IF I HAD A TIME MACHINE...
Welcome to spectra

Chairman’s introduction

Welcome to the autumn edition of spectra. During the summer holiday period our services continued to deliver excellent care for the people of Tayside, and staff have gone the extra mile to make sure that any leave was fully covered. I would like to thank everyone who works in NHS Tayside for this commitment.

In Tayside, over the next 20 years we know that there will be more older people, many will have more than one medical condition, some will have very complex needs and, at the same time, the number of young people will also increase. These changes to the make-up of our communities tell us that the demands for healthcare and the way in which our services will be delivered MUST be very different in future years.

Added to the challenges around providing services is the fact that NHS Tayside has the largest property footprint of Scotland’s health boards with very old buildings with high maintenance costs and environments of care which are no longer suitable.

We all know that overspending our allocated finances is a concern here in Tayside: for a variety of reasons, we have not balanced our books at the end of the last five financial years without the help of brokerage – or loans – from the Scottish Government. Put simply we cannot afford to run services in the way we have always run them and it is not acceptable for us to keep overspending public money in this way. The resources for the NHS, like all other public sectors, are precious but they are also finite and we have a duty to ensure we get best value from the share of the total NHS funding we are given.

All of these factors mean that the status quo for health and care services in Tayside is not an option. The Board of NHS Tayside has always made it clear that it is committed to providing safe, high-quality and sustainable health services to our patients and their families now and into the future. We know that the only way to achieve this is to redesign how we provide our services.

Health services do not – and cannot – stand still. Services change, grow, develop and improve but they must always respond to local needs. In fact, the NHS has continuously evolved since it was established nearly 70 years ago and changes and improvements to services and treatments are actually happening all the time.

Many of you will know that we are already looking to the future and reviewing how services are planned and delivered to take account of the many challenges we face as you will be involved in redesign work. Our Integrated Clinical Strategy is looking at how we currently provide services and, working with our partners, how we will develop new pathways of care for the future. It will take into account the challenges we face and reflect national plans about how health care will be delivered across Scotland in the future.

Any change we make is being led by our healthcare professionals and is based on the best clinical evidence to provide safe, effective, clinical care. Patient safety is our overriding priority and our decisions will never compromise the care and treatment we provide to our communities. However, it is right that we are open about the scale of the challenge and the actions we need to consider this year so we can make real progress in returning to financial balance.

Professor John Connell

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Submission deadlines for future issues

Issue 91 – Winter – 16 October
Issue 92 – Spring – 15 January
Issue 93 – Summer – 16 April

Designed and produced by NHS Tayside Corporate Communications
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**New Angus day care units**

Two new community palliative care and day treatment units have been opened in Angus thanks to a partnership between NHS Tayside and Macmillan Cancer Support.

The former Inchcape Ward at Arbroath Infirmary and an area within Clova Ward at Whitehills Health & Community Care Centre in Forfar have been converted into new Macmillan Day Care Units providing day care assessment and treatment facilities, allowing people to receive much needed treatment locally.

Vice Chair of NHS Tayside Stephen Hay said, “These new facilities in Angus will provide essential services and support for people living with cancer and other life-limiting illnesses. We are delighted to have worked with Macmillan on this project.”

Head of Macmillan Services for Scotland Janice Preston said, “Macmillan wants to ensure everyone in Angus receives the best care in the most supportive environment, which is why we have invested over £540,000 in the area to enhance palliative care. “It’s thanks to the hard work and dedication of our supporters in the area who raise so much money that we are able to make such a significant contribution to this important project. We are incredibly grateful for their continued support, without it investments like this would not be possible.”

Mr Swinney heard about the partnership work currently underway between SLT teams and the local education department to reduce the attainment gap for young people.

Additional initiatives developed by the SLT service were also highlighted, which focus on developing speech, language and communication in children who are deemed to be at risk of delay. These initiatives have led to a reduction in referrals into the SLT service for children with lower levels of need, allowing staff to focus more on children with more complex needs and roll out the initiatives in other schools.

Tayside Children & Young People Allied Health Lead Morag Doward said, “This work is a crucial part of the way we are transforming our services to be proactive and support the needs of children at risk of delay in development.”

**Education Secretary meets with speech and language therapy staff in Perth primary school**

Cabinet Secretary for Education John Swinney visited Letham Primary School in Perth where he met with staff from Tayside speech and language therapy (SLT) services.

Mr Swinney heard about the partnership work currently underway between SLT teams and the local education department to reduce the attainment gap for young people.

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**National Palliative Care Conference in Dundee**

Health and social care practitioners from around the country gathered in Dundee for the prestigious National Palliative Care Conference.

‘Modern Dying: New Hopes, New Choices, New Challenges’ was organised by Dundee Health and Social Care Partnership’s Specialist Palliative Care Services.

The conference looked at the modern perspectives on death and dying and aimed to highlight new approaches to managing, supporting and communicating with patients with life-threatening illness.

