WHAT ARE YOUR HOLIDAY ESSENTIALS?
Dear spectra readers,

With summer now in full swing, many people across Tayside are enjoying their holiday breaks and it is inevitable that some of us will suffer a packing mishap and forget to stick an important item in our suitcase.

Of course, we can’t take all our home comforts on holiday with us but we all have those little essentials that we’d struggle without. We asked staff what their three indispensable items are for the suitcase and you can see their answers, along with some top packing tips, in Your View on pages 12 and 13.

For many, the switchboard team are the most recognisable voices of NHS Tayside and in this issue of spectra we focus on the dedicated switchboard service operators at Ninewells Hospital. Find out how the team provides a round-the-clock service, 365-days-a-year in our feature on page 19.

We’ve pulled together information on our updated smoking policy on pages 16 and 17 to let people know how they can help us protect the health of others. You can also read about the inspiring team from Kingsway Care Centre who have proved the meaning of teamwork by giving up smoking together.

This issue also celebrates the official opening of the new £2.6m GP Unit at Blairgowrie Community Hospital, carried out by Deputy First Minister John Swinney and former NHS Tayside Chairman Sandy Watson. Find out more in The Buzz on page 8.

As always we’d love to hear from you if you have an idea for an article or feature or if you’d like to nominate a spectra star. Our contact details are over on page 3.

spectra editorial team

spectra’s stars!

Our spectra star this issue is Dr Ann-Marie Todd, a specialist palliative care doctor based at Cornhill Macmillan Centre at Perth Royal Infirmary.

Dr Todd has been awarded a research fellowship by the Winston Churchill Memorial Trust which will see her undertake work at Singapore’s National Cancer Centre.

Clinical lead in palliative medicine Deans Buchanan said, "The Palliative Care Teams in Tayside are very pleased that Dr Ann-Marie Todd has been successful in achieving this fellowship. The project builds on our relationship with the Singapore Palliative Care team and focuses on how carers can make a difference to palliative care patients." (See page 18 for full story).

Help us find the hidden gems by nominating someone for spectra’s stars! If you would like to suggest someone, please contact us (details on page 3) and explain why you think they deserve to be a spectra star.

spectra editorial team

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Issue 79 September/October - 20 July
Issue 80 November/December - 21 September
Issue 81 January/February - 16 November
The Buzz!

Angus maternity services open evening

An open evening was held in Arbroath to promote the wide range of services on offer at the maternity units in Angus.

The event was aimed at prospective parents, pregnant women, their partners and families to come along and meet members of the Angus midwifery team and learn more about the services offered including water births, relaxation classes, self-hypnosis and the new aromatherapy service.

Members of the Angus midwifery team were on hand to chat with visitors, answer questions and give tours of the unit. The day ended with a yoga birth and relaxation session for mums-to-be.

Hats off to Angus walkers

NHS Tayside’s ‘Step Tay Health’ Edzell walking group brightened up their Easter walk with an Easter bonnet competition.

The group met at the Community Cottage in Edzell and walked round by Bonhard with views of Edzell Castle.

‘Steps Tay Health’ provides opportunities for people of all abilities to become more active by taking part in weekly walking groups at various locations around Angus. Participation is free and open to all and each walk is followed by a chance to socialise over a cup of tea or coffee.

For more information or to join a walking group, please contact Frances Joiner on 01307 476495 or Shona Burge on 01307 474872 or email frances.joiner@nhs.net or shonaburge@nhs.net

Stroke patients’ artworks on display

Artworks created by patients at the Stracathro and Perth Royal Infirmary stroke units were the subject of recent exhibitions at the hospitals.

Inpatients at the stroke rehabilitation units took part in the ST/ART project, an arts programme for people recovering from stroke which is run in association with NHS Tayside.

Participants received one-to-one sessions and also had the chance to join in weekend group sessions.

They created a wide range of work including monoprints, felt pieces and mosaics at Stracathro and tonal and pastel drawings, watercolours and acrylic paintings on canvas at PRI.

Crowds turn out for Forfar health event

A free health fair held in the Reid Hall in Forfar was hailed a great success with many local people turning out to find out more about long term conditions and what support is available locally.

Attendees also heard about investment in Arbroath Infirmary and improvements to nursing care facilities and the environment for dementia patients.

For more information, please contact Frances Joiner on 01307 476495 or Shona Burge on 01307 474872 or email frances.joiner@nhs.net or shonaburge@nhs.net

Angus Cardiac Group

A recent Children’s Wellbeing Research Project will help inform early support services for children and young people in Angus.

