This is my value, what's yours?
Dear spectra readers,

Since the last issue of spectra Lesley McLay (right) has been appointed Chief Executive of NHS Tayside. Lesley has been Chief Operating Officer at NHS Tayside since May 2011 and in that time has spearheaded many innovative projects and transformation programmes. These have laid the foundations for future healthcare services in the area and consistently placed NHS Tayside as one of the top performing health boards in the country.

In this edition we have features on improvements to the patient pathway of people living with celiac disease, Equality and Diversity Champions in NHS Tayside and the launch of the NHS Tayside Vision Values and Behaviours which features members of staff as the ‘faces’ of the campaign.

Check out the two-page feature (pages 10 and 11) on NHS Tayside’s Quality Awards which once again proved to be very popular with many excellent submissions, making the final choice very difficult!

In our regular news2u section we catch up on news and events from Angus, Dundee and Perth & Kinross.

Romance is in the air …or is it? In Voxpop on page 12 we ask staff if romance still has a place in their lives.

Finally, why not check out the regular offers for staff from the TREATS team which include tickets to see ‘Shrek The Musical’ and ‘Wicked’ at Her Majesty’s Theatre Aberdeen.

We’re always looking for stories and suggestions for your magazine so get in touch if there’s anything you’d like us to cover. Just email the editorial team on communications.tayside@nhs.net

spectra editorial team

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Please send items for the next edition of spectra, Issue 71 April/May to the editorial team by 4 March. The deadlines for the following editions of spectra are Issue 72 June/July – 6 May and Issue 73 August/September – 8 July.

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Creative talent showcased in Angus

A ceramic art exhibition created by members of the Forfar Stroke Group went on display recently.

The artwork, which was displayed in the Forfar Fire Station training room, was produced as part of the ST/ART arts project.

ST/ART is an arts project for stroke and acquired brain injury participants across Tayside. This popular project is run by Tayside Healthcare Arts Trust (THAT), in association with NHS Tayside.

The ceramic art programme is one of a range of creative engagement programmes for people with long term conditions currently being delivered by THAT.

Participants, family and friends visiting the exhibition got the opportunity to view and discuss examples of work produced by the group during the art sessions. A wide variety of ceramics were on display, including mugs, bowls, jugs and an impressive large panelled teapot, which the group will use in the future.

Chris Kelly, THAT Projects Co-ordinator, said, “The group have been very motivated throughout the process.

“We have worked with the group for a number of years providing them with a wide range of creative opportunities and they always respond very positively to each new experience.”

NHS Tayside staff give the gift of food

Staff from the Tayside Sexual and Reproductive Health service showed their Christmas spirit by donating food to help hungry families during the festive season.

The team, based in Perth, started collecting grocery items at the start of December before handing over the generous basket of goodies to the local Trussell Trust Food Bank.

The Trussell Trust Food Bank, which recently opened a branch in Perth, is a nationwide charity that provides food parcels to families on low incomes.

Dr Laura Jarvis, Tayside Sexual and Reproductive Health, said, “The department have been collecting food for the last month and we are delighted at the response we have had.

“We felt that at Christmas time, in particular, it was nice to be able to help local people enjoy the festive season too.”

Whitehills Christmas helpers

Staff at Whitehills Health and Community Care Centre got into the festive spirit and toured the centre spreading Christmas cheer to patients, staff and visitors.
Let’s get it sorted!

Staff and visitors were encouraged to go green during NHS Tayside’s Recycling Week.

A roadshow was held in the main concourse of Ninewells Hospital in Dundee where experts were on hand to give advice and information on NHS Tayside’s recycling practices.

Staff were also invited to take part in a programme of workshops to find out how to make greener, more sustainable choices.

NHS Tayside’s head of environmental management Philip Wilde said, “By making simple changes to our daily routines, we can make a real difference and take positive steps to help the environment.”

Recycling Week highlights NHS Tayside’s ‘Care to Save’ campaign which centres around four key green themes - energy, transport, recycling and sustainability.

Angus Go for Gold photo commended

A heartwarming photo of a schoolchild and a care home resident competing in the wool winding competition at the Angus Go for Gold project won second place in this year’s ‘Generations Working Together’ photo competition.

The Go for Gold event involved primary and secondary school pupils, residents from local care homes and a range of volunteers taking part in various fun challenges such as welly wanging, bag n’ bucket, seated football, skittles and wool winding.

The project aims to increase the physical activity in care homes and encourage intergenerational working.

News in Brief

Angus

Angus CHP Presentation

Edith McLean, Support Services Supervisor and Senior Charge Nurse Sheila Pudney from Arbroath Infirmary gave the group a presentation on their winning NHS Tayside Quality Award project ‘Go the Extra Smile’.

Members heard about the development of the project, its positive impact on staff morale and performance, and future plans to share learnings with other locations and teams across NHS Tayside.

Diabetes Forum Meetings

Meeting dates for 2014 have been set by the local Diabetes Forum in the Forfar, Arbroath and Montrose areas.

The groups are for those living with diabetes and offer information and the opportunity to chat with others living with diabetes over a cup of tea or coffee.

For more information or to be added to the mailing list to receive advance notice about further meetings, please contact Rhona Guild on 01307 474889 or email achppatientcourses.tayside@nhs.net.

New library service for cancer patients in Angus

NHS Tayside is working on a new specialist bibliotherapy service for cancer patients and their families in Angus, called Take Control.

The project involves the development of a new information and referral service which will be available through all libraries and mobile libraries in Angus, with each holding a specialist collection of resources for cancer patients.