Lead clinician in palliative medicine Dr Deans Buchanan, who opened the conference, said, “Modern death is one of new hopes, choices and challenges. We explored some aspects of this in the conference and what that means for professionals caring for those who are dying but, more importantly, what it may be like for those people who are dying and for their families.”

**New film supports AKI education**

A series of images giving an artist’s impression of what the new children’s theatre suite at Ninewells could look like have been produced.

The images were included in the latest edition of the Children’s Theatre Suite Project newsletter and are on display in ward 30 and Area 2A at Ninewells. A ‘fly through’ video has also been created by The Archie Foundation and can be viewed on YouTube.

Though not the final design, the video gives an example of what the new facility could be like and brings the designs to life. At just over the halfway point of Archie Tayside’s £2m fundraising target, the video outlines the initial designs and also features some of our staff who will be using this new facility.

For more information about the project please email senior project manager Niall Deuchar at nialldeuchar@nhs.net

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**The Buzz!**

Recognising volunteers in NHS Tayside

A reception to acknowledge the work that volunteers have contributed to the NHS in Tayside was held in The Steeple in Dundee.

There are more than 1000 volunteers across NHS Tayside carrying out many roles including meeters and greeters, patient transport, library assistants, health walk leaders, gardeners, flower arrangers, listening volunteers and breastfeeding buddies.

Chairman Professor John Connell thanked volunteers for their contributions to the health service in Tayside before presenting awards to those with more than 5, 10 and 15 years’ service. He also presented a special award to three volunteers who have each given more than 20 years’ service.

Professor Connell said, “NHS Tayside is extremely privileged to have the support of so many dedicated volunteers from a range of backgrounds who bring with them their individual talents and skills. This celebration acknowledges the important roles that our volunteers in NHS Tayside and across the community carry out every single day.”

Superhero nurses celebrated

NHS Tayside’s fantastic nurses were celebrated on International Nurses’ Day, which recognises the incredible work nursing staff do in caring for patients and their families.

Nurses on wards 5 and 6 at Ninewells donned superhero capes in non-ward areas to celebrate the day and provided tea, coffee and cake for patients and relatives. Energetic staff also took part in a sponsored 10-hour cycle in their own time to raise money for patient comforts.

Nursing staff from the medicine directorate at Ninewells and PRI took part in an event in the main concourse of Ninewells with photo and information displays, sweet treats and a board where visitors could add a comment on ‘what a nurse means to me’. Nursing through the years in NHS Tayside was highlighted, alongside many of the roles that registered nurses hold across the region.

Royal Victoria Hospital nurses enjoyed cakes to celebrate the day and were given the chance to take part in a raffle to win a pamper bag. Staff and visitors could also hang messages on a comment tree to give their view on why nurses are superheroes – the theme for this year’s Nurses’ Day.

Associate Director of Nursing Jim Foulis said, “We have around 5,000 nurses working across NHS Tayside and International Nurses’ Day is a wonderful opportunity to say thank you. The contribution they make in caring for our patients is vital to our services and we know they provide fantastic care for people throughout the region.”

Little Scribblers get creative in Angus

The Child Health Occupational Therapy team hosted a series of workshops in Angus for children to develop their pre-writing skills.

Occupational therapist Fiona Loudon said, “The workshops were held in Arbroath, Montrose and Forfar and were aimed at children aged 3-5.

“The one-hour long sessions have different stations for parents and their children to work at, focusing on the key skills that children need to develop their pre-writing skills.

“We hope that parents and carers gain a better understanding of activities and games they can do together at home that will help handwriting development.”

To find out more please email otchildhealth.tayside@nhs.net or call 01382 835103.

Mapping it out with mosaics in Blairgowrie

Mosaic art work created by participants on Tayside Healthcare Arts Trust’s (THAT) mixed long-term conditions group was on display in Blairgowrie.

The exhibition is part of THAT’s visual arts programme for North Perth & Kinross which aims to improve wellbeing for people living with mixed long-term conditions.

During the eight session programme, glass and mosaic artist Maureen Crosbie worked with the participants to explore mosaic techniques and develop skills and creativity in a fun and enjoyable way.

Maureen said, “Everyone has worked extremely hard and produced some unique art works, we have had great fun and they have been a lovely group to work with.”
**New specialist diagnostic equipment set up at PRI**

Patients being treated for breast cancer are benefiting from new specialist diagnostic equipment at PRI.

The Faxitron BioVision machine is a portable x-ray system used to examine tissue specimens from biopsies taken from patients with suspected breast cancer.

The machine further enhances diagnostic precision and effectiveness during breast and other cancer-related surgery. It means surgeons can x-ray tissue immediately during a surgical procedure, rather than having to send it on to the radiology department for x-ray tests.

The new equipment was purchased with the generous support of former patients, their friends and family who raised funds for the Tayside Health Fund to go towards improving services in breast care.

For further information about Tayside Health Fund visit www.taysidehealthfund.scot.nhs.uk or phone 01382 740766.