The project gathered detailed information about the needs of Angus children from 0-10 years which will help local planning partners to identify any development outcomes for children and young people and prioritise areas for improvement.

SmallTalk

Angus Children’s Plan

A drop-in event about health and care services for older people was well attended by councillors and local people who have about future models of care including dementia and psychiatry of old age services.

Attendees also heard about investment in Arbroath Infirmary and improvements to nursing care facilities and the environment for dementia patients.

Over 30 information stands covered topics such as diabetes, heart conditions, arthritis, kidney disease, chronic pain, skin conditions, neurological conditions, COPD and asthma as well as complementary therapies, emotional wellbeing, smoking cessation and weight management. There was also a series of interactive demonstrations including chair-based exercise and pilates.
The Buzz!

New Young People’s Unit opened in Dundee

A new purpose-built unit in Dundee for young people with mental health problems has opened its doors to patients and staff.

Former Chairman Sandy Watson cut the first sod in March 2014 to mark the beginning of construction on the £8 million Young People’s Unit (YPU).

The service transferred to the new unit in April this year and Mr Watson was given a tour of the state-of-the-art facility where he met with staff and patients.

The facility is based on the site of the previous YPU at Dudhope Terrace and includes a 12-bed inpatient unit with an education facility and family accommodation for patients from across the north of Scotland. All bedrooms are en-suite and there is private outdoor space and a gym available for patients.

The new YPU is part of the North of Scotland Regional Child and Adolescent Mental Health Service (NoSCAMHS) project, which is a partnership between Tayside, Grampian, Highland, Orkney and Shetland NHS Boards and has seen the establishment of a specialist network for young people with severe and complex mental health problems.

Ninewells hosts RBS explorer breakfast

Ninewells Hospital hosted a Royal Bank of Scotland breakfast event in support of the ARCHIE Foundation’s Tayside Children’s Hospital Appeal.

Members of the Dundee and Angus Chamber of Commerce and NHS Tayside staff were welcomed to the event by Chief Executive Lesley McLay.

Consultant paediatric anaesthetist Grant Rodney and paediatric surgeon Lisa Steven provided an insight into the day-to-day work carried out in the Children’s Hospital and the impact a new twin theatre suite would have.

Attendees also heard from the ARCHIE Foundation’s Chief Executive David Cunningham who explained how the charity would be able to enhance the proposed development of the twin theatres.

Minister for Housing and Welfare

Margaret Burgess MSP attended an event in Dundee to celebrate the work of community groups around changes to welfare benefits.

The Big Idea Event, organised by NHS Tayside, showcased the work of six innovative community projects which aimed to improve health and wellbeing, improve prospects for employment and support people experiencing issues with mental health and substance misuse.

The projects included volunteer-led hairdressing, a film showing effects of welfare reform on mental health service users, a community-led gardening group, food, health and hygiene training for employment and the Restore and Revive Café which gives people recovering from substance misuse the opportunity to gain qualifications that will support them to enter employment.

During the event, the Minister launched a free Money Worries/Crisis Help app for mobile devices which was developed by NHS Tayside as a signposting resource for staff from NHS Tayside and partner organisations to direct those in financial crisis towards appropriate sources of help and advice.

The mobile app is available for both Apple and Android devices and can be downloaded from the app stores – search for ‘Money Worries? Find the right help in a crisis’.

International Nurses Day celebrated in Dundee

Staff at Royal Victoria Hospital celebrated International Nurses Day with an information stand and home baking.

During the day senior nurses with a collective career spanning 195 years visited the wards to meet with nursing staff and offered teas, coffees and a selection of home baking during nurses’ tea breaks.

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Newborn ‘Snuggle Bundle’ launched

NHS Tayside maternity services has launched the ‘Snuggle Bundle’, a newborn safety bundle developed in collaboration with neonatal colleagues to prevent unnecessary separation of mother and baby at birth and to identify babies at risk of infection.

SmallTalk

Staff Support

The Staff Support Service is continuing to be well used and offers one-to-one support to staff as well as group reflection.

Staff can self refer to this confidential service by calling 01382 423116 x40805 or by emailing wellbeing.tayside@nhs.net

Dundee CHP work plan approved

Members of Dundee CHP Committees were recently updated on the work plan for 2015 which includes modernising nursing in the community and welfare reform.