Working in partnership with Angus Council’s Library Service, Maggie’s Dundee, Macmillan Cancer Care and Angus Leisure Services, the project is due to launch in March.
Dundee United and Dundee FC players visit Ninewells children’s wards

Players from Dundee United and Dundee Football Club brought some festive cheer to patients and staff during surprise visits to Tayside Children’s Hospital.

Each team visited Ward 29, Ward 30 and the outpatient clinic where they chatted to patients, handed out Christmas gifts, posed for photos and signed autographs.

Thanks to all the players and other members of the teams who brought smiles to many faces.

Glenlaw House hosts thank you day

People who kindly gave donations to Glenlaw House, a respite unit which provides support for children and young people with learning disabilities and complex health care needs, were thanked at a special event recently.

Those who made donations to enhance the respite care of the children were invited along to meet staff and visit the facility, which is based in the grounds of King’s Cross.

Eyeing up the stars in ‘celebrity’ charity calendar

Staff from Ninewells Eye Department have appeared in another stunning ‘celebrity’ packed calendar to raise money for charity.

The 2014 calendar, which is on sale at £5, features a host of celebrity staff ranging from the ‘Pussycat Dolls’ to ‘Superman.’

The colourful images were created by Ophthamic Imaging Manager James Talbot.

All proceeds from the calendar will be donated to the department’s Vision 2020 Indonesian Fund. If you would like a calendar, please contact x32713.
Limbcare charity visits Ninewells

Members of the Limbcare charity visited Ninewells Hospital as part of their Scottish tour.

Limbcare chairman Ray Edwards and chief executive officer Dennis Outridge met amputees and NHS staff delivering frontline services during their visit.

Ray, a quad amputee, and Dennis, a below the knee amputee, met clinical scientist Ken MacDonald from the TORT Centre and staff from the Amputee Therapy Suite, as well as patients.

Limbcare is a charity offering hope, advice and peer support to amputee/limb impaired individuals, their families and their carers.

For more information visit www.limbcare.org

Santa lights up Ninewells

Ninewells Hospital welcomed a very special visitor when Santa Claus stopped by to spread some festive cheer.

Staff and visitors got into the Christmas spirit by joining in with some carol singing before Santa Claus officially switched on the lights on the Christmas tree at the main entrance to the hospital.

Patients from the Tayside Children’s Hospital were also invited to join in the festivities and received gifts from Santa to take back to the ward.

Head of Site/Support Services for NHS Tayside Mark Scholes said, “Christmas happens only once a year and it is nice to see the children, staff and visitors joining in the carol singing at our festive light switch on.”

News in Brief

Dundee

‘Neurosurgical Voices’ - a new patient group to start in Dundee

The national Managed Service Network for Neurosurgery would like to invite patients and carers with recent experience of neurosurgery services in Tayside to become part of ‘Neurosurgical Voices’, a new patient group in Dundee.

The aim of this group will be to provide a patient voice in the development of local and national neurosurgery services and an opportunity for neurosurgery patients to get involved in helping to improve services.

For more information contact Susan Walsh on 0131 537 2069 or by emailing msn.neuro@nhs.net

Volunteer ‘Meeters and Greeters’ wanted for The Crescent

Dundonians are being asked to lend their support to the new Whitfield centre The Crescent by volunteering to help show visitors around the facilities.

The new centre which is due to open in the spring will house a range of services including GP services, podiatry, children’s speech and language service, community and school nursing as well as a library and community centre.

If you are interested in becoming a Meeter and Greeter at The Crescent, Harvest Field Crescent, Whitfield, Dundee and would like more information please contact Linda O’Neill on 01382 831943 or email lonell@nhs.net

Children’s memorial service

A ‘Time for Remembering’ for babies and children who have died was held recently in the University of Dundee Chaplaincy Centre in Dundee’s Cross Row.

A short act of remembering included the lighting of candles in memory of those who have died before, at or after the time of birth.
Health Secretary officially opens Rohallion Secure Care Clinic

Cabinet Secretary for Health and Wellbeing Alex Neil MSP visited Perth to mark the official opening of Rohallion Secure Care Clinic.

Mr Neil was welcomed to the state-of-the-art unit on the Murray Royal Hospital site by Vice Chair of NHS Tayside Linda Dunion, NHS Highland Chairman Garry Coutts and NHS Tayside Service Manager for Secure Care Barbara Wilson.

Rohallion Secure Care Clinic has 67 beds in six wards with both low and medium secure facilities. The medium secure service is jointly funded with the North of Scotland (NoS) Health Boards Tayside, Grampian, Highland, Orkney and Shetland. The low secure wards provide services for male patients from Tayside.

Mr Neil said, “This new state-of-the-art, purpose-built facility is a prime example of how continued investment in our NHS is benefiting patients and providing quality care.

“Having the right facilities is very important and we must continue to provide sustainable, high quality and continually improving healthcare services to all patients across Scotland.”

Mr Neil met with staff from the unit and the mental health leadership team as he toured the new clinic, visiting a medium secure ward, a low secure ward, and shared recreation, activity and therapy facilities.

He also had the opportunity to meet with patients in a two-person rehabilitation flat facility within the low secure service to hear about their experiences.

Following the tour, a short ceremony was held where Mr Neil unveiled a commemorative plaque to officially open the Secure Care Clinic.

The unit was built as part of the £95 million Mental Health Developments Project for new facilities at Stracathro Hospital by Brechin and Murray Royal Hospital in Perth.