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**Support for carers highlighted across Tayside**

During Carers Week NHS Tayside hosted information stands at Stracathro, PRI and Ninewells to help raise awareness amongst staff and the public of the many sources of support available for carers.

Carers support facilitator Susan Johnston said, “The week proved very successful with lots of visitors to all three stands. NHS Tayside recognises that many staff undertake a carers role and it is important that they are aware of the help that they can access.

“The ‘Supporting NHS Tayside Staff Who Care For Someone Outside Work’ guidance is packed with useful information and can be found on Staffnet. I would urge staff to take the time to have a look at this document.”

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**Celebration of patients’ arts and crafts at Stracathro**

Colourful art and craftwork created by stroke inpatients was on display at the Stroke Rehabilitation Unit at Stracathro Hospital.

The work was created as part of the ST/ART programme for stroke participants in association with NHS Tayside.

Artist Jude Gove worked with inpatients for four months, using a variety of techniques such as watercolours, printmaking, felting and collage. Participants received one-to-one sessions and had the opportunity to join in weekend group sessions to work together in a social atmosphere. A wide range of their work was displayed, including paintings, monoprints, textile cushions and even a lamp shade.

Charge nurse Sandie Japp said, “Once again we have been amazed at the way the programme helps each individual differently. The work they produce and the impact that working with the artist can have is remarkable! It’s fantastic to have the work on display and see it all on show together.”

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**Spread the word, not the bugs!**

Staff from infection control and antimicrobial management, in partnership with Dundee University, hosted an event at Ninewells to share the Clean Hands campaign message ‘Hand Hygiene Saves Lives: Spread the Word Not the Bugs’.

Visitors, staff, students and patients were able to speak to a member of the team about hand hygiene, when to clean your hands, and why even basic hand hygiene can prevent the spread of bugs and organisms. They could also test their hand washing skills with the ‘Glo and tell’ ultraviolet box.

Pamela Davidson, lead nurse infection control, said, “Washing hands using soap and water is a simple task to perform and yet its value in preventing healthcare infections is often underestimated. Many of the infectious diseases which are spread by touch could be preventable.”

To help share the message amongst children the infection control team gave out ‘Horrid Hands’ colouring activity sheets and ‘Bad Bug’ word searches and crossword puzzles to patients in Tayside Children’s Hospital.

The team is also collaborating with the High School of Dundee as part of the L4 Junior pupils’ ‘Living and Growing’ topic by offering hand hygiene demonstrations and activities with the ‘Glo and tell’ box.

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**Staff take part in What Matters to You? Day**

NHS Tayside staff supported a campaign which focuses on the importance of patient-centred care.

Nikki Hedley, senior charge nurse in ward 6 at Ninewells, said, “We’re rolling out this programme which encourages staff to have meaningful conversations with all patients, families and colleagues. Outside our ward we have our ‘Improvement Tree’ where anyone can write down a thought or an idea for improvement which is then discussed within the ward team. We also used resources such as What Matters to You? forms for patients which help staff focus on what patients find important.”

Adult Nursing students from Dundee University took part in a simulation exercise in the Clinical Research Centre at Ninewells in supporting people with cognitive impairment in acute care. The students found the idea behind What Matters to You? Day particularly useful.

Clinical/academic nurse consultant for older people and module leader Lindsay Dingwall said, “By participating in the simulation, students learn the importance of knowing a patient’s biography and, by getting to know patients, nursing students learn what and who matters to them.”
The Dundee HSCP Learning Disability Occupational Therapy (LDOT) team enjoyed a week of celebrations and recognition during Learning Disability Week 2017.

Members of Dundee Rep groups for adults with a learning disability attended a drama symposium in the Citizens Theatre in Glasgow where they joined Glasgow and Edinburgh groups for a day of shared learning, networking and creative activities.

Occupational therapy team lead Lorna Strachan had a poster at the Joanna Briggs Collaboration European Symposium, which shared her work with Ross Inglis RSA, the inspiration behind Dundee City Pipe Band and The Ross Youth Music Initiative – an inclusive pipe band believed to be the first of its kind.

The LDOT team also attended Scotland’s first national learning disability awards ceremony in Glasgow, which recognised excellence in a number of specialist categories. Staff attended with Jason Lyon who won the RSA Social Impact Award, and Ross Inglis who piped guests into the formal dinner.

Jason was nominated in recognition of his achievements over the past three years as he undertook the Tayberry Tales vocational training. He provides peer mentorship to new trainees and shares his stories with adults with profound and multiple disabilities, providing over 900 multi-sensory story resources to date.

Jason said, “I have to pinch myself, it’s a dream come true, it’s over the rainbow!”

Jason’s nomination video is available to view by searching “Jason Lyon, Social Impact” on vimeo.com

The Buzz!

Patient Information Event at Brechin Health Centre

A Patient Information Event was held at Brechin Health Centre to spread the word about some of the various services that patients can access.

