Drinks4Health
NHS Tayside promoting healthier drinks
A ship surgeon’s instrument box

This month’s item from the Medical History Museum’s collection is a compact and well designed box of polished redwood containing the surgical instruments most used by surgeons at the end of the nineteenth century. It belonged to Dr Ronald Clark (1871 – 1938) of Taybank House, Errol, who had been a ship’s surgeon in 1897.

The box contains various knives and lancets, probes and razors, a small amputationsaw, and needles and thread for stitching wounds. Although avoidance of wound sepsis was considered paramount, the ivory instrument handles would have made sterilisation problematic.

Amputation was a last resort operation. William Beatty performed 11 at the Battle of Trafalgar, but even his instrument box could do nothing to help Admiral Nelson, who was struck in the chest by a 20g lead ball that transected his spinal cord. However, the battle was won to secure supremacy of the British navy on the high seas for the next hundred years, Nelson had famously done his duty, and Beatty later recovered the fatal shot as a memento of his time with the national hero.

We want your views

Is there something you’d like to get off your chest or maybe you just want to open up a discussion for debate with your NHS Tayside colleagues. Whatever your opinion, whatever the topic, write to us at:

spectra, Communications Department, Board Headquarters, King’s Cross, Clepington Road, Dundee DD3 8AE

Or email us at spectra@thb.scot.nhs.uk

Copy submission

Please send items for the next edition of spectra, issue 32, to any member of the editorial team by Tuesday, September 4. The deadlines for future editions of spectra are as follows:


For extra copies of spectra, please contact the Communications Department, Board Headquarters, King’s Cross, Dundee DD3 8AE.

01382 424138 x71198.
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Healthier drinks initiative rolls out in Dundee

See page 15.

Celebutante obsession? See voxpop on page 12.
Opening of plastic surgery day case unit at Ninewells

Gerry Marr, NHS Tayside’s Chief Operating Officer, officially opened a custom built **plastic surgery day case unit** at Ninewells Hospital.

This new facility will enhance existing services providing a reception and waiting area, and a treatment room where minor procedures can be performed using local anaesthetic.

New techniques in plastic surgery include digital imaging which allows general practitioners to send digital images of skin lesions, particularly where there is a suspicion of skin cancer, directly to the plastic surgery department. They are then viewed that day by the consultant.

This new process will enable specialists to examine these images electronically and offer the appropriate course of treatment, including direct access to the one-stop day case facility. The consultation and treatment are carried out during a single appointment, reducing the number of times patients have to attend hospital.

‘Suite’ news for Perth scan patients

The CT Suite at Perth Royal Infirmary has been refurbished by NHS Tayside’s endowment funds after the scanning room was extended to accommodate a state-of-the-art scanner.

NHS Tayside’s Radiology Manager, Stephen Menhinick thanked those who have supported the unit.

“The people of Perth & Kinross have given generously to the scanning department here at PRI for many years and we are extremely grateful for all their efforts.”

**Ready Steady Toddler!**

Margaret Duncan, a Dundee health visitor, and the mums at Woodlea Children’s Centre in Harefield Road were key contributors to producing a guide to the toddler years.

Ready Steady Toddler! will be given to every mum in Scotland facing the temper tantrum years when their little cherubs learn to just say “No”.

Margaret described the book as a “dip in and out” guide to the challenges of the early years.
New baby clinic for Montrose health centre

A new drop-in baby-weighing clinic is being held every Tuesday morning at the Links Health Centre in Montrose.

These informal, patient-led clinics don’t require an appointment and will be running alongside the current three health visitor led GP clinics.

Staff nurse Mary Urquhart and public health support worker Allyson Dye will be on hand to offer advice and assistance with weighing and recording each baby’s progress.

Activity days for children and young people

Children and young people who are coping with someone close being seriously ill or who have been bereaved, can attend free activity days in Dundee and Perth & Kinross.

Through games, arts, crafts, music, drama, puppets and other creative activities, the children are encouraged to have fun and explore their feelings, and to look at what may help them when they have to deal with difficult situations.

For more information please contact:

Perth
Rosemary Sutherland
Macmillan Palliative Services Social Worker
01738 587039 or email rosemary.sutherland@nhs.net

Dundee
Branches and Bridges
John Kennett
Family Support Services Co-ordinator
01382 423158 or email john.kennett@nhs.net

Children’s Panel long service awards for NHS Tayside staff

Sylvia Johnston, Delayed Discharge Manager, NHS Tayside Board (left) and Gwen Proctor, Senior Nurse, Child Protection for Perth and Kinross were presented with long service awards on Thursday 31 May 2007 at the George Hotel in Edinburgh.

