Do you overindulge at Christmas?
Dear spectra readers,

‘Tis the season!

The holidays are nearly upon us and festive cheer is spreading across Tayside with shoppers descending upon the high streets and retail parks, as well as online, to pick up the perfect Christmas gifts for their loved ones.

They say it’s better to give than to receive but do we sometimes take that sentiment too far? spectra decided to ask our readers about whether they take inspiration from Santa Claus or Ebenezer Scrooge when it comes to buying presents. You can see their answers in Voxpop on page 12.

The Beechgrove Garden game to visit Ninewells Community Garden recently and we have a double-page spread to recognise all the staff and volunteers who helped out before and during the filming. Check out the photographs in our feature on pages 10 and 11.

Elsewhere in this issue we turn the spotlight on the team at Ward 6 and the Steps to Better Healthcare Ambassadors, as well as a special page in Learning Together to say well done to all our staff who have been recognised nationally over the past few months.

It seems our staff are also quite a charitable bunch with teams from across Tayside taking part in a Vision Romania Christmas shoebox appeal, Macmillan coffee mornings and a knitting project for newborn babies in Uganda. Their generous efforts are featured in Check it Out on page 22.

TREATS has some new events and offers in store for 2014 so why not grab yourself a bargain. See the insert for more details.

We would like to wish all our readers a very happy festive season and our thanks go out to everyone who will be working to keep services running over the holiday period.

spectra editorial team

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Please send items for the next edition of spectra, Issue 70 February/March to the editorial team by 7 January. The deadlines for the following editions of spectra are Issue 71 April/May – 4 March and Issue 72 June/July – 6 May.

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Angus celebrates 100th rehab programme

Angus CHP recently held its 100th pulmonary rehabilitation programme for patients with chronic lung conditions during national Self Management Week.

A typical pulmonary rehab course includes a physical exercise programme carefully designed for each individual with advice on lung health and coping with breathlessness all provided in a friendly, supportive atmosphere.

The classes are supported by trained health professionals including physiotherapists, nurses, occupational therapists and doctors.

The first classes, which encourage patients to self-manage their long term condition, began in Angus in 2005 with 46 patients participating that year.

The courses now attract over 180 patients annually and, in total, over 700 people in Angus have benefited from the programme.

Norwegian Health Authority visits Sunnyside

NHS Tayside welcomed representatives from the Norway Regional Health Authority to the former Royal Sunnyside Hospital site as part of a visit to Scotland researching historic hospital sites.

Property and asset manager Grant McIntyre gave the party a tour of the old hospital site in Montrose. The visitors heard about the development of the site since its inception when it housed up to 1,900 patients, right through to 2011 when it was decommissioned.

Sunnyside was of particular interest to the group as it is Scotland’s oldest psychiatric hospital with its origins dating back 230 years.

Historic Scotland recently added another eight structures from Sunnyside to their Listed Buildings list, making a total of 10 Grade B and C listed structures of architectural note on the site.

Jone Ottar Erdal, Olav Hamran (left) and Arnstein Brekke (right) of Norway Regional Health Authority with Ian Thomson of Historic Scotland, Grant McIntyre and Joan Richardson of Historic Scotland
Tayside apprentices present to HR directors

Three modern apprentices from NHS Tayside, along with a Scottish Government apprentice, took part in a development event with HR directors from NHS Boards across Scotland.

Kerry Barlass, Nadine Duncan and Murray Robertson presented their positive experience in NHS Tayside’s Modern Apprentice in Care placement programme at the event, which focused on the Youth Employment Strategy and reviewed opportunities for Boards to maximise their recruitment of young people.

Before the event, the apprentices met with Chief Executive of NHSScotland John Connaghan to discuss why and how they joined the Modern Apprentice in Care programme, which was developed in partnership with Dundee College, Dundee City Council, NHS Education for Scotland and patient representatives.

Tayside patients’ artwork on display

A display of ceramic tiles produced by Carseview patients has gone on display at the Dundee centre.

The occupational therapy department offers a range of activities and therapeutic interventions for the adult mental health inpatient services.

An art group, led by occupational therapist Emma Usoro and attended by 45 inpatients, worked on a project to design and paint ceramic tiles.

The patients were encouraged to work on a subject matter which was of personal interest to them, resulting in a colourful range of varying designs and images.

News in Brief

Angus

Anticipatory Care Planning

Angus CHP led a Tayside-wide workshop on Anticipatory Care Planning. Since the Key Information Summary (KIS) was introduced to general practice systems in summer 2013, over 2,000 patients have had an ACP recorded.

This is a vital plan produced in conjunction with patients and carers, and seeks to assure that individuals receive the care they would like, especially at end of life, or as a result of a severe exacerbation of illness, and supports the personalisation of care.

Embroidered artworks at Whitehills

Patients, staff and visitors at Whitehills Health & Community Care Centre in Forfar enjoyed an exciting new art exhibition showcasing a variety of different embroidery techniques.

The exhibition featured local artist and embroidery expert Betty Fotheringham in her first solo exhibition which ran throughout October and November at Whitehills.

Stracathro dining room renamed

The dining room at Stracathro has been renamed ‘The Pavilion’ after a competition was held to find a new name.