Representatives from local pharmacies Boots and Davidsons, Angus Independent Advocacy, physiotherapy, weight management, mental health services and listening service were all in attendance to provide information and advice.

Practice manager Andrea Brown said, “The event was a great success. We’re very fortunate to have access to such amazing services for our patients and I would like to thank all those who came along to find out more about what’s available through the Health Centre. Our Patient Participation Group were also in attendance providing refreshments at the event and we are grateful to them for their help.”

To find out more about services available at the Health Centre, please visit www.brechinmedicalpractice.co.uk.

Tayside aphasia group launches app

Cabinet Secretary for Health and Sport Shona Robison attended the official launch of a new app created to help people living with aphasia.

The ‘I Have Aphasia’ app, which was created with people with aphasia in Tayside, includes a short animated film which explains the communication challenges they face and illustrates how people can assist those with aphasia through understanding and patience.

Aphasia is a complex language and communication disorder resulting from damage to the language centres of the brain which may be caused by a stroke, a head injury, a brain tumour or another neurological illness.

The app was developed during a collaborative programme with Tayside Healthcare Arts Trust (THAT) and the Tap and Talk Aphasia iPad group, based at the User Centre of Dundee University’s School of Science and Engineering.

Chairman Professor John Connell said, “The project has been driven by the participants who have created an app that will help others with the condition. It is a great example of how collaboration with the University of Dundee drives benefit for patients.”

The app is available at http://aphasia.dogfish.tech for free download from the Apple App Store.

Supporting Deaf Awareness Week

NHS Tayside promoted Deaf Awareness Week with a series of information events at Ninewells.

During the week visitors were able to pick up information leaflets and chat to an audiologist and vision and hearing support worker, as well as representatives from Deaf Links, Action on Hearing Loss, Vision PK, North East Sensory Services, Dundee Blind & Partially Sighted Society and Dundee City Council Multi Sensory Service.

For more information on support available please contact michelle@deaflinks.org.uk or 01382 201077.

Praise for PRI staff

Staff in ward 6 at PRI were given a special thank you after helping a patient enjoy his 88th birthday.

The team helped James Andrew celebrate the milestone with a family get together and even sang ‘Happy Birthday’ to him to wish him many happy returns.

James’ wife Glensy said, “James had been in hospital for six weeks and the team have done a wonderful job in nursing him back to health. We were given a room to have his birthday celebrations, where we enjoyed cake and non-alcoholic champagne with our family. They are very special people and so deserve recognition for all that they do day after day with professionalism and compassion. We owe them so much!”

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The Dundee HSCP Learning Disability Occupational Therapy (LDOT) team enjoyed a week of celebrations and recognition during Learning Disability Week 2017.
How many of us have wondered what it would be like to indulge in a spot of time travel? Go back in history to witness famous events or travel to the future and see what is waiting to happen – the choices are endless, if only we could...

For centuries, people have been exploring the possibility of travelling back and forward in time and the popularity of shows such as Doctor Who suggest that our appetite for time travel continues to grow. The question on everyone’s lips earlier this year was who would be the thirteenth Doctor, with fans of the iconic show eagerly awaiting the announcement of Jodie Whittaker as the first female Time Lord.

It certainly got us thinking about what we would do if we had our own time machine so we decided to ask staff where (or rather when) they would go if they were invited to step into the TARDIS. Would they want to travel back in time to revisit old memories or be brave and strike out into the future?

**Dr Alistair Bell**
GP Specialty Registrar
Psychiatry of Old Age, Susan Carnegie Centre

I would go to the future to a time when robots do most of the work and the government pay us to do nothing, hopefully the not too distant future! We would maybe still need doctors to look after the robots though...

**Eliesha Watt**
Healthcare Assistant
Dermatology Dept, Ninewells

I would like to go back in time to spend time with my lovely dad who passed away 10 years ago. At the same time I would also be able to revisit my school days where I would catch up with all my old friends and hopefully spend more time thinking about my exams!

**Alison Richardson**
Senior Charge Nurse
Rowan Unit, Susan Carnegie Centre

The possibilities are endless! When I was a girl I was a big Elvis Presley fan and I would love to go back and meet him and see him perform on stage – when he was in his prime of course! And if I had time, on the way back, I would stop off to see Andy Murray win his first Wimbledon title in 2013 when he beat Novak Djokovic.

**Jim Butter**
Healthcare Assistant
Ward 7, Ninewells

If I could time travel I would revisit the date 25 May 1967 which would find me in Lisbon celebrating Celtic winning the European Cup Final – that would be the ultimate time travel destination for me as I am a huge Celtic fan.

**Gillian Nicholson**
Audio Typist/Clerical Officer
Susan Carnegie Centre

I’d go back in time to the 1900s with a big supply of antibiotics and go round all the workhouses with my ‘miracle cures’. Hopefully I would be hailed as Queen Gillian and wouldn’t be burned as witch! It would be really good if David Tennant could come too.

