Chairman’s introduction

I suspect that most of us find that Christmas takes us by surprise every year. All of a sudden there are only a few shopping days to go, and far too many tasks to squeeze in to the remaining time. It is also a time when the pressures across health and social care intensify. We know that there will be an increase in activity that affects all aspects of the services that we run, which can place a strain on hard working staff.

I am always very grateful to staff from all parts of NHS Tayside and our three health and social care partnerships in Angus, Dundee and Perth & Kinross who ‘go the extra mile’ at this time of year to keep our services running.

Every year we have carefully thought out plans to address the challenges of the winter period and this year these have been prepared jointly by the three partnerships and our acute division. Much of the focus is on steps to enhance community care by supporting people to be cared for at home as much as possible. However, we know that there is a predictable increase in the volume of unscheduled admissions as well – last December this was around 300 more than in the month of October.

To help deal with this, the Board has agreed to reduce the number of planned elective procedures for the week running up to Christmas and the two weeks that span Christmas and the New Year. This is very similar to the plans made by other neighbouring boards and is an extension of our usual two-week festive reduction. It is important to stress that no patients have had procedures cancelled and urgent elective activity will be maintained. Our Chief Operating Officer, Lorna Wiggin, is working very hard with clinical colleagues to ensure that this reduction in activity across the festive period does not adversely impact on waiting times for patients.

One important message for all of us is the need to do all that we can to minimise to possible impact of the expected flu outbreak this winter. We know that this can have devastating consequences on people who are already at higher risk of complications due to other health conditions and we have an absolute duty to reduce as much as possible the risk that patients might be exposed to infection during episodes of care. For this reason I would urge all staff to take up the offer of a flu jab now if they have not already done so. These are freely available at community pharmacies for the next few weeks.

As we look forward to the New Year, a key activity across Tayside will be the development of a sustainable Integrated Clinical Strategy. Work on this is already well underway, and the interest and contribution of a wide range of staff across the whole organisation highlights the enthusiasm there is to ensure that we build a health and social care service that meets the needs of the population and is capable of being delivered by the workforce that we know will be available in the future. I would encourage everyone to engage with the process of building this strategy as it evolves.

Finally, I am always aware that the presentation of NHS Tayside in the media seldom paints a true picture of the outstanding care and commitment delivered by all staff every day. I think that we all know that patients and their families remain very positive about their experience of care, and I remain extremely proud of the service that we offer. I would like to express my sincere thanks to all who make this possible and wish everyone best wishes for the festive season.

Professor John Connell

Welcome to spectra

Contents

4 The Buzz!
12 Your View
14 Value Your NHS
16 Health Matters
18 Tayside’s Got Talent
20 Check it Out
22 So Long, Farewell
24 All About Charlie!

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Praise for Letham Health and Wellbeing Centre

The centre, which opened in October 2015, acts as a hub for local health and wellbeing solutions for the community of Letham.

Head of Community Health and Care Services (North Angus) for Angus HSCP Gail Smith introduced the group to the multidisciplinary team based at the hub, which includes community nursing staff, community pharmacy staff, and Voluntary Action Angus (VAA) and third sector colleagues.

Members of the team provided information on the successful developments at Letham, including nursing clinics, improved IT systems and the minor injury and illness service at the community pharmacy.

Volunteers were also on hand to demonstrate the use of the Surgery Pod, which records people’s blood pressure and other measurements then forwards the results directly to their GP, avoiding the need for attendance at a GP surgery.

Exhibition to celebrate 21 years of The Corner

As part of The Corner’s 21st birthday celebrations, an exhibition of artwork created with young people has been displayed on billboards at Slessor Gardens.

The Corner has been providing unique, integrated services to young people in Dundee for 21 years, combining nursing, health promotion, counselling, media, community development and youth work. Over 243,000 young people have accessed the service so far.

To celebrate this milestone, The Corner created ‘The Corner – Part of our Story’ to highlight the groundbreaking ethos and culture that has been created over the past 21 years and will continue into its future.

Supported by The Corner media worker, young people took images from around the city centre which were incorporated into graphic representations of feelings expressed about themselves, the building, staff and services. The artwork highlights some of the issues Corner service users experience such as mental health, sexual health, friendships and relationships, careers and housing.