The winning name was chosen from over 20 entries and was suggested by Lynn Smith, whose father was a patient at the hospital.

Lynn and her sister used to spend time in the cafe with their father and the name of ‘The Pavilion’ came to Lynn as she remembered sitting in the dining room with him on a warm and sunny day.
Chairman visits TORT Centre

NHS Tayside Chairman Sandy Watson toured The Tayside Orthopaedic and Rehabilitation Technology (TORT) Centre at Ninewells where he met with key members of staff working in prosthetics, orthotics and wheelchair services.

Mr Watson also visited Dundee University’s Institute of Motion Analysis which is housed in the TORT centre.

Commenting on his visit to the centre Mr Watson said, “This is a centre with an international reputation, where NHS Tayside and the University of Dundee provide an excellent tangible example of their partnership approach in pursuing the tripartite mission of education, research and patient care.

"It’s amazing what takes place within the ‘four walls’ of TORT and what the staff at the centre are doing for amputees and all groups of patients.

"The overpowering impression I got from the staff on this visit was of a group of highly committed individuals whose enthusiasm for what they are doing is very evident not just in what they are saying, but in the very way they say it."

Chairman visits TORT Centre

TACC welcomes Chief Operating Officer

Chief Operating Officer Lesley McClay visited the theatre, anaesthetics and critical care (TACC) departments as part of a leadership and safety walkaround.

Ms McClay was shown around the departments by General Manager Lorna Wiggin, Clinical Services Manager Alastair Adam and Clinical Director Eddie Wilson, meeting with staff in theatres, surgical HDU and ICU.

Once a pun a time

Personal assistant Kimi Cowie-McCash has released a joke book on Amazon, ‘Once a pun a time’, with a proportion of each sale going to Maggie’s Centre at Ninewells.

Kimi said, “Over the years, I’ve lost family and friends to cancer and have heard about the wonderful care and attention that is provided from Maggie’s Centre so I have decided to donate 20% of all sales to this cause.”
A weekly drop-in clinic for staff and carers is held every Wednesday afternoon from 1-5pm on the main concourse at Ninewells.

Staff and carers can discuss issues about the caring role and find out more about the support available within the Carers Centre and other agencies.

A monthly information stand is also held every first Wednesday in the month from 9am-5pm to give people specific advice about welfare rights, benefits and the welfare reforms which may impact on their lives.

There are two awareness training sessions available for staff – Beyond Caring and a snapshot session about the Carers Centre services. To find out more please contact June Whale on 01382 200442 or june.whale@dundeecarerscentre.org.uk

### Palliative care services at community events

Members of palliative care services attended a series of community events in Dundee to raise awareness about the services.

The team were at Baxter Park’s Celebration in the Park, Lochee Festival of Life and Fintry Gala where they were on hand to give information about specialist palliative care services, the Here4U community volunteer support project for people receiving palliative care at home, and the Good Life, Good Death, Good Grief alliance.

They also had a ‘Before I die…’ wall which is a global public project encouraging people to share their hopes, dreams and aspirations. Over the three events there was 114 contributions made to the wall.
news2u

Crieff therapeutic garden officially opened

A celebration event was held at Crieff Community Hospital to mark the opening of a new therapeutic garden.

 Fundraisers, donors, hospital staff and members of the public were invited to the event to celebrate the opening of the garden which was first initiated around nine years ago.

Over the years, funds have been raised by staff, through community events and donations from carers and relatives, as well as contributions from NHS Tayside Board of Trustees Endowment Fund and the Friends of Crieff Community Hospital.

The official opening was carried out by Elspeth Liechti, who was senior charge nurse in ward 1 when the project began. General manager of Perth & Kinross CHP Bill Nicoll then cut a cake which had been made by a member of staff and incorporated a butterfly symbol to represent dementia care.

The garden was designed by landscape architect Annie Pollock from Stirling University’s Dementia Services Development Centre with the aim of creating a safe, pleasant environment for patients in the day care and dementia wards and their families and carers.

A bench in the new garden has also been dedicated to Alana Bonthrone, a member of staff at the hospital who sadly passed away earlier this year.

The Spaces Between in Perth

A creative arts project involving patients from Murray Royal Hospital’s Forensic Psychiatry Service culminated in the launch of a digital installation at Perth Concert Hall.

NHS Tayside Board of Trustees approved £79,560 for the project, which aimed to document the transition of the service into the new Rohallion Secure Care Clinic.

Tricky Hat Productions worked with patients, staff and carers to create The Spaces Between, an audio/visual journey through the old and new hospital buildings involving drama, music and written work.

Through involvement in this project, patients were able to develop skills in interview, research and performance techniques and learned to interact more constructively with each other, their carers and ultimately the general public.

The finished product was launched to an invited audience and an installation was also available for the public in AK Bell Library as part of the Scottish Mental Health Arts and Film Festival.
Staff encouraged to Liftshare

NHS Tayside staff are being encouraged to take part in greener travel by signing up to share their car journey to work.

As part of Liftshare Week, information about car sharing was available to staff at awareness events in Ninewells, Perth Royal Infirmary and Murray Royal Hospital.

Many staff travel alone by car but by sharing the journey with a passenger or two, drivers can save themselves hundreds of pounds a year, as well as easing local pollution and congestion.