**Kirsty Wilkinson**
Nurse Practitioner
MIIU Blairgowrie Community Hospital

I am a huge Elvis Presley fan and have made do with listening to tribute acts so I would like to step back in time to witness Elvis’s comeback which kicked off in 1968 and culminated in 1969 with his triumphant return to Las Vegas. At this point in his stage career he was dressed in leathers and, in my opinion, looking pretty good!
Value Your NHS
Building Our Future Together

Around 100 people from across Tayside including public partners, GPs, AHPs, nurses, doctors, managers, local authority partners and support staff have spent two days working together to put in place the building blocks of our new Integrated Clinical Strategy for NHS Tayside.

One of the key issues that came up was the shared belief that the way forward depended on those who do the work; staff at the point of patient care and service taking responsibility for creating the future organisation.

This will need some changes so at the event participants:

- road tested some principles of change that NHS Tayside might adopt
- looked at what we really needed to measure to know we are doing what matters most to people, and also the kind of data we currently collect which does not add value
- spent a lot of time discussing what the necessary conditions to enable the changes needed across the system were... then started planning to bring them about

Medical Director Professor Andrew Russell, who co-commissioned the event with Nurse Director Gillian Costello, said, “Together, we committed to understanding our patients, service users, carers and communities’ views more deeply and different ways from the old categories of social, primary and secondary care or of confining individuals to traditional jobs and roles.

“We looked at ways of organising healthcare and clinical pathways that would deliver better care experiences for patients and their families. Across both days there was a tremendous effort made to pull together a lot of work we have all done so far and the wealth of skill and talent and innovation in the room was evident.”

Chairman Professor John Connell said, "We are building on the recommendations from the Assurance Advisory Group and these two days have seen the pace of our transformation programme stepping up a gear. I would like to give my personal thanks to everyone for coming along and for their ideas and energy.”

Speaking after the event, Chief Executive Lesley McLay added, “I saw a real appetite and excitement to everyone for coming along and for their ideas and energy.”

Advice Centre

The Advice Centre at Ninewells offers confidential advice, advocacy and support on a wide range of topics, such as welfare benefits, money worries and debt, housing, food and fuel, information and support for carers, and volunteering opportunities.

Available for staff, students, patients and visitors, the facility is operated in partnership with a number of advice agencies, including Dundee City, Angus, and Perth & Kinross Council Advice Bureau, Home Energy Scotland, Shelter, Brooksbank Money Advice Centre, Tayside Carers’ Centres and Macmillan Cancer Support. The Advice Centre offers a wide range of topics, such as welfare benefits, money worries and debt, housing, food and fuel, information and support for carers, and volunteering opportunities.

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The Advice Centre is located on the main concourse, Level 7 at Ninewells and is open Monday to Friday, 9am-noon and 1-4.30pm (Thursday until 7pm). Appointments are not necessary.

Staff can also get information regarding advice services on Staffnet under Our Websites | Welfare Reform or by downloading the Tayside Crisis Help Mobile App – ‘Money worries? Find the right help in a crisis’ – from the app stores.

If you have an idea that you think can make a difference in your department or across NHS Tayside, we want to hear from you. Submit your idea through the Value Your NHS button or email gosee.tayside@nhs.net

Healthy Working Lives

NHS Tayside has developed Healthy Working Lives guidelines to support staff which are supported by the Chief Executive and Employee Director.

Working groups meet regularly across a number of sites to coordinate and promote campaigns and activities to help promote healthier lifestyles such as healthy eating, being aware of alcohol consumption, keeping physically active and looking after your mental wellbeing. The team also provides training to help managers develop and enhance skills in creating healthy work environments.

Information about Healthy Working Lives can be found on Staffnet under Wellbeing at Work and on Staff Notices. You can contact the HWL team at hwl-workplaceprog.tayside@nhs.net or on 01382 424135.

Staff Wellbeing Service

The Tayside Wellbeing Service provides one-to-one confidential support for staff looking for a listening ear and a safe space to explore ways of coping with the challenges of life and work, as well as introductions to mindfulness to alleviate stress and anxiety.

Values Based Reflective Practice (VBRP®), which supports compassionate team working and person centred care, is regularly delivered and available on request. Training and workshops on communication issues, wellbeing and resilience, grief and loss, etc. are also available. The service is available for all staff and an appointment can be made by telephoning 01382 423110 or emailing wellbeing.tayside@nhs.net.

If urgent support is required, a member of the team can be reached on 07917 183 804. This service is available every day 24/7 through an on-call system.

Occupational Health

NHS Tayside’s Occupational Health (OH) department considers the effects of work on health and an individual’s health, ability and fitness to perform a particular job.

The OH team are based at Wedderburn House, with clinics held in Ninewells Hospital and Perth lodge at PRI. Services offered include counselling, management referral, self referral and services to independent GPs. You can contact OH by emailing tay-UHB.occhealth@nhs.net or calling 01382 346030.
Health Matters

Mental health patients enjoy football tournament

A walking football tournament was organised by the Dundee GAP physiotherapy team as part of Dundee Mental Health Awareness Week.