Artwork displayed in creative exhibitions in Perth

The Chest, Heart & Stroke (CHSS) group and the People’s Stroke Group in Perth unveiled displays of their work at creative exhibitions recently.

The artwork was produced as part of the ST/ART arts project for stroke and acquired brain injury participants across Tayside, which is run by Tayside Healthcare Arts Trust (THAT) in association with NHS Tayside.

The CHSS group exhibited a collection of ceramic art work at Perth Academy Scout Hall after taking part in the art programme.

A diverse collection of glass art work was displayed by members of the People’s Stroke Group during an exhibition at Perth Grammar Community Wing.

The art sessions gave the group the opportunity to produce glass collage panels, as well as fused glass jewellery and objects.
Perth on the Go Travel Challenge winners

Two lucky staff members who signed up for the Perth on the Go travel challenge and provided vital feedback have been awarded for their efforts.

Patient Safety Development Manager Morag MacRae based at Ninewells and staff nurse Carol Burgess, who works in the Endoscopy department at PRI, each won £20 after being entered into a prize draw for the challenge participants.

Morag, who drives to work, took on the challenge to use the bus one day a week and Carol Burgess cycles from home to and from work at PRI.

As part of the Perth on the Go campaign, staff were asked to take part in the challenge to think about their current journey to work and consider trying something different and more sustainable.

‘Message in a Bottle’

A potentially life-saving healthcare project was highlighted in Perth & Kinross.

The Message in a Bottle initiative is a successful voluntary scheme intended for use by anyone with a medical condition who feels vulnerable while living at home.

The scheme works by storing the person’s details in a small, airtight plastic container, which is kept in their fridge. The form gives personal details, GP details, general medical conditions, medications, emergency contact person and details of any pets in their home.

Carolyn Wilson, falls service manager for Perth & Kinross Community Health Partnership, said, “The scheme provides emergency services or other caring organisations with vital details of any conditions, medications, allergies and contact details should they be called to a home as a result of sudden illness or personal accident.”

Additional bottles for Perth & Kinross have recently been purchased thanks to funding from The Rotary Club of Perth Kinnoull and Perth & Kinross Healthy Communities Collaborative.

The bottles can be obtained free of charge from local GP practices, social work offices, and sheltered housing wardens.

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Perth & Kinross

Volunteer drivers sought in Perth & Kinross

NHS Tayside is currently recruiting volunteer drivers to transport day patients in Perth & Kinross to hospitals and day services.

Drivers who offer their service can choose to be involved from one day to five days per week or on an on-call basis.

Mileage rates are paid and all appropriate training is provided.

If anyone is interested in driving for NHS Tayside, please contact voluntary services manager Jane Laahs on 01738 562323 or email janelaahs@nhs.net

New NHS Tayside School Drop-in opens in North Perthshire

Young people are being urged to make healthy lifestyle choices at a new NHS Tayside school drop-in service.

The service offers information and support for a number of health and well being issues, such as sexual health, mental health and cyber safety.

The drop-in, based at Aberfeldy Town Hall every Friday afternoon, is staffed by a school nurse and a GP.

Open day at Blairgowrie Community Hospital

NHS Tayside and the Strathmore Advisory Group hosted an open day to allow members of the public the opportunity to view the building plans for Blairgowrie Community Hospital.

Members of the local community went along to see plans for the redevelopment of the Strathmore Unit and chat to members of the project team about the building works.

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‘Message in a Bottle’

Falls service manager Carolyn Wilson (front row, right) joins members of the emergency services to highlight the Message in a Bottle initiative
The third annual Quality Awards celebration, hosted by NHS Tayside Chairman Sandy Watson, was held in the Ian Low Centre in Ninewells in December 2013. The ceremony featured eleven teams of finalists chosen from over 40 entries from teams from all over Tayside.

The awards recognise and reward excellence and quality in healthcare services across Tayside. Teams were asked to enter improvement projects into one of four categories: Improving Outcomes for Patients; Improving Health and Wellbeing of Communities and their Local Citizens; Working behind the Scenes; and Partnership Working.

Sandy said, "The Quality Awards give us the opportunity to say a big thank you to all our staff for the good work that they do."

"Year on year I am blown away by the exceptional and innovative improvement work carried out by our staff to ensure the best patient care and treatment for their patients."

The category winners were:

**Improving Outcomes for Patients:** From Dependence to Self Care: Creating the pathways for choice in Renal Replacement Therapy

**Improving Health and Wellbeing of Communities and their Local Citizens:** HIV Prevention and Sexual Health Improvement: Men Only Tayside, harnessing community assets
Working behind the Scenes: Sleepknit Bedding System Implementation Programme

Partnership Working: Support Services at Arbroath Infirmary: Go the Extra Smile

A huge cheer was heard and more than a few happy tears were shed when the team from Arbroath Infirmary was announced as the overall winner. The multi-disciplinary team of support services, nursing, medical and allied health professional colleagues was chosen for their ‘Go the Extra Smile’ project.

The winning project has created a person-centred approach towards patient care and safety through the introduction of a new daily patient safety briefing for support services staff including porters and domestics.

The briefing identifies important elements relating to patient safety such as infection, bed movement, sight and/or hearing impairment, nutritional and hydration requirements and if the patient has a cognitive impairment.

Edith McLean, Support Services Manager at Arbroath Infirmary said, “We have created an environment where we know our patients, their likes and dislikes, and any safety issues that may potentially arise. We now consider our roles within support services as being an essential part of a caring, compassionate multi-disciplinary team with the patient at the core of our service.