Cabinet Secretary opens Men’s Shed

Shona Robison, Cabinet Secretary for Health and Sport, visited Dundee to open two new community-based projects.

Lochee Men’s Shed and Whorterbank Community Garden are providing the local community with support aimed at improving health and wellbeing as well as a new garden area to grow fresh vegetables. During her visit the Health Secretary officially opened the recently-formed Lochee Men’s Shed which also includes women and is recovery-friendly, supporting people with their mental health and recovery from alcohol and substance misuse.

NHS Tayside’s Community Innovation Fund provided initial funding to help support Lochee Men’s Shed, which is led by nine volunteers and has over 30 people attending regularly. The shed is supported by health and community regeneration staff but is now a self-reliant constituted group run by local volunteers.

Community health specialist nurse with Dundee Healthy Living Initiative Catrina Boal said, “Lochee Men’s Shed and Whorterbank Garden are providing vital opportunities for local residents to socialise, learn and share new skills, and improve their health and wellbeing. Lochee Men’s Shed also plans to become a social enterprise with upcycling furniture and bike maintenance planned. The project wouldn’t be in existence if not for the dedication and commitment from local people.”

Team effort creates plush pad in play room garden

Patients at Tayside Children’s Hospital are enjoying a brand new play house thanks to a generous donation and a team effort from the property department.

The anonymous benefactor donated funds to buy two play houses for the outdoor play area at Ninewells. The property department was happy to lend a hand in putting them together and the first house is now finished and being used by children in the hospital.

Joiner Willie Baxter said, “It’s been a real team effort from everyone and great to work on something different. The painters painted it white then Gavin, Derrick and I put it together in the warehouse. Once it was built, we took it to the garden and laid anti-slip vinyl flooring.”

Play specialist Gillian Doig added, “It’s so great to see the first house being used. We’d like to thank our generous benefactor and a huge thanks to our colleagues for building it and making it look fab. I’m sure it will be very popular with our young patients and their families.”

Celebration of patients’ achievement at Rohallion

An event was held at Rohallion Secure Care Clinic in Perth to celebrate the academic achievements of patients.

Rohallion began a new partnership with Perth College last year to provide adult literacy and numeracy skills to patients within the low and medium secure service.

Using Award Scheme Development Accreditation Network (ASDAN) credits, the clinic offered a range of nationally-approved qualifications based around the development of personal, social and employability skills.

Over the academic year, patients have engaged in a variety of awards in subjects such as numeracy, literacy, digital literacy, horticulture and creative media.

The celebration event saw many patients receiving multiple awards ranging from certificates of participation, ASDAN awards, SVQ level 5 numeracy, and ECDL.
The Buzz!

Ninewells staff celebrate Play in Hospital Week

Play specialists at Tayside Children’s Hospital showcased the vital work they do with children and young people as part of Play in Hospital Week.

Play in Hospital Week is a national event celebrated every year by healthcare play specialists and play assistants. It is run by the National Association of Healthcare Play Specialists (NAHPS) and gives play staff the opportunity to share information about the services they provide for children and young people in hospital.

Doctors, nurses, anaesthetic staff and allied health professionals were invited to the play centre on ward 29 at Ninewells to find out more about the support that play specialists can offer to colleagues who work with children in the hospital environment.

An information stall was also held on the concourse at Ninewells to allow staff, patients and visitors the opportunity to learn about the work of play specialists, along with some the tools and equipment they use.

Local artists donate artwork to PRI

The waiting area in Perth Royal Infirmary’s Radiology department has been brightened up thanks to a generous donation of artwork.

Local artists Audrey Slorance, Fiona Haddow and wildlife photographer Jeff Harrison have kindly donated a number of framed photos, prints and paintings to the department.

The artworks, which include images of local wildlife and landscapes, are a welcome addition to the waiting area and have already received lots of positive comments from patients.

Which witch is which? – Whitehills gets Hallowe’en makeover!

Catering staff at Whitehills in Forfar dressed up for Hallowe’en and gave the restaurant a spooky makeover, putting a smile on the faces of patients, staff and visitors. Well done ladies!

