Stay healthy and make the most of summer
Dear spectra readers,

Summer is finally here and the spectra team is looking forward to long sunny days (hopefully!) spent with friends and family on holidays abroad or at home, at barbecues, on days out and at music festivals across the country.

We’ve snapped up our tickets for festivals such as Rewind, T in the Park, British Summer Time, The Wickerman and Belladrum Tartan Heart and this got us thinking about who we would most like to see play this summer.

After coming up with some weird and wonderful acts we decided to ask staff across the organisation who they would have in their dream festival line-up. You can see the answers in our Voxpop section on page 12.

We’ve also pulled together some tips for making sure you stay healthy over the summer so that you can make the most of your free time. Check out our feature on page 19.

There’s plenty of other features in this issue with the centenary of Dundee Dental Hospital, a project for mental health service users at an animal sanctuary, and a research collaboration between NHS Tayside and Dundee University being covered. We also look at how your ideas to improve patient care can become reality thanks to Scottish Health Innovations Ltd.

TREATS has a fantastic summer Sudoku competition giving you the opportunity to win Love2shop vouchers. Why not try your luck? You can also apply for tickets for the fabulous Enchanted Forest event at Faskally Wood, Pitlochry.

We are always looking for ideas for your magazine so please get in touch if you have something you would like to see featured. Just email communications.tayside@nhs.net

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Please send items for the next edition of spectra, Issue 73 August/September to the editorial team by 1 July. The deadlines for the following editions of spectra are Issue 74 October/November – 2 September and Issue 75 December/January – 4 November.

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Dental Hospital visit celebrates 100 years

Tips for a top summer

Improving patient care through innovation

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learning together

healthwise

GoSHARE wants your blood!

Tips for a top summer

check it out

retirals

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Members of the Angus and Dundee Headway groups and people who attend Cornhill Macmillan Centre in Perth marked the completion of their creative writing programmes with celebration events across the region.

The Headway groups are peer supported groups for people with acquired brain injuries, while the Perth programme was for people living with cancer and other life limiting illnesses.

Family and friends were invited to special celebration events to hear examples of participants’ work from the eight-week programmes, which were organised by Tayside Healthcare Art’s Trust (THAT).

Forfar mums and babies attended a celebration at Whitehills HCCC where they took part in Easter-themed activities.

Mums brought their babies in fancy dress, took part in an Easter egg hunt and met the Easter Bunny. The BookBug session also included Easter and spring songs and stories.

The event also gave staff the opportunity to promote the mums and babies Early Days Group and to share information on a range of infant health topics.

A panel from NHS Tayside attended Motivate Me!, an event at Dundee & Angus College Arbroath campus which aimed to motivate students regarding enterprise, opportunity and employability.

Public health nurse Bonnie Troup and community nurses Anne McLachlan and Leona Owen shared their own journeys with NHS Tayside including their experience and education opportunities.

The NHS Tayside panel hoped to inspire students to consider a career in the NHS by showcasing the diverse range of opportunities available.
Angus volunteer recognised at awards

Jessie Phillips from Forfar took third place in the volunteer category of the prestigious International Journal of Palliative Nursing Awards in London.

Jessie was nominated by Angus voluntary services manager Susan Hamill for her work at the Macmillan Daycare Centre at Stracathro and as a palliative care befriender for Lippen Care at Strathmore Hospice.

Susan said, “We felt that Jessie deserved to be nominated for this prestigious award as, despite being 84 years old herself, she continues to volunteer and help others.

“Jessie has been volunteering for 18 years and is always warm, approachable, caring and genuine and takes time to really get to know the people she works with.”

Fiona gets the chop for charity

Fiona Gwynne, admin assistant for the Angus Keep Well Team, shaved her head to raise funds for Cancer Research UK.

Fiona said, “A good friend of mine has been diagnosed with cancer and I hoped that by shaving my head she wouldn’t feel like she was going through loss of hair alone.

“I had set a target of £1000 and was absolutely delighted that after the head shave my total was £2,887.65.”

Following on from Fiona’s head shave, work colleagues from St. Margaret’s held a cake sale, raising a further £180.35 which brought the total to £3,068.

Fiona said, “My friend Louise is a very strong and brave woman who is not going to let cancer get the better of her. I know she is delighted that so much has been raised for such a worthwhile charity and is grateful to everyone involved.”

News in Brief

Angus

Angus Diabetes Forum focus on research

Angus residents living with type 2 diabetes were invited to come along to a free event in Forfar to discuss what can be learnt from recent research into diabetes.

The two-hour informal event was organised by Angus CHP in conjunction with the Angus Diabetes Forum.

The groups were established to support people to live well with type 2 diabetes and, as well as providing information, the meetings offer a chance to chat with others living with diabetes over a cup of tea or coffee.

Walkers take Steps Tay Health

Walking groups in Angus enjoyed an away day walk at Murton Trust nature reserve outside Forfar.

The day out was organised by Steps Tay Health, an initiative between NHS Tayside and Paths For All.

