Summer health

Stay safe this summer

news2u
Blairgowrie Community Hospital open day

feature
Summer health

check it out
£33,500 donation for Ninewells palliative care unit
Dear spectra readers,

It’s summer time! The sun is shining, schools are out and it’s time to head overseas for a fortnight at the beach. Or is it? According to new research, many of us are swapping our traditional holiday in the sun for a number of daycations – day trips to local attractions, theatre visits in the big cities or simply a day off to relax at home or take the family for a picnic in the park.

We decided to ask staff if they were abandoning their annual trip abroad for daycations and if they could recommend the perfect day out. Check out our Voxpop section on page 12 to see what they said. You might pick up some ideas for yourself!

Whether you jet off to the sun this year or keep it local, make sure that you stay healthy over the summer. We’ve got some great advice on page 16 on how to protect you and your family from sun exposure, both here and abroad, how to avoid food poisoning when barbecuing, as well as advice for travellers.

Our staff showed their charitable side recently by raising money for Comic Relief. There are some pictures of their efforts on page 11, including hair shaving, chest waxing, fancy dress and a good old-fashioned cake sale.

TREATS has another bumper eight-page pull-out this issue which is bursting with lots of special offers and days out for staff so why not check it out and see if you can book yourself a daycation!

There’s also a pull-out leaflet in this issue which contains information on who to turn to for advice on debt, benefits, legal issues, housing issues, helpful carers and lots more.

As always, we welcome your ideas and articles so get in touch if there’s something you’d like us to highlight (contact details below).

Remember to stay healthy this summer!

spectra editorial team

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Please send items for the next edition of spectra Issue 55 Aug/Sept to the editorial team by Tuesday 5 July. The deadlines for the following editions of spectra are: Issue 56 Oct/Nov - Tuesday 6 Sept and Issue 57 Dec/Jan - Tuesday 1 Nov. Communications Department, Board Headquarters, Kings Cross, Clepington Road, Dundee, DD3 8EA. E-mail: communications.tayside@nhs.net
Stracathro’s new patient information system

A free information day for people affected by long-term conditions was held in St Andrew’s Church in Arbroath. The event was officially opened by Deputy Chief Executive of NHS Tayside Caroline Selkirk.

The aim of the day was to help those affected by long-term conditions to live better by sharing information on the many services, local organisations and support groups available in Angus. The public were invited to visit the 25 information stands and workshops and sample a range of complementary therapies.

Climate Week

NHS Tayside supported national Climate Week by promoting its own ‘Care to Save’ campaign, which has four key green themes - energy, transport, recycling and sustainability - in its bid to help improve sustainability and meet national environmental targets.

NHS Tayside Energy Co-ordinator Mai Muhammad visited health centres in Dundee, Angus and Perth & Kinross during Climate Week, offering support, information and advice to staff around how they can take positive steps towards doing their bit for the environment.

Mai used Automated Meter Reading (AMR) technology to monitor the electricity consumption of three different health centres over the course of the week to inform the staff at each of the centres of their electricity use ‘before and after’ Climate Week.
Angus

• **Angus CHP keeping you up-to-date**

The Angus Community Health Partnership’s newsletter ‘Angus Community Health Services’ highlights the recent healthcare developments in Angus.

The newsletter is available at health centres, local libraries, Angus Council access offices and has been widely distributed to community groups, voluntary organisations and sheltered housing complexes as well as being available online on Facebook by searching for Angus Community Services and on Staffnet under Our Websites | Angus CHP.

• **Just in case boxes roll out across Angus**

Palliative care patients in Angus now have more support to manage their conditions at home with the introduction of Just in case boxes.

Local GPs and community district nursing teams have been working closely with Macmillan nurses to assist with the roll out of Just in case boxes across the county.

These medication kits contain a small supply of key medication that can be used when a palliative care patient develops symptoms related to their illness such as pain, sickness or anxiety.

Having these medication kits placed in the patient’s home helps to avoid distress caused by not having the right medication at the right time enabling a person to stay at home rather than be admitted to a hospital, if that is their wish.

• **Challenging your Condition**

A free self-management programme, called Challenging your Condition, for people living with a long-term condition was held in Arbroath.

The six-week course offered practical advice on the benefits of exercise, pain management, relaxation, and diet and nutrition and provided a relaxed and informal environment for people to be able to chat with others living with a long-term condition.

**Angus health team muck in**

Members of Angus Health Improvement Team donned their wellies to muck in and prepare the ground for planting at the community allotment on Brechin Road in Arbroath.

The Healthy Happy Communities Project in Arbroath is working in collaboration with members of the Arbroath community on a year-long health project, focusing on working with local people to develop their knowledge of health and nutrition for young families and women of child-bearing age.

A large part of the gardening plot will be dedicated to growing a variety of vegetables which families involved with the project can use for creating healthy dishes.

**Congratulations to Phyllis**

Montrose midwife and team leader Phyllis Winters scooped second place in the ‘Midwife of the Year’ category at this year’s Midwifery Practice Awards.

The British Journal of Midwifery celebrated the International Day of the Midwife by holding the eighth successive Clinical Practice Awards on 5 May, 2011 at the Palace Hotel, Manchester.

The awards aim to recognise initiative and enterprise in midwifery practice and to reward midwives who have achieved outstanding success. The standard of entries was exceptionally high with hundreds of midwives being nominated from across the country.

**l-r Senior health improvement/promotion specialist Aileen Tait, health improvement partnership manager Freda Stewart, smoking cessation services young peoples worker Hazel Donald, senior health improvement officer Bill Edwards, healthy ageing co-ordinator Margo Sinclair, smoking cessation co-ordinator Kenny Grewar and health improvement team administrator Maira Stirling**

Long Service Awards

Two long-serving members of staff have received awards from Vice-chair of NHS Tayside Murray Petrie to mark their many years of service with NHS Tayside.

Jane Coull, catering assistant at Royal Victoria Hospital, started working with the NHS in 1967 in the kitchen at Bridge of Earn Hospital in Perthshire. She moved to Dundee in 1969 as a trainee kitchen supervisor at Dundee Royal Infirmary before being transferred to Royal Victoria Hospital two years later to work in the dining room.

Barbara Anderson, clerical officer at the Tayside Orthopaedic Rehabilitation Technology (TORT) Centre at Ninewells, joined the NHS in 1971 working initially at Royal Victoria Hospital before moving to Dundee Royal Infirmary and then finally Ninewells.