“We are absolutely delighted to have won the Quality Award. It recognises the hard work of all staff involved in this project. We are now working with colleagues to roll out the scheme to other sites in Tayside as we are very keen for others to share in the benefits that this project can deliver to both staff and patients.

“Since the introduction of this scheme, I feel that team morale has improved, job satisfaction has increased and there is an overall increase in confidence. Staff are very motivated and enthusiastic as they feel valued and respected by the wider team.”

The winning team was presented with a £1000 education grant and the Quality Award for 2013. Each category winner was also awarded a £500 education grant and a certificate.

If you are part of a team that is carrying out innovative improvement work, why not enter the 2014 Quality Awards? Keep your eyes peeled for more information about the launch of this year’s awards.
Roses are red, violets are blue, romance is alive; can this be true?

In this issue of spectra with Valentine’s Day, the biggest day of the year for lovers been and gone - we asked our readers if they believe in romance or is romance dead?

With many of us working longer hours, juggling family and social commitments do we even have time for romance? Does the thought of red roses, candlelight, chocolates, soft music make you go all gooey and fill you with wishful romantic thoughts or does it make you think that help with the housework and children would be much more appealing.

Romance years ago involved love letters, courting, corsages and compliments. Today, the letters have been replaced with text and Facebook messages or a sweeping 140-character tweet and the idea of courting seems to belong to another age.

So we asked staff what they did for Valentine’s Day. Were they a big softy at heart and spoiled their other half or did they think Valentine’s Day was just another unnecessary celebration to make people spend money.

Top 10 Romantic Films

The communications team found it difficult to choose their favourite romantic films but after much discussion the list was narrowed down to:

- Titanic (1997)
- Pretty Woman (1990)
- Baz Luhrman’s Romeo and Juliet (1998)
- Four Weddings and a Funeral (1994)
- The Holiday (2006)
- Brokeback Mountain (2005)
- Sleepless in Seattle (1993)
- Ghost (1990)

Faith Dalgaty
Foundation Doctor Year 1
Surgical Unit, Stracathro Hospital

I don’t think romance is dead, but I’m not a big softy either. However, I think that it’s really nice to make a big deal of someone.

Alastair Barbour
Staff Nurse
Centre for Child Health

Romance is not dead. Valentine’s Day is a good excuse to spend quality time with your partner. If you can’t do this on Valentine’s Day then when can you?

Helen Adamson
Pharmacist
Stracathro Hospital

I don’t think romance is dead. My partner and I do celebrate Valentine’s Day but we try to inject an element of surprise by signing cards with ‘from your Valentine’ rather than just our names and we’ll leave the cards somewhere unexpected waiting to be found.
In the next issue of spectra, with the excitement around the Commonwealth Games ramping up, we are asking staff who their sporting hero is and why?

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

Susan Coyne
Occupational Therapist
CAMHS

My birthday is the day before Valentines Day. I tend to forget about it and it’s a good excuse for my husband not to bother either. However romance is not dead, an example is my husband switches the radio over if he thinks the music will disinterest me – and find something that will make me laugh.

Wendy Robb
Medical Secretary
Stracathro Regional Treatment Centre

I am quite romantic and so is my husband, so we always celebrate Valentine’s Day by doing something special like going out for a nice meal.

Susan Cobb
Staff Nurse
Surgical Unit, Stracathro Hospital

I don’t think romance is dead – I think it is as alive as you make it. I think it’s nice to be romantic at other times of the year too. It doesn’t have to be Valentine’s Day for you to celebrate romance.

Gary Cousland
Consultant Psychiatrist
Murray Royal Hospital

I am not particularly romantic on Valentine’s Day. I do it out of duty really! I think it is yet another commercial tool. I would like to say I was romantic through the year.

Phil Brown
Administrator for the SDCRN (Scottish Dementia Clinical Research Network)
Murray Royal Hospital

Romance isn’t dead - I will celebrate Valentine’s Day. I don’t like the commercial side of it though, like having to go to dinner in a restaurant when it is busy. I think it is more romantic for someone to get a surprise.
Incredible gains from quitting!

Tayside Smoke Free Services in Arbroath have recently celebrated some amazing success stories from Angus residents who have used their services to support them in their attempts to stop smoking.

Arbroath women Denise Bell and Kate Smith are looking forward to a healthier and richer 2014 after quitting smoking after 16 and 40 years respectively.

Denise was determined to quit following her 40th birthday so her GP put her in touch with Tayside Smoke Free Services and she signed up for the Quit4U scheme and attended local smoking cessation classes.

Kate used nicotine replacement therapy in the form of patches and an inhalator to help her quit and started going to zumba and hula hoop classes.

Both Denise and Kate have enjoyed major benefits, both health and financial, since giving up smoking.

“I have definitely noticed a difference, I can do so much more than I used to and my breathing is better. Your general health just improves,” said Denise.

Denise used the grocery vouchers she earned as part of the Quit4U scheme to buy food for her daughter Kasey’s surprise 13th birthday party.

Smoke free Kate said, “I feel amazing since quitting and I’ve noticed that as well as improved fitness, my breathing, hair and skin all feel much better. I’m really looking forward to spending the £1,600 I’ve saved since quitting on my grandchildren.”

The smoking cessation group at Springfield Medical Centre in Arbroath celebrated this festive season after saving approximately £20,000 in six months by giving up smoking.