The award was in recognition of their 22 years service as Members of Dundee Children’s Panel. Sylvia and Gwen are also involved in the training of new panel members.

Sylvia said “Gwen and I are committed to the hearing system in Scotland. However, it is down to the support given by our employer that allows us to continue the good and very rewarding work.”
Building resumes at PRI healthcare facilities

Construction on the new Renal Dialysis and Oncology/Haematology Unit at Perth Royal Infirmary has resumed following a delay in building works when asbestos was found on site.

Staff from PRI gathered with patient representatives at the site to witness contractors recommence work on the project by accepting the keys to the building in an official ceremony.

Let’s Get Cooking!

Six clients from the Murray Royal forensic service have recently successfully completed a ‘Let’s Get Cooking’ course at Perth College.

The program has been devised to develop and maintain existing life skills and is a joint initiative between Perth College and Perth & Kinross Occupational Therapy service.

Green fingered Jim transforms ward garden

Thanks to the hard work and efforts of Health Care Assistant Jim Sinclair and patients, the garden at Ward 18, Liff Hospital, has been transformed from an empty lawn into a space which patients, staff and visitors can enjoy.
Tackling nutrition-related health inequalities in children

Steps to tackle the growing problem of **obesity and health inequality** in Scotland’s children provided the focus for a conference hosted by NHS Tayside’s Directorate of Public Health this summer.

The **Tackling Nutrition-related Health Inequalities in Children** conference brought together experts from across Scotland to share ideas, research and effective practice aimed at improving childhood nutrition.

Topics discussed included maternal nutrition, the importance of breastfeeding and the best ways to support breastfeeding, delayed weaning and the role school meals play.

Dementia Awareness Day

A dementia awareness day was held at Perth Royal Infirmary. Pupils from Longforgan Primary supported the event by making posters which were displayed at the hospital.

**Strewth!**

*Trevor Johnson*, Head of HR for Dundee CHP and *Marie Cromar*, Senior HR Adviser shocked their colleagues when they returned from a luxury holiday in Adelaide, Australia in July to announce they had tied the knot.

*Trevor and Marie on the big day*
New public health minister hails Whitehills

The new Minister for Public Health, Shona Robison, has seen for herself why the Whitehills Health & Community Care Centre is benefitting local people, and has hailed the centre as a model facility.

Ms Robison met with professionals involved in health improvement across Tayside to discuss with them the emphasis she believes we should all place on improving health and well-being.

Speaking during a tour of Whitehills Health & Community Care Centre, the Minister said: “Whitehills has been purpose built to fulfil the aims of improving care and local access to services. No longer do patients in Forfar have to travel elsewhere in Angus or to Dundee to access key services.

“People are benefitting from joint working between health, social work and voluntary services which improves the quality of care.”

THAT says goodbye to Lena

Former Chair of Tayside Healthcare Arts Trust (THAT), Lena Graham was presented with a framed art work and bouquet of flowers from the Board of THAT by non-executive Ian Wightman, who is now acting Chair of THAT.

Midwives reach new heights for charity

Three midwives and a student midwife took part in a charity walk to the top of Ben Nevis earlier this summer.

The funds raised will be split between various charities in Arbroath with one of these being the Arbroath Midwife Unit.

The girls who took part are Layimm McDonald, Kate Weir and Lorna Harrow with student midwife Joanne Welsh.
Walking in memory of Lynda

Physiotherapy staff from across Angus took part in a charity walk to raise funds for Marie Curie in memory of their colleague Lynda Easton.

The seven-mile charity walk, which was completed by 17 members of staff, started in Arbroath and followed the coastal route to Carnoustie.

Karen Wallace from the physiotherapy department at Arbroath Infirmary helped organise the event. She said, “Lynda loved the outdoors and Marie Curie was one of her favourite charities. We thought it a fitting tribute to organise this walk and we would like to thank all staff who supported the event.”
The six-week Pre-Employment Programme currently runs in Dundee and Angus, and will open in Perth in the Autumn. This programme is a joint initiative between Job Centre Plus, Scottish Enterprise Tayside and local further education colleges, and provides all statutory training including manual handling, infection control, first aid and food hygiene, in addition to NHS Codes of Conduct, basic IT, team building and communication skills.