The 60-strong group enjoyed a walk around the nature reserve and a visit to the farm to meet the variety of animals who live there.

Pain course in Carnoustie

A new self-management course aiming to improve quality of life for people living with chronic pain took place in Carnoustie.

The course aimed to improve people’s understanding of pain and give them the skills to better manage their health.

During each two-and-a-half hour session, a range of topics were discussed including understanding pain and its impact on life, stress management, pacing skills, dealing with pain flare-ups and understanding medication.

Fiona before and after
As part of her newly shaped Directors Team, Chief Executive Lesley McLay is pleased to announce the appointment of Lorna Wiggin as Director of Acute Services and Bill Nicoll as Director of Community Services.

Lorna has previously been General Manager for Surgery and the Business Unit, and the Access Directorate. Her new position will see Lorna managing a range of acute hospital services, as well as both acute inpatient and community services.

Formerly the General Manager for Perth & Kinross CHP, Bill will now be responsible for providing the strategic direction and leadership in the planning, management and provision of all clinical and non-clinical services within Community Services across NHS Tayside.

In announcing the appointments Lesley said, "I am delighted to welcome both Lorna and Bill into their new posts."

"Lorna has a wealth of experience managing acute services across Tayside and her focused leadership will ensure that we can deliver high-quality, safe and effective health and care services to all our patients and their families.

"Bill brings a great deal of experience working with communities to provide effective health services and will be an integral part of the health and social care integration agenda."
Shining a spotlight on delirium
An awareness week to raise the profile of delirium was held in hospitals throughout Tayside.

Information stands offering advice and further information about this acute condition, which causes symptoms such as confusion, agitation, drowsiness and abnormal thought, were hosted in Ninewells, PRI, Stracathro and Whitehills HCCC.

A series of luncheon talks also took place and covered topics such as identifying people at risk of delirium, preventing and diagnosing delirium and practical tips for helping those with delirium.

Recognising delirium quickly allows identification and management of all the triggers and can help prevent people with delirium from coming to more harm or distress.

Tayside consultant honoured with national role
Professor Blair Smith, consultant in pain medicine at NHS Tayside and Professor of Population Health Science at the University of Dundee, has been named as the new national clinical lead for chronic pain in Scotland.

Professor Smith said, “The Scottish Government and NHS have done a lot in recent years to address the problem and improve services, but there is still a long way to go. I am honoured and excited to be leading part of the ongoing challenge, and grateful for the excellent example shown by my predecessor, Dr Steve Gilbert.

“I look forward to working with my colleagues across the country, and hope that we can all make a difference to managing this debilitating condition, and improving the lives of people with chronic pain.”

Professor Smith is also Chair of the Scottish Pain Research Community (SPaRC) and the Scottish Chronic Pain Research Subgroup.

News in Brief

Dundee
‘Time to Remember’
The third ‘Time to Remember’ Organ and Tissue Donation Memorial Service was held in the Chaplaincy Centre, University of Dundee.

Organised by Tayside Donation Committee, more than 100 friends and family members joined NHS Tayside and NHS Blood and Transplant staff to acknowledge the selfless gift of those who have donated their organs and tissue to help others.

Winter planning pilot
Dundee CHP committee members heard about the success of a pilot scheme which resulted in a 12.2% reduction in emergency admissions to hospital.

GP practices in Dundee and Angus took part in the four-month pilot to test its winter plan for enhancing community support at home and early intervention.

The pilot scheme was praised for the better communication between hospital staff and district nurses which allowed for better follow up of discharged patients.

Collage and printmaking showcased
An exhibition hosted at the Alzheimer Scotland Centre in Dundee celebrated artwork created by participants during a visual arts programme run by THAT.

Participants of the group, who are all living with a long term illness, explored collage work and print making techniques and collectively created a tree drawing which will remain at the centre.
Work begins at Blairgowrie

Work has now begun on a £2.36 million redevelopment at Blairgowrie Community Hospital.

Vice chair Linda Dunion and Director of Community Services Bill Nicoll visited the hospital to officially mark the start of a refurbishment project which will see a new purpose-built inpatient GP unit in the former Strathmore Wing.

The new GP unit will be accommodated in a single ward area and will offer both single and twin rooms, which are all en-suite. The increase in single rooms will also help to accommodate the needs of palliative and bariatric patients.

There will be a new physiotherapy and occupational therapy rehabilitation area, as well as a new Minor Injury and Illness Unit (MIIU) and the redevelopment will give clinicians scope to deliver new treatments locally in the future.

Work is expected to last around six months and when complete, the vacant space in the current GP unit will be used to provide outpatient clinics and accommodation for community outreach services such as the Strathmore Dementia Service.

Young carers given support in P&K

The P&K CHP Children, Young People and Families Service and the Young Carers Project at PKAVS are working together to assist young carers in the local area.

The project, which was recently highly commended in the NHS Tayside Quality Awards, has supported over 200 young carers in 2013, with the youngest carer aged just five years old.