Local team Fairfield Walking Football joined two teams made up of Dundee community patients, Carseview inpatients, Cairn Fowk carers charity, and family and friends, for the six-a-side friendly tournament at Ardler Complex.

Highly specialised physiotherapist Gill McDonald said, “The afternoon was a huge success and an opportunity for patients and participants to chat and enjoy the games.”

Construction workers take a break at health event

Workers at the new Baldragon Academy site enjoyed a free pop-up health event.

The event was hosted by Robertson and organised by NHS Tayside and Dundee City Council to encourage a healthy and productive working environment.

Information stalls, physiotherapy sessions and financial advice were on offer and attendees tried out the Sense Scotland exercise bike, which produces pedal-powered smoothies.

Well Person Day at Castle Huntly

The Prison Healthcare Team, in conjunction with Scottish Prison Service (SPS), held a Well Person Day at HMP Castle Huntly to promote health and wellbeing for patients and staff.

The event focused on the importance of taking responsibility for your own health, and recovery from substance misuse and mental health conditions. Staff and directors from Dundee FC also attended the event to provide health and fitness advice.

People were invited to learn about the positive effects of managing their health and wellbeing, and what support is available to take the first steps to health change.

National Breastfeeding in Scotland Week

An event was held at Ninewells to help raise awareness of National Breastfeeding Week.

Breastfeeding advisor Marianne White said, “The stand proved very popular and we spoke to many people who were willing to share their infant feeding stories. We had a competition to help promote the value of supporting breastfeeding and we also developed a crossword for staff to help raise awareness of different breastfeeding issues.”

Older people Go4Gold

Around 120 care home residents from across Perth & Kinross took part in the sixth annual Go4Gold event.

The event was designed around the theme of the Queen’s 65-year reign. Participants took part in challenges such as indoor kurling, fishing for ducks, indoor quoits and putting.

Some of the other activities included a warm-up session led by Perth College UHI, a games challenge, a tea dance and sing song with the Perth High School ceilidh band.

Branching Out in Angus

A group of Angus community mental health services users have completed a woodland activity course at Crombie Park run by NHS Tayside and Angus Alive Ranger Service.

The 12-week Branching Out programme allowed participants to try activities including ranger-led walks, woodland management, nest box building, photography, butterfly and bee identification and creating environmental art.

Participants received certificates and John Muir Awards at an awards ceremony which included a slide show of photos taken by participants.

Supporting Dementia Awareness Week

Staff supported Dementia Awareness Week Scotland with awareness raising events in Angus and Dundee.

The theme of the week was to help people understand what we can all do to support friends, family and people in our communities who are living with dementia.

The NHS Scotland Neuroprogressive and Dementia Network hosted a stand on the concourse at Ninewells and in the Clinical Research Centre.

Staff from Pharmacy had stands at Dementia Fayres in Brechin, Forfar and Arbroath which were hosted by Angus Health & Social Care Partnership and Alzheimer Scotland.
Prestigious awards for Tayside nurses

Tayside nurses picked up two prestigious British Heart Foundation Alliance Awards at the British Cardiovascular Society conference.

Susanne Christie and Connie Dunbar were awarded the Integrated Care Award for providing an integrated arrhythmia service to people in Tayside affected by a range of heart rhythm disturbances.

Heart failure nurse Jill Nicholls, along with Janet Reid who works in NHS Lothian, received the Leadership Engagement Award which recognised their work as joint coordinators of the Heart Failure Hub in Scotland.

NHS Tayside staff were finalists in two of the five award categories and took home both awards which reflects their hard work and commitment to improving care provision for cardiac patients at local, regional and national level.

Award which recognised their work as joint coordinators of the Heart Failure Hub in Scotland.

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Lord Provost’s Award for Positive Thought initiative

The Positive Thoughts programme won the Lord Provost’s award at Dundee City Council’s Outstanding Service and Commitment Awards, which recognises Innovation, Commitment and Achievements in Exceptional Circumstances.

Positive Thoughts is a joint initiative between NHS Tayside and Dundee City Council which provides mental health support for young people aged 16 to 19 in Dundee who are supported by the Skills for Learning and Work Team.

Healthy Working Lives Awards for Tayside workplaces

NHS Tayside sites and departments were among organisations recognised for their efforts in building healthy workplaces for staff.

A range of awards was handed out to organisations from across Tayside at an event to celebrate achievement in NHS Tayside’s Healthy Working Lives programme.

Success for NHS Tayside trio

Tayside staff were finalists in the Antibiotic Guardian Awards, which celebrate work to reduce antibiotic resistance and increase public and health professional awareness.

Advanced nurse practitioner in antimicrobial stewardship Jo McEwen picked up the award for staff engagement following an educational programme which enhanced nursing knowledge within community hospitals around antimicrobial stewardship.