Head of Environmental Management Phillip Wilde said, “Car sharing can bring many benefits in terms of saving money, reducing wear and tear on your vehicle, freeing up parking spaces and easing congestion.”

For more information about Liftshare please visit www.tactranliftshare.com

Travel Bureau launched at SBH showcase

Steps to Better Healthcare held a showcase event at Murray Royal giving staff the chance to see how the projects are progressing and speak to the teams responsible for implementing the changes.

The projects, which are led by frontline staff, include Medicines Leadership, Procurement, Musculoskeletal Pathway, E-Rostering, Electronic Patient Record, and Mental Health.

One of the initiatives, the Travel Bureau, was officially launched at the event and is now live on Staffnet under Our Websites | Travel Bureau. The Travel Bureau is a highly-skilled, dedicated team which offers a bespoke, value-for-money business travel service for staff.

News in Brief

Perth & Kinross

Positive progress for POA service

A redesign of the Psychiatry of Old Age (POA) service in P&K has helped enhance care across the region.

Over the past two years, the POA and dementia services redesign has transformed the support and care provided to people over the age of 65 living with dementia or a mental health illness.

Key to this progress has been the opening of the new bespoke dementia and POA units in Murray Royal.

HCC supports activities in Kinross

The Healthy Communities Collaborative has recently supported various activities in Kinross to mark Make a Difference Day (MADD) and the 30th anniversary of the Kinross-shire Day Centre.

The Kinross MADD was part of UK charity CSV’s campaign to recognise volunteering and learning within local communities. A new volunteer information point was also officially launched on the day.

The Kinross-shire Day Centre held a series of events to mark the facility’s 30th year including a face painting day, relaxation class and museum photo exhibition culminating in a grand party.

Joint LD strategy success

Members of the P&K CHP Committee heard about the positive steps taken by NHS Tayside and local authority learning disability services since a new joint strategy was implemented a year ago.

The Learning Disability joint strategy plan is divided into 12 pledge themes, which cover a wide variety of support services to meet people’s needs, such as assisting people to live in their own home, providing employability services and helping service users meet new people and make more friends.
In September, the Ninewells Community Garden became a flurry of activity as BBC Scotland’s Beechgrove Garden team dropped in to help the volunteers develop the hospital grounds.

Part of the Ninewells Greenspace project, the community garden has been a work-in-progress for just over a year, having been officially opened by Deputy First Minister Nicola Sturgeon at the end of August 2012.

The work of the garden was chosen as part of the 2013 Beechgrove Community Garden initiative which aims to encourage people to identify and undertake environmental improvement projects in their local community with a little help from the Beechgrove team. With assistance from the Beechgrove experts, the Ninewells team were able to build on the already extensive work that has gone into creating the area.

The aim of the Greenspace and community garden project was to create an area that was accessible for staff, patients and the local community for exercise, recreation and recuperation. Some of the garden volunteers are disabled and some have physical or mental health conditions. Patients from Carseview and some patients recovering from stroke and brain injuries are actively involved in the garden.

NHS Tayside Health Promotion Programme Manager Mary Colvin said, “The garden has a sensory area with smelly plants, plants that are inviting to touch, plants that make noises and plants that are native to support our wildlife. The medicinal garden is divided into eight sections that include cardiology, respiratory, dermatology, oncology, gastroenterology and a wellbeing garden. Pharmacists and other hospital staff take a keen involvement in these developments.”

Even the four-legged volunteer was made welcome.

Children from Ninewells Nursery

Volunteers from Shell UK
NHS Tayside Chairman Sandy Watson has been an active supporter of the project from the outset. Mr Watson said, “As a health-promoting organisation, we are keen to nurture health and wellbeing, reduce stress and improve mental health.

“Creating a more welcoming hospital site with paths for walking and cycling, rehabilitation trails, benches for sitting enjoying lunch and improved views from hospital windows is conducive to a healthier workforce and a faster recovery for patients.

“Developing a green asset in the grounds of Ninewells provides health benefits for patients, staff, visitors and the local community and the community garden is an important strand of our thinking.”

The Ninewells volunteers have very generously been donated tools and equipment, plants and even a garden shed from local businesses and residents. NHS Tayside Estates department, Public Health and the Medical Directorate have worked with the volunteers who have given up their time to develop a green legacy for Ninewells.

If you would like more information on the project, think you could help or would like to volunteer, contact Mary Colvin on extension 71038 or visit www.facebook.com/ninewellsgarden.
Does your Christmas gift buying break the bank?

Recent research has found that people expect to spend an average of £413.80 on Christmas gifts this year. A third of people surveyed said that the most expensive gift they buy will be for a child followed by 16%, who will spend most on their wives, and just 7% will spend most on their husbands!

Two-thirds of people expect to pay for the cost of Christmas using savings and 9% said they would use a credit card or loan, but 19% of people admitted they failed to budget for the festive season.

We put our Santa hats on and ask spectra readers if they overindulge in present buying only to regret it when the credit card bill comes through the door or if they set themselves a budget when buying gifts.

Ways to save on gifts:

Mix CDs: A thoughtful present for friends and family that is really easy to make and will cost you nothing if you have a few blank CDs lying around. Make people smile with some of their favourite tunes.