The group donned Santa hats for their Christmas session where they also participated in carbon monoxide testing.

Tayside Smoke Free Services smoking cessation coordinator Kelly Cruickshanks, said, “Giving up smoking can be challenging but with the right knowledge, tools and motivation, it is a goal that anyone can accomplish.”

If you would like help to stop smoking, the Tayside Smokeline can be contacted on 0845 600 9996.

Perth & Kinross care home residents make a splash

A national pilot programme to support older adults become more physically active through swimming has been making waves in Perth & Kinross.

Residents from care homes in the area took part in the programme, attending weekly one hour sessions at Perth Leisure Pool over five weeks to improve their health, wellbeing and quality of life.

The first of its kind in Scotland, the initiative is a joint partnership project between NHS Tayside, Live Active Leisure, Perth & Kinross Council and the care sector as part of the Go for Gold Challenge Scotland programme.

Swimmers were presented with a certificate by the Provost for Perth & Kinross

Service Update

Sexual & Reproductive Health Services across Tayside have been expanded and a range of services are now delivered over three sites at Ninewells in Dundee, Abbey Health Centre in Arbroath and Drumhar Health Centre in Perth.

There is a wide range of specialist clinics focusing on the needs of particular target groups, such as men who have sex with men, young people, those involved in commercial sexual exploitation and clinics delivered by specially trained nurses for those with learning disabilities.

Other services on offer include HIV testing, menopause/PMS clinic, psychosexual clinic, emergency contraception, pregnancy testing, support for unplanned pregnancy and general sexual health advice and information.

Patients can be referred through Primary Care or other specialist services although extended walk-ins are now available across Tayside where patients can self refer into the service.

Service updates:
- The Quality Award category winning Men Only Tayside (MOT) service for gay and bi-sexual men has been expanded into Perth.
- Extended clinical services are now available at The Corner in Dundee, offering full STI screening for Chlamydia, gonorrhoea, HIV and syphilis.
- Dedicated Young People’s clinic at Drumhar Health Centre in Perth

For more information, visit the website at www.sexualhealthtayside.org
Chairman Sandy Watson launched the NHS Tayside Vision, Aim, Values and Behaviours supported by the members of staff who are the ‘faces’ of the awareness-raising campaign.

The Vision, Aim, Values and Behaviours were developed from the themes which emerged from the ‘Big Conversation’. Staff were asked what their core values were when they came to work and members of the public were asked what was important to them when they had any contact with NHS services.

The ambition is that all work places within NHS Tayside will be environments where respect and fairness are obvious from the moment anyone walks into a ward or department, with staff feeling valued and appreciated. Patient experience and patient outcomes will benefit as a result.

The Vision, Aim, Values and Behaviours provide shared expectations of how we will work together. Achieving the ambition will take commitment from all staff. Before the end of March 2014, all members of staff will have had a conversation with their line manager about the vision, aim, values and behaviours, and provided with a Values Card that can be worn with their name badge.

Resources are available on:

Staffnet | Our Websites | Visions, Aims, Values and Behaviours

For further help or guidance contact Fiona Gibson on ext 40063 or fiona.gibson@nhs.net
Police Scotland exercise at Ashludie

NHS Tayside took part in a series of Police Scotland Public Order training exercises over the course of a month within the grounds of the former Ashludie Hospital.

The exercise involved staff from Police Scotland north divisions and NHS Tayside property and site management departments. Along with classroom work, participants took part in active training, which included siege situations, the use of petrol bombs, missiles being thrown and simulated attacks both verbal and physical.

Promoting Excellence dementia training

Perth & Kinross Reshaping Care Partnership have added new training dates for Level 1 Promoting Excellence Dementia training.

As part of the Change Fund work, the third tranche of this training is being rolled-out for staff across NHS Tayside, P&K Council and all charity and voluntary sector partnership agencies to ensure they know how to best help people who have dementia when they come into contact with them.

This training provides the baseline knowledge and skills required by all staff working in health and social care settings, including a person's own home.

A number of sessions are being held across Perth & Kinross between January and June 2014 which include watching a specially-made DVD by the Scottish Social Services Council and NES Scotland which can also be made available to people unable to attend training sessions.

To book a place please call Mary Begbie on 01738 476167.

Honour for Tayside ophthalmologist

Consultant ophthalmologist Dr Carrie MacEwen has been elected President of the Royal College of Ophthalmologists.

Dr MacEwen said, “It is a great to honour to have been elected to the presidency of the Royal College of Ophthalmologists which is responsible for setting the highest standards in ophthalmic care for the benefit and safety of patients.”

Free mental health courses for staff

Abertay University in partnership with NHS Tayside, is offering two courses in mental health which are free for registered nurses working within NHS Scotland.

The courses - Mental Health Crisis Intervention and Resolution, and Recovery and Self-management aim to build on mental health practitioners’ existing knowledge, skills and experience.

For more information please contact Scott Kane on s.kane@abertay.ac.uk or 01382 308620 (Crisis Intervention and Resolution) or Emma Lamont on e.lamont@abertay.ac.uk or 01382 308669 (Recovery and Self-management).
Championing Equality and Diversity in NHS Tayside

Recognising, valuing and celebrating diversity in the workforce is a priority for the NHS in Scotland. Greater diversity and improved cultural competence within the workforce will help to provide a better person centred service to patients. It is important to create a work environment where employees are fully aware of their rights and they are confident that they will be treated fairly and consistently and valued for the contribution they make to the NHS.