Garden of Hope opened

A new community garden in Whitfield, which was supported by NHS Tayside’s Community Innovation Fund, was officially opened by Cabinet Secretary for Health and Sport Shona Robison.

The Garden of Hope is a community-led initiative run by families who have lost loved ones.

The families, with the support of Addiction and Signpost, will maintain the garden and grow produce that can be used to support the provision of community lunches.

Other community members will be encouraged to volunteer which will contribute to reducing health inequalities and help people to improve their physical and mental wellbeing.

Shona Robison said, “I’m delighted to officially open the Garden of Hope and to thank the families who have developed and led this inspiring initiative. Losing a loved one is never easy and I hope this wonderful garden will provide a place of solace as well as hope and inspiration for families in the community also experiencing a tragic loss.”

Chief Executive Lesley McLay added, “I’m delighted to see this garden in all its glory. The project received £4393 from the Community Innovation Fund which has allowed them to create a wheelchair accessible community garden and allotment area which will benefit the whole community.”

Get your copy of The Archies!

Consultant anaesthetist Dr Paul Fettes’ book ‘The Archies’ is now available to buy online, at Ninewells or in local shops.

The Archies captures the epic mountain challenge that took place over 130 Scottish mountains to raise funds for The Archie Foundation Tayside Children’s Hospital appeal.

The book can be purchased from ward 30 and the Archie Office at Ninewells, at archie.org and from Nicholson’s Cycles and Waterstones in Dundee.

Doors Open Day at Ninewells Garden

Ninewells Community Garden was invited to be part of Dundee Doors Open Day for the first time this year.

Around 60 people visited the garden and woodland areas over the course of the day. One of the highlights was a free concert hosted by Enterprise Music Scotland and Dundee Chamber Music in the Leaf Room.

The designer of The Leaf Room, Jonathan Reeve of Voigt Partnership Ltd., was available to speak about the design which has already won many awards. Some of the regular volunteers also gave tours of the garden areas, and there was a children’s trail for young visitors.

To find out more about the garden or if you’d like to be a volunteer please visit facebook.com/ninewellsgarden
Prison Healthcare Collaborative first of its kind in Scotland

Tayside’s Prison Healthcare Service hosted a learning event to share ideas on how the healthcare experience can be improved for patients in HM Prison Perth and Castle Huntly.

Representatives from the Scottish Prison Service, Healthcare Improvement Scotland and the Scottish Government heard about the work of the Prison Healthcare Patient Safety Collaborative, the first group of its kind in Scotland to focus on improving patient safety for the prison population.

Jillian Galloway, Head of Prison Healthcare for Perth & Kinross HSCP said, “We are committed to improving the healthcare experience and supporting the recovery of patients in our care and we will work with our partners to achieve better care, reduce harm, generate real depth of learning, and create a centre of excellence for prison healthcare.

“The collaborative will focus on changes and improvements that will form the vision of care that will significantly improve the experience of service users.”

NHS Tayside’s Annual Review
Cabinet Secretary for Health and Sport Shona Robison and NHSScotland Chief Executive Paul Gray reviewed NHS Tayside’s performance at the Annual Review.

Chairman Professor John Connell presented NHS Tayside’s performance over the past year along with Chief Executive Lesley McLay and the Board’s Directors at the event which was held at St Paul’s Academy in Dundee.

Participants at the learning event

You can watch the session at www.facebook.com/NHSTayside

Tayside ‘Bravehearts’ conquer Ben Nevis Triathlon

Two Tayside physiotherapists completed the Ben Nevis Braveheart Triathlon in Fort William.

Fiona Maclean, from the Young People’s Unit in Dundee, and Sarah Reid, who works in Medicine for the Elderly at PRI, did a 1.2 mile swim in Loch Linnhe followed by a 56 mile road cycle and topped off with a 13 mile run up and down Ben Nevis.

Fiona and Sarah were fundraising for causes very close to their hearts. Fiona raised over £5000 for her cousin Julie’s cancer treatment fund and Sarah raised over £6000 for CLIC Sargent.

Fiona and Sarah celebrating at the finish line with their medals and certificates

Sarah and Fiona at the start of the event at Loch Linnhe

Enhanced Community Support improving healthcare in Angus

Enhanced Community Support (ECS) has been rolled out in North East Angus after a successful launch in South Angus in 2015.

