
STAFF NURSE
Isla Ward, Whitehills HCCC
What is your favourite Christmas song and why?
My favourite Christmas song is 'I Wish It Could Be Christmas Everyday' by Wizzard, but to be honest those people who know me know that Christmas is not my favourite time of year so the song choice is a bit tongue-in-cheek!

Fran Wood
HEALTHCARE ASSISTANT
Isla Ward, Whitehills HCCC
What is your favourite Christmas song and why?
‘Fairytail of New York’ by The Pogues makes me think of Christmas.

Kirsty Licence
CONSULTANT IN PUBLIC HEALTH
Public Health, Kings Cross
What is your favourite Christmas song and why?
‘Happy Christmas (War is Over)’ by John Lennon. It makes me think about the real meaning of Christmas, which is less commercialised and materialistic.

Linda Rodger
DEPARTMENT ADMINISTRATOR
Public Health, Kings Cross
What is your favourite Christmas song and why?
'I Wish It Could Be Christmas Everyday' by Wizzard. I love this song because Christmas is my favourite day of the year. I am like a child at Christmas!
‘The horrors of smoking’

Smoking cessation advisors at Ninewells held a Halloween-themed event to raise awareness about the horrors of smoking.

The event featured a display of resources showing the effects of smoking on health such as cardiovascular disease, lung cancer and respiratory diseases, as well as some of the chemicals found in cigarette smoke.

Staff, visitors and patients were also able to pick up information leaflets and freebies, and find out about local stop smoking groups. For more information on support for staff please contact the Hospital Smoke Free Service on 07879 878180.

New breastfeeding clinics for Dundee mums

A series of clinics are currently running in Dundee which offer practical advice for mothers who are having difficulties breastfeeding.

Breastfeeding takes time and has to be learned, and having the right kind of support and encouragement is vital to ensure success.

Three clinics have been set up across Dundee, including a drop-in service at the TayStays Grow Well café at The Shore and two referral clinics at Ninewells and Armitstead Child Development Centre.

Staff from Arbroath maternity unit have joined up with expectant mothers to give up smoking through NHS Tayside Smoke Free Services.

Angus Smoking Cessation Co-ordinator Kenny Grewar holds Give It Up For Baby sessions every week at the maternity unit and mums who smoke are invited along to take part in the scheme.

Staff midwife Wendy Bruce, midwife Sheenagh Howard and unit administrator Beverley Crighton decided to take advantage of Kenny being at the unit and went along to the weekly sessions for support and advice on giving up smoking.

With Kenny’s help, Wendy, Sheenagh and Beverley have successfully stopped smoking for over five months and the maternity unit now has a completely smoke free workforce.

Linda (left) with Heather

Recent winner Heather Esplin is a mum of eight from Dundee and has breastfed each of her children. The latest edition to the family, Owen, was born 11 weeks early and Heather has expressed milk and exclusively breastfed him from day one.

Presenting Heather with her baby hamper prize, midwifery team leader Linda Arnott said, “We were all delighted when we realised Heather had won because she is such a great advert to show how easy breastfeeding can be.”

Successful quitter Elsie Tosh (centre) with smoking cessation workers Audrey Mackenzie (left) and Jodi Moodie

Healthwise

Arbroath maternity staff go smoke free

The midwifery team at Ninewells have been getting the message across about the benefits of breastfeeding by encouraging expectant mums to take part in a monthly breastfeeding awareness quiz.

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Infant feeding advisor Carol Sutherland, Head of Midwifery Kay Forsyth, community midwife Catherine MacDonald, receptionist Mandy Byrne and public health officer Liz Magee with GrowWell breastfeeding mum of the year Susan Middleton (front, centre) and baby Catherine

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NHS Tayside has been giving staff, patients and members of the public the opportunity to share their views and help shape the future of their health service.

Members of NHS Tayside’s Corporate Communications and Public Involvement teams chatted to visitors at events across Tayside including health fairs at Ninewells and in Forfar, and Age Matters, a public event to celebrate National Older People’s Day in Perth.

Opening the health fair at Ninewells, Chairman of NHS Tayside Sandy Watson explained, “One of the aims of these events is to make the people of Tayside aware that it is only by working together that we can make a difference to the future of our NHS.