Betty, who passed away around three years ago, worked at Maryfield and Kings Cross Hospitals for many years. The respiratory service is now located at Ninewells and the bench is taking pride of place outside the Chest Clinic, at the main entrance of East Block.

Former colleagues and family members came along to the unveiling ceremony and took the opportunity to share their memories of Betty.

In memory of Betty Dewar
Keep well event

A ‘Better Engagement Skills with Hard to Reach Groups’ event was held at Royal Victoria Hospital in Dundee for Keep well and anticipatory care practitioners from across Tayside and further afield.

The interactive programme was delivered by NHS Health Scotland and highlighted the need to engage certain groups of the population for early intervention to prevent the development of chronic disease.

The event aimed to provide a better understanding of the barriers and motivations of the target population to improve aspects of their health and to help give greater understanding of the range of different ways people can be engaged.

Nordic Walking group

Dundee Healthy Living Initiative is hoping to organise a group for Nordic Walking, a new outdoor walking technique using specially designed poles. It works your upper and lower body at the same time, making walking twice as effective.

If you are interested and would like to find out how you can take part please contact Theresa Henry on 01382 432569.

Cancer experts gather in Dundee

More than 100 delegates attended the Dundee-Belfast Cancer Centres Joint Symposium at the University of Dundee to discuss the latest advances in research and foster future collaboration.

Themes of the symposium included breast cancer, colorectal cancer, skin cancer and responses to radiation.

The Dundee Cancer Centre is a partnership between Cancer Research UK, the University of Dundee and NHS Tayside.

Launch of the robotic pharmacy

A robotic dispensing service for the preparation and distribution of medicines to all hospitals, clinics, community nursing, GPs and Out of Hours services across NHS Tayside was officially launched at Ninewells by Chairman Sandy Watson.

Mr Watson said, “NHS Tayside is committed to driving out waste and variation to the benefit of our patients. The delivery of this robotic pharmacy distribution and dispensing centre is an excellent example of a committed group of staff doing precisely that.”

The fully automated system will mean more efficient preparation of ward medication and dispensed items as well as requiring less space, as the medications are no longer stored in the traditional shelving units.

The Pharmacy Distribution and Dispensing Centre, based in Ninewells, serves a population of 399,550 people across Tayside and undertakes the dispensing of 18,500 medicines to patients each month.

In addition to the new dispensing system, a new patient waiting room has been built within the Centre.

Ninewells nurse wins Greenspace vouchers

Congratulations to senior staff nurse Ann Ansell, who works in the dermatology outpatient department at Ninewells and is the winner of Greenspace vouchers for her contribution to the consultation process around the Greenspace developments on the Ninewells site.

Forestry Commission Scotland, Dundee City Council, Maggie’s Centre and NHS Tayside is seeking to encourage staff, patients, visitors and the local community to make greater use of existing woodland and green space in the grounds of Ninewells, for health improvement, therapeutic activity, physical activity and relaxation.

Improvements to the grounds at Ninewells include cycling and walking paths, new signage and new seating areas which have made the access to the Arboretum so much better for staff and patients to enjoy.

Mary Colvin, health promotion manager and a member of the steering group for the Greenspace development, said, “Simple actions such as creating walking routes in good quality natural environments in hospital grounds allow patients, visitors and staff to be physically active, to engage with nature and to socialise.”

Mr Watson (right) getting a demonstration of the new dispensing system
NHS Tayside held an open day at Blairgowrie Community Hospital for residents of the Strathmore area to come along and find out what is currently available locally and to give their views on the development of services.

NHS Tayside Chairman Sandy Watson, Chief Executive Gerry Marr, Perth & Kinross CHP Chairman John Angus and Perth & Kinross CHP General Manger Bill Nicoll attended the event as well as staff from the hospital and community services.

Opening the event, Mr Watson asserted that NHS Tayside had no intentions of closing the community hospital. He said, “We know that Blairgowrie Community Hospital is fundamental to this community and we remain committed to delivering high quality healthcare from the site at the heart of the community.”

During the day visitors were able to take part in discussion sessions, see plans proposed for the development of the Strathmore Unit and chat with other healthcare staff from both the hospital and community services.

The Action Group for Blairgowrie Community Hospital also held a public meeting at the Blairgowrie High School to discuss the future of the hospital. The audience of more than 300 voiced their opinions to a panel made up of Sandy Watson, Gerry Marr, Medical Director Dr Andrew Russell and Bill Nicoll.

Art on display

Creative art programmes for people with long-term conditions have taken place in Perth and Angus.

Moncrieffe Community Centre in Perth hosted the ‘Personal Favourites’ display of art work created by people with dementia, which was delivered by Tayside Healthcare Arts Trust (THAT) in partnership with Alzheimer Scotland’s Perth Branch.

Participants used favourite photographs and objects to create personal hand-made books.

Camus House in Carnoustie was the setting for the celebration of art work created by participants attending day care. The programme was delivered in partnership with Angus Council and was designed to encourage people affected by dementia to explore and develop their creativity to make hand-crafted ceramic objects.
Successful first year for Cornhill

Members of Perth & Kinross CHP heard about the successful first year for Cornhill Macmillan Centre, the purpose-built palliative care unit in the grounds of PRI.

In its first year of opening the centre has seen 160 inpatient admissions to the unit. Cornhill opened as a six-bedded unit and has now increased to 10 beds as the new team and service have grown.

The centre provides comprehensive palliative care for inpatients with cancer and other life-limiting conditions including symptom control, rehabilitation and end-of-life care as well as offering support to families and carers.

Cornhill is a joint venture between NHS Tayside and Macmillan Cancer Support and delivers specialist palliative care services to the people of Perth & Kinross.

The Dust Never Settles

Patients from the forensic psychiatry unit at Murray Royal embraced their creative side with a drama performance at Perth Concert Hall.

The Dust Never Settles was a performance about journeys in the imagination and drew inspiration from the stage and television, including spaghetti westerns and comedy star turns. Devised and performed by patients from the unit, the piece involved drama, live music, songs and images.

Positive progress for Strathmore Dementia Service

The community-based model for Strathmore Dementia Service is helping to support 235 people to continue to live in their local community by enabling them to live longer at home and reducing inappropriate admissions to hospital or care homes.