Included in the programme are three, four-day work placements to enable students to get an understanding of the variety of jobs available within the NHS. This helps students understand the complexity of the healthcare environment, and that all roles within the NHS make a contribution to patient care. Placements are varied and cover the breadth of the organisation from estates, clerical and support services to nursing.

Managers who have employed Healthcare Academy students have been very pleased with their calibre and readiness for work.
The Estates Department

The Estates Department at Ninewells Hospital has recently opened its doors to work experience students from local secondary schools.

A total of 15 students enjoyed five day’s work experience with the department over a two month period. They gained experience in the professions of electricians, fitters, joiners, painters, plumbers and the administrative side in the main offices.

As NHS Tayside now has in place a 10-year programme for apprentices, it was felt that this initiative would complement the apprenticeship scheme in that the third year pupils could see a potential job opportunity.

There are three intakes of work experience students per year in conjunction with Dundee Education Authority.

The feedback from students and NHS staff alike has been very positive in that staff are encouraged to know that there is an interest in what they actually do and the students appreciated working with skilled tradesmen.

The next batch of students are due to come into the hospital during October 2007.

If you would like more information please contact Alan Gallacher, Engineering Maintenance Manager on 01382 632401 or email a.gallacher@nhs.net

Testimonials from students

“The course lasted six weeks and involved a lot of practical skills, knowledge and also work placements. I’ve gained lots of knowledge in different areas and subjects as well as confidence and self esteem which will take me further in education.

“I am certain that I can take lots of skills into the workforce which I have learned on the course.”

“Before I started at the Healthcare Academy, I couldn’t find employment due to my lack of experience. The HCA helped give me the skills and experience to gain employment within the NHS. They gave me the chance of work experience in three departments and one of them was Tayside Pharmaceuticals.

“I thought it was really interesting and found out there was a vacancy which I applied for and was successful.

“I was lucky to be one of the first students with a job and it was the HCA that gave me the skills and confidence I needed to start a new career.”

“This course is a great opportunity for people to get back into work. The course not only gives people the chance and the help to gain employment and the skills needed to do this, but also returns the confidence that is lost throughout unemployment.

“The delivery of the course is a more relaxed one than normal courses, yet very educational on the NHS as a whole. It is also a great opportunity for help and support with CVs, job applications etc even if employment is not gained through the course.

“The course is a great benefit to the students who undertake it and also a benefit to the NHS as they can gain quality staff.”

“For me the HCA has opened lots of doors to employment I have never thought about before. I am currently working in the Sterile Services Department at Ninewells. The course gave me lots of skills and qualities that I did not possess which I know will benefit me in the long run.

“I would urge people to do this course as it has really opened my eyes as to how important and essential different parts of the NHS are.”

If you would like more information please contact Alan Gallacher, Engineering Maintenance Manager on 01382 632401 or email a.gallacher@nhs.net
Gripped Britain – has our celeb

Which is a bigger news story? Paris Hilton being released from prison or the troubles in Iraq? When American newsreader Mika Brzezinski was told to lead her news bulletin with the Paris Hilton story, she not only refused but shredded and attempted to burn her script on live television, sparking a debate right across America and Britain about the importance we place on celebrity gossip.

We only have to open up a tabloid newspaper or flick through one of the many celebrity gossip magazines on the shelves to find stories about the personal lives of celebrities rather than their professional lives.

From the media circus surrounding Posh and Becks moving to Los Angeles to the instant ‘15 minutes of fame’ enjoyed by Big Brother contestants and the divorce of Sir Paul McCartney and Heather Mills it seems that we just can’t get enough of celebrities.

Have we become a nation obsessed with celebrity culture? spectra asked our staff what they thought and if they themselves ever read celebrity gossip magazines.

Robin Wombill
Clerical Officer
Medical Records, Careview Centre
I do read celebrity gossip magazines such as Heat Magazine from time-to-time, usually in my tea and lunch breaks. I read them out of morbid interest... of course!

We are definitely, as a nation, obsessed with celebrities. You only have to look at the press coverage Paris Hilton has received recently to see the media frenzy she can create. Is what happens in celebrity lives really that important...? probably not but I have to admit I still like to read about them!

Lea-Jane Birse-Stewart-Bell
Clerical Assistant
Tissue Bank, Ninewells Hospital
Yes, we are obsessed with celebrity in the UK.
The most popular magazines are the gossip magazines and there is absolutely no intelligent information in them. I do read these magazines but I don’t buy them, I usually just borrow them from others.