“ “We have ambitious plans to work with local communities and we are focused on four main aims – to contribute to closing the health inequalities gap, to improve healthy life expectancy by supporting people to look after themselves, to ensure that services meet quality standards, especially patient experience, and to be cost effective in all decisions, actions and services.”

Visitors to the health fairs also had the opportunity to pick up information from a variety of health promotion and information stalls on site and, at the event in Perth, there was a variety of activities and services aimed at older people such as computer awareness, home safety and gentle aerobics.

Shaping future health services

Healthy Working Lives Awards

NHS Tayside departments were amongst several organisations honoured at a special ceremony held at Dundee City Chambers to celebrate their efforts in building healthy workplaces for staff.

NHS Tayside’s Support Services Department picked up their Gold Award, the Centre for Brain Injury Rehabilitation at Royal Victoria Hospital and NHS Tayside’s Delivery Unit gained Silver Awards, and the NHS Tayside-based Scottish Bowel Screening Programme earned their Bronze Award.

Some of the workplace initiatives undertaken were Heartstart training, walk/jog groups, smoking cessation, weight management, cycle schemes and health checks.

Strategic Director of the National Centre for Healthy Working Lives Steve Bell presented the organisations with their certificates.

l-r Helen Fraser and Avril Campbell of Support Services receive their award from Steve Bell.

Picture courtesy of Photos on Location, Forfar
Heart clinic visits local communities

A monthly clinic offering one-to-one sessions with a cardiologist has been taken out into Dundee communities to reach patients closer to their own home.

Patients are referred to the clinic by the Hearty Lives team who travel across the city providing heart health checks to members of the public and information, advice and support to help people lead healthier lives and maintain lifestyle change.

Consultant cardiologist Professor Stuart Pringle said, “We hope to improve access to cardiology services by taking clinics into communities, particularly to those areas of greatest need.

“Patients tend to find these clinics to be welcoming and a less daunting experience than attending a hospital clinic.”

Healthy workshops for Crieff pupils

NHS Tayside’s Peadiatric Overweight Service Tayside (POST) and Active Schools co-ordinators visited Crieff Primary School to highlight the importance of healthy eating and physical activity.

Primary 7 pupils took part in the workshops, which focused the messages “It’s easy as 1, 2, 3”: Be active for at least 1 hour a day, limit time spent in front of the TV or computer to 2 hours per day and eat 3 healthy, balanced meals per day.

Children were also told about the different types of foods in the five main food groups and how to have healthy snacks in between meals.

Among the activities the pupils took part in were physical activity and body mapping sessions, as well as a workshop run by parents, which included a ‘taste & try’ food session.

Anneka Maxwell from the POST team (right) with some of the pupils

Heartstart Discovery has reached a major milestone with the training of its 25,000th participant.

The landmark figure was reached as Heartstart Discovery co-ordinator Helen Brady visited Menziehill Community Centre. The group were trained in cardio-pulmonary resuscitation (CPR) and basic life support skills and, after the session, Helen presented them with their certificates.

“We are absolutely delighted to have reached this milestone and we hope to continue to go from strength to strength,” said Helen.

Youth Talkin’ Health winner

Caitlin Midwinter, a pupil at Arbroath Academy, was presented with an iPod Touch by Robbie Cargill, a Youth Talkin’ Health member from Angus.

The prize was offered as an incentive to young people across Tayside to complete a questionnaire on mental health and sexual health services, which was designed by Youth Talkin’ Health.

A report on the consultation is being presented to Tayside NHS Board in early 2011.

Caitlin (left) accepts her prize from Robbie.
A series of events took place across Tayside to promote sensible drinking during Alcohol Awareness Week.

NHS Tayside teamed up with Tayside Police, Tayside Fire and Rescue, football clubs, students, pubs and local shops to get the message across about the number of units people drink and how to make positive choices when it comes to alcohol.
learning together

Top award for payroll manager Gail

Payroll project manager Gail Nairn has received a top award from Robert Gordon University for her performance in a BA degree course.

After completing an HNC and HND in management, Gail undertook a part-time BA degree in Management Studies at Robert Gordon University, which included a combination of online learning and face to face classes with tutors from the university and Angus College.

Gail achieved her degree with Distinction and was also awarded the prize for the top BA Management Studies student in her cohort of both full and part-time students.

Ceremony for apprentices

Two new apprentices were recently welcomed to NHS Tayside at a ceremony to mark the fifth intake to the programme.