The ECS model of care involves a variety of professionals including GPs, district nurses, social workers, occupational therapists, physiotherapists, pharmacists, specialist hospital doctors, advanced nurse practitioners and voluntary sector colleagues working together as a single team to support individual patients.

The team provides anticipatory care and support in patients’ homes and, where possible, avoids hospital admissions enabling people to live independently for as long as possible. It also builds coordinated care for patients through multidisciplinary team working.

Ann Bowler, district nurse locality lead for the North East, said, “ECS is helping people remain safely at home in their preferred place of care. This allows the multidisciplinary team to deliver a safe, effective and holistic assessment, tailoring individualised care to community patients in their home setting.”

Gail Smith, head of community health and care services with Angus Health & Social Care Partnership, said, “The ECS approach has meant that we have seen a significant decrease in the need for inpatient beds and services traditionally provided in a community hospital setting in South Angus.

“Clinicians have seen benefits from this new approach for patients and so we have extended it to the North East area of Angus.”

One of the multidisciplinary teams which supports the ECS model in Angus

National dementia network relocates to Ninewells

The Scottish Dementia Clinical Research Network (SDCRN) has moved to new premises in Ninewells after seven years at Murray Royal Hospital.

The Network has also been rebranded to the Neuroprogressive & Dementia Network (NDN).

The NDN is currently supporting over 100 dementia and Neuroprogressive disease trials throughout Scotland with many currently taking place in Tayside and the move to Ninewells will allow greater access to clinical research facilities.

The dementia trials vary from drug trials to longitudinal observational studies and offer new insights into the causes, care or prevention for dementia. The Neuroprogressive trials are looking at research outcomes of cause, care or prevention in diseases such as Motor Neurone Disease, Multiple Sclerosis, Huntington’s Disease, Parkinson’s Disease and CJD.

If you are interested in getting involved in dementia research contact the NDN by email on Tay-UHB.SDRCN@nhs.net or by phone on 07813 993361.

If you are interested in getting involved in dementia research contact the NDN by email on Tay-UHB.SDRCN@nhs.net or by phone on 07813 993361.

Professor Peter Connolly, Scotland’s Dementia Clinical Research Champion (centre), with the NDN team at their new office in Ninewells

NDN team at their new office in Ninewells

Almost 60 members of NHS Tayside staff attended the 2017 NHSScotland Event.

The event, entitled Working Differently Across Boundaries: Transforming Health and Social Care, provided the opportunity for those working in the NHS in Scotland to consider challenges and to share best practice and innovative approaches to delivering the highest quality of care.

The poster exhibition, which included entries from NHSScotland, was a key part of the two-day event.

Feedback has now been collated from colleagues who attended this year’s event on how the learning could be shared across the organisation and in the relevant teams.

The 2018 event will take place on 18 and 19 June. More information will follow in the lead up to the event.

Visit www.nhsscotlandevent.com to view the resources and exhibition posters from the 2017 event.

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The 2018 event will take place on 18 and 19 June. More information will follow in the lead up to the event.

Visit www.nhsscotlandevent.com to view the resources and exhibition posters from the 2017 event.
The Buzz!

NHS Tayside supports Team Resilience exercise

Volunteers from the practice education facilitator team helped run a resilience exercise in Dundee.

Magdalene Green was turned into a major incident zone as part of the annual resilience training for first-year pre-registration nursing students.

Over 180 students provided first aid and specialist care to a team of volunteers with the help of the 225 Medical Regiment Scotland, academic staff from the School of Nursing and Health Sciences and assisted by members of NHS Tayside’s practice education facilitator team.

Practice education facilitators were able to identify key aspects of leadership, team development and problem solving during the activities which are transferrable into direct clinical care. These observations were fed back to the students and their direct clinical care. These observations were fed back to the students and their direct clinical care. These observations were fed back to the students and their direct clinical care.

Tom helps Archie

Consultant in respiratory medicine Dr Tom Fardon has helped to raise over £3500 for the Archie Tayside appeal over the past three years. This incredible total has been achieved through organising and completing a