Early diagnosis is a key factor in the treatment and management of dementia and the dementia service team are testing the use of open access memory clinics within GP surgeries, Strathmore Day Services and Day Hospital Services to identify people with dementia at an early stage in their illness.
Dundonald Day Services offers a wide range of individual, group and training activities aimed at promoting recovery and improving quality of life for service users across Dundee General Adult Psychiatry experiencing severe and enduring mental health challenges.

The multi-disciplinary team includes nursing, occupational therapy and medical staff, service user volunteers, peer support, support workers and a linked physiotherapist.

The past 18 months has seen a period of rapid and dramatic change with the service working hard to implement the recommendations from the Scottish Government paper ‘Rights, Relationships and Recovery’ and in October 2009 the team moved from Dudhope Terrace to the Dundonald Centre - an open, light, modern building with fantastic facilities set in the heart of the Stobswell community.

The centre has connected with the local community and has new volunteers, with early recruits coming via their attendance at community education groups. Volunteering opportunities have grown steadily to include peer support outreach, befriending, art group support and even smoking cessation volunteers.

Senior charge nurse/team leader Anne Poustie said, “These are challenging times for all those involved in the provision and design of mental health services.

“By implementing measures such as psycho-educational groups, training activities and other recovery approaches, while linking in with mainstream and community resources such as colleges, community groups and the voluntary sector, we can open up new and exciting opportunities for our service users enabling them to play active roles in their community.”

Immunology service

The Immunology service at Ninewells Hospital is a small service providing specialised care, information and contact for a small but expanding group of patients with primary immune deficiencies.

One of the patients wrote a poem from their perspective that highlights the teamwork within the service, not only on the floor, but also behind the scenes.

Sara Marshall is a wonderful Prof, very brainy, but never a toff. She diagnoses with consummate skill and makes you laugh so you hardly feel ill.

Gail Menzies is the nursing ace, gentle manner and a smiling face. She’s always there at the end of the ‘phone. You may feel poorly, but never alone. The team in the lab – efficient and good. They know what’s wrong from a drop of blood! They take your samples back to their lair and log the results with patience and care.

Gillian answers the ‘phone with efficient style; she’s kind and cheerful, you can hear the smile. She writes the letters and copies you in so you always feel included in’.

Of condescension there’s never a trace, you’re always a person, never just a ‘case’. This medical team is just the best and all its patients feel truly blessed.

This comes with love from Elvira to you, the verse is crass, but the sentiments true.
18 Weeks Referral to Treatment

What is 18 weeks Referral to Treatment?
From December 2011, the maximum waiting time from referral to treatment for non-urgent patients will be 18 weeks.

What does this mean for NHS Tayside?
The 18 weeks standard is different from previous waiting times targets because it applies to the whole patient pathway and recognises the importance of primary, secondary and community care working collaboratively to ensure that patients are referred to the right professional in the right place at the right time, first time.

How is this being progressed in NHS Tayside?
A programme of work has been established in Tayside which focuses on the key changes developed nationally to measure and develop pathways. This has focused mainly on improving referral processes through electronic referrals and guidelines, promoting appropriate direct access to certain diagnostic tests, and the development of patient pathways. A Pathways and Communications Committee has also been established under the Access Directorate Joint Clinical Board and improving administrative processes is a key area of work progressing through the Waiting Times Co-ordinators Learning Network.

Want to find out more?
Visit www.improvingnhsscotland.scot.nhs.uk and www.18weeks.scot.nhs.uk
For more information contact Access Service Manager/18 Weeks Programme Manager Kerry Wilson kerrywilson2@nhs.net

NHS Tayside staff celebrate Red Nose Day

NHS Tayside staff went all out in showing their support for Red Nose Day – with Lady Gaga even making a guest appearance at Ninewells!

The TORT Centre at Ninewells raised over £600 as prosthetic technician Sean McNally had his chest waxed, prosthetist Alan Brownlie had his long locks shaved off, administrator Sabrina Jameson spent the day as a punk rocker, and principal prosthetist Scott Edward and prosthetic technician Colin McCreadie dyed their hair red.

The Chief Executive’s department held a scrummy, yummy cake and bake sale at their offices at Kings Cross raising £140.

The estates administration team also got into the spirit of things with clerical officer Anne Thompson dressing as Lady Gaga and energy co-ordinator Mai Muhammad coming into work in her pyjamas. The fancy dress, along with a cake morning, raised £116.

A big ‘thank you’ to all who contributed to making Red Nose Day such a success!
We’re all going on a – daycation!

First the staycation was the new vacation. Now it’s the daycation! As we contemplate hanging up our sombreros for good, spectra wonders; could this be the end of the holiday?

According to recent research by The National Trust, over half of us are planning to take at least five to ten single days’ holiday this year as opposed to the traditional two-week break, citing rising costs and the inability to switch off from work as the main reasons.

For the time-starved amongst us, the growing daycation trend means that we can split our time into smaller and more frequent holidays or days off and not face the prospect of coming back to a mountain of work that has built up in our absence.

While the weather may not always be on our side, the scenery and attractions that Scotland has to offer more than makes up for it, making us perfectly placed for a budget-friendly daytrip.

We asked our readers if they had planned any daycations this year and if they could recommend the perfect day out.

Do you have any daycations planned for this year? What would be your perfect day trip?

Name: Claire Louise Murray  
Designation: Secretary  
Department: Chief Executive’s Department, Kings Cross

I actually have a daycation planned quite soon. I am going to Aberdeen to see the Michael Jackson's Thriller tribute show.

My perfect day out would be taking my little West Highland Terrier puppy Wallace for a long walk somewhere he loves, such as the beach.

Name: Yvonne Galloway  
Designation: Senior Staff Nurse  
Department: MIIU, Whitehills HCCC

I work 30 hours a week so I am lucky that I can go on days out without using my annual leave. I still take two full week’s holiday which I usually spend abroad.

Being a keen hill walker, my perfect day out would involve getting out in to the hills. I have taken part in the Angus Hill Walking Festival so I would opt to do that if I was having a day out.

Name: Wilma Hind  
Designation: Senior Charge Nurse  
Department: Outpatients, Ninewells

My husband Chris and I like to go to Elie if the sun is shining and we would stop off for a drink in the garden at The Ship Inn. I enjoy a glass of chilled Pinot Grigio but poor Chris has to drive and he has a diet cola!