The new recruits, Fraser Gow and Gillon Stewart, will be trained as a mechanical fitter and a floorlayer in all three acute hospitals, as well as a number of community hospitals.

The ceremony also celebrated the training of apprentices and adult trainees from previous year’s intakes, and the first award for the NHS Tayside ‘Healthcare Estates Apprentice of the Year’ was presented to apprentice plumber Christopher Young.

Engineering maintenance manager Alan Gallacher said, ‘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 candidates recruited this year, this looks set to continue.”

Regulation of Healthcare Support Workers update

From 31 December all Health Boards in Scotland will be implementing the new Mandatory Induction Standards and Code of Practice for Employers of Healthcare Support Workers in Scotland.

A Healthcare Support Worker is any person who is a health worker serving the public in a direct or indirect role under supervision of a healthcare professional, or dealing with patient identifiable data, or is responsible for maintaining premises or equipment used by patients, or involved in the preparation/delivery of goods or services directly for/to service users.

The Cabinet Secretary Nicola Sturgeon described Healthcare Support Workers as the ‘engine’ of the NHS and key to its effective functioning. A major part of the establishment of these standards is public assurance around the employment of Healthcare Support Workers in Scotland.

All Healthcare Support Workers who start permanent or temporary employment with NHS Tayside from 31 December 2010 will achieve the Induction Standards and continue to comply with the Code of Conduct.

For Healthcare Support Workers recruited by NHS Tayside before 31 December 2010, compliance with the code will not be immediately mandatory but the code will be adopted as the service standard.

Information has been sent out to department heads and a series of information sessions are being delivered across the organisation. Local workforce advisors will provide support for areas recruiting Healthcare Support Workers new to the NHS from 31 December.

Learning resources are available to download at www.hcwtoolkit.nes.scot.nhs.uk.

Some of those who attended the event

Safety in Mental Health event

An event was held at Ninewells to update and inform staff about the Patient Safety in Mental Health Collaborative.

NHS Tayside joined The Health Foundation’s Improving Safety in Mental Health Programme earlier this year and is working alongside staff from three Trusts in England to improve safety within Mental Health.

The event was organised to keep staff updated on the work of the Collaborative, the achievements over the last year and how work will progress to continue to improve patient safety across all services.
**Healthcare Academy students graduate**

Students from Dundee’s Healthcare Academy and Perth & Kinross Health and Social Care Academy celebrated their graduation recently at special ceremonies held at Dundee and Perth Colleges.

The Healthcare Academy is a successful joint initiative between NHS Tayside and partner agencies, including local colleges and councils, Jobcentre Plus, Skills Development Scotland and Careers Scotland.

Students undertake a pre-employment training programme which combines college-based learning with practical placements within NHS Tayside.

Dundee students received their certificates from NHS Tayside Director of Operations Ken Armstrong. Minister for Public Health Shona Robison was at the Perth College event to chat with students and present them with their certificates.

**Sharing patient stories**

NHS Tayside has been working to develop a library of digital patients’ stories for the purposes of staff education and training.

This exciting and interesting project aims to provide NHS Tayside with a library of digital patients’ stories that can be shared for use in healthcare education and quality improvement.

NHS Tayside wishes to encourage dialogue between patients, carers, relatives and those providing and delivering care to promote a culture of information sharing and, with the patient stories relating to local and actual events, the learning becomes more relevant.

A synopsis of patient stories completed so far is available on Staffnet under Safe & Effective Working | Patient Stories.

If you would like to share your experience of the health service or know someone who does, please contact Lisa Dempster on 01382 424168, x71168 or email safetygovernanceriskdept.tayside@nhs.net.

**College students ‘Realising Potential’**

Two students from Dundee College were invited to an informal ‘wee tea’ hosted by NHS Tayside’s AHP Director Kath Fairgrieve as a thank you for their participation in a DVD to accompany the Scottish Government document ‘Realising Potential: An action plan for allied health professionals in mental health’.

Mark Feeney and Andy McCrindle were congratulated by NHS Tayside Chairman Sandy Watson, along with highly specialist occupational therapist Gillian Funai who also took part in the DVD.

The DVD looks in depth at how Mark and Andy have created a meaningful life by integrating education and work into their recovery from a mental health condition.