Some of the project’s achievements include securing funding for young carers to take part in the Let’s Cook School to learn about healthy eating and the ASDAN (Life Skills Accreditation Award Scheme) qualification.

Links have also been made between the Young Carers Project and Childsmile to improve their oral hygiene and ensure dental appointments are more accessible to them.

To date, Perth & Kinross CHP has sourced almost £68,885 in grants for the Young Carers Project.

Healthcare Academy students graduate

Thirty NHS Tayside Healthcare Academy students recently celebrated their graduation from the pre-employment programme.

The course involves practical placements across health and social care departments, as well as training at Perth College UHI and the Gardyne and Arbroath campuses of Dundee & Angus College.

During the programme, students learn about infection control, manual handling, food hygiene, first aid and health and safety.

After successfully completing the course, each student is eligible for a guaranteed interview for essential support staff positions within NHS Tayside and partner organisations.
Rohallion staff ‘Wear a Hat’ in memory of former colleague

Staff at Rohallion Secure Care Clinic at Murray Royal Hospital took part in Wear a Hat Day to raise funds for Brain Tumour Research.

The team wore hats in memory of senior staff nurse Keith Todd who sadly lost his brave fight against a Glioblastoma Multiforme Grade 4, which is an aggressive malignant brain tumour, in February 2014.

A total of £450 was raised for the charity as a tribute to Keith, who worked at Murray Royal from 1990 to 2013.

Keith is survived by his wife Wendy, who is a PA/secretary at Rohallion, and 11-year-old daughter Caitlin.

THAT hosts musicality events

People with COPD were singing out and celebrating through music at events across Tayside.

The Musicality programme, run by Tayside Healthcare Arts Trust (THAT), focuses on singing and combines the practical benefits of breathing exercises with vocal control, which are both important for helping people with COPD to manage their condition.

During the eight-week programme, participants were encouraged to develop their singing voices through a number of different songs and rhythm exercises.

The Musicality groups performed their repertoire of songs at the Wighton Centre at the Wellgate Library in Dundee, St Andrews Church in Arbroath and Norrie Miller Studio at Perth Concert Hall.
Dental Hospital visit celebrates 100 years

Chairman Sandy Watson and Chief Executive Lesley McLay visited Dundee Dental Hospital as part of the continuing celebrations to mark the hospital’s centenary.

They were welcomed by consultant dental and maxillofacial radiologist Dr Liz Connor and dean of dentistry at Dundee University Professor Mark Hector who accompanied them on a tour of the facilities.

The Chairman also presented a Dundee Dental Hospital commemorative toothbrush to patient Amy Petrie who was attending the children’s department.

The Dental Hospital comprises a number of specialist dental services including dental A&E, oral surgery, oral medicine, restorative dentistry, dental radiology, orthodontics and paediatric dentistry.

There are approximately 100 dental chairs and units within the hospital spread over five clinical floors, each floor consisting of open teaching clinics with a number of individual surgeries. There are also three dental laboratories where a range of appliances are constructed for orthodontics, prosthetics and conservation.

Commenting on his visit Mr Watson said, “This visit has been a wonderful opportunity to see at first hand the breadth of work and range of services that are being delivered at the hospital, providing the people of Tayside with first class dental care.”

Dundee Dental Hospital was founded in 1914 following an appeal by the Dundee Dental Club. In 1917, the first chairman of the hospital board purchased the house at 2 Park Place and had it adapted as a dental surgery as a memorial to his son, who had been killed in World War 1.

The Dental Hospital and School is still located on the same site today and approximately 65,000 patients pass through its doors each year.
Horsing Around

Services users from Kirriemuir and Forfar Community Mental Health Team have been ‘horsing around’ as part of a pilot project to explore the therapeutic value of undertaking physical activity whilst caring for animals.

The 12-week project ‘Helping Hands, Harnessing Hope’ saw service users volunteering at Mountains Animal Sanctuary, Scotland’s largest re-homing and adoption centre for horses, ponies and donkeys, in Glenogil, Angus.

The volunteers undertook tasks such as mucking out and cleaning the stables, filling hay nets and keeping the fields clean. They also spent time learning how to handle and groom the donkeys and ponies which helped build their confidence around them.

“The animals have a calming effect, it’s good, I like the feeling.”

Whilst at the sanctuary the group met other animals including an attention-seeking sheep called Toffee who would follow clients whilst they were cleaning the field.

Feedback has been so positive that a summer group is being planned and some of the group enjoyed the project so much that they are continuing to volunteer at the sanctuary.

Community mental health nurse Janine Parsons said, “Physical activity is recognised as having a key role in improving and sustaining health and wellbeing and the sanctuary provided the perfect opportunity for the group to get active whilst indulging their love of animals.”

“It’s been a long time since I was in a workplace. I have learnt to be part of a team again, and I like it.”

“It’s not about being unwell and what people are doing for me, it is me, doing.”
Festival Fever is Hotting Up!

Festival season is almost upon us and it’s time to look out the wellies, tent and hopefully, sun cream.