Antibiotic stewardship pharmacy technician Sarah Thomson was nominated for educational activities and engagement with other pharmacy technicians in NHS Tayside while antibiotic pharmacist Heather Kennedy was a finalist in the Stewardship and Prescribing category for pharmacists/nurse-led antimicrobial stewardship ward rounds.

Tayside pharmacist graduates from clinical leadership course

Claire Stewart, pharmacy operational services manager for procurement, IT systems and logistics, has graduated from a national Clinical Leadership in Pharmacy course.

Claire completed the 18-month programme along with another 22 pharmacy colleagues from across Scotland.

Tayside’s Got Talent

e-learning modules for physiotherapists

Health boards across Scotland have adopted online learning modules produced by Sarah Matthews, physiotherapy team lead at Ninewells.

Sarah helped develop the e-modules using resources produced by the Scottish physiotherapy in critical care practice development group. Although they have been designed for the NHS in Scotland, they can also be accessed by physiotherapists in other parts of the UK.
Check it Out

Champion fundraiser June donates over £2000

The Breast Screening Unit at Ninewells received £2,200 from champion fundraiser June Craig.

June, who underwent treatment for breast cancer in 2013, held a fundraising event and raffle at the Ex Servicemen’s Club in Perth and decided that all proceeds from the event should be donated to the Breast Screening Unit.

Cameron says thanks

Cameron Douglas from Forfar visited Ninewells to hand over a cheque for £1145 to staff at ward 34.

Cameron wanted to thank staff for the care he is receiving for Hodgkin Lymphoma. The money was raised at an event called ‘Laura’s Fun Day’ which is an annual community event that raises funds for local and national charities.

Tesco staff donate to the CBIR

Staff from Monifieth Tesco presented a cheque for £580 to senior charge nurse Kate Tough from the Centre for Brain Injury Rehabilitation (CBIR).

The Tesco staff donned their hill walking boots and climbed Ben Vrackie roped together to raise funds for CBIR. They wanted to thank everyone at CBIR for the fantastic care their store manager Wendy Wallace received in the unit when she was a patient there in 2015.

PRI staff blown away by donation

Staff in ward 6 at PRI were blown away by beauty salon Abby’s Beauty Secrets donated two Dyson fans.

Staff at the salon raised £600 at a charity night and raffle and decided to buy the fans to make patients’ stays more comfortable.

Tayside staff take on Race for Life events

Two Tayside teams got their running shoes on to take on Dundee’s Race for Life events.

A 20-strong team from the Audiology Service sporting their ‘Team Audiology Tayside’ t-shirts completed the Race for Life and raised £1,600 for Cancer Research UK.

A group of midwives from Angus Birth Unit also raised over £2,000 for Cancer Research by completing the Pretty Muddy Race for Life.

Ward 32 receives £800

The family of a Forfar patient have donated £800 to ward 32 at Ninewells in his memory.

Bob Pirie’s family held a collection at his funeral to raise funds for ward 32 to show their appreciation for the care that he received there.

The money will be used to buy Dyson fans which will help enhance patient comfort.

Ward 3 at Ninewells received a donation of £322 from Debbie Pankhurst in memory of her uncle Ronald Pankhurst.

Mr Pankhurst was a patient in the ward and the money was raised at a collection held at his funeral to thank staff for the care he received.

Patients enjoy new TV

Patients receiving localised phototherapy at PRI will be able to watch their favourite TV shows thanks to the kind donation of Perth man Bruce Bateman.

Bruce, who is a patient at PRI, decided he would like to say thanks for all the great care and service he has received over the years and thought a new TV for the department would fit the bill.

Supporting Tayside Health Fund

Tayside Health Fund

Tayside Health Fund is generously funded by donations and legacies from patients, families, carers, the communities of Tayside and other organisations.

To donate online for further information about the Fund, including ways to donate and help and advice on fundraising, visit www.taysidehealthfund.scot.nhs.uk or contact the Fundraising Support Office on 01382 746828

Visit www.taysidehealthfund.scot.nhs.uk to find out more about donating to Tayside Health Fund.
Dawn Weir has retired as General Manager for Infection Control and Management after more than 40 years with NHS Tayside.

Dawn started as a nursing auxiliary in DRI in 1973. She then trained as a nurse and went on to work in a number of areas including ENT, paediatrics and ophthalmology before moving into management in Specialist Services.

Joyce Stewart said farewell to colleagues after a career spanning five decades.

Joyce began her nurse training in Perth in 1973, working mostly at Bridge of Earn Hospital. She initially worked in acute surgery and, after qualifying in midwifery, worked between gynae theatre and the midwifery unit, transferring to the labour suite in Ninewells in 2004.

Staff nurse Fiona Edwards said a heartfelt ta ta to Tay Ward and her colleagues in Perth Royal Infirmary after more than 40 years with the NHS.

Fiona began her career by training at Kilmarnock Infirmary before doing her midwifery training in Aberdeen. She then held a number of nursing and midwifery roles across hospitals in Scotland before taking on a staff nurse post in Tay Ward in Pri 23 years ago.