Cash in on loyalty schemes: Make the most of all those points you’ve saved up over the year using loyalty schemes. With some supermarket schemes you can get up to four times your points value or exchange £5-worth of vouchers into £10 to spend in store.

Save the planet: Community websites like Freegie and Freecycle encourage people to give away things they no longer need, anything from furniture and electrical goods to baby gear and bicycles. Sign up and root around for something that would make a good gift.

Time vouchers: If you have friends or family that could do with your help babysitting or renovating, you could offer your services with some vouchers for your time, redeemable throughout the year or within a month.

Catherine Nicoll
Pharmacy Technician
Tayside Pharmaceuticals

I set a budget and try to stick to it but I do normally go over it slightly. I will overindulge next year as my first grandchild will be born.

Jane Simpson
Staff Nurse
Clova Ward, Whitehills HCCC

I love Christmas and I like to indulge my family at this time of year. However, I don’t need to set a budget as I tend to manage my money sensibly over the year. I don’t do credit cards and I would never let myself get in to debt for Christmas.

Ghulam Nabi
Consultant Urologist
Urology

No, I don’t overindulge. I set myself a budget and stick to it. My wife on the other hand always overindulges and goes over budget.
Grace Gilling  
Service Manager  
Adult Mental Health Services, Perth & Kinross CHP

I completely overindulge! My son jokes that he’s like Dudley Dursley from Harry Potter, he even counts his gifts every year! I go out of my way to find unique stocking fillers and he loves getting lots of little gifts rather than a couple of big things.

We do Christmas really well as a family. We’ve been to Lapland and on Christmas Eve we track Santa’s journey across the world on his sleigh on the NORAD website. We leave footprints on the rug, take bites out of a carrot and mince pie and leave our son a message from Santa. Unfortunately, I had to tell him this year that Santa wasn’t real as it was time he knew.

Sarah Keenan  
Clerical Officer  
Tayside Pharmaceuticals

Yes I do overindulge. I set a budget every year but always go over the budget as I tend to spoil my nephews.

Scott McCreadie  
Physiotherapist  
Whitehills HCCC

I do set myself a budget but I don’t worry too much about sticking to it as I like to enjoy Christmas. I’m most likely to overspend on my nephews.

Finlay Hird  
Storeman  
Tayside Pharmaceuticals

Yes I overindulge. I do set a budget but I’m only able to stick to it occasionally.

Susan Thomson  
Clerical Officer  
Tayside Pharmaceuticals

I definitely overindulge. I set a budget every year but I always go over as I end up spending too much on my grandchildren.

Tricia Thompson  
Urology Waiting List Secretary  
Urology

I overindulge every year. There is no point in me setting a budget as I won’t stick to it. I always buy more than what’s on my list.

In the next issue of spectra, we celebrate Valentine’s Day by asking our readers ‘Is romance dead?’

We want to know if you are a big softy at heart and love spoiling your other half or if you think it’s just another unnecessary holiday to make people spend money.

If you are interested in taking part in the next voxpop, please email the spectra team on communications.tayside@nhs.net
Healthy Working Lives Awards

Organisations in Tayside were the stars of NHS Tayside’s Healthy Working Lives (HWL) award ceremony, which celebrated their efforts in building healthy workplaces for staff.

HWL offers a range of practical support and advice to help employers improve the health, safety and wellbeing of their staff.

Silver Awards were presented to Angus Council’s Lochlands Resource Centre, Menzieshill Nursery School in Dundee, Dundee Healthy Living Initiative and the University of Abertay.

Arbroath Academy, Chapelbond and Cliffview Court supported accommodation in Angus, Dundee City Council Environment Department, Rowantree Primary School in Dundee, Perth & Kinross Live Active Leisure, St Dominic’s RC Primary School in Crieff and Richmond Fellowship Scotland Arbroath all earned their Bronze award.

Over 200 workplaces across Tayside participate in the programme, representing 39,000 employees.

HWL also provides a range of activities and facilities to support staff in NHS Tayside.

To keep up to date with what is happening in your area visit the HWL site or the staff noticeboard on Staffnet.

Some areas of NHS Tayside aren’t covered by this programme yet but if you or your colleagues would like to become involved please contact sylvia.mudie@nhs.net, rosie.dececco@nhs.net or jackie.ross@nhs.net or call 01382 424135, x 71135

Horrors of smoking highlighted

The Ninewells ‘Smokebusters’ hosted an event in the hospital to raise awareness of the effects of smoking on health, such as cardiovascular and lung disease and respiratory conditions such as COPD and asthma.

Staff and visitors also had the opportunity to find out more about the support available to help them stop smoking, nicotine replacement therapy and community stop-smoking groups.

NHS Tayside Smoke Free Services hosted several Halloween-themed events to raise awareness of the horrors of smoking.

Mums-to-be at the Forfar and Brechin Healthy Start Cafes were given information and advice about the Give It Up For Baby (GIUFB) smoking cessation scheme, which allows pregnant women to earn up to £50 a month in supermarket vouchers.

Healthy Start Cafe, Forfar

New Breastfeeding support group

NHS Tayside has launched a new support group for breastfeeding mums in Perth.

The group, which is held at A K Bell Library, is open to all new and expectant mums to go along and get information and advice about breastfeeding.