We should all be more concerned about the environment, we haven’t even had a summer this year and there are flash floods in England.

Margaret Beeching
Clerical Officer
A & E, Ninewells Hospital
Occasionally I do read gossip magazines but I never buy them. Sometimes I flick through them when I am on my tea break but other than that celebrity gossip passes me by.

In this country we seem overly keen to find out about the lives of the rich and famous. If fewer people bought these magazines then there would not be so many of these false idols. What is going on in the real world is far more important.

Norma Beckers
Reception
A & E, Ninewells Hospital
So called celebrities? I am not at all interested to find out about what they do or don’t do.

I am quite happy not reading about them in celebrity gossip magazines but I think we are definitely obsessed as a nation.

I do not think a celebrity is someone who is famous only because they appear in a magazine.

Often real and important news is overlooked because of a need for sensationalism.
What a sensible lot our staff are… however we have found two members of staff not afraid or embarrassed to admit they enjoy a spot of celebrity gossip!

**Lisa Anderson**  
Corporate Services Assistant  
Chief Executive’s Department, Kings Cross

**Evonne Houston**  
Communications Assistant  
Communications Department, Kings Cross

We read Heat magazine religiously every week for lighthearted gossip and sheer escapism. We never miss it; in fact Evonne likes it so much she’d like to appear on the front cover – of course she would have to be a celebrity for that to happen! Also lunchtime would not be complete without our daily fix of the Sun newspaper.

We know that there are other more important issues going on in the world but you can’t beat a picture of celebrities getting themselves into trouble or caught in an unflattering pose to cheer you up… especially if you are having a bad hair day!

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**Donald Hay**  
Reception  
Dermatology Clinic, Ninewells Hospital

I think we are becoming increasingly obsessed with celebrity in this country.

There is certainly a lot of news generated on celebrity and a lot of people taking an interest.

People with glamorous lifestyles make things more interesting for others. It goes back a long way, Shakespeare, for instance, liked to write about interesting characters.

I only read magazines if they are in the staff room when I am having a coffee break, I’ll have a look then but I certainly don’t buy them.

There are more important things in life that we could be focusing on.

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**Maureen Norrie**  
Secretary  
Medical Records, Carseview Centre

Occasionally if a front cover catches my eye I might read it but I certainly wouldn’t buy one. Even if I had a few minutes to wait in a hairdressers I would not reach for a celebrity magazine to pass the time.

Celebrity gossip is all around us in newspapers, magazines and on television – it’s very hard to escape from it so it’s no wonder we are a nation obsessed.

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**Ian Donald**  
Staff Nurse  
A & E, Ninewells Hospital

I sometimes flick through these magazines during my breaks as sometimes they are the only type available in the staff room.

I definitely think we are obsessed with celebrities.

We can’t seem to avoid it as TV, magazines and newspapers all publish celebrity culture and people buy these publications and watch these programmes.

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Some things in life are more important than who’s sporting the latest designer handbag.
‘Aspire to Lead’

‘Aspire to Lead’ - a six month clinical leadership programme is being piloted within NHS Tayside. This programme is tailored to meet national and organisational drivers for leadership development and comprises a series of leadership workshops and patient-centred project work. Development is supported through co-coaching and action learning sets.

Dermatology workshop

Dr Colin Fleming, Consultant Dermatologist, organised the Annual British Society of Dermatology Surgery workshop which was held in Ninewells Hospital. The workshop, which is aimed primarily at Specialist Registrars and Clinical Assistants in dermatology, combines lectures and practical sessions to teach dermatological surgery.

The course is the largest of its kind in the UK, and was attended by 100 delegates and 30 faculty members from the UK and Eire. Dr Mark Darling, a dermatology specialist registrar from St Thomas’ Hospital in London, won the prize for promising dermatological surgeon and is shown in the photograph below presented with the highly coveted pottery pig by Dr Colin Fleming.

School pupils discover careers in health

Three hundred 14-year-old pupils visited Ninewells Hospital in May to gain an insight into the range of careers available across health services. Physiotherapists, Pharmacists, Occupational Therapists, Nurses, Doctors, Scientists and current medical students provided taster sessions for the youngsters who were keen to learn what healthcare professionals do on a day-to-day basis. The day was a huge success with 89% of the pupils wanting to find out more about working in health.