Festival fever has already taken hold in the Communications office with some members of the team taking their inflatable guitars to the Montrose Music Festival in May to see Status Quo. Rewind and T in the Park are also top of the list for our music-loving department.

This festival season will see the likes of Arctic Monkeys, Paolo Nutini, Metallica, Dolly Parton, Del Amitri, Dizzee Rascal, Tom Jones and The Boomtown Rats taking to the stage across the UK and, with such a variety of artists playing this summer, we are almost certainly spoiled for choice.

With this in mind, we asked staff across NHS Tayside who would be in their dream festival line up.

Sue Muir  
Service Manager  
Perth & Kinross CHP  
I would like to see Daft Punk, Pharrel Williams, Coldplay, Elvis Costello, Rodriguez, Gabrielle, Eurythmics, One Direction and U2. A bit of a random mixture!

Ann MacLean  
Fundraising Support Assistant  
Royal Victoria Hospital  
My dream line up would be simply Bob Dylan, Queen and Andrea Bocelli.

Kerry Wilson  
Service Manager  
Business Unit  

Callum Cockburn  
Fundraising Development Manager  
Royal Victoria Hospital  
I am not going to any festivals this year but my dream festival line up would include plenty of rock bands like Black Sabbath, Deep Purple, Nazareth, King Crimson and Uriah Heap.
Festivals around Scotland and the UK

- **Glastonbury** 25-29 June, Pilton
- **Almost Blue** 27-29 June, Dundee
- **British Summer Time** 3-13 July, London
- **T in the Park** 11-13 July, Balado, Kinross
- **Rewind** 18-20 July, Scone
- **The Wickerman** 25-26 July, Dundrennan, Kirkcudbright
- **Belladrum Tartan Heart** 8-9 August, Inverness
- **Bon Scott Fest** 15-17 August, Kirriemuir
- **V Festival** 16-17 August, South Staffordshire
- **Doune The Rabbit Hole** 22-24 August, Stirling
- **Reading and Leeds** 22-24 August, Reading and Leeds
- **Brechin Music Festival** 29-31 August, Brechin
- **Bestival** 4-7 September, Isle of Wight
- **Loopallu** 26-27 September, Ullapool

Voxpop next issue - This year we are celebrating the centenaries of Perth Royal Infirmary and Dundee Dental Hospital, as well as the 40th anniversary of the opening of Ninewells Hospital and are looking for long-serving members of staff to tell us their stories of how things have changed over the years. Please get in touch with us at communications.tayside@nhs.net if you want to share your experiences.
Mr Lavelle-Jones with the Silver Scalpel Award

Consultant surgeon Mr Mike Lavelle-Jones was presented with the prestigious Association of Surgeons in Training Silver Scalpel Award at a recent ceremony in Belfast.

The Silver Scalpel Award has been recognising excellence in surgical training since 2003 and is awarded annually to inspirational trainers.

Mr Lavelle-Jones said, “There are few things in the career of a consultant surgeon more satisfying than steering a surgical trainee from novice to stand-alone competence.

“The award of the coveted Silver Scalpel marks a lifetime contribution to surgical training in Tayside and is one of the most important moments of my professional life.”

Specialist nurses event at Ninewells

Specialist nurses from across Tayside gathered together at an event to showcase their diverse roles, share good practice and inspire career development.

Six specialist nurse teams gave presentations and displayed posters at the event to highlight the varied work they carry out across the organisation.

Nurse Director Dr Margaret McGuire also presented at the event which was attended by specialist nurses, heads of nursing, senior charge nurses and other nursing staff.

Dementia care training for A&E staff

Staff from A&E departments in PRI and Ninewells are the first in the UK to go through emergency department specific training to support patients with dementia.

NHS Tayside piloted the training in conjunction with Stirling University and a core group of staff have undertaken the Best Practice in Dementia Care module.

They will also, in collaboration with Stirling University, be writing a dementia care module specific to the emergency department.

Consultant nurse for dementia Andy Shewan said, “A&E is an area of high importance to the hospital and this training is essential as it greatly improves the outcomes of dementia sufferers ensuring they can get the best treatment quickly.”
Interventional Radiology in Ninewells has been awarded Exemplar Status by the British Society of Interventional Radiology - one of only 15 departments in the UK to have achieved this.

Interventional Radiology is a form of minimally invasive surgery where imaging is used to guide patient treatment, often with the assistance of advanced technology and devices such as opening up of blood vessels with angioplasty or stenting.

The radiology department also has in-house training for existing radiology consultants to acquire the additional skills to provide 24/7 availability of these services.

Two NHS Tayside programmes have won prestigious Physical Activity and Health Alliance (PAHA) awards from NHS Health Scotland.

A palliative care exercise programme encouraging people living with cancer and other long term conditions to be more active won the ‘raising physical activity awareness’ category at the awards ceremony.

The exercise programme, developed by Macmillan specialist physiotherapist Mandy Trickett at Macmillan Day Care and AHP research lead Dr Jacqui Morris, tests research evidence about the benefits of physical activity.