It also gives people the chance to meet with other mums and share their experiences.

This new group is in addition to two well-established existing breastfeeding support groups in Letham Sports Centre every Friday and Fairfield Community Centre on Mondays.

For more information and advice on breastfeeding, visit the NHS Tayside Mums and Babies Facebook page at facebook.com/nhstaysidebabies

Lauren Elder with Corbin, breastfeeding support worker Jennifer Kettles, Zoe Gall with Lauren, Corrin Burden with Joshua, and breastfeeding support worker Alison Webster
Heartstart for Schools relaunches in Dundee

The Heartstart for Schools Initiative was relaunched in Dundee at an event in Menzieshill High School.

The school programme was set up in Dundee through Heartstart Discovery and has been teaching life saving skills to school pupils across Tayside for the past 10 years.

Senior pupils from S5 and S6 along with teachers at Menzieshill High School received certificates after they were successfully trained in basic resuscitation techniques.

The relaunch of Heartstart for Schools in Dundee has been made possible through funding granted by Hearty Lives/British Heart Foundation which aims to encourage more Dundee Schools to participate in the training.

Menzieshill High was the first school to participate in the relaunch of Heartstart for Schools initiative and it is hoped that this project will be rolled out to other schools across Dundee.

Dundee Falls Pathway launched

The Joint Dundee Falls Pathway was launched recently to care professionals and stakeholders.

The joint venture between Dundee CHP, Dundee City Council Social Work Department and the voluntary and independent sectors aims to reshape care for older people suffering from a fall.

The group aims to communicate that a fall can be a symptom rather than a diagnosis and that much can be done to both prevent falls and enable older people who do fall to regain their confidence and keep mobile.

In Dundee 30% of the population aged over 65 will fall in any year (around 8,000 people). Dundee City Council receives over 1,600 calls a year and every day 20 people present at Ninewells A&E following a fall.

Tayside Families asked to sign up to Smoke Free Homes

Smokers were encouraged to stub it out at home as the Smoke Free Homes initiative launched across Tayside. The scheme asks smokers to acknowledge the affect their habit has on others and encourages them to make their home smoke free.

Smoke Free project worker Tracey Furness said, “By keeping the house smoke free, this not only protects children but provides a healthier and cleaner home environment and eliminates potential fire hazards.”

The Tayside Smoke Free Homes scheme encourages people to sign up to either a GOLD or SILVER promise to help keep their home smoke free. The GOLD promise means you agree to no smoking in the house, while signing up to the SILVER status promises that smoking will be confined to one room in the house and never in front of children.

For more information on Smoke Free Homes contact Tracey on 07554 333314.
Learn and improve with the Endowment Training Fund

Do you want to make 2014 the year you develop your skills and learning? If the answer is yes, then why not apply for support from the NHS Tayside Education and Training Endowment Fund?

The fund was first set up in December 2010 to support staff development opportunities across all NHS Tayside sites, giving staff who traditionally may not have had such learning opportunities the chance to pursue a new and worthwhile personal development activity.

Here’s what some of our staff who have been given funding had to say:

“Funding from the Education and Training Endowment Fund has allowed me to complete a post registration BSc Nursing with the University of Dundee.

“The opportunity to extend my knowledge and skills has been invaluable and I now have a greater understanding of the importance of evidence-based practice. I also feel more confident in caring for and educating patients with diabetes and I am now working towards the MSc in Advanced District Nursing.

“The process of applying is very straight forward and the fund is a great opportunity to extend your knowledge and skills.”

Leeanne Doull
Community staff nurse, Maryfield Medical Centre

“In 2006 I was promoted to waste management supervisor within the Portering Department in Ninewells. To develop this role, I enrolled on the Chartered Institute of Management HNC course at Dundee College which I completed. With the funding I was then able to go on and complete the HND and subsequently the BA Degree in Professional Development at the University of Dundee.

“Without financial help from the fund I wouldn’t have been able to continue with my education. With the additional qualifications, I’ve been able to develop the skills required to gain a further promotion.

“This is an excellent scheme for those who would like to improve their skills and career prospects but feel there isn’t the opportunity for them.”

Alan McIntosh
Transport supervisor, Ninewells

“Gaining funding from the Education and Training Endowment Fund allowed me to complete the second year of the Master of Business Administration degree at Napier University.

“The majority of my studies focused on a large research project based on a live workplace management issue. The project process was extremely informative and has made me more analytical and probing in everyday work situations, improving my report writing skills. Most of all, it has changed the way that I think. I’m extremely positive about my long term future in the NHS and I look forward to using the skills I’ve gained to progress my career.”

Jenny Duff
Departmental secretary, Property Department, PRI

It’s still not too late to apply for funding. The endowment training fund is open to ALL employees from any area of NHS Tayside. For more information get in touch with Lorraine Smith on 71437 or email lorraine.smith8@nhs.net

Details can also be downloaded from:
Staffnet Home | Learning and Training | Your life Long Learning.

Pat Millar, head of knowledge and skills (left) and Lorraine Smith, personal assistant are waiting to take your application.
Well done to our staff!

Massive congratulations to all the NHS Tayside staff and teams whose work has been recognised recently. We’ve always said our staff were amazing and, judging by this lot, we’re not the only ones who think so! Well done everyone.