To help deliver on this aim, NHS Tayside identified the need to establish a network of frontline Equality and Diversity Champions.

NHS Tayside now has 200 Equality and Diversity Champions in the organisation. The role is to provide a focus and communication channel for the discussion and implementation of equality and diversity issues, concerns and practices in the organisation. The Champions work within a clear role descriptor and participate in regular training and development. They are supported by their line managers, the Champions network meetings, which are held six times a year and also by the Diversity and Inclusion Team.

To celebrate and give recognition to the Champions role, NHS Tayside held a half day celebration event in West Park Centre to recognise the contribution and commitment that Champions have made in the organisation. It was also an opportunity to hear about partnership working with our local planning partners and voluntary organisations and how we shared best practice with Golden Jubilee National Hospital.

Speakers included Board Secretary Margaret Dunning, diversity and inclusion manager Santosh Chima, Inspector Mark Duncan from Police Scotland, Merrill Smith from Dundee City Council, Miridul Wadhwa from Shakti Women’s Aid, HR Director Lynsey Ferries and Paul Graham from Golden Jubilee Hospital. The event was closed by Non Executive Board Member Linda Dunion.

If you are interested in becoming a Champion, please contact Santosh Chima, schima@nhs.net or Helen Forbes, helenforbes2@nhs.net, telephone, 596954, ext 36954/36950

An Equality and Diversity Champion will -

• Raise awareness of equality and diversity
• Communicate and raise awareness of relevant NHS Tayside policies, e.g. Dignity at Work Policy, Gender Based Employee Policy, Equal Opportunities Policy etc
• Constructively challenge inappropriate behaviours
• Reinforce positive attitudes that promote equality and value diversity
• Act in a confidential and sensitive manner

Some of the speakers and Champions who attended the event
Coeliac disease is caused by a reaction of the immune system to gluten – a protein found in wheat, barley and rye. When someone with coeliac disease eats gluten, their immune system reacts by damaging the lining of the small intestine. There is also a related condition called dermatitis herpetiformis. This is where the body reacts to gluten by causing a blistering of the skin. The treatment for both is a life-long gluten-free diet.

Symptoms for coeliac disease range from mild to severe and can include bloating, diarrhoea, nausea, wind, constipation, tiredness, headaches, mouth ulcers, sudden weight loss, hair loss, anaemia, osteoporosis and faltering growth or delayed puberty in children.

Coeliac disease is known to affect 1% of the population although only around 10-15% of people are diagnosed. Once diagnosed, ensuring patients have adequate information, support and access to gluten-free food is essential. Until recently GPs provided prescriptions for gluten-free foods and patients had to rely on visiting or contacting their GP practices to alter their prescriptions for staple gluten-free food items such as bread and pasta. This system made it difficult for patients to take control, self-manage and alter their prescription of gluten-free food resulting in them not adhering to their diet and having a reduced food choice. From the GP perspective, valuable clinic and administration time was spent altering basic gluten-free food items for patients.

Following consultation with the local patient support group, Coeliac UK Tayside, and with help from the Steps to Better Healthcare Programme Team, Jacqueline Walker and Community Dietitian Fiona Headridge of the Tayside Nutrition Managed Clinical Network (TN MCN) led a change in services and the entire coeliac disease patient pathway. One of the most significant changes was to move gluten-free prescribing out of GP practices and into the hands of patients and community pharmacy. The TN MCN introduced the Gluten-Free Food Scheme to Tayside in 2010 and the scheme has now rolled out across Tayside with patients accessing an agreed maximum amount of gluten-free food each month which meets their individual nutritional needs from the local pharmacy without having to contact their GP for a prescription.

The re-design has been undertaken in a co-produced way with patients. It has led to patients having greater input into the re-design of services which they access and it has supported them to help themselves live healthier and more enjoyable lives. The work has led to improvements in patient care by improving the whole patient pathway from diagnosis and treatment through to review. Patients now have more control over the management of their condition with greater choice and easier equitable access to gluten-free food. Adults with coeliac disease can also have their ongoing health care needs reviewed annually by their community pharmacy and have access to key members of the healthcare team as required.

As a result of the Tayside initiative, the Scottish Government is rolling a Scottish version of the scheme out as a pilot across Scotland from April this year.

NHS Tayside has also launched a website and a new gluten-free food app to provide even more support for patients. The TN MCN and dietetics also support patients with their own Tayside Gluten-free Facebook page and the Tayside Dietetic Specialist Practitioner in Coeliac Disease is now a member of the Coeliac UK Tayside Branch Committee.

For more information on the Gluten-Free Food Scheme contact:
Jacqueline Walker
TN MCN Improvement and Development Manager
01382 424154 Ext 71154 or jwalker6@nhs.net
www.taysidenutrition.scot.nhs.uk www.taysideglutenfree.org.uk
Mo Bros raise cash for men’s health

NHS Tayside’s own Mo Bros (and Mo Sista!) have been cultivating their finest facial hair in support of Movember.

Angus estates staff raised £175 for the charity which supports testicular and prostate cancer and mental health. A team from the ophthalmology department at Ninewells collected around £460 while staff from Tayside Pharmaceuticals raised £167.

Drumhar fundraise for CHILDREN 1st

Staff at Drumhar Health Centre in Perth have raised £1,370 for charity CHILDREN 1st.

The team raised the generous sum during fundraising events over the last few years.

Most recently the staff donated goodies for their annual Christmas raffle, which was organised by school health support worker Marion MacDonald and clerical officer Susan Robertson.