I’m not a cricket fan at all but one of the local leagues play on the beach in summer when the tide’s out, which creates a nice atmosphere.
Top tips for a successful daycation:

1. **Don’t travel too far.** This may sound obvious but you don’t want to spend your day sitting in a car when there is an abundance of things to do on your very doorstep.

2. **Think like a tourist.** You probably don’t think there is a whole lot to do where you live but if you think like a tourist you will find plenty of places of interest to visit in your own town.

3. **Visit your local Tourist Information Office.** They can offer a wealth of information on daycationing in your area.

4. **Take in some culture.** Visit your local museums, art galleries and visitor attractions.

5. **Don’t blow your budget.** Most visitor attractions offer two-for-one tickets or children-go-free places when you buy certain products or shop in certain supermarkets. Do your research before you go and you can save a packet. That’s more money to spend on ice cream for the kids!

6. **Visit a park.** Pack a picnic and a pac-a-mac and head off to your local park. Take in the scenery and enjoy the fresh air whilst you munch your cucumber sandwiches and enjoy the perfect budget daycation.

7. **Keep safe this summer.** Even the Scottish sun, when we see it, can be damaging. Check out our summer health feature on page 16 for tips on how to stay safe when the mercury rises.

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**Name:** Joan McKenzie  
**Designation:** Senior Charge Nurse  
**Department:** General Outpatients, PRI  

Both my sons have moved away down south so I’ll be spending a few days visiting each of them. In the past I would have the more traditional holiday abroad so this year will be a change for us. For me, a perfect day trip would involve lots of shopping and a nice lunch outside in a big city. I’d also maybe like to visit stately homes and historic places. A change of scenery is always good!

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**Name:** Rosslyn Scott  
**Designation:** Healthcare Assistant  
**Department:** General Outpatients, PRI  

It’s not something I do regularly, however, I do have a trip planned to Glasgow with my family to see Midnight Tango at the theatre. I’m not much of a sun person so I tend to take a fortnight in September for a caravan holiday in the UK as well as a few odd days here and there just to relax and do some gardening. My perfect day would be a ‘me day’ when I could get some peace and quiet and spend time in the greenhouse with my plants.

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**Name:** Calum Ferguson  
**Designation:** Orthotist  
**Department:** TORT Centre, Ninewells  

I’ve got young children so it would need to be a family-friendly day with something for everyone. We’re planning one or two one-night camping trips in Scotland to see how my children Ruth (6) and Duncan (4) cope with roughing it! We’re ‘outdoorsy’ types so my perfect day out would be plenty of fresh air and good exercise.

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**Name:** Sarah Lyons  
**Designation:** Registered Nurse  
**Department:** Outpatients, Arbroath Infirmary  

I don’t take two weeks together, I like to split my holidays and fit them round my childcare arrangements. However, I do have single days out with my children and I have taken them to Noah’s Ark and Activity Kids in Perth. Both these places are, in my opinion, good value for money as you can take your own picnic and there are lots of things to do.
Give It Up For Baby success

Mum-to-be Gemma Keenan celebrated being smoke-free thanks to the Give It Up For Baby (GIUFB) smoking cessation scheme and the help of midwives at Ninewells.

GIUFB is a joint project between NHS Tayside and partnership agencies. Any pregnant woman who is interested in joining the GIUFB initiative can go to their local pharmacy or smoking cessation group who will help them get registered.

Giving up smoking gives your baby the best possible start in life and improves your own health too.

For more information on smoking cessation services, call NHS Tayside Smoke Free Services on 0845 600 999 6 or by texting SMOKE and your name to 84555.

Football fan’s gift to Hearty Lives

NHS Tayside’s Hearty Lives team was presented with signed merchandise at a Dundee FC match in memory of Brian Ferme, a fan who tragically died earlier this year.

Mr Ferme watched his team play for the final time against Raith Rovers on 12 February before collapsing of a heart attack outside the stadium. He died several weeks later.

Brian’s daughter Liz handed over the merchandise to John Darcy, British Heart Foundation (BHF) Scotland volunteer and Consultant Cardiologist Professor Stuart Pringle. The proceeds from auctioning the signed merchandise will be donated to BHF Scotland.

Hearty Lives Dundee is an innovative partnership between NHS Tayside and BHF Scotland. They carry out clinical assessments and provide information, advice and support to help people lead healthier lives and to maintain lifestyle change. For more information on being ‘heart healthy’ visit www.bhf.org.uk
My Health Passport

My Health Passport is a self-management tool which has been developed collaboratively by the NHS Tayside Long Term Conditions Group and is currently being rolled out across Tayside. It aims to improve communication between a patient and their care team and is held by the patient. My Health Passport contains information that supports patients to manage their condition and to identify the goals that are important to them and to consider how these goals will be achieved.

Anyone who has a long-term condition and complex needs would benefit from having a Health Passport. They are required to participate and engage with the shared use of this tool to improve communication between them and their carers, as well as care providers.

My Health Passport includes details on Care Team; Emergency Contacts; Diary of Health Visits; Medications; identification of warning signs and their associated action plans; and a section where the patient can add their personal goals.

At the back of the My Health Passport folder are dividers which can be used to store condition-specific self-management plans, such as diabetes or COPD, an anticipatory care plan (ACP), or other information relevant to the patients long-term condition. The pocket at the front of the folder can be used to store things such as a steroid card, out-patient appointment card etc.

For further information please contact:

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rhona.guild@nhs.net

Dundee:
Janice Henderson
janicehenderson@nhs.net

Perth & Kinross:
Sandra Gourlay
sandra.gourlay@nhs.net

Pupils encouraged to Breathe

NHS Tayside and Angus Council Education Department have joined forces to launch a DVD resource to help 11 to 15-year-olds make an informed decision on whether or not to smoke.

‘Breathe’ is an engaging true-to-life film about young people facing different issues in their lives. It is designed to encourage creative thinking and discussion about tobacco and smoking, including the ways in which tobacco companies target young people.

The development of this teaching pack fills a gap identified in resources available for this age group on smoking. Copies have been given to all secondary schools in Tayside and it is available for sale to schools in the rest of Scotland.

Senior health promotion officer Julie Redman said, “Young people and teachers were involved in creating this teaching resource and we are delighted with the result that is both engaging and relevant.”