Wendy Reid
Senior Keep Well nurse Wendy Reid (right) was presented with a Commendation for Working in Partnership by Tayside Community Justice Authority.

The award recognises Wendy’s innovative efforts in delivering the Prison Leavers Project and ongoing work to improve the health of offenders.

My Diabetes, My Way

The My Diabetes, My Way project, which offers people with diabetes across Scotland electronic access to their medical records, won the award for Best Initiative Supporting Self Care at the Quality in Care Diabetes Awards.

PITSS team

The Paediatric Imaging Tayside Study Sessions (PITSS) team won both the Society of Radiographers Scottish and UK Radiography Team of the Year 2013 awards for bringing an initiative to Tayside that aims to raise the standards of paediatric imaging in non-paediatric radiology departments.

I-r Roderick Bruce, Chris Buchanan, Amy Low, Rachel Cairns and John Temple

eHealth team

The eHealth team picked up the award for Best Use of Innovative IT for Patient Care at the NHS Scotland eHealth Awards.

The team was recognised for working alongside clinical staff to develop the Clinical Portal, which allows clinicians a universal view of patient records.

Nicky Goodfellow

PRI clinical photographer Nicky Goodfellow’s clinical image ‘Lymphangiomas and Angiokeratomas on the Leg’ was chosen from thousands of entries to be included in the International Images for Science 2013 exhibition.

IHM Awards

The Mental Health Services Team in Dundee picked up a top award from the Institute of Healthcare Management (IHM) Scotland for a poster submission based on football therapy.

Operational manager for Mental Health Services Val Johnson (left) and head of nursing for Stracathro Regional Treatment Centre Susan Skene (right) were also announced as runners up for the Top Healthcare Manager Award.

Sarah Ellis & Sally Fletcher

Nutritionists Sarah Ellis (right) and Sally Fletcher (left) from Helm Health in Dundee, which is funded by NHS Tayside, took home the Healthier Lifestyle Award at the Scottish Health Awards 2013 in recognition of their invaluable contribution to Scottish healthcare.

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learning together

Trauma study evening at Ninewells

The second trauma study evening at Ninewells was attended by over 60 members of staff from Fife, Tayside and Grampian who are involved with or interested in trauma.

Entitled ‘Facial Trauma’, the session included four presentations from consultant in emergency medicine Dr Russell Duncan, consultant radiologist John Brunton, superintendent radiographer Lynn Lyburn and consultant oral maxillofacial surgeon Mr Douglas Kennedy.

The evening was organised by Ewan Murray, Denise Adam, Laura Nicolson and Paul Rudd from the clinical radiology department.

Getting it right together for P&K young carers

Perth & Kinross CHP representatives Julie Flynn, Joanne Southern and Jeri Kelly, along with PKAVS Young Carers Project Coordinator Raymond Jamieson, showcased their work with young carers at a national event hosted by the Scottish Government Carers Policy Branch.

Deaf awareness training

Deaf awareness sessions were delivered to staff by Deaf Links to improve awareness when meeting and interacting with people who are deaf.

The training is being provided across Tayside with a target of 500 staff being trained. It is appropriate for clinical and non-clinical staff including porters, doctors, nurses, AHPs and receptionists at clinics.

More than 100 staff attended the first session and feedback was excellent, with a number of recommendations identified for improving services for deaf people.

Effective Practitioner Celebration event

NHS Tayside’s Nursing, Midwifery and Allied Health Professions (NMAHP) directorates hosted the first Effective Practitioner Celebration event to highlight 11 successful service improvement projects led by NMAHP practitioners.

The event was attended by practitioners, allied health professional (AHP) and nursing managers and leads along with representatives from the NMAHP directorate at NHS Education for Scotland.

Associate Nurse Director Eileen McKenna and AHP National Lead for Children & Young People Jane Reid branded the projects ‘inspirational’, concluding that each had the potential to impact positively on patients, their families and carers.
Meet the Steps to Better Healthcare Ambassadors!

Steps to Better Healthcare (SBH) is all about improvement – improving health, improving patients’ experience and improving cost efficiency – and our SBH Ambassadors are spreading the word on the innovative work being carried out across the board.

The flagship SBH programme seeks to harness the potential of our staff, make change that is worthwhile and lasting, and encourage innovation.

SBH Ambassadors were on hand at the recent showcase event at Murray Royal Hospital, where staff got the opportunity to find out more about the wide variety of SBH projects.

What does an SBH Ambassador do?

Our Ambassadors highlight SBH by sharing information on the programme with their colleagues and encouraging staff to share their innovative ideas before discussing them with the SBH team. Ambassadors also give valuable feedback to the SBH Programme Board and Executive Team and provide support at showcase events and occasionally SBH projects.

Spectra caught up with four of the NHS Tayside Ambassadors to ask why they signed up for the role and what it means to them.

Elaine Clayton
Lead information officer, PRI

“There are many rewarding aspects of being an SBH Ambassador.

“I learn about many SBH projects which gives me a wider view of what is being accomplished and achieved as a result of SBH.

“I also get to connect and share these ideas with other staff members through SBH sessions and the discussion board. It helps me to put my work in context, and to feel a part of the wider objectives in NHS Tayside.”