The plan covers the period until August 2015 when the Committee will be disbanded.

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New GP unit officially opened at Blairgowrie

Deputy First Minister John Swinney and former NHS Tayside Chairman Sandy Watson officially opened the new £2.6 million GP unit at Blairgowrie Community Hospital. Mr Swinney and Mr Watson met with patients and staff during a tour of the new development before unveiling a plaque to mark the unit officially open.

The facilities provide a modern environment for patient care and incorporate a purpose-built minor injury and illness unit, a day case area and a new rehab facility. The ward offers the flexibility to care for individual patients, including those requiring palliative care, in single and twin rooms, which are all ensuite.

Sandy Watson said, “It is wonderful to see staff and patients enjoying their new environment with fantastic new facilities and I am absolutely delighted that the public has contributed to the thinking and planning of what is now available to the people of Strathmore.”

Tayside Health Fund contributed £79,000 in addition to the £2.495m from the NHS. The Friends of Blairgowrie Community Hospital also donated £63,000 for the building and £45,000 for equipment for the new unit.

Community map for Kinloch Rannoch

An inter-generational group in Kinloch Rannoch has created a unique map to help make the area more inclusive for local residents. Older and younger members of the community worked with Perth & Kinross Healthy Communities Collaborative (P&K HCC) to produce a map highlighting what helps and hinders older people and identify issues to help make Kinloch Rannoch a better place for older people to live and travel in.

Safe road crossings and the position of pavements were among the key issues identified during the project.

Audra Webster, project support worker with P&K HCC, said, “It has been great to see all the pupils, parents, teachers and members of the local community coming together and participating in planned events to actively tackle barriers that face older people.

“By bringing different age groups together through inter-generational activity, some of these barriers can be identified and community solutions found to improve the neighbourhood environment for an older person.”

Glass artworks created at Cornhill

Patients at Cornhill Macmillan Centre at PRI created unique and unusual glass artworks during a recent creative art programme.

Patients who attend specialist day services worked with glass to produce mosaic panel and fused glass jewellery which were exhibited at the centre. The group is also working on a collaborative glass art piece which will be displayed in the future.

The glass programme is one of a range of art projects for people with long term conditions currently being delivered by Tayside Healthcare Arts Trust.

Know Your Blood Pressure campaign

Staff from Central Healthcare in Perth took part in the national Know Your Blood Pressure campaign, held annually by the Stroke Association.

Perth & Kinross Rotary Club hosted an event at the Salvation Army premises in Perth where Central Healthcare staff offered information and blood pressure readings to participants.

A total of 70 blood pressure recordings were taken at the event.

Perthshire residents share their views

Residents in North West Perthshire attended an open morning in Pitlochry to hear about health services developments and share their views on the planning of future services in the local area.

The event also featured information on Pitlochry Community Hospital, including the Atholl Unit, the Older People’s Community Mental Health Team and the Aberfeldy Model of Care and Enhanced Care Services.

Interim lead officer for P&K CHP Evelyn Devine said, “We want to ensure that local health services respond to the needs of the area so it is important for members of the public to get involved in events like these and feedback their views, opinions and ideas for health care in their own communities.”

SmallTalk

HMP Perth Recovery College

The Simpson Assessment Clinic at PRI is looking for volunteers to welcome and chat to patients, assist with their coats, get them looking for volunteers to welcome and chat ready and offer refreshments to help put them at ease.

If you would like further information please contact Jocelyn Walsh on 01738 562323 or janelaahs@nhs.net
Collaborative development training day

Tayside Trauma Team undertook a day of training with Scotland’s Charity Air Ambulance Team to enhance collaborative work at the scenes of serious incidents.

The Tayside Trauma Team deployed at the request of the Scottish Ambulance Service to assist with cases of major trauma. The team includes a senior emergency medicine consultant and a senior staff nurse with a background in critical care.

Clinical lead Dr Mike Donald said, “Scotland’s Charity Air Ambulance has been a very welcome addition to the emergency resources in Tayside.

The aim of this training day was to allow sharing of skills from both services in order to enhance care at the roadside for the critically injured and to allow us to learn about the challenges and benefits of working in the confines of a helicopter.”

Senior charge nurse Moira Raitt added, “The A&E nursing team were enthused by the opportunity to participate in this training day which enhanced the development of our existing critical care skills and helped prepare us for leaving the environment of A&E to assist in the delivery of life saving interventions in different situations.”