Pupils help smokers kick the habit

Primary school pupils in Perth entered into the spirit of No Smoking Day by creating artworks with messages of support for quitters at NHS Tayside’s Walk in the Park.

As part of NHS Tayside’s Tobacco & Safe Choices movement and drama workshops, Primary seven pupils from nine schools were given a template with a picture of a clock to customise with their own colours and designs. They were also asked to include a message of support for potential quitters or a fact about smoking learned during the workshops.

133 pupils entered their designs, which were displayed at Bell’s Sports Centre on the day of Walk in the Park to help encourage smokers to kick the habit.

All of the pupils who took part were also entered into a prize draw with 11-year-old Euan Ramsay of Robert Douglas Memorial Primary School winning the prize of an iPod Shuffle and £10 iTunes voucher.

NHS Tayside development worker Donna Aitken said, “We are very grateful to the pupils who took part for all their efforts and we really appreciate all the help from the teachers too. The entries were excellent and they really helped to spur on the quitters at Bell’s Sports Centre.”

SAVE LIVES: Clean your hands

Ahead of the World Health Organisation’s (WHO) global SAVE LIVES: Clean Your Hands awareness day on 5 May, Hand Hygiene Co-ordinator Mags Kennedy visited nursing students to speak to them about the importance of hand hygiene.

The SAVE LIVES: Clean Your Hands campaign was launched in 2009 and aims to encourage action at the point of care for health workers to reduce healthcare-associated infection and improve patient safety.

As part of the drive to raise awareness of hand hygiene issues, Mags spoke to second year University of Dundee nursing students about correct procedures, policies and frontline observations from wards.

Mags said, “NHS Tayside supports the major global effort to improve hand hygiene in healthcare. We are committed to working closely with the University of Dundee on an integrated approach to raising awareness of hand hygiene at as early a stage as possible.”
Summer health

With the UK enjoying some early days of sunshine in the lead up to summer, NHS Tayside is offering some practical advice on how to stay healthy in the sun.

Sun Awareness

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

Whether you are staying at home this summer or jetting off to sunnier climes, it is important to look after your skin in the sun. Research has found that six out of 10 men and four out of 10 women never use sunscreen or cover-up during sunny periods in the UK. The sun doesn’t need to feel hot to damage your skin and it can be just as damaging here as it is abroad.

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

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

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

In Tayside, 170 patients are affected with malignant melanomas each year and 20-30% of these patients will die from the disease. There are also a further 2000 non-malignant skin cancers removed in Tayside every year.

One of the main causes of skin cancer is over exposure to ultraviolet (UV) radiation from the sun or sun beds and a lot of myths surround sun bed use and sunbathing – one example being that getting a tan before going on holiday protects your skin – this is completely untrue.

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

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

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

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

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

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

Sexual Health

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

Travel Safe messages advise travellers:

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

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

Food Hygiene

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

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

Always ensure that chicken, burgers, sausages and kebabs are cooked throughout, none of the meat is pink and the juices run clear.

When you reheat food on the barbecue, make sure it’s piping hot all the way through before serving.

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

For more information check out Cancer Research UK’s SunSmart campaign website http://info.cancerresearchuk.org/healthyliving/sunsmart/
Buying for a better world

The actions of the public sector have a huge impact on society, the economy and the environment and in no area is this more obvious than how NHS Tayside spends public funds.

The NHS Tayside procurement team is committed to playing their part in this important agenda by changing the way they do and think about things.

Sustainable procurement can be defined as:

“A process whereby organisations meet their needs for goods and services in a way that achieves value for money on a whole life basis and generates benefits not only to the organisation, but also to society, the economy and the environment”.

The procurement team has been leading the way with sustainable procurement in NHS Scotland for some time now and has developed a delivery plan that supports NHS Tayside’s Sustainability and Environmental Management Policy. The delivery plan builds sustainable procurement into the corporate culture and demonstrates the aims, measure and changes that will result in improvement.

Procurement planning manager Andy Hay said, “The team’s main aim is to apply sustainable procurement to save money that can be re-invested in patient care.”

Sustainable Procurement has three main strands: Social, Economic and Environmental.

Social – Focuses on the effect procurement makes on the communities and people around us.

Using Community Benefit Clauses in contracts can open up training and employment opportunities for the community.

Placing business with social enterprises, which are not-for-profit businesses who invest their profits into the local community or training/employment opportunities.

As well as the obvious environmental benefits, procuring the 333 Hospital Link bus service produced social benefits in employment of local people to drive the buses.

Economic – Focuses on ‘whole life’ costing e.g. a particular machine may be a low initial purchase price but may use much more electricity and consumables in the long term, so is it worth paying more upfront to save later?

The procurement team measures the financial and carbon ‘whole life’ costs, allowing the organisation to make sustainable decisions.

Environmental – Focuses on the effect our procurement has on the environment around us e.g. carbon levels, pollutants and energy consumption.

The team aim to ensure that packaging and delivery miles are reduced wherever possible and regularly review this with suppliers.

The recent digital TV switchover gave us an opportunity to specify low energy TVs, which will save electricity and in turn, money.

The team are carefully sourcing renewable fuel options.

What Can I Do?

As consumers of the products and services, the procurement team need your help on its sustainable procurement journey. We need everyone to consider the following before they place an order:

• Is this product already in use and could be shared with existing owners? If purchased, could you share with other users?
• Can existing assets be refurbished, repaired or upgraded?
• If this product is disposable, what re-usable alternatives exist?
• Can the volume/ scale of this product be reduced?
• Paper – Do I really need to print this email out? The process says I have to print it and put it into that tray but could I email it to a person or a team email? Do I really need to print off all these notes prior to a meeting?

Any ideas to buy more sustainably should be emailed to andrewhay@nhs.net
Praise for the Apprenticeship Programme

The NHS Tayside Modern Apprenticeship Programme was recently showcased at the NES Education Conference.

Addressing the event, engineering maintenance manager Alan Gallacher explained the importance of enabling experienced skilled staff to pass on their knowledge to new recruits and harnessing the enthusiasm and support of these members of staff.

Alan said, “We are facing the situation where lots of experienced, knowledgeable people will be leaving the service in the very near future and we need to make sure that the service learns from them before they go.

“By becoming mentors to apprentices, our experienced staff are passing on their knowledge and skills to a younger generation, and the apprentices really benefit from this experience.”