Kenneth Forbes
Stroke auditor, Ninewells

“We work with so many smart people in NHS Tayside and many people have ideas on how to improve things for patients.

“As an SBH Ambassador, we want to encourage staff to talk about their ideas.

“It is really good to get information on the progress and projects that are going on within NHS Tayside and share that with staff.”

Jacqueline Craig
Medical secretary, Stracathro

“I signed up to be an SBH Ambassador at the Whitehills showcase event after I heard Sandy Watson talk about what is being achieved and thought it was brilliant.

“It is inspiring to see all the progress being made for service users and staff.

“I get to share news on the progress with people on how ideas have been taken forward. It is a great avenue for anyone to help make improvements to the service.”

Pammy Chima
Interpretation and translation service project manager, Ninewells

“I attended an SBH event last year and it was a really good eye-opener to see each of the programmes and projects.

“Being an SBH Ambassador gives me more understanding of SBH and the programmes within it.

“Within my role, I am involved with volunteering programmes in Ninewells so I am particularly interested in any SBH projects that volunteers could be part of.

“We act as a link to share information between the SBH team and people working on the front line.”

To find out more about becoming an SBH Ambassador, visit the Steps to Better Healthcare site on Staffnet.

The Ambassadors’ role is vital to the SBH programme. NHS Tayside and staff side representatives are very thankful to the Ambassadors for the time and effort that they put into promoting SBH. They are also extremely grateful to the Ambassadors’ line managers for allowing them time to support SBH in such an important way.
Small changes big rewards:

TIME MANAGEMENT AND BETTER DAILY PLANNING - staff work with the charge nurse or senior nurse on duty to plan their daily work load, helping to ensure all tasks are either completed, or where appropriate, are passed on to the next shift.

STAFF MORALE - staff morale is high and this is shown in the overall reduction in staff absence. This has been achieved through ward changes such as staggered breaks, staff finishing on time and improved communications.

STAFF ABSENCES - when staff are off sick they now call and speak with the charge nurse or the senior nurse in charge on the day. Staff are encouraged to discuss their expected return to work.

TEAM SKILLS - staff are keen to develop their knowledge and a large number of staff have further developed their skills by undertaking additional training such as dementia training.

FALLS AUDIT - a falls audit was carried out which identified that having patients with a history of falls in the main ward area and not in a side room reduced the number of falls occurring on the ward.

WARD HANDOVERS AND STAFFING - these now take place promptly as soon as the shift changes and there is now a nursing presence in all bays at all times.

WARD CHAMPIONS - the ward has staff who are trained Dementia Champions, Butterfly Champions, a nutrition link nurse as well as Cardio Pulmonary Resuscitation (CPR) trainers.

VOLUNTEERS - patients and staff benefit from the additional services offered by the enthusiastic group of ward volunteers who organise activities for patients and run a tea and coffee stand for the ward.

FEEDBACK - patients are invited to complete a feedback questionnaire on discharge and comments are displayed on a board for all to see in the ward. If it is highlighted that a patient wasn’t happy staff will look into it to see if there are things staff need to change to provide a better patient experience.
Allan Ramsay
Transport Manager, Operations Department

Personal history
I started in 1985 as a maintenance electrician at Royal Victoria Hospital before moving to take up the position of estates officer at Strathmartine Hospital working in maintenance. Included in my duties was Dundee Healthcare vehicle maintenance this led me to be responsible for the maintaining of all NHS Tayside fleet vehicles.

Like(s) about current job
Dealing with all staff drivers, supervisors and managers.

Dislike about current job
As Transport Manager, in the last eight years I have reported to six different senior managers which, in my opinion, is too many changes.

Most unusual thing asked to do at work
I was tasked with mapping all bus services throughout Tayside with timetables and routes to all hospital timetables and routes to all hospitals and day centres, for a mental health review in early 2000 – what a job!

Achievement most proud of
Helping to bring up my two boys and saving the life of one of my neighbours, for which I received a commendation.

Favourite word
Yes

Top 3 frustrations
Sometimes being misunderstood
Hate red tape and unnecessary procedures
Notifications on Facebook – usually totally unwanted and sometimes nothing to do with me

Most embarrassing moment
Getting lost whilst taking a shortcut to Clydebank via Dumbarton. When I ripped my trousers bending over a machine in the laundry at Strathmartine Hospital and the sewing room manager asked me to remove them so that she could repair them. Luckily they had a changing room I could sit and wait trouser-less.

Irritating habit
Procrastination - well sometimes, maybe, tomorrow

Do better than anyone else
I have always been a happy chappy and able to see the funny side of life.

3 wishes
Continuing love of a good marriage
Good health
Lots of happiness

Favourite writer
Isaac Asimov and Doc Smith

Favourite music
I must admit to being a bit of a generalist and I like all music especially the kind that stir up emotion.

Favourite meal
Any medium Indian curry

Most like to have dinner with
I would like to have dinner with my wife and close friends. I probably talk too much and will be the one everyone has to wait for to finish before the next course can be served.
Charity Shoebox Appeal

Big hearted staff from Ninewells surgical wards and Arbroath Infirmary handed over an impressive haul of gift-wrapped shoeboxes packed with everyday items and Christmas gifts to charities Vision Romania and Samaritan’s Trust ‘Operation Christmas Child’.