‘Getting it Right’ seminars

Around 500 medical, nursing and AHP staff attended a series of seminars to raise awareness of informed consent.

Informed consent is important to all clinical staff and the ‘Getting it Right’ seminars were organised to enable staff involved in consenting patients to understand more about the process and the legal implications.

Consent has been the subject of feedback from patients, their families and carers, as well as a number of Scottish Public Services Ombudsman reports to Boards across the country, and the sessions were arranged in response to this feedback.

New initiatives to reduce and manage acute kidney injury

NHS Tayside is the first Board in Scotland to introduce a new electronic early warning alert system to identify acute kidney injury (AKI) in patients at a much earlier stage.

When indications of AKI are flagged up through lab analysis of bloods, the system identifies the severity of the AKI and gives clinicians information on the best course of action. It also enables renal staff to attend quickly to severe cases requiring expert intervention.

Clinical scientific staff and IT specialists within the blood sciences laboratories worked in partnership with the renal clinical team to deliver this system which helps address the important patient safety issue of AKI.

‘Kidney Sick Day Rules’ patient information cards, which were developed by the renal and pharmacy departments, have also been introduced for patients who are prescribed high blood pressure and heart failure medications, diuretics and anti-inflammatory painkillers.

The cards carry important information on what you can do to protect your kidneys if you are suffering from extreme sickness or diarrhoea whilst taking these medications.

Public partner event

Members of the NHS Tayside Public Partner Network attended an event at Ninewells to hear about some of the latest service developments.

The partners enjoyed a tour of the £10 million Nuclear Medicine unit and heard about a new way of working which has improved the service for patients and staff.

Also discussed was the introduction of a new mobile health app, which allows community nurses to remotely access and enter patient information from a tablet device. Infection control staff gave a presentation about the importance of keeping antibiotics effective by ensuring that they are not overused or used incorrectly.

Paediatric Imaging study session

Ninewells hosted the fifth Paediatric Imaging Tayside Study Sessions (PITSS) event, which focused on childhood diseases.

NHS Tayside specialist respiratory nurses Lawrie MacDougall and Gill Brady spoke about cystic fibrosis before Dr Ruth Aiton, consultant radiologist at Yorkhill RHSC, gave a fascinating insight into congenital cardiac pathology and imaging.

The final speaker was NHS Tayside consultant paediatrician Dr Margaret Peebles who closed the evening with a presentation about childhood cancers.

You can keep up with PITSS at www.facebook.com/PITSTayside and the team can be contacted at radevents.tayside@nhs.net
Tickets, check! Money, check! Passport?...

Research has found that 41% of us forget to pack at least one holiday item and up to 15 million holiday essentials are left at home each year as we are too busy or stressed to put the necessary time and effort into packing in the run up to a holiday.

As many of us head off on a summer holiday, we are asking staff what their essential items are for the suitcase. Do you have to take tea bags, a good book or ten pairs of shoes? What are your three holiday essentials?

Pamela Brandie
Staff Nurse
Medical HDU, Ninewells
Running shoes, teabags and antihistamines

Karen Reid
Ward Clerk
Clova Ward, Whitehills
Resolve (for the morning after a wild night on the town), sun cream and of course my bikini

Irene Thompson
Learning & Development Co-ordinator
Kings Cross
I would have to take money, my Kindle and sunglasses.

Sandra Livingstone
Domestic Assistant
Ninewells
My three must haves would have to be swimwear, a jar of coffee because you can’t go on without a good cuppa, and lastly sun cream.

Joyce Davidson
Assistant Records Manager
Medical Records, PRI
I always take an umbrella, not that I am thinking of rain really, it comes in handy for the sun, my regular medication as I wouldn’t want to leave that behind and my EHIC card which means that if I do end up needing some medical assistance I should be covered.

Karen Reid
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Marlyn Lomnie
Receptionist
Abbey Health Centre, Arbroath
Antibacterial hand wipes, hair straighteners and my husband Denis to carry the bags!

Craig McNiven
Clerical Assistant
Medical Records, PRI
My three must haves to take on holiday are holiday insurance as I would not want to be ill abroad and have to pay for medical care, sun cream for obvious reasons and a corkscrew/bottle opener for my beer and wine!