Branching Out, an innovative outdoor activity programme available to adults who use mental health services in Tayside, also received a PAHA award in recognition of its commitment to encouraging more people to be more active.

The programme is delivered in by Forestry Commission Scotland and NHS Tayside, with support from rangers services at Dundee City, Angus and Perth & Kinross Councils.

The project offers woodland and outdoor activities on referral for mental health service users.

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The first locally trained cohort of facilitators of Values Based Reflective Practice (VBRP) took place in the Wellbeing Centre at Royal Victoria Hospital.

The training was delivered by Michael Paterson, national lead for VBRP, and David Gordon from the Wellbeing Centre.

VBRP is part of a national initiative which promotes staff experience and aims to help support staff by enabling them to reconnect with their core values and motivations and reflect on their work in a supportive setting.

For more information on VBRP or to arrange a taster session contact David Gordon on x40830 or email davidjgordon@nhs.net

Successful participants from the VBRP training course

for exercise programmes
Improving patient care through innovation

Have you ever come up with an idea to improve patient care but been unsure of what to do next?

Scottish Health Innovations Ltd. (SHIL) was set up over 10 years ago through a collaboration between NHS Scotland, Scottish Enterprise, Highlands & Islands Enterprise and the Chief Scientist Office to help identify and develop ideas and inventions produced by NHS Scotland staff.

By bringing these ideas to life, SHIL creates new products, technologies and companies which improve the quality of patient care.

NHS Tayside staff whose ideas lead to a commercial product or service receive 50% of NHS Tayside’s net income, their department receives 25% and the Health Board receives the remaining 25%, so there is financial incentive for staff to come forward and let SHIL assess their ideas and innovations.

One of the projects SHIL is currently involved in is the development of a pill that can carry ultrasound, the so-called “sonopill”, and researchers were recently awarded £5m from the Engineering and Physical Sciences Research Council.

Over the years, SHIL has commercialised a number of projects from NHS Tayside staff, one of the best known of which is Prism Glasses, designed to help alleviate Phantom Limb Pain (PLP) commonly suffered by amputees.

The idea originated from Dr Jonanthan Bannister, an anaesthetist and pain management specialist working at Ninewells. SHIL were initially able to help Dr Bannister by filing a patent to protect the invention and by carrying out market research to assess the demand for such a product.

After this, SHIL commissioned the production of a clinical grade prototype and supported the clinical trials of the glasses for PLP patients. The glasses have now gone into production and are sold through SHIL and various worldwide distributors.

How do I get in touch with SHIL?

SHIL has recently appointed a new business development manager for Tayside, Dr Robert Rea, who is based full time at Ninewells.

Robert is very keen to hear from any NHS Tayside staff with an idea for a new innovation and is available to come and meet individuals and departments. He is also available to provide staff with training in basic intellectual property and commercialisation.

SHIL is planning to hold regular drop-in sessions within Ninewells and Perth Royal Infirmary and these will be advertised in the weekly Inbox email newsletter. Staff can also submit their ideas via the SHIL website www.shil.co.uk

For more information please email robert.rea@shil.co.uk or call 07933 366210.
GoSHARE wants your blood!

Do you want to help in the development of new treatments and cures for a variety of health conditions for you and your family?

That’s the opportunity being offered by the GoSHARE research project. And all they want in return is your blood...

Every day in Tayside around 7000 samples of blood are discarded after use. Now GoSHARE, run by the University of Dundee in partnership with NHS Tayside, is asking the public to let them use that blood to boost world-leading research into diseases such as cancer, diabetes and asthma.

People can sign up at www.goshare.org.uk or complete Freepost brochures that are widely distributed throughout Tayside including GP surgeries and pharmacies.

Professor Colin Palmer, Chair of Pharmacogenomics in the School of Medicine at Dundee University, said,

“When you give blood for a test, sometimes not all of it is used. We need your permission to keep and study any of your blood that is left over which will allow us to find new ways to improve the safety and the effectiveness of drugs to combat disease.

“It only takes a minute to join the share register, but together we can make a real difference to Scotland’s future health.”

Consultant in the Department of Blood Sciences at NHS Tayside Dr Ellie Dow added, “Recent investment in cutting edge laboratory equipment in Tayside has allowed us to not only provide a top quality clinical service, but also to make best use of blood from clinical tests for research.

“This will allow us to further develop our research to help us to understand why people get different diseases, and why certain treatments work well for some people but not for others.

“We are marvellously supported in research by the public in Tayside and we hope that they will help us reach our target of 100,000 people joining GoSHARE.”
St Johnstone highlights the dangers of second-hand smoke

Players from St Johnstone FC supported a campaign to protect children from exposure to second-hand smoke by encouraging smokers to ‘take it right outside’.

New research shows that the harmful chemicals in second-hand smoke linger and travel for up to five hours after the visible smoke has disappeared.