The events were organised by WHAN (Working in Health Access Network) Tayside. WHAN is a Scotland-wide project which aims to raise awareness of health sector careers among school pupils who might not aspire to such careers.

As Gordon Black, joint co-ordinator of WHAN Tayside, said, “The success of our events is totally dependent on the enthusiasm of the health professionals who give their time to inspire the youngsters about working in health. We are very grateful for their valuable contribution and are always keen to hear from professionals who would like to participate in our events.”

For more information visit www.whantayside.com
Healthier drinks initiative rolls out in Dundee

Following on from the successful scheme introduced at PRI in 2005, NHS Tayside is to launch an extended range of healthier drinks at Ninewells Hospital, Maryfield and Dundee Dental Hospital on 17 September, 2007. In addition all sugary drinks will be withdrawn from sale in vending machines, canteens and commercial retailers.

The Drinks4Health initiative is initially being run as a three-month pilot scheme but, if successful, it is expected to be made permanent, as was the case at PRI.

Paul Ballard, NHS Tayside’s deputy director of public health has led the healthy drinks policy and believes it is about persuading people to change their habits.

“Just like the smoking policy, this is about developing a culture, slowly but surely. We are in a long-term plan here, taking one step at a time.”

Why?

- If you are watching your weight, sugary drinks can contain up to 200 calories (8 teaspoons of sugar)
- Over time too many fizzy drinks can strip the surface of your teeth leading to tooth decay and sensitive teeth

Tips for a Healthier Choice

- Use a straw at all times - help protect your teeth
- Limit sugary foods and drinks to mealtimes only
- Cut down on how often you have sugary snacks and drinks
- Milk and water are the only safe drinks for teeth between meals
- Chew sugar-free gum

Remember

Recommended daily intake of liquids: 6 – 8 cups/glasses prevents dehydration, increases energy levels and keeps your body healthy.
Men’s Health Week

Over 100 men throughout Dundee took part in this year’s Men’s Health campaign benefiting from blood pressure checks, waist measurements and other opportunistic health discussions.

The focus this year has addressed ways in which men can reduce risk factors that would improve their long term health.

The annual campaign was run by The Corner (Young People’s Health Project) in partnership with Dundee Healthy Living Initiative, local schools and youth workers.

Nursing staff from Dundee Healthy Living Initiative and The Corner have also been out and about in the city’s pubs offering customers free health checks and advice.

The “Street Nurses” were dressed in theatre scrubs to highlight Men’s Health Week and were also raising awareness of improving health in the long term.

Sun Awareness Workshop

Kim Fraser, Skin Cancer Prevention Coordinator presented a Sun Awareness Workshop in Kings Cross Hospital.

Protecting your skin from the sun is simple and does not need to be expensive.

Remember to:
- avoid burning
- cover up with tightly woven clothing, a wide-brimmed hat and sunglasses
- drink plenty of water to keep hydrated

Be Well, Stay Well, Do Well

A wide range of pupils from S1 to S6 at Webster’s High School in Kirriemuir have benefited from taking part in the innovative Be Well, Stay Well, Do Well project.

The aim of the project is to increase pupil awareness around their mental health and well-being, and has covered topics including alcohol, self-harm, depression, bullying, sexual health and exam stress.

For further information or a copy of the report please contact: Carol Ramsay, Integrated Community Schools Young People’s Health Worker, email: carol.ramsay@nhs.net

Healthy eating tasters at Stracathro

Staff nurse Jan Hutcheson and Nursing Assistants Donna Glen and Jenny Walker from Stracathro Day Hospital recently completed a health promotion course at Kings Cross Hospital and have been holding healthy eating promotional events.

This has involved a two weekly focus on each of the topics of fibre, fat, salt and fluids.

SHAW – Smoking Cessation Sessions

Want to quit smoking?

Free support groups are available to NHS Staff. Friendly support offered by trained smoking cessation facilitators over five weekly sessions.

Sessions held at Ninewells Hospital, Stracathro Hospital and Perth Royal Infirmary (minimum numbers permitting).

If you are interested or would like further information please contact the SHAW team on 01382 424057 (ext 71057).
Sun safe message for school kids

NHS Tayside and NHS Fife helped kids gear up for summer by handing sun hats to all primary 1 to 3 pupils with the aim of encouraging good sun awareness.