They accomplished this through their involvement in a multi-agency prevocational training programme called Moving Forward in which Dundee’s Mental Health occupational therapists are key players.
NHS Tayside’s ‘Care to Save’ green campaign is helping to ensure we are performing well in meeting our sustainability and environmental targets.

At the recent Ninewells ‘Steps to Better Healthcare’ health fair over 100 members of staff signed a pledge demonstrating their commitment to doing all they can to reduce CO2 emissions. They made a pledge to switch off all lights and electrical appliances when leaving the office, print less, walk more and use cars less. Signatories included NHS Tayside Chairman and Sustainability Champion Sandy Watson, Delivery Unit Chairman Murray Petrie, Director for Workforce Alex Killick and Ninewells Site Manager Brian Main.

NHS Tayside is actively using the Good Corporate Citizenship tool, which is compulsory for all health boards and focuses on how the NHS behaves as an employer, purchaser, manager of transport, energy, waste and water, a landholder and commissioner of building work. By acting as a Good Corporate Citizen, NHS Tayside can achieve many health benefits for patients, save money through energy efficiency, waste reduction and core utilisation of resources, engage with the community and contribute to UK climate change targets.

Here are some of the green initiatives currently being carried out across NHS Tayside:

Recycling of waste has been implemented across all of NHS Tayside’s Dundee community locations, Ninewells and Dundee Dental. Recyclable waste can now all be disposed of together within the one bin and is collected in clear bags. Non-recyclable waste is collected in black bags. General waste for black bags includes polystyrene, food waste, crisp packets, sweet papers, sandwich packaging and string. The waste that can be collected in the clear bags can be recycled is paper, cardboard, hand towels, plastic bottles and containers, polystyrene, tins, aluminium and steel cans.

Glass is recyclable but is disposed of separately, as are batteries which can be deposited in the battery recycling bins located at many sites across NHS Tayside. The introduction of the battery recycling bins has proven popular, particularly at Ninewells, where over 200kg of batteries have been uplifted since the scheme was introduced.

Recycling is also taking place in Angus and Perth & Kinross community sites, and will be introduced at Perth Royal Infirmary in the near future.

NHS Tayside has introduced changes to power management settings on staff PCs. Monitors will switch to standby mode after 20 minutes of idle time and can be returned to full power by pressing any key on the keyboard, or by moving the mouse. This will reduce the power the PC and monitor use during idle periods.

As part of NHS Tayside’s efforts to raise awareness of sustainability and environmental issues a Sustainability and Environmental management microsite will be available on Staffnet soon. The site will give information and advice in relation to energy efficiency, transport and travel, sustainability, waste disposal and recycling.

It is hoped that by making this information more easily available staff will be in a better position to make decisions which minimise the impact on the environment and contribute to NHS Tayside achieving its targets.

Energy Co-ordinator Mai Muhammad said, “To date NHS Tayside has been one of the top performing Boards in respect of energy reduction.

“Recent energy initiatives which have been undertaken will impact significantly on the organisation over the next number of years and help to achieve national targets set for 2010-2015, which require a 3% reduction in fossil fuel and a 3% energy efficiency saving year on year.”
Freda Stewart, Health Improvement Partnership Manager, tells spectra why dinner at her house would be a laugh and recommends that before undertaking any climbing it’s always best to wear the right clothes.

Name, designation and dept.
Freda Stewart
Health Improvement Partnership Manager
Angus Community Health Partnership.

Personal history
Initially my nurse training was in mental health and I have worked at Murray Royal and Murthly Hospitals. I moved over to general nursing before taking up a nursing post in intensive care where I stayed over seven years. After completing my BSc Nursing Degree, I decided to carry on working weekends in intensive care whilst undertaking my Advanced Practitioner in Public Health during the week. Over the past few years I have worked as a Senior Nurse for Children and Young People and I also worked as a Public Health Practitioner before taking up my current post four years ago. I have been fully supported by all my managers along the way and feel proud to be part of an organisation which is supportive of staff development.

I relax by walking, reading and more reading, Ceroc dancing and socialising with friends and family. I like to travel but would deny being a tourist, I’m a traveller...

Like(s) about current job
I work with a great team of people, every day brings something new and we have a very ‘can do’ attitude to reducing health inequalities across the partnership. It is rewarding to be able to see ideas that will help improve people’s health come to fruition. Oh yes, and I like not having to work at weekends well not very often!

Dislike about current job
When I put off the things I like least until they have to be done, thank goodness for Moira who saves me every time.