NHS Tayside is supporting the Scottish Government’s ‘take it right outside’ campaign in a bid to reduce the number of children exposed to second-hand smoke in the home or car.

Anyone who wants to stop smoking can call NHS Tayside Smoke Free Services on 0845 600 999 6.

V is for Victory

Smokers in Tayside were encouraged to strive for victory and kick the habit for good on No Smoking Day 2014.

This year’s No Smoking Day had a ‘V for Victory’ theme, which aimed to inspire hundreds of thousands of smokers to win the fight against cigarettes.

Smoking cessation staff held several V for Victory themed-awareness events in Perth, Angus and Dundee.

The team offered advice and support to smokers hoping to win their battle against cigarettes.

Helping young people cope with bereavement

The Corner Young People’s Health and Information Service ran a health promotion campaign recently to raise awareness of the importance of talking about bereavement and death.

The ‘Breaking the Taboo of Bereavement and Death’ campaign focuses on the message “Don’t ignore the elephant; it is okay to talk about bereavement”.

The campaign aimed to challenge the idea that people shouldn’t speak about death or grieve when someone dies and to stop the topic becoming the elephant in the room.

Working in partnership with Child Bereavement UK and Barnardo’s Rollercoaster Dundee, The Corner provided young people with information on how to understand bereavement and where to go for support.

Staff take on Ben Nevis stair challenge

As part of the Scottish Government’s Fit in ’14 campaign, over 200 staff from NHS Tayside took part in a stair climbing challenge with the goal of climbing the height of Ben Nevis.

Organised by the Healthy Working Lives team, the challenge asked staff to record the number of stairs they climbed over a three month period, with 8810 steps marking the top of Ben Nevis.

Sylvia Mudie, Healthy Working Lives adviser with NHS Tayside, said, “The challenge was a fun way to encourage staff to increase the amount of exercise they do day-to-day to help improve their health and wellbeing.”

Stephanie Leggeat of the Clinical Governance and Risk team won the first prize draw with Wendy Steven from the Pharmacy Department in Ninewells winning the second.
Tips for a top summer

In the warmer, longer, lazier days of summer, though the living may not be easier, having a little sunshine does tend to make the world seem a happier place.

So if you are out and about in the garden, at the beach or at a music festival, here are a few tips to help make sure your summer stays safe and sound.

**Holiday time**

Improve your heart health: take advantage of summer’s slower schedule by using your vacation time to relax, unwind and have some fun.

Holidays have multiple benefits: they can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

**BBQs**

When you’re cooking any kind of meat on a barbecue, such as chicken, pork, steak, burgers or sausages, make sure: the coals are glowing red with a powdery grey surface before you start cooking, as this means that they’re hot enough; frozen meat is properly thawed before you cook it and turn the meat regularly and move it around the barbecue to cook it evenly.

Remember meat is safe to eat only when it is piping hot in the centre, there is no pink meat visible and any juices are clear.

Raw or undercooked meat can contain germs that cause food poisoning, such as salmonella, E.coli and campylobacter. However, these germs can be killed by cooking meat until it is piping hot throughout.

**Alcohol**

What with BBQs, music festivals and the general increase in social activities taking place over the summer, it’s important to try and keep an eye on the number of alcoholic drinks you consume and try and alternate between non-alcoholic drinks and alcohol drinks.

**Get outside and exercise**

Pick one activity that gets you outside such as going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, rollerblading – nothing beats a dose of fresh air to shed that winter cooped-up feeling.

**Stay safe in the sun**

If you are going to spend time outside this summer it is important to remember to apply sunscreen. Use sunscreen with a sun protection factor (SPF) of at least 15. Go for broad-spectrum sunscreens, which protect against harmful UVA and UVB rays.

It’s important to protect your children’s skin in the sun to avoid sunburn and heat exhaustion. Young skin is especially delicate and can be very easily damaged by the sun. Use sunscreens that are formulated for children and babies as these are less likely to irritate their skin.

**Safer sex on holiday**

Some people let their guard down on holiday and, coupled with the effects of alcohol, this can result in them doing things on holiday that they wouldn’t dream of doing at home.

Having unprotected sex on holiday can have the same results as when you’re at home – sexually transmitted infections (STIs) or unintended pregnancy.

By using a condom you can greatly reduce the risk of pregnancy and STIs.

If you have had unprotected sex, remember that not everybody who gets an STI has symptoms.
Gaynyr Dickson
Communications Manager
Chief Executive’s Department

Personal history
I have only worked for NHS Tayside for 10 months although I had a short stint with the Communications Team years ago in between travelling abroad. I’ve had a variety of jobs in the past including being a secondary school teacher. I have worked in London, Manchester and Edinburgh but since I am originally from Dundee, it’s nice to be back!

Like(s) about current job
Being part of the Comms Team means you get to speak to people who work in virtually every part of NHS Tayside, so it’s really interesting to hear about what everyone else does.

We are lucky enough to get involved in publicising successes and good news stories, letting other staff and the public know the great work going on in NHS Tayside.