Karen Reid
Ward Clerk
Clova Ward, Whitehills
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Avoid a holiday disaster with our travel checklist and packing tips

1. Make a list - ok, so it sounds a little boring, but idiot-proof lists are the gateway to a stress-free holiday.

2. Limit your liquids - we all know about it and yet there’s always someone trying to sneak a bottle of water past security. Each item of liquid in hand luggage must be no more than 100ml and must fit into one small, resealable transparent bag.

3. Observe restrictions on baggage - if your airline says 23kg then they mean 23kg! Weigh your bags before you get to the airport or you’ll be forced to cough up extra cash.

4. Keep on rolling... - rolling your clothes really is the only way to go. Not only will it reduce those pesky creases in your gear, it’ll save you some much-needed suitcase space.

5. All valuables go in hand luggage - It’s rare that airlines lose luggage these days but why take the risk?

6. Don’t forget the chargers! - Since most people can’t live without at least one electronic device remember to bring the chargers and enough adapter plugs to go round.

7. Don’t guess the weather, check it! - There’s nothing worse than having packed all the wrong clothes so check the forecast the day before you fly, pack accordingly and save room for that umbrella you hope you’ll never have to use.

8. Beach towels? - Yet another pesky space-filler. If you’re going to the beach try a sarong which takes up much less room or buy a cheap towel when you get there and bin it before you come home.

9. Don’t leave home without the essentials - This penultimate tip is a big one as without these necessities you won’t be heading anywhere but home. Check and check again that you have a valid passport, any paperwork such as parking or hotel vouchers, your boarding pass and your money. Keep these all to hand then all you have to remember is the most important thing...

10. Have a fantastic holiday!
Healthy Working Lives
Awards for Tayside workplaces

Tayside organisations were the stars of a special ceremony to celebrate their efforts in building healthy workplaces.

The organisations received their certificates at Dundee’s City Chambers from Dr Drew Walker, Director of Public Health, NHS Tayside.

Dundee CHP Centre for Brain Injury Rehabilitation (CBIR) was presented with a Gold Award whilst NHS Tayside Community Hospitals were presented with their Silver Award.

Ten workplaces in total received their awards at the ceremony for initiatives such as relaxation sessions, walking challenges, healthy eating advice, health awareness events and the innovative smoothie bike.

Healthy Working Lives offers all sorts of practical support and advice to help employers improve the health, safety and wellbeing of their staff.

If your workplace would like to become involved, please contact a member of the Healthy Working Lives team on 01382 424057 or email patdavidson@nhs.net

NHS Tayside supports Bowel Cancer Awareness Month

Staff from NHS Tayside and Macmillan Cancer Care hosted an information stand at Ninewells in support of Bowel Cancer Awareness Month.

Macmillan cancer nurse consultant Cara Taylor (right) and health promotion officer for Detect Cancer Early Judy Robertson (left) were on hand to give staff and visitors information and advice on bowel cancer and bowel screening.

Hula hoop and circuits class

Staff have been enjoying a hula hoop and circuit class in the physio gym at Ninewells.

The class suits people of all abilities and can help improve cardio and fitness, aid weight loss and improve wellbeing.

The class costs 50p per session with proceeds going to Tayside Health Fund.

For more information or if you would like to join the class please email carolsuttie@nhs.net

Action on Stroke Month

NHS Tayside held a series of awareness-raising events to support the Stroke Association’s ‘Make May Purple’ campaign.

Information stands were held across Tayside and volunteers at the community allotment in Arbroath donned purple clothes and planted an area of the allotment with purple flowers.

Mental Health Awareness Week

As part of Mental Health Awareness Week, Adult Mental Health Services in Dundee promoted this year’s theme of ‘Mindfulness’ to patients, staff and members of the public.

Mindfulness is paying attention to the present moment, without getting stuck in the past or worrying about the future. It can help people change the way they manage and react to stressful situations and it is known to be successful in helping people with mental and physical health problems.

A series of events and activities took place including creative writing classes, mindfulness walks, an ‘exerciseathon’, carers tea and chat sessions, wellbeing podcasts and videos as well as information stands and drop-in sessions.
We have updated our smoking policy to support the national initiative and to reinforce the smoke free message for staff, patients, visitors, contractors and volunteers. NHS Tayside is a health-promoting organisation and continually works to protect and improve the health and wellbeing of all patients, visitors and staff.

Our smoking policy covers all NHS Tayside premises and grounds, except for adults admitted to adult hospices and psychiatric inpatient hospitals and units. This also includes the use of e-cigarettes and other electronic vaping devices.