Lesley Paterson, community nurse team leader at Drumhar Health Centre, said, “We all work in a busy and fast paced environment, delivering NHS services to the local community but each year staff give their time and effort to raise money for children and young people in Perth & Kinross.”

Ophthalmology staff charity Christmas album

Staff from the Eye Department at Ninewells have donated more than £500 to a local children’s charity.

Consultant ophthalmologist Nick George, speciality registrar Stewart Gillan, principal optometrist Stanley Keys and associate specialist Graeme Sharpe of the Ophthalmology Department at Ninewells and community optometrist John Leonard have been playing music together for almost 10 years.

Their band Cosmic Fish recorded a short Christmas album for charity with the proceeds of the 300 albums given out going to local charity Help for Kids.
Tough Mudder teams compete in memory of father

Two teams from Perthshire took on the Tough Mudder challenge to raise £3465 for Blairgowrie Community Hospital.

The teams took part in the gruelling challenge in memory of Mick McVey, who was a patient at the hospital after being diagnosed with cancer, before he sadly passed away in June last year.

Mr McVey's children Colleen Patterson and Kevan McVey and granddaughter Shawnee McVey were among those taking part in the challenge.

Colleen said, “The care my dad got was just fantastic so we wanted to raise money to go towards the community hospital to say thank you. The staff there are just amazing, they help so many people in the local community.”

Boost for maternity clinic

Former patient Karen Donaldson presented a cheque for over £200 to the Early Pregnancy Assessment Clinic at Ninewells as a thank you to all the staff for their help.

Karen and her husband Les asked guests at their daughter Rowan’s christening to make a donation instead of gifts and they collected a total of £225.

£2000 donation to Ward 11 at Ninewells

A Montrose man and his wife have generously donated £2000 to Ward 11 at Ninewells in recognition of the excellent care he received from all the staff involved in looking after him.

Charlie Campbell has been receiving treatment at Ninewells for cancer of the oesophagus. His wife Betty visited the ward to hand over the cheque to consultant surgeon Mr Afshin Alijani and charge nurse Christine Stewart.

The money is to be used to purchase a specialist head mounted camera which will be used for research and producing high quality teaching videos and live videos of surgical procedures for students and trainees.

Musical society raises funds for Roxburghe House

Tayport Amateur Musical Society (TAMS) raised £600 for Roxburghe House during their summer production of Calendar Girls.

Family and friends of Susan Reilly from Dundee, who sadly lost her battle with cancer earlier this year, attended each performance of the TAMS show to collect money for this cause.
Toys and treats for Tayside Children’s Hospital

A Christmas-themed coffee afternoon in Brechin, organised by local residents Jess Christie, Sheonagh Christie, Marion Harper and Vera Galt, raised a total of £1330 to purchase toys and treats for patients at Tayside Children’s Hospital.

There were stalls selling everything from jewellery, cards, candles and items for the home and garden as well as winter warmers like mulled wine.

CBIR receives £5,500 boost

The family and friends of a former patient have raised £5,500 for the Centre for Brain Injury Rehabilitation (CBIR) at Royal Victoria Hospital.

To say thank you to the staff for the excellent care they provided Kenny Bunce for six months following his stroke, Kenny’s family hosted a race night, quiz night, charity evening at Nicoll’s Bar and a football match against the Dundee United All Stars.

Altogether they raised £5,500 to help improve the living facilities for inpatients, who can spend up to a year in CBIR recovering from a brain injury.

I-r Senior staff nurse Lynne Stracey, Kenny Bunce, Karen Bunce and consultant Mr Douglas Gentleman

Ceilidh for breast cancer patients

Healthcare assistant in main theatres at Ninewells Rita Smith organised a ceilidh which raised over £1,400. Rita’s colleague staff nurse Liz Galligan, who suffers from breast cancer herself, requested that the money be donated to the ABC programme at Dundee University.

The ABC programme provides women living with breast cancer with a tailored group exercise class and access to an extended programme of exercise opportunities.

Students present doll’s house to Ward 30

A group of Dundee & Angus College students presented the children’s surgical ward at Ninewells with a doll’s house following a cold and windy sponsored walk across the Tay Road Bridge.

The four boys and four girls took part in the walk to raise funds for the ward as number of them had spent time there when they were younger and raised £1,800 in total.

Aberfeldy couple’s thanks to maternity unit

Perth Community Maternity Unit (CMU) received a generous donation of more than £2,000 thanks to Aberfeldy couple Janice and Les Mair, who set up a charity thrift shop in their home town.

The pair ran the shop alongside family, friends and staff from the maternity unit raising £2,186 in just a week. The temporary shop sold a variety of second-hand goods, including clothes, games and bric-a-brac.

Janice said, “We wanted to do something to raise money for the maternity unit in Perth. The team there do an excellent job and make a real difference to the community.”
Margaret Marshall

After an NHS career spanning more than three decades Margaret Marshall has retired.

Margaret (holding flowers) was 17 when she began her nursing career - the majority of which has been spent caring for learning disability patients at Strathmartine Hospital.

The remainder of her 34 year career was spent working within Children and Adolescent Mental Health Services.

Susanne Adams

Midwife Susanne Adams has retired after 31 years of NHS service.

Susanne completed her nurse training in 1986 and worked in London as a staff nurse before returning to Scotland to undertake her midwifery training at PRI.

On completion of her studies she began her career in 1987 as a rotational and team midwife in Perth. Susanne brought both a great sense of humour and responsibility to her role and many junior midwives still hold her in highest regard for the patience and expert tuition they gained when she was their mentor.