Every day is different so it’s never boring!

Dislike about current job
I don’t really dislike anything! We have to be on call over the weekend and in the evenings every few weeks which can be nerve wracking when you are quite new to the organisation, so I guess I would say that’s my least favourite thing.

Most unusual thing asked to do at work
I was a hand model once for the front cover of spectra. I also went to take a photo of a tree being planted for Sustainability Day and when we got there, the so-called tree was barely bigger than a twig! Thankfully the photographer from the newspaper and the non executive board member planting it saw the funny side!

Achievement most proud of
Climbing Mount Kilimanjaro. I did it to raise money for the Scottish Society for the Prevention of Cruelty to Animals, as I love animals, especially my beautiful cat, Cleo.

Favourite writer
I don’t really have a favourite author. I read a mix of things but definitely no chick lit!

Favourite music
I have quite an eclectic taste in music. I love dance music like Calvin Harris but I also like The Smiths, Take That and anything from the charts really. A few of us from the team went to see Status Quo at Mo Fest recently and we had a great time there too. So it’s a real mixed bag.

Favourite meal
Fish and chips. No contest.

Most like to have dinner with
Anyone who makes me laugh.

Favourite word
Holiday!

Top 3 frustrations
Slow drivers
Queuing for anything – I’m quite impatient
Cheap things that end up costing a fortune e.g. hiring a cheap car then getting landed with paying for a tank of petrol, extra insurance etc

Most embarrassing moment
Hundreds! I am always game for a laugh so I’m sure my friends could name many occasions when I’ve embarrassed them.

Irritating habit
I am told my obsession with putting on lip balm is quite irritating... don’t know why!

Do better than anyone else
Organise group holidays. I think I must have been a travel agent in a previous life as I am always the one who organises all our trips and holidays. The rest just turn up at the airport.

3 wishes
My first wish would be for more wishes (cunning)
I’d like to win the lottery (who wouldn’t?)
I wish I played the lottery...
Roxybruge House receives generous donation from banks

Roxybruge House in Dundee was presented with £25,939 from the Clydesdale and Yorkshire Banks as part of the banks’ charity partnership with Help the Hospices.

Jackie Campbell of Clydesdale Bank has been instrumental in raising funds locally for Roxybruge House through a range of fundraising events with the proceeds directly benefiting the care of people with life-limiting illnesses.

Service manager Anne Robb said, “To have raised so much money is a very special achievement and we appreciate the extraordinary efforts that Jackie, her supporters and the bank employees have made to support the patients in Roxybruge House.”

Plastic surgery benefits from equipment donation

The plastic surgery services at Ninewells and Stracathro received a significant donation of laser equipment from the Disfigurement Guidance Centre charity in Cupar.

The new equipment includes a Q-switched laser to be used for the treatment of pigment-related conditions of the skin in the plastic surgery laser clinic at Ninewells and a dual-purpose laser which will be used in the operating theatres at Stracathro.

Ninewells ward receives £1500 thank you

A Dundee family has donated £1500 to the ward 2 endowment fund.

Sheena Kelly presented the cheque on behalf of her late husband Duncan Kelly following a collection at his funeral.

Sheena said, “I cannot thank the whole team enough, the professionalism, patience and comfort from all in ward 2 was appreciated by all my family.

“After various stays in the ward over the last 12-18 months, Duncan always liked the care he was receiving.”

Ward 27 receives generous donation

Marie Downes from Fife celebrated her 40th birthday recently and instead of gifts asked friends and family to make a donation to the plastic surgery ward, raising more than £1000.

Accepting the cheque, senior charge nurse Susan Lundie said, “I would like to thank Marie, her family and friends for this generous donation. This will be used to further improve patient care.”
**Fundraising success at Aberfeldy Community Hospital**

Staff at Aberfeldy Community Hospital and friends have raised more than £1600 for Scotland’s Charity Air Ambulance, by organising a thrift shop for a week.

Over recent years, the thrift shop has raised thousands of pounds for a range of charities, including Diabetes Scotland, Multiple Sclerosis Society, Motor Neurone Disease Association, Breast Cancer and Alzheimer’s Society.

I-r Staff nurse Alison Thom, healthcare assistants Kay Gauld and Mags Nicol, and staff nurse Janet Hogan

**Gift for Roxburghe House**

The Palliative Care Homecare Fund received a £400 donation from the Bowbridge Bar on behalf of Robert Laing, whose wife Betty died recently.

Mr Laing wanted the money he raised to go to the community Macmillan nurses at the Palliative Care Home Fund.

Robert McPherson (centre) presented the cheque to senior charge nurse Evelyn Cochrane and complementary therapy co-ordinator Ruth Toy

**Golden couple’s gift to cardiology ward**

Dundee couple Jim and Margaret Taylor presented £700 to the cardiology endowment fund at Ninewells from their golden wedding anniversary celebrations.

Jim, who was a patient on the cardiology ward 18 months ago, said, “If it wasn’t for the treatment and care I received there, I may not have made it to my golden wedding anniversary.