The Smoke Free Services team have been taking part in daily walkabouts around our sites to provide advice about the new policy and to offer people help and support to stop smoking.

Consultant in public health pharmacy Andrew Radley said, “Our staff work extremely hard to provide the care that people need. We need to be clear that our role is to help people live the healthiest lives they can. We want to see fresh air on our sites and we ask our staff and local communities to support our smoking policy and help improve the health of our patients and the public.

“We understand that it can be hard to go without a cigarette, particularly at stressful times, however the NHS exists to make everyone’s health as good as possible. Keeping our grounds smoke free is to benefit the health of everyone but particularly our patients who are undergoing investigations and treatment. We would like to thank all smokers for respecting this.”

Further details on the current NHS Tayside smoking policy can be found by following the path:

Staffnet Home | Safe & Effective Working | Policies | Human Resources

The days of smoking on NHS grounds have drawn to a close.

Thank you for respecting the health of others.
**NHS Tayside wins data quality award**

NHS Tayside has scooped the CHKS Top Hospitals data quality award for 2015.

The CHKS Top Hospitals Awards celebrate excellence throughout the UK and are given to acute sector organisations for their achievements in healthcare quality and improvement.

The data quality award recognises the importance of clinical coding and data quality and the essential roles they play in ensuring appropriate patient care.

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**Family nurse attends Florence Nightingale service**

Chloe Tisshaw from the Family Nurse Partnership attended the Florence Nightingale Commemoration Service in Westminster Abbey to represent Scottish Family Nurses and Queen Alexandra’s Royal Army Nursing Corps.

Chloe is also a Major with 226 (Scottish) Medical Regiment in the Army Reserve and is responsible for training medics, nurses, drivers and chefs.

Chloe said, “Working in the NHS and Army Reserve has allowed me to develop transferable clinical and leadership skills and I would recommend the opportunity to anyone wanting to challenge themselves.”

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**Fellowship award for palliative care specialist**

An NHS Tayside palliative care specialist has been honoured with a fellowship by the Winston Churchill Memorial Trust.

Dr Ann-Marie Todd has been awarded the fellowship to research educational opportunities for carers and to review current practice within palliative medicine, both in community settings and hospitals.

The Winston Churchill Memorial Trust is the UK’s national memorial to Sir Winston Churchill and each year the Trust awards travelling fellowship grants to UK citizens in a range of fields to enable them to carry out research projects overseas.

During her fellowship placement, Dr Todd will spend time with a team in Singapore who have developed a Palliative Caregivers Programme and also undertake work at Singapore’s National Cancer Centre.

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**Focus on Switchboard Services**

“Hello, NHS Tayside” is a phrase said hundreds of times every week by the dedicated team of switchboard services operators which provides a round-the-clock service 365-days-a-year for staff and the public.

Based at Ninewells, the team takes calls and enquiries from the public for all NHS Tayside sites and for some health centres. It also deals with a high volume of internal calls from staff.

Switchboard services manager Carol Robertson and supervisor Suzanne Rutter head up a team of 19 operators who cover a range of shifts throughout the day and at night, ensuring there is always someone ready to answer that call.

The team is also responsible for monitoring alarm systems and alerting the police and fire services, security companies and relevant staff when alarms are activated. Whoever is on duty, no matter what time of day, has to know the correct way to deal with them and who to alert.

In addition, the department holds on call rota for medical, out-of-hours, estates and public health staff, and duty managers for sites across NHS Tayside which have to be updated on a daily basis.

Whoever is on duty, no matter what challenges. We can be contacted at switchboardservices.tayside@nhs.net

“Over the years technology may have moved on but one thing that never changes is the professionalism of the team and the aim of delivering an efficient service.

“We have all had our fair share of strange requests from both staff and members of the public and these have been dealt with tactfully and patiently... with a smile on our face.”

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**Paediatric diabetes team finalists at BMJ awards**

The Tayside Paediatric Diabetes team attended the BMJ awards ceremony where they were finalists in the ‘Diabetes team of the year’ with their project ‘Diabetes Out There’.

The Tayside Paediatric Diabetes team with their certificate

The work included development of a structured training programme for children with type 1 diabetes and their families.

In addition, the team piloted providing some of their service from The Crescent in Whitfield, in an effort to move away from a clinic-based model of care to a more person-centred service.

The Tayside Paediatric Diabetes team

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**Say what?**

“What time do you open?”

“I don’t know my consultant’s name, he wears glasses and has black hair.”