In 2004 Susanne transferred to Ninewells Hospital where she has worked in both the antenatal ward and labour suite over the past nine years.

Senior midwife, Chrissie Hastings said, “Susanne could always be relied upon to provide the highest standard of care to all the mothers and babies she looked after.”

Andrina Clark

Andrina Clark began her career with NHS Tayside back in 1975 as a nursing assistant at Strathmartine Hospital. Over the years her 38-year NHS career continued to progress and develop. Andrina became an enrolled nurse initially and then, following completion of her nursing studies, a registered nurse.

Andrina worked in Ward 29 at the Tayside Children's Hospital until her retirement.

Christine Cheape

Triple Duty Nurse Christine Cheape has retired after 37 years of providing nursing care locally in Blair Atholl.

Christine is well known in the Blair Atholl area as she has had a long career in community nursing care, providing health visiting, midwifery and nursing services since 1976.

Christine was awarded an MBE in 2005 for services to community nursing.
Phyllis McNeil
Senior Staff Nurse Phyllis McNeil (centre) retired after a long career in the health service which began in 1968.

Phyllis has worked for the NHS for 32 years and has spent the last few years of her career working within the cardiology department at Ninewells, first in Ward 2 and then latterly in Ward 1.

At her retirement presentation Phyllis was joined by her daughters Lynsey (left) and Heather.

Jackie Abbott
After a career in Mental Health Nursing that spanned 34 years Jackie Abbott bid farewell to all her colleagues and friends at her retirement presentation.

Jackie (left) arrived at Sunnyside Royal Hospital in August 1979. After qualifying as a staff nurse she continued to work at Sunnyside in all the departments. Over the years Jackie has held various posts before finally joining the Montrose/Brechin Community Mental Health Team where she remained until her retirement.

Jackie was joined at her presentation by her husband, mother, sister and colleagues.

Long Service Awards
Congratulations to Janet Chapman and Joyce Gibb for completing 40 years of NHS service.

Janet (holding watch) is a registered nurse and works in the radiology department at Stracathro. Consultant radiologist John Tainish presented Janet with her gold watch.

Registered nurse Joyce (holding watch) who works in the pre-assessment department at Stracathro received her gold watch from Deputy Chief Executive Caroline Selkirk.

Ann Moffat
Receptionist Ann Moffat who works for the Community Dental Service in Perth said farewell to her colleagues after 37 years working for the NHS.

Ann (seated, centre) started her career at Bridge of Earn Hospital working as a domestic assistant. She then moved to work in Tayside Sterile Supplies before joining Customer Services working as a purchasing officer.

For the past eight years, Ann has worked as a receptionist for the Community Dental Service, working initially at Drumhar Health Centre and latterly at Broxden Dental Centre.
Marion Burnett
Specialty Manager, Psychiatry of Old Age, Kingsway Care Centre

Personal history
I have worked for NHS Tayside for 30 years. I originally studied Home Economics at Duncan of Jordanstone however soon realised that my chosen career would be in mental health following the hospitalisation of my grandfather who suffered from dementia.

Likes about current job
Having the ability to influence and introduce change for the improvement of care provision for older people who suffer from mental health illness and in particular dementia. I also enjoy being part of an enthusiastic and hard working team.

Dislikes about current job
Having to meet deadlines and Monday mornings!

Most unusual thing asked to do at work
I was not asked but volunteered to take part in the Royal Dundee Liff Hospital pantomime which was always delayed due to performers taking so long to learn lines therefore always held in February. I was never keen to perform but I did help out with Wardrobe and had to dress the two pantomime dams. I also directed a couple of shows, which was very stressful and resulted in falling out with the cast who did not like being directed and told to learn lines and songs!

Achievement most proud of
The transfer of Psychiatry of Old Age (Dundee) to the new Kingsway Care Centre and my involvement in the planning and selection of furnishing.

Favourite meal
Has to be snack food. You can’t beat a night in the house watching a film with a glass of champagne, crisps and some nice dips. Favourite restaurant is the Three Chimney’s on Skye.

Most like to have dinner with
George Clooney – good looking and could see that I get home safely!
Steven Fry – ultimate conversationalist
Dawn French – comedy aspect

Favourite pastimes
Spending time with my dog, Polly. She is the most gorgeous cocker spaniel and we’ve had her for four years. I enjoy travelling and my favourite destinations are Egypt, Thailand and Sri Lanka.
Art and crafts – I make jewellery using sterling silver and semi-precious stones and my brand name is “MBellishments”. I donate any profits to charity and to date I have raised approximately £450.

Top 3 frustrations
Lateness – I always like to be on time
Waiting for Christmas to arrive – I love Christmas
Heavy traffic

Most embarrassing moment
Too many to mention however two which are cringe worthy include introducing myself as Margaret Burnett when interviewing for staff to work within a Psychiatry of Old age dementia ward and introducing Sandy Watson as the Chief Executive for NHS Tayside instead of the Chairman.

Irritating habit
Untidiness! My mum’s always complaining that I am an untidy person. I do try but never quite achieve the standard my mum expects.

Do better than anyone else
Organise a party! I love organising social events for my family and friends. Two years ago my mum celebrated her 80th birthday and I organised her party and a surprise first class trip to see her sister in Canada. I tend to be the social convener within my group of friends and organise the mandatory Christmas get together at my house.

3 wishes
Travel the world when I retire
Good health for all my family and friends
Calorie and fat free chocolate!!