The donated shoeboxes will bring some much needed Christmas cheer to underprivileged children in Romania and other countries across eastern Europe.

The shoeboxes will travel from Scotland in Santa’s sleigh and will arrive at their destinations in time for Christmas.

The collection at Arbroath was organised by medical secretary Shirley Bennett and site manager Lorna Ramsay and at Ninewells by pain specialist nurse Liz Colquhoun.

Macmillan coffee mornings raise over £500

Coffee mornings were held in Ninewells in the Chief Executive and procurement departments to raise funds for Macmillan Cancer Support.

Cakes large and small were enjoyed in both departments raising £582.90 in total. Staff in procurement raised £356 while the Chief Executive’s department whipped up £226.90.

The organisers of both events would like to thank all those who donated and contributed either by baking or eating!

Donation to Susan Carnegie Centre

The Susan Carnegie Centre received a £600 donation from Tracy Maxwell who raised the funds from sales of her booklet ‘A History of Sunnyside Royal Hospital’.

Tracy produced the booklet as part of her Higher Social Care course at Angus College and sold copies around Montrose and Arbroath.

Healthcare assistants Claire Clark and Lesley Barbour from the Supported Therapies & Recovery Service (STARS) at Susan Carnegie Centre accepted the kind donation from Tracy. The money will be used to support the activities undertaken by STARS.
Ninewells ICU receives over £2000

Ninewells Intensive Care Unit received a cheque for £2449.53 and a coffee machine from the family of former patient Ryan Simpson who sadly died earlier this year.

The funds were raised from donations made at Ryan’s funeral and from a family fun day event as his family wanted to show their appreciation for all the care that he had received.

Specialist charge nurse Aline Ramsay said, “We are very grateful to Ryan’s family and friends for their efforts and this generous donation during what has been a very difficult time for them. The coffee machine will be a welcome addition to the ward and I’m sure it will be well used by relatives and visitors.”

Knitters help out

The staff at the Mackenzie Building roped in families and friends to knit jumpers and hats for the ‘fish and chip’ babies of Uganda. They were moved to do this following an article in a previous edition of spectra which highlighted the plight of newborn babies in Uganda being wrapped in newspapers.

Roping in as many knitters as they could the Knitting Project took off and 50 items were completed which were sent off to Uganda to help keep newborn babies warm and cosy.

Thanks to the Friends of RVH

Patients in Ward 4 are benefitting from the latest donations of two wheelchairs and cushions from the Friends of Royal Victoria Hospital.

This year the Friends have also donated two TVs and two machines for blood pressure recordings.

Since the mid 1980s the Friends have regularly fundraised for items and equipment for the hospital.

£900 for Roxburghe House

Friends and family of Dundee man Alan Alexander raised £1300 by taking part in Tough Mudder.

Alan died earlier this year from a brain tumour and in recognition of the care he had received the five-strong group completed the SAS style assault course raising £900 for Roxburghe House and £500 for Macmillan Cancer Support for their efforts.

On receiving the cheque, senior charge nurse Marnie Ferguson said, “We are extremely grateful for this generous donation, especially knowing the months of preparation that went into successfully completing this gruelling challenge!”

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Christine Duncan
After working for the NHS for more than 32 years, Christine Duncan (centre with flowers) has retired from her rheumatology specialist post in Ninewells occupational therapy department.

Chris started her career in Dundee Royal Infirmary and went on to work at several different sites, including Arbroath Infirmary.

Colleagues gathered in the occupational therapy department at Ninewells to say farewell to their valued colleague and presented her with gifts and flowers.

Lesley Brooks
Cardiac rehabilitation specialist nurse Lesley Brooks has retired after 32 years service.

Lesley began her training in 1981 and has devoted her career to cardiac patients, working initially on cardiology wards then combined cardiology and intensive care units. Lesley successfully obtained two grants from the British Heart Foundation to develop a Cardiac Rehabilitation Service in England and then in Perth & Kinross.

In 2002 Lesley was presented with the Cairncross Trophy - a People of Perth award for exemplary services to the community.

Sheila Clark - Long Service Award
Ninewells maternity theatre nurse Sheila Clark (centre, with flowers) was recently presented with a long service award to mark a career spanning four decades.

Sheila began her career as a nursing auxiliary at Maryfield Hospital in Dundee in 1966 before starting her nurse training later that year.

After qualifying, Sheila worked as an enrolled nurse in gynaecology theatre at Maryfield before moving on to the ophthalmology theatre at DRI. She took on a post at the Ninewells maternity theatre in 1975 and has remained there since.

Sheila’s family, friends and colleagues joined her in the labour suite to celebrate her career.

Ann Gourlay
Head of nursing for long term conditions and palliative care Ann Gourlay (right) has retired from the health service after a career spanning 40 years.

Ann began her NHS career as a student nurse in NHS Lothian in 1973 and completed four decades of service across NHS Lothian, NHS Tayside and NHS Grampian.

Colleagues presented Ann with gifts and flowers to thank her for her years of dedication and hard work.

During her career, Ann worked in district nursing, community and palliative services in the Perth & Kinross area. She also worked in New Zealand and the King Khalid National Guard Hospital in Jeddah.