Fiona celebrated her retirement with current and former colleagues at an event in the Royal George Hotel in Perth, where she was presented with gifts and flowers.

Lorraine Blair, senior specialist nurse with the Continence Service has retired from her role after over 40 years of service.

Lorraine celebrated with a farewell tea party with colleagues from the Continence Team in Wallacetown Health Centre.

Senior charge nurses Marie Thomas and Joan Robertson retired from NHS Tayside after 70 years combined service.

Marie worked at Dundee Royal Infirmary before transferring to ward 15 at Ninewells as senior charge nurse when DRI closed. Joan began her career in male elective orthopaedics in DRI, transferring to Ninewells and eventually becoming senior charge nurse on ward 18, the busiest trauma ward at Ninewells.

Norma Hughes retired from her post as Hospital at Night practitioner at Perth Royal Infirmary after 39 years in Tayside.

Norma started her training in the 1970s, at Perth College of Nursing. She worked for many years in surgery then moved to High Dependency where she became a charge nurse. Ten years ago, Norma moved to the Hospital at Night team in Ninewells before gaining promotion and moving back to Perth as a senior nurse practitioner.

Norma Hughes (picted right).

Emergency nurse practitioner Euan Boyd’s 35 years service has seen his nursing career steadily develop.

Euan became a pupil nurse in 1982 which was followed by a nurse conversion course in 1986 and later he undertook extended training to become an advanced nurse practitioner, a role he continued until his retirement.

And it’s goodbye to Ronnie after 48 years! After a long career spent entirely within the health service in Dundee, Assistant Locality Manager/Transport Manager Ronnie Stewart said farewell to his colleagues at Ninewells.

Ronnie became a porter in 1969 at DRI before helping prepare the wards for the opening of the newly-built Ninewells and is very proud to have pushed the first patient in 1974. Ronnie held a number of positions over the years, ranging from general porter, chargehand porter and Assistant General Services Manager for Portering.

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Physiotherapists Sarah McFarlane, Lesley Scobie and Lorna Melville (pictured l-r) all received long service awards.

Lesley has worked for NHS Tayside for 45 years, and Sarah and Lorna for 21 years each. All of them grew up in the Tayside area and did their training in Edinburgh.

They have worked together as a team for the last 17 years at the Centre for Brain Injury Rehabilitation at Royal Victoria Hospital in Dundee.

Congratulations also to Joyce Cruickshank of Tayside Medical Science Centre (TASC).

Joyce received her 20 years Long Service Award from R&D Director Dr Jacob George.
Caitlin Charlton
Head of Nursing in MfE, Intermediate Care and Stroke Unit
Perth Royal Infirmary

Caitlin has known since she was a teenager that she wanted to work in the health service and help care for people. Here Caitlin tells us all about her Guinness world record breaking skills, her supportive family and her dream to tour Scotland in style.

How did you come to be in your current job?

At 14, I knew I wanted to be a midwife. There were very few direct entry courses for midwifery in the 1990s so I trained as a nurse in Doncaster first then did a midwifery course. During my time as a midwife I also worked as a nurse advisor for NHS Direct and managed a multi-agency project for pregnant teenagers and young parents. I moved to Scotland in 2007 and worked as a registered nurse in Pitlochry Community Hospital, becoming senior charge nurse in 2008. I acted up as Head of Nursing in 2013 and was appointed permanently in 2014.

I have just completed a MSc at Dundee University which was the hardest thing I have ever done. It’s with much gratitude to my family, my husband Andy and children Annabel and Joseph, that I made it to the end.

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

I would probably still be in midwifery. Although I did have a place to do a MA in Modern European History with a plan to teach it and Religious Studies. So I guess I would be teaching had our daughter Annabel not arrived in 2005 and put a stop to my history studies.

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

I would learn how to conduct an orchestra. That is one of my life ambitions. My husband reckons it’s all to do with being in charge!

What do you miss most about being a kid?

The feeling of freedom and not having to worry about getting home in time to cook etc.

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

It would likely be deceased historical figures so I could understand their decisions, James Martin who could cook for me and James Corden so I could go out driving and singing with him on Carpool Karaoke.

What secret skills/party tricks do you have?

I am a Guinness world record breaker. My talent will remain a secret although it was whilst I was a Girl Guide leader.

Who would play you in a movie of your life?

I asked my sister and she said Maggie Smith as “she is an upright, commendable lady who loves her family in films, but can be funny and serious.” She knows me well.

What’s your theme song?

Gold by Spandau Ballet. It reminds me to always believe in myself and to never quit.

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

Ear plugs as I need pure silence to sleep and there may be noise from birds!
A picture of my husband and children
The bible as I have started to read it numerous times and never got very far. I might get it read if I am stranded a while.

What is the first music album you ever bought?

My first album was by Spandau Ballet “True” and they were the first concert I went to aged 14 with my older brother.

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

A VW camper van so we could go island hopping in Scotland.