Christopher Young who completed his apprenticeship with NHS Tayside to become a plumber and who also won the title of Apprentice of the Year 2010 and Dean Rooney, a third year apprentice mechanical fitter, joined Alan at the event.

NHS Tayside has recently approved the continuation of the apprenticeship programme with a further 24 apprentices to be recruited over the next four years.

In the first year, it is planned to continue the programme in estates and to develop the role in dental technology and radiology.

Other areas are to be explored for future years such as medical physics, psychological therapies, technical/care support roles and laboratories.

Lifelong learning success for staff

In January 2010, NHS Tayside launched the Endowment Fund for Education and Training, offering staff the opportunity to apply for funding to undertake personal development and training to enhance their role and prepare them to progress within the organisation.

Some of the applicants who were successful have already completed their relevant courses and had this to say about the scheme.

“The modules I have undertaken have helped my own personal development and also within my role.”

“I thoroughly enjoyed learning something new and am keen to learn more!”

“I want to pass on my thanks to those that agreed to fund my course. I felt valued as an employee and I feel that overall the opportunity has had many positive benefits which are quite difficult to measure.”

As an organisation signed up to supporting lifelong learning, NHS Tayside remains committed to improving learning opportunities for all staff groups.

Award success for Carseview

Managers and staff from Carseview, along with Tayside Carers Support Group and Care in Mind Scotland, were recently awarded a Mental Welfare Commission Principles in Practice Award for a Carer Liaison and Collaborative Working Improvement Strategy.

This work will feature on the Mental Welfare Commission Principles into Practice Network website as a sharing of good practice and recognises a number of strategies, including a Carers Charter that was developed in Carseview.

A DVD has also recently been filmed for the sharing of the initiative with a wider audience.

The award was presented to Val Johnson, operational manager Mental Health Services and Cathy Hamilton, Tayside Carers Support at an awards ceremony held at the Scottish Youth Theatre in Glasgow.

Mentoring volunteers wanted

Dundee City Council is aiming to roll out a successful mentoring project with S3 and S4 secondary pupils. The project aims to continue the established practice of recruiting volunteer mentors from the business community, while extending this to include volunteer staff from the public sector.

Training and support will be provided for all the mentors and the impact of the project on young people will be monitored closely.

The benefit to young people will include opportunities to boost their confidence and self belief, raise their awareness of the world of work, develop their communication skills, ease the transition from school to work, raise their personal expectations and aspirations, and seek advice on writing CVs and completing application forms.

The mentoring will take place between October and May, during the working day for around one and a half hours a month.

Dundee City Council is looking for former pupils to mentor pupils in Menzieshill, Braeview (Whitfield and Linlathan), Baldragon (Kirkton and Rockwell) and St Pauls (St Saviours and Lawside).

If you are interested, please contact eileen.gourlay@nhs.net
Success for the AHP Directorate

NHS Tayside’s Allied Health Professionals (AHP) Directorate has received accolades for their innovative work in supporting the professional development of AHP support workers.

Associate AHP Director Jane Reid, AHP research lead Jacqui Morris and AHP practice education facilitator Alison McIntyre, supported by AHP Director Kath Fairgrieve, took first place in the Innovation in Recruitment and Career Development category at the Advancing Health Care Awards.

NHS Tayside has also been congratulated by NHS Education for Scotland for being the first Health Board to sign off Practice Placement Agreements with two higher educational institutions – Robert Gordon University and University of Strathclyde.

The agreements aim to build upon the existing good working relationships between Boards and higher education institutions by supporting closer working and greater information sharing to help support AHP graduates to meet the requirements of a changing workforce.

For further information please contact Alison McIntyre, AHP Practice Education Facilitator on alisonmcintyre@nhs.net

Healthcare Academy graduation

The fifteenth group of Healthcare Academy students recently celebrated their graduation at Dundee College Kingsway Campus after successfully gaining their course certificates.

The 12 students completed a seven-week pre-employment programme delivered in partnership with Dundee College. The programme incorporates college-based learning with practical experience gained on placements within NHS Tayside.

During the course, students learned about manual handling, infection control, food hygiene, basic first aid and IT skills. Students also had the opportunity to access three four-day placements in a variety of departments to give them an insight into what working for the NHS would be like.

Mental Health networking event

Releasing Time to Care (RTC) in Mental Health hosted a Mental Health networking event at Murray Royal.

Fifty staff participated, representing current key stakeholders in RTC Mental Health from across Tayside, along with representatives from the National Network.

Senior charge nurse Phil Dellanzo and charge nurse Heather Robertson presented case studies highlighting examples of achievements so far and clinical team managers Alison McGurk and Mandy Warden held a workshop on improving patient safety, in association with RTC.

The day promoted networking from across Mental Health services in Tayside. Knowledge and experiences were shared along with the vision and aims, which were explored during the afternoon workshops. These highlighted essential shared values and capabilities necessary to build the skills and relationships which enhance and enable the progression of Releasing Time to Care.
Evidence into Practice Portal

Evidence into Practice aims to be the online resource of choice to support NHSScotland’s frontline clinicians and quality improvement leads to find, share and use evidence to improve quality of care.

The portal supports both ‘know-what’ – e.g. validated evidence and guidelines to support safe and effective care and ‘know-how’ – e.g. tools, measures and examples of support for implementation.

Evidence into Practice supports the Scottish Government’s Healthcare Quality Strategy. It is an integral part of The Knowledge Network (formerly the NHS Scotland e-Library) and provides:

1. Access to Knowledge
The evidence into practice search engine targets knowledge about:
- **Effective clinical practice** – validated clinical evidence summaries
- **Innovation** – narratives and examples from people working in quality improvement
- **Implementation science** – Deming’s ‘profound knowledge’

The search engine is complemented by:
- An online Clinical Enquiry Service through which clinicians can place enquiries to teams of information professionals, to find evidence that will support direct patient care.
- Clinical Topics for Safety and Effectiveness. This provides evidence bundles highlighting high-impact evidence-based interventions combined with change packages, outcome measures and tools to support implementation.
- A dedicated area for Education and Learning Resources for quality improvement. Users can search and browse for courses, online modules, guidelines, toolkits, etc, including NES eLearning, NHS, higher education providers, Royal Colleges, IHI and other accredited organisations.