The hats are part of summer resource packs provided to schools and after school clubs to help children stay safe in the sun. Funded by the Big Lottery, this project is based on the success of NHS Tayside and Fife’s nursery sun awareness project ‘Keep Yer Shirt On’.

Give It Up For Baby

A group of Dundee mums-to-be, who have kicked smoking during pregnancy, have cashed in on a scheme to reward their will power.

The expectant women can collect £12.50 per week worth of credits at the city’s Asda Milton of Craigie store as a reward for staying off the cigarettes.

Women across the city are now taking advantage of the scheme, with many more expected to sign up.

Heartstart training for parents

Fintry Nursery School helped to give Dundee parents important life-saving skills during their annual Heartstart training session.

The Heartstart charity, which offers the training, says that having the knowledge and ability to administer basic life support until professional help arrives can mean the difference between life and death for heart attack victims.

Mum-to-be Alicia Morrison has kicked the habit thanks to the scheme.

Helen Brady (kneeling) and Susan Smith (left) giving Heartstart training to parents. Picture courtesy of the Evening Telegraph.
Alison Hume, co-clinical lead for the cardiology unmet needs project tells spectra about her lorry driving skills and how meeting the Queen left her a bit tongue-tied!

**Name, designation and department**
Alison Hume, co-clinical lead for the cardiology unmet needs project, department of cardiology.

**Personal history**
I trained as a Registered General Nurse and Midwife in the early days of Ninewells Hospital. I married Gordon in 1981 and we have 2 grown-up children. Steven is now 23 and Gillie is 20. We live in the beautiful Carse of Gowrie. In 1990, when I returned to work after having my children (you left in those days) I had 14 enjoyable years working in Muirhead Medical Centre, Loch Leven Health Centre and Westgate Health Centre. During this time I developed a keen interest and knowledge of cardiovascular disease and its management.

In 2004 the opportunity of a new role, co-ordinating the cardiac rehabilitation team arose. It was a challenging time but very rewarding, supporting and co-ordinating the introduction of the Heart Failure Nurse Liaison Service and at the same time leading the redesign of Cardiac Rehabilitation services across Tayside.

During this time, I was asked to support the Cardiology Unmet Needs Project with the clinical lead – Professor Stuart Pringle. Never able to refuse a challenge, Stuart and I worked hard to launch the now successful project, renamed Community Heart.

**Like(s) about current job**
I work with a fantastic team. They are enthusiastic and motivated and make my role easy. They all contribute equally to the Community Heart project, offering suggestions for project development to meet the cardiology unmet needs of the people in Tayside. I also like the patient contact. When the patients thank you for bringing cardiology services to their community, it’s very rewarding.

**Achievement most proud of**
Attaining my Specialist Practitioner Qualification with distinction at the University of Abertay in 2000. I had always said that I was a practical person and not an academic but I proved myself wrong. I have since gone on to achieve qualifications in Cardiovascular Risk Management from the University of Glasgow, and Diabetes Management and Extended and Independent Nurse Prescribing at the University of Dundee.

**Most unusual thing asked to do at work**
Drive the 7.5 Ton lorry! Some of the time we deliver our service in a mobile health bus. In my home life I drive our horses to events but I never expected to use these skills during my nursing career!

**Favourite writer**
Probably a relatively new author – Khaled Hosseini. He wrote The Kite Runner and recently A Thousand Splendid Suns. These books are so well written and have given me an insight into life at this time, in less fortunate countries than our own.

**Favourite music**
Anyone who knows me knows that my favourite music is anything sung by Rod Stewart. He has been my pop idol since I was a teenager! I saw him recently at Hampden Park – he was as good as ever. Fab!

**Favourite meal**
I like most foods, but a meal that is cooked for me is my favourite!

**Favourite thing I have done**
Walk the West Highland Way – great fun!

**Favourite word**
Yes… I find it difficult to say no!

**Top 3 frustrations**
I’d get the sack if I wrote these down!

**Most embarrassing moment**
I don’t know if it was embarrassing, but meeting the Queen when she was in Dundee recently really threw me. I felt lost for words – but did manage to tell her about the project!

**Irritating habit**
I talk too loud, laugh too much and get a bit enthusiastic at times. I need reined in from time to time!