“I have to come up with my legs”

“Do you have any patients in your hospital?”

The team also once took a call from someone down south who asked what the time was here and was surprised to know it was the same as down there...
Check It Out

Toys for Sunflower Centre
The integrated therapy team in the Sunflower Centre at PRI received a toy kitchen and gift vouchers for Toys R Us from Jodie McEwing and her daughter Belle.

These toys and vouchers were kindly donated in memory of Belle’s grandfather Dave Thatcher who passed away last year. Money donated at Dave’s funeral was given to the Sunflower Centre as he had been very impressed and grateful for everything the team had done for Belle.

Siblings Rebecca and Scott Spalding raised £150 for the Paediatric Diabetes Education Fund after completing the New Years Dook at Arbroath and a sponsored silence.

Rebecca and her friend Carys Malone, who has type 1 diabetes, presented the cheque to children’s diabetes nurse Christine Sturrock and children’s diabetes dietitian Heather Thom.

Raffle raises funds for neonatal unit
Dance Sensation Performing Arts Studio has donated £600 to the neonatal unit at Ninewells after holding a raffle at their annual dance show.

Accepting the cheque, senior nurse Alison Wright said, “We are always grateful for donations we receive as they allow us to provide additional support to the babies in the unit and their families.”

Staff from Vector Aerospace held quiz nights, raffles and auctions which raised £5000 for Cornhill Macmillan Support Group and Cancer Research UK.

Karen Thomson of Cornhill Macmillan Support Group (right) with staff from Vector Aerospace and Cancer Research UK.

Dook for Diabetes Fund
Arbroath couple Kenneth and Iris Symon donated £720 to the urology department at Ninewells as a thank you for the care received by Kenneth during his treatment for kidney cancer.

Kenneth asked friends and family to make a donation rather than give a gift for his 70th birthday.

Sisters say thanks
Patients in wards 2 and 10 at Ninewells will benefit from a £350 donation by Montrose sisters Samantha Anderson, Jocelyn Gribble and Susan Tough.

They decided to host a jewellery party to raise money as their sister Colleen received treatment in both wards and they wanted to thank all the staff involved in her care.

Birthday gift to urology
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Breast screening boost
The breast screening unit at Ninewells received a donation of £2500 from Stuart McAdam of St James’s Place Foundation Charity which supports projects across the UK to improve patient comfort.

Stuart presented the cheque along with June Craig who has previously raised money for the unit.

Macmillan Cancer Support receives £3200
Macmillan Cancer Support at Ninewells received a £3200 boost from Dundee man Billy Birse who raised the money at a casino night and auction at Ballumbie Golf Club in memory of his wife Michelle.

Billy with Macmillan senior specialist nurse Erica McGaughay (centre) and oncology support workers Irene Simpson (left) and Mel Cullen.

£2500 for Cornhill
Stuart and June (centre) with staff from the breast screening unit.

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Stuart and June (centre) with staff from the breast screening unit.
Staff nurse Margaret Adams (centre) has retired after a 40-year nursing career.

Starting out in DRI as an enrolled nurse, Margaret worked nightshift in various wards over the years. When DRI closed Margaret transferred to Ninewells to work in ward 27 where she remained until her retirement.

Arlene Nelson has retired after 45 years service.

Arlene has worked with the Cool2talk website since it was developed nine years ago, taking the lead on the mental health aspects of the work.

Over the years she has contributed to the delivery and development of this crucial service for young people in Tayside.

Charge nurse Heather Robertson is saying goodbye after 36 years in Mental Health services with NHS Tayside.

Heather spent the majority of her nursing career working at Sunnyside Hospital in Montrose until it closed in 2011 and moved with the service to work in the new Susan Carnegie Centre at Stracathro Hospital.

Caroline Paterson

After 42 years, team leader in clinical governance Caroline Paterson has said farewell to NHS Tayside.

Caroline began studying in 1973 at Perth College of Nursing, taking up her first post in A&E at PRI. She then began studying midwifery in 1991 and worked at the midwifery unit at PRI.

Caroline spent many years as clinical audit facilitator before a stint working for the Scottish Government followed by a return to clinical governance in NHS Tayside as team leader.

Kingsway Care Centre staff nurse Vicky Jooty has retired after more than 40 years NHS service.

Vicky travelled with her husband from Mauritius in the 1970s and worked as a nursing assistant in Lanarkshire before completing her nurse training in 1978.