2. Tools for collaboration
A key component of the portal is the community builder toolkit. This helps members of communities of practice to share experience, expertise, local resources and tools in implementing best practice and innovation. Currently the portal supports the following communities:
- Scottish Patient Safety Programme Fellows
- Scottish Patient Safety Paediatric Programme
- Scottish Clinical Decision Making Special Interest Group
- Safety and Improvement in Primary Care Group
- Clinical Governance Liaison Network Coordinators
- Infection Improvement and Implementation Programme
- The NES multi-disciplinary steering group for patient safety

The NES Knowledge Services Group is happy to help to facilitate groups in working as communities of practice, supporting each other to deliver specific service improvements.

3. Applying knowledge to practice
Evidence into Practice offers learning resources, tools, guidance and measures/indicators for getting knowledge into practice through service improvement, service redesign and clinical decision-making. Its menu includes the following sections:
- **Continuous Improvement**
- **Leadership & Facilitation**
- **Patient Safety**
- **Clinical Decision Making**
- **Practice Development**
- **Leading Better Care**

For more information contact suzanne.graham@nes.scot.nhs.uk
Sandy Watson shares with spectra his unusual holiday pastimes and what you should do when you meet your namesake.

NAME, DESIGNATION AND DEPARTMENT
Sandy Watson OBE DL
Chairman of the Board of NHS Tayside

PERSONAL HISTORY
I began my career in Crieff as a teacher and then in Skye and Callander as principal teacher of Latin and Greek, going into the Education Directorate thereafter in the former Central Region. From 1990 onwards I held posts as Director of Education and then Chief Executive of Tayside Regional Council, becoming Chief Executive of Angus Council in 1995. After I retired from Angus Council I had the opportunity of joining the Board of NHS Tayside under Peter Bates’ chairmanship. I subsequently became Chairman of the Board in December 2007.

LIKES ABOUT CURRENT JOB
These are too many to list, but I particularly appreciate the commitment of the staff I meet throughout Tayside, at all levels – consultants, clinicians, nurses, managerial, technical, admin and clerical staff. All of them prepared to go the extra mile for the benefit of patients. I applaud also the extent to which partnership with staff is fostered as a concept, and what is achieved by this style of working, which is streets ahead of anything which exists in local government.

Every day is different for me. I can be chairing a Board meeting, or making a visit to a GP practice, or opening a major conference, or attending a meeting with the Cabinet Secretary, or answering e-mails, or discussing a major policy matter with the Chief Executive, or attending a photo call, or marking the Day of the Midwife or..............you just never know, and that’s stimulating. I hasten to add that I am on a never-ending learning curve!

DISLIKES ABOUT CURRENT JOB
I love the job and enjoy doing it. The deal I have with my wife is that I will continue to do it while I am enjoying it – or until the Cabinet Secretary says “On your bike, Sandy”. If I have one particular dislike, it is the lack of speed in reaching the point where we have an Electronic Patient Record. To my mind that would revolutionise how the NHS operates. In addition, I would advocate more speed with some of the excellent developments under the banner of Telemedicine and I would also like to see us having a more clinically-led service, with GPs contributing more to our thinking about our direction of travel.

MOST UNUSUAL THING ASKED TO DO AT WORK
I was asked to do the vote of thanks at the centenary celebrations for Aberfeldy Community Hospital. The principal guest was a Dr Yellowlees, the same man who about 60 years ago, when I was with my parents on holiday in Aberfeldy, stuck a needle in my bottom when I had measles. In my vote of thanks, I offered to repay the compliment if he wanted a flu jab. For some strange reason, he declined!

ACHIEVEMENT MOST PROUD OF
In Scotland, we are not good at singing our own praises! Feedback from Board members indicates that as a Chairman, I am considered in my approach, encourage debate, lead by consensus, am excellent at summing up the debate and decisions, and never make a drama out of a crisis. I am proud that this is the perception my peers have of me.

FAVOURITE WRITER
I read a lot, but most of it is work-related and/or of an academic nature. When I have time to move away from that, I enjoy historical novels by Mary Renault. When I am on holiday, it’s the less serious the better – John Grisham, Ian Rankin and Dick Francis.

FAVOURITE MUSIC
• Scottish traditional music right up to Blazing Fiddles and the Red Hot Chilli Pipers
• Bach, Handel and Vivaldi
• The Proclaimers! “I’m Gonna Be (500 miles)”

FAVOURITE MEAL
Something cooked by my eldest son, Calum, who was for some years Executive Chef and Business Manager to Marco Pierre White. It doesn’t matter what he cooks, it is always delicious.

FAVOURITE WRITER
It doesn’t matter what he cooks, it is always delicious.

MOST LIKE TO HAVE DINNER WITH
My wife, Jean. We celebrated our 40th wedding anniversary a few weeks ago, and she is my rock. My friends called her Florence over the period of my recovery from my recent hip replacement. Incidentally, the Ninewells staff, from consultant and anaesthetist right through all the staff in Ward 16, were a wonderful model of teamwork.

FAVOURITE WORD
It’s not a word, it’s four words – “We can do this” and I am both using it and hearing it more and more in NHS Tayside. My impression is that all staff want to be part of a “can do” organisation.

TOP 3 FRUSTRATIONS
• The amount of bureaucracy and unnecessary form-filling in the system and the effect that has on staff morale.
• Some of the resistance to change in a few areas of the service. The world has moved on over the past decade, and so must we, to the benefit of the public whom we all serve.
• The slow progress in actually delivering our visionary Health Equity Strategy in the communities of Tayside.

IRritating HABIT
The office staff are unanimous about this one – I answer e-mails and check minutes when I am on holiday. My wife would say it’s recovering enough to say “I’m the real Sandy Watson, but I’m glad I love the job and enjoy doing it.

3 WISHES
• That NHS Tayside holds its position as one of the most efficient and effective health service operations in Scotland and the UK.
• That despite current circumstances, we can all subscribe to the view that there is no recession in innovation and also get better at explaining to the public what we are about.
• That my sons and grandsons continue to have available to them the quality of health service which exists today in Tayside.
Huge donation for Ninewells palliative care unit

Ninewells palliative care unit has received a massive £33,500 donation from Sir Michael Nairn, chairman of local engineering firm Rautomead.