**Do better than anyone else**
I am a much better driver than anyone else!

**3 wishes**
This is an easy question - for my first wish anyway. Gordon and I have been married for 25 years and we have never gone on holiday together. He won’t leave his business, our horses or dogs. I would love to have a holiday with him. To retire to a place near the sea For my children to leave home!
European Computer Driving Licence (ECDL)

Virginia Millar has recently been undergoing treatment for cancer but during this illness has focused some of her time towards completing her ECDL qualification. We would like to congratulate Virginia on her merits and wish her a full recovery.

We asked Virginia to tell us how she has found this qualification.

“When I learned of the ECDL course I thought it would be an ideal way of updating my computing skills, which is very important in today's working environment. Especially when the course can be undertaken online, both at work and at home in your own time under no pressure.

“The courses are laid out in a very easy to follow way but help is readily available if required.

“I was apprehensive to sit assessments especially when I got ill and began to lose a lot of confidence. I thought of giving up but the trainers are fantastic – they want you to pass and are very supportive. I don’t mind admitting I failed a few, probably nerves on the day but with the trainers care and support I had no worries of re-sitting or talking anything through with them.

Completing the ECDL qualification has definitely given me something to focus on during my illness. I now need to concentrate on a full recovery, returning to work and putting my new skills to good use.”

Ross Jamieson, Senior IT Trainer presenting Virginia with her certificate.

ECDL Out Of Hours Support

These support sessions have proved successful therefore will now be every Tuesday in the IT Training Centre in Monifieth and every second Tuesday in PRI and will run from 4pm until 6pm.

If you would like to attend one of these sessions please contact our ECDL Administrator Lorraine Glass on 01382 537704.

Places must be booked.

ECDL Module 5

A reminder to all ECDL candidates that there is a MS Access course available for those studying towards completing Module 5.

This course is designed specifically around what you need to know to pass your test and is only available to those people working towards their ECDL.
Within NHS Tayside we are still looking to have all staff transferred from using the old thb, tptc and tuht email system to NHSMail by 31st August 2007.

If you have not already done so, you should be starting to transfer any mail and contact information from your old email account to your NHSMail account.

Mail Transfer Sessions are being held to assist users with a significant amount of mail to be moved to their NHSMail account.

Helpdesk Email Address Changing

The ICT Helpdesk are changing their email address. Their new address is ithelpdesk.tayside@nhs.net

The Helpdesk Team will read mail to their old address up to 31st August 2007. However, please be advised that after this date mail sent to the old address will not be read.

To ensure your fault is dealt with promptly please ensure that you update your contact list.

Those who registered for the above using a local NHS Tayside email address and who have since changed to an NHS.NET email, will unfortunately not be warned about the expiry of their account. NES Knowledge Services will be removing expired accounts from the end of June 2007 onwards.

To forestall this please visit “My Athens” at www.athens.ac.uk and change your email details or contact your local librarian who will update your record and reset your expiry date.

If you think that your account has already been removed then please contact your local librarian to confirm this and to find out what to do about it.

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To ensure your fault is dealt with promptly please ensure that you update your contact list.
Tayside PPGs

There are three Public Partnership (health) Groups (PPGs) in Tayside, made up of volunteers covering Angus, Dundee and Perth & Kinross. Their job is to be a channel for Tayside residents to let NHS Tayside know what people think about NHS services in their area.

What does the PPG do?

PPGs gather public opinions about how the NHS works for them – both what works well and what could be better.

They do this by holding focus groups with local people who have an interest in health. They conduct surveys by meeting people in public places such as Ninewells and Perth Royal Infirmary main entrances, outdoor markets and events.

They participate in discussions and give presentations to clubs and organisations.

Members participate in over fifty groups and committees stretching across NHS Tayside and the three Community Health Partnerships (CHPs).

They often come together to meet with NHS Tayside lead officers to discuss and give their views on new projects and proposals for service developments.

Each group hold monthly meetings when they share their findings from individual activities and discuss how to address the issues and concerns the public are raising. NHS Tayside Executives and Officers are often invited to their meetings to help address any concerns.

PPGs are keen to participate in NHS groups and activities but importantly to help NHS Tayside including Community Health Partnerships gather the public views.

If you would like to request PPG involvement you can do so by completing the request forms available on the intranet under NHS Tayside Home | Directorates & Departments | Public Involvement | Public Partnership Group Involvement Requests.

Further information can be obtained from:

Allyson Angus, Public Involvement Manager
NHS Tayside. Tel: 01382 425663 (35663)
Email: allyson.angus@nhs.net
Ball raises £29,000 for Children’s Hospital

More than £29,000 was handed over to staff at Tayside Children’s Hospital at Ninewells.