Most unusual thing asked to do at work
Having to climb in a ground floor toilet window because a patient had passed out behind the door. Those were the days when nurses wore white dresses so it was all a bit tricky. The male patients were watching football in the TV room next to the toilet and were oblivious to me climbing out of the TV room window and into the toilet window...all I can say is it must have been a cup final.

Achievement most proud
Apart from my two children, Kirsty and Greg, it is a close tie between climbing Everest and finally reaching one station below base camp and volunteering for a month at a children's orphanage in Kathmandu. Both were overwhelming experiences and I continue to support the orphanage.

Favourite writer
Loving the Stieg Larsson trilogy just now but enjoyed rereading To Kill a Mocking Bird this year.

Favourite music
Female singers such as Annie Lennox, Sharleen Spiteri and I saw Snow Patrol in Glasgow this year. I will sing along to any Elvis ballad, badly.

Favourite meal
I would have my Mum’s soup to start then Mary Grady’s macaroni and cheese. In fact anything not cooked by me.

Like most to have dinner with
Ian Hislop, Billy Connolly and Stephen Fry for the banter with John Bishop as the waiter.

Favourite word
Absolutely wonderful and yeah, yeah.

Top 3 frustrations
Never having enough time, having someone interrupt me when I’m speaking, being cut up on the dual carriage way.

Most embarrassing moment
I’m a nurse, nothing embarrasses me apart from that time...

Irritating habit
Interrupting people because if I don’t, I forget what I was going to say.

Do better than anyone else
Play badminton against a certain person who works in the corporate communications department.

3 wishes
To have known what I know now when I was 18, to make it to Everest base camp and to always have happy people in my life.
Integrated Clinical Environment (ICE)

- ICE is an online requesting and reporting system which will replace Central Vision
- Simple to use with quick access to results
- Links directly with the Laboratories and Radiology across NHS Tayside

Ordering Screen
- web based system
- automatic transfer of demographic patient information
- departmental specific screen design
- click to select required test(s)
- common multiple tests ordered with single click
- prompted only when necessary
- saves unnecessary delays and calls from service providers

Requesting
- includes all required information
- meets minimum patient identification requirements
- prints required number of specimen labels
- has specific container information
- system allows samples to be collected now, or at a later date
- online requesting for Histopathology, Microbiology and Radiology
- further services to be interfaced on rollout
- web links to clinical information
- problem and pathway based requests

Result Reporting
- Laboratory and Radiology reports
- Individual or cumulative results
- graphical displays
- interfaces with other information systems
- paperless reporting

Alerts
- when same test requested recently
- when test is inappropriate for patient (i.e. is gender specific)
- when a combination of tests is invalid

Some questions you may have . . .

Will we be trained how to use ICE?
The eHealth Training Implementation team will support and provide training as necessary. The simple interface is easy and quick to learn.

Do I have to change my system for taking samples?
No. ICE can be configured to suit your own requesting process.

Will it take me longer to order tests?
It’s true that there are a couple of extra key strokes. However, once you become familiar with the order screens, there will be time saved by being able to order several tests at once. And you will not have to transcribe any CH4 numbers to labels or answer requests from the laboratory for missing information.

What GP Clinical Systems are supported?
ICE currently works with Vision 3 and EMIS PCS.

When will these facilities be available?
We are planning to roll out ICE in Tayside during 2011.

For further information please contact iceimplementation@nhs.net

What’s new on Staffnet
Check out the following new sections within Our Websites -
- Annual Review
- Breast Screening and Imaging
- Finance Directorate – revised website
- Health Strategy – Mental Health
- NHS Tayside Equipment Library
- Seasonal Influenza
- Staff Survey

There is also a ‘Forgotten Password’ facility now available which will allow you to reset your LDAP password on Staffnet without having to phone the IT Service Desk.

Your LDAP account is used for logging into Staffnet and systems such as Central Vision, AIM, MIDIS and Tayside Training Database.

To reset your password, click on the ‘forgotten password’ link below the login button on Staffnet. You will then be asked to answer your security questions.

An email will automatically be sent to your nhs.net email account which will include a link to a page where you can create a new password.

If you are unable to answer the security questions you should contact the IT Service Desk for assistance.
Over £5000 for Tayside Children’s Hospital

Angus singer Davina Farquharson and musician Lynne Pattullo visited Ninewells Hospital to hand over cheques totalling £1350.