Consultant in palliative medicine Dr Pam Levack heads the unit, which manages acute pain symptoms of those with cancer and other serious illnesses. Dr Levack said, “This donation is hugely appreciated and will go directly to the unit.”

Sir Michael comes from a family of philanthropists including his great-grandfather Sir Michael Barker Nairn, who built the high school and the Victoria Hospital in Kirkcaldy, and his brother John Nairn, who donated the library and art gallery to the town with a large art collection.

He wants the company he founded in 1978 to put something back into the community and has also recently made a similar size donation to the Maggie’s Centre at Ninewells.

Dancers donate to Murray Royal

The Perth Scottish Country Dancing Club has donated over £400 to benefit patients in long-term care at Murray Royal Hospital.

The club selects a charity at the start of each year and raises funds for that charity at its dance events. Club secretary Dorothy Reid, who is a volunteer driver at Murray Royal, nominated the hospital to be this year’s recipient.

The club has also donated money to Murray Royal previously and support services manager Pamela Coventry thanked them for their generosity over the years.

Angus teenager donates toys to Stracathro

An Inverkeilor teenager handed over a selection of toys to the Stracathro dermatology clinic where he has been a regular patient since infancy.

Thirteen-year-old Scott Cameron was awarded £200 from the Arbroath Tutties in the Park fundraising day and he decided to use the money to buy the toys in the hope of making visits to the hospital a little bit easier for children.

Scott and his mother Alison visited the outpatient clinic to hand over the toys to Consultant Dermatologist Dr Sue Lewis-Jones.

Ninewells neurology donation

A cheque for £400 was presented to the neurology department at Ninewells by the mother of an epilepsy sufferer who tragically died at the age of 33.

David Jackson’s mother Anne handed over the donation which was raised from David’s funeral collection and a sponsored run by family friend Kenneth McLeod.

Church group donates specialist cushions to RVH

Members and friends of Logie & St John’s (Cross) Parish Church have donated £3000 worth of specialist cushions for patients at Royal Victoria Hospital.

The group has held a refreshments stall at RVH for past 27 years and the proceeds are used solely for the benefit of patients at the hospital.

During the last two years, the group has raised £2924 and this has been used to buy 34 pressure relieving cushions.
Boost for CF services

Logie Recreation Club held a fundraising day in aid of the adult cystic fibrosis service in Tayside, raising a total of £2000.

Adult CF clinical nurse specialists Lawrie MacDougall and Gill Brady, along with patient Ashley Drummond, accepted the donation, which is to be used for patient support.

£1000 for MS research

Women from the Dundee Mela Society presented a cheque for £1000 to the MS research unit at Ninewells, after holding a ‘Dundee’s Got Talent’ event.

Secretary of Dundee Mela Group Rehana Begum, Chair Parveen Jamil and Vice-chair Nasreen Mohammed presented the £1000 cheque to Consultant Neurologist Dr Jonathan O’Riordan who received it on behalf of MS research.

retirals

Superintendent Radiographer Jill Scott (centre) has retired from Kings Cross Health and Community Care Centre after a career spanning four decades.

Jill began her training at Hammersmith Hospital in 1971 before coming to Dundee in 1974. She spent time working at Ninewells and Dundee Royal Infirmary before moving to Kings Cross, during which time she oversaw major changes in radiographic practices.

Honorary Consultant Neurologist Dr Richard Roberts retired following a 35-year distinguished clinical and academic career.

After spending many years in England, Dr Roberts was appointed as a Senior Lecturer in Neurology at the University of Dundee in 1986 and had an Honorary Consultant contract with Dundee Royal Infirmary. He retired as a Reader in Neurology with the University of Dundee and Honorary Consultant Neurologist at NHS Tayside.

Voluntary sector manager Linda Taylor (seated with husband Kevin) has retired after a varied career in which she has worked extensively with the voluntary sector.

Linda started her NHS career as a secretary in Community Services before moving to work with the Health Strategy team then onto her current post in Public Health. Linda retires with over 42 years of service with NHS Tayside.

Pathology training officer Gordon Milne (right) has retired following a 44-year career which began at Dundee Royal Infirmary at the age of 16.

Gordon began his career in 1967 as a junior medical laboratory technician, studying part-time until 1971 when he became state registered. He has lectured on histopathology and biomedical science for many years and took up his current post at Ninewells in 2001.
After 38 years in the health service, community psychiatric nurse Jim Tugman has bid farewell to colleagues at Wedderburn House.

His training began in West Lothian in 1973 when Jim was only 17. He came to Liff Hospital in Dundee in 1979 as a charge nurse before undertaking community psychiatric nurse training and taking up his current post in 1983.

Consultant nurse Lynda Murdach has retired from NHS Tayside after a 40-year career dedicated to people with learning disabilities.

Lynda began her training in Dundee in 1969 and worked in Tayside for most of her nursing career, holding several key senior management positions. In her role as consultant nurse, part of Lynda’s work was to offer advice, support and education to staff, carers and people with a learning disability who were patients within Tayside hospitals.

Moira Thompson (front left), health visitor at King’s Medical Practice, Glover Street Medical Centre in Perth has recently retired having spent over 40 years working in the NHS.

Moira began her career in Glasgow, first in nursing then progressing into midwifery, school nursing and latterly health visiting. She moved to Perth 11 years ago and has worked at Glover Street during this time as well as contributing greatly as a representative on the LHCC board.

Ninewells Ward 38 said farewell to midwives Helen Brown and Denise Edie who have retired after a combined 88 years in the health service.

Affectionately known as ‘Ma Broon’, Helen (seated) came to Tayside in 1991, having previously worked for Lanarkshire and Greater Glasgow Health Boards, and has worked in all areas of midwifery practice during her 45-year career.

Denise (centre) has spent 43 years working in Tayside, beginning her nurse training in 1968. She spent time as a registered nurse before completing her midwifery training and continuing as a midwife until her retiral.

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Helen Brown

Denise Edie

Jim Tugman

Callum Gillies

Lynda Murdach

Moira Thompson

Joiner Callum Gillies (centre, left) said farewell to his colleagues at PRI after nearly 40 years with NHS Tayside.

Callum served his apprenticeship with Dunbar Builders in Perth and worked with various companies in the area. He took up post in the NHS as a joiner at Murray Royal Hospital in 1972 before moving to PRI in 1997 where he has worked ever since.

Picture courtesy of The Courier, Dundee