Dundee-based house building company Gladedale, raised the cash at their first ever charity ball in May.

Sandy McBride, divisional chairman of Gladedale (Northern Division) Ltd., handed over the cheque to Grant Rodney, clinical leader of children’s surgery at Ninewells.

Golfers pitch-in for SCBU

A sponsored golf day raised £10,000 for the special care baby unit at Ninewells Hospital.

Grandad Jim Docherty organised the event at Alyth Golf Club after granddaughter Neve was treated at the unit following a premature birth.

Neve’s dad, Colin Younger said, “I was amazed by the work the staff do and any money spent on the unit is thoroughly deserved.”

£1000 for neurosurgery unit

Two Dundee women whose lives have been affected by brain tumours presented Ninewells Hospital’s neurosurgery unit with a cheque for £1000.

Angela Ferguson, who lost her mother to a tumour, and Lyndsey Tinney, who battled a tumour of her own while pregnant, raised the cash by organising a sponsored pyjama party for youngsters at Little People Nursery.

A model of care

A cancer patient presented a cheque for £980 to the Ear, Nose and Throat ward and out-patient clinic staff at Ninewells Hospital.

Susan Mitchell donated the money after funds were raised during a charity fashion show at the Whitehall Theatre in Dundee.

Patients from the ENT ward modelled clothes at the event and Lorraine Kelly hosted the evening where almost £11,000 was raised to benefit cancer patients across Tayside.
Brothers’ pact honoured

A Perth train driver donated a cheque for £5227 to the Photobiology Unit at Ninewells Hospital.

Derek Yeaman ran the London Marathon in memory of his brother Alan, who died in 2001 after being diagnosed with a brain tumour.

The two brothers had made a pact to compete in the marathon together as they watched the event while Alan was receiving photodynamic therapy at Ninewells.

Derek’s marathon efforts raised the cash through sponsors. He wanted the staff at Ninewells to know how grateful Alan’s family were for the care he received.

Money out of blue air

A cheque for £418.13 was presented to Ward 5, Perth Royal Infirmary by members of the Jeanfield 208 St Johnstone Supporters’ Club.

The money was raised through a swear box as members watched their team’s defeat by Livingston leading to Gretna beating them to promotion to the SPL.

Plod-ding along for the neonatal unit

A fleet-footed Dundee policeman presented a cheque for £1430 to the neonatal unit at Ninewells Hospital. Rory Fairbairn, who lives in Forfar, decided to run the London Marathon to raise money for the baby unit as his nephew Lewis Pearson received treatment there last year.

Cash boost for medical research

At the annual meeting of the Medical Club, past president Dr Derek Ritchie handed over a cheque for £750 to the Medical Research Laser Fund at Ninewells, which was accepted by chairman Sam Eljamel.

Arbroath Rotarians donate to Outpatients Department

Arbroath Rotary Club presented a cheque for nearly £700 to the Outpatients Department at Arbroath Infirmary.

Pictured at the presentation are, from left – Sarah Lyons, Catherine Thomson, Sister Ann Cuthill, president Jim Ratcliffe, Christine Dodds, Mike Sowden and Phyl Burnett.

Picture courtesy of The Evening Telegraph.
Jimmy Thomson has retired after 36 years as an electrician at Perth’s Murray Royal Hospital.
Assistant maintenance manager Tom McLaughlan presented him with a gift on behalf of his colleagues.

Elizabeth Lemon, a paediatric nurse at Ninewells received her 40 years NHS long service award recently.
Murray Petrie, Chairman of the Single Delivery Unit, presented Elizabeth with a gold watch to mark the milestone.

Liz Bensley who works at Ancrum Medical Centre in Dundee received her 40 years service award.
Over the years Liz has worked at Dundee Royal Infirmary, Royal Victoria Hospital before joining Ancrum Medical Centre where she has worked for the last 30 years.
Liz, a District Enrolled Nurse, received her long service award from Murray Petrie, Chairman of the Single Delivery Unit.

John Clark, Consultant Orthodontist at Perth Royal Infirmary and Dundee Dental Hospital, has retired.
He was appointed to his consultant post in 1978 and during his career served on several local and regional dental committees.
John was the Lead Clinician for the National Managed Clinical Network for Cleft Lip and Palate Services in Scotland from 2002 and also Lead Clinician for the NHS Tayside Orthodontic Managed Clinical Network from 2004.