The talented duo worked together on a musical venture which resulted in Davina recording one of Lynne’s original songs: ‘I’m Nothing Without You’.

Davina decided to raise money to show her appreciation for the care and attention her brother and sister received from staff in Wards 32 and 27.

Almost 500 copies of the CD were sold to family and friends raising £1350 to be divided between the two wards.

Davina said, “Originally it was my brother Ed Weighton who suggested that selling the CDs would be a good way to raise funds and when he passed away I was determined to follow his wishes and sell as many CDs as I could.”

Almost £5000 for Tayside

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Almost £5000 for Tayside

Charity Quiz Night

A Dundee charity quiz raised £500 for the Stroke Unit at Ninewells Hospital.

Groups from the Dundee Stroke Recovery Club and the Dundee Quiz League were among 18 teams who took part in the annual fundraising quiz at Crangie Bowling Club.

The event was organised by Club President Jim Irving who began holding the quizzes after he was treated at Ninewells following a stroke in 2007.

Money was also raised by Chris Reid who got his legs waxed, Ross Jamieson who had his head shaved and Bruce Lawson who had his moustache shaved.

The department would like to thank all those who kindly donated money and helped raise over £400 for this good cause.

Hair-raising time at World’s Biggest Coffee Morning

The eHealth Implementation and Training Department at Monifieth IT Training Centre held an event to support the Macmillan World’s Biggest Coffee Morning.

Money was also raised by Chris Reid who got his legs waxed, Ross Jamieson who had his head shaved and Bruce Lawson who had his moustache shaved.

The department would like to thank all those who kindly donated money and helped raise over £400 for this good cause.

Radiotherapy staff ‘Wear it Pink’

Staff from the Radiotherapy Department at Ninewells showed their support for Breast Cancer Awareness Month by wearing pink items of clothing to raise money for breast cancer research.

The theme was continued with a selection of pink food and drink available in the waiting area for patients, visitors and staff. Staff were encouraged to support the event by donating £2 to wear something pink to work. Their efforts raised £195.
Moira Traynor (centre front) an auxiliary at the Labour Suite at Ninewells Hospital, Dundee, has retired after more than 40 years.

Moira, who lives in Dundee, started her career at the maternity unit of Dundee Royal Infirmary before transferring to Ninewells Maternity Unit. Moira plans to spend her retirement maintaining her multi-award-winning garden with husband George and indulging her passion for travel.

Vice-chairman of NHS Tayside Murray Petrie presented senior nurse Judith McMurray with a 40-year long service award.

Judith started nursing after leaving school in 1970 carrying out her training at Dundee Royal Infirmary with placements in Maryfield, Strathmartine and Royal Victoria Hospitals.

She went on to spend 10 years in neurosurgery working with eminent surgeons Joseph Block and Ivan Jacobson. Judith became senior charge nurse in neurosurgery, a post she held for eight years before being appointed to Clinical Nurse Manager for the Neuroscience Directorate.

After working in HR, Judith joined the Infection Control Team in 2003 where she learned many new skills and also successfully completed a Bachelor of Nursing Degree with Specialist Practitioner Qualification within Infection Control.

Estate Manager Ian Jarvis (left) said farewell to his colleagues after almost 35 years with NHS Tayside.

Ian served his electrical apprenticeship with JA Stewart in Cupar, before he joined the NHS as an electrician at Bridge of Earn Hospital in 1976. He has held various posts during his career including Estates Manager at Bridge of Earn, Murray Royal Hospital and latterly Perth Royal Infirmary.

Friends and colleagues gathered at a presentation in the Ballroom at Murray Royal Hospital, where Energy Centre Project Lead Ed McIntosh handed over gifts, vouchers and a cheque on their behalf.

Ed said, “Ian is a valued member of the senior estates management team and his contribution, particularly relating to electrical issues, was greatly valued.”

Dr Stewart Roxburgh and Dr Paul Baines

Consultant Ophthalmologists, Dr Stewart Roxburgh (left) and Dr Paul Baines have retired with a combined length of NHS service of 72 years, with 56 of those years spent within Tayside. Both undertook their medical studies at the University of Glasgow, graduating in 1974.

Staff from Tayside were joined by colleagues from across the country and abroad at a celebratory evening at the Hilton Hotel to wish the pair well.