She moved to Ulf Hospital in 1980 and worked in Psychiatry of Old Age until her retirement. Vicky also received her 40-year service award.

Tom Ramsay (centre) has retired after more than 40 years NHS service.

He started his nursing career in 1972 as a student nurse at the Western Infirmary in Glasgow.

Tom joined NHS Tayside and has worked in many areas, including the medical wards, ward 15 and infectious diseases, before joining the team in the coronary care unit in 1981.

He then moved to ICU where he remained for more than 20 years.

Anne Reilly (centre right), midwifery team leader at Ninewells, has retired after more than 40 years.

Anne completed her general nurse training in 1974 at PRI then went on to train as a midwife in 1980. She worked as a midwife and team leader at PRI until 2004 when she took up the post of team leader at the labour suite at Ninewells.

Anne Reilly

Midwifery team leader at Ninewells, Anne Reilly has retired after more than 40 years.

She completed her general nurse training in 1974 at PRI then went on to train as a midwife in 1980. She then began studying midwifery in 1991 and worked at the midwifery unit at PRI.

She then came back to work at PRI and spent the last 16 years working in the endoscopy department at the hospital until her retirement.

After 35 years service, Christine Kelly (centre) has retired as staff nurse at Ninewells intensive care unit (ICU).

Christine started her NHS career as an auxiliary nurse at PRI in December 1979, moving to work at Hillside until it closed.

She then went back to work at PRI and spent the last 16 years working in the endoscopy department at the hospital until her retirement.

A 40-year long service award was presented to Roslyn Roebuck, administrative assistant with the Angus child health department at Whitehills HCCC.

Roslyn began her career in medical records at Forfar Infirmary. She worked for many years in child health and family planning at Ravenswood before moving to Whitehills with the child health department.

Anne Reilly (centre right), midwifery team leader at Ninewells, has retired after more than 40 years.

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Daniela Flynn
Modern Apprentice in Creative and Digital Media, Ninewells

Budding singer, guitarist and all-round performer Daniela has been brightening up the communications department since starting her modern apprenticeship earlier this year. Here, she shares a little bit about what makes her tick and her dreams of travelling the world.

How did you come to be in your current job?

Before I came to work at Ninewells, I worked as an admin assistant at a medical supply company. I always had a passion growing up to work with computers and create things whether that is programmes, games or posters so I was over the moon when I received the call to say I had got this job, especially as I found out the same day as my interview. I have now been working in the communications department for a few months and am enjoying my new job very much.

I have quite a big, close family who have always helped me when I’ve struggled and they have helped me get where I am today. I especially love my two sisters Lacey (7) and Ruby Rose (6) even though they nip my head most of the time. I was an only child until the age of 10 so having the company of two little annoying sisters is something I do enjoy.

What would you be doing if you weren’t doing your current job?

I always wanted to take a gap year after leaving school to travel the world, see amazing sights and gain new experiences. I may not be able to do it at the moment, but hopefully in the future.

If you could learn to do something new, what would it be?

I’d love to be able to play guitar. I’ve always wanted to learn and I’ve even owned guitars but never got round to learning. The fact I have a guitar sitting in my room right now that I can’t play makes me even more eager to learn.

What do you miss most about being a kid?

Waking up on Christmas morning to what felt like a mountain of presents and being so overwhelmed when opening them all. Now I get money in a card and only a few presents.

If you could meet anyone, living or dead, who would it be?

Jennifer Lawrence as I am a massive Hunger Games fan. I’ve re-read all the books cover to cover and seen the films probably far too many times.

What secret skills/party tricks do you have?

I enjoy singing and dancing and I don’t really care about making a fool of myself. As long as I’m having a good time and everyone I’m with is too.

Who would play you in a movie of your life?

Angelina Jolie as she always plays strong, independent characters and I enjoy her movies.

What’s your theme song?

Nirvana – Smells Like Teen Spirit. I always loved this song and need to sing along when I hear it.

If you were stuck on a desert island, what three items would you take?

A laptop so I could listen to music and play games, a massive bean bag so I could just chill and be comfy, and lots of food so I could eat all day. I just love food so much!

What is the first music album you ever bought?

My first ever album was by Madonna, I even remember going to HMV with my mum to buy it then going to my room to listen to it.

If you won the lottery, what would be the first thing you would buy?

I’d probably treat all my friends and family to the holiday of their lives at Universal Orlando Resort then go a massive shopping spree to treat myself.

All About Daniela!