“We wanted to do something nice for the ward and we have everything we need already so instead of gifts we asked if guests would like to make a donation.”

Accepting the cheque, consultant cardiologist Dr Justein Sim said, “I would like to thank Mr and Mrs Taylor and their friends and family for this generous donation.”

**Equipment donated to respiratory service at Ninewells**

The respiratory outpatient unit at Ninewells has received a significant donation of nebuliser machines from Margaret Simpson and her mother May Whitton.

Margaret’s late father David was a patient in the respiratory outpatient clinic and the family decided to give the collection from his funeral to the unit. A contribution from Margaret’s recent birthday celebrations was also given to the service.

Margaret said, “We would like to thank the respiratory team for all their help over the years. We hope that the nebulisers benefit the patients as much as they did for my father.”
Blairgowrie Community Hospital receives welcome boost

The Friends of Blairgowrie Community Hospital recently made a £63,000 donation towards the building’s redevelopment project.

Chair of the Friends Douglas Kidd visited the site to present the cheque to NHS Tayside Chairman Sandy Watson.

The money donated by the group will go towards the new physiotherapy and occupational therapy rehabilitation area.

Sandy Watson said, “The tremendous generosity of local people and the hard work of the Friends group in supporting the Community Hospital, staff and patients over many years is gratefully acknowledged.”

£700 donated to breast screening

Dundee woman Bella Boal recently donated £700 to the breast screening fund at Ninewells.

Bella celebrated her 90th birthday and instead of gifts, asked friends and family to make a donation.

Bella, who had treatment for breast cancer last year, wanted to thank staff for the care she received at Ninewells.

Diamond donation for Diabetes Centre

Dundee couple Nan and George Honeyman donated £950 to the Strathmore Diabetes Centre at Ninewells.

Mr and Mrs Honeyman, whose grandson has Type 1 Diabetes, celebrated their diamond wedding anniversary recently and instead of gifts invited their friends and family to make a donation to the centre.

Mrs Honeyman said, “Staff in the Strathmore Diabetes Centre have been very friendly and helpful and we appreciate all the support they have given my grandson. We hope this donation will further improve patient care.”

Double boost for Prosen Ward

The Prosen Ward at Whitehills Health and Community Care Centre has been given a double boost after receiving two generous donations.

The Friends of Susan Carnegie Centre donated £1,000, while Kirriemuir couple Frank and Amanda Kopel handed over £2,000 to the Prosen Ward endowment fund.

Frank and Amanda Kopel’s friends Craig and Lesley Cameron arranged a charity dance to raise money for the ward on their behalf.

The donations contributed to the purchase of 16 new flat screen televisions for patient bedrooms.
Jan Leslie
Associate specialist in obstetric ultrasound Jan Leslie (centre, with flowers) has retired after 37 years with NHS Tayside.

Following her graduation from the University of Dundee in 1977 she took up the posts of junior house officer and senior house officer before training as a GP.

Jan went on to work in the Blood Transfusion Service and obstetric ultrasound in Ninewells, taking on the training of sonographers.

Vernie Angus
After 38 years at Murray Royal Hospital, clinical nurse manager Vernie Angus has bid farewell to colleagues.

Vernie began his career as a nursing assistant at Murray Royal in 1976 before working his way from an enrolled nurse to senior charge nurse and, in 1999, was promoted to his current post.

Vernie has seen many changes to the Psychiatry of Old Age Service including the building of the new hospital at Murray Royal, which he was involved in as project lead on a number of initiatives.

Maureen Blair
Maureen Blair, respiratory clinical nurse specialist, bid farewell to her PRI colleagues after a 39-year nursing career.

Maureen (seated centre) took up her first post of staff nurse in ward 12 at PRI and whilst working there, achieved a specialist qualification in the management of asthma and COPD.

In 1992 Maureen was offered the post of respiratory clinical nurse specialist, only the second post in Scotland at the time.

Raymillda Webster - Long Service Award
Medical secretary Raymillda (Ray) Webster recently celebrated 40 years with NHS Tayside.

Ray started as a junior clerkess/typist in Public Health and spent time in the children’s orthopaedic clinic, ENT, child protection and paediatrics, as well as coordinating the school BCG programme.

In 2006, she was promoted to medical secretary in the eye department before taking on her current role in dermatology.

Jean Trezise
Midwife Jean Trezise has retired after almost 40 years with NHS Tayside.

Jean (seated right) completed her nurse training in 1976 and went on to qualify as a children’s nurse then as a midwife.

Jean spent time in wards 35 and 36 before moving to the labour suite in 1983 where she remained until her retirement.

Sheena Wilson
Associate specialist in obstetrics and gynaecology Dr Sheena Wilson (holding flowers) has retired after 36 years NHS service.

Sheena qualified from Dundee University Medical School in 1978 and joined the department of obstetrics and gynaecology at Ninewells in 1979.

A large part of her role has been in scanning pregnant mums as well as passing on her skills and expertise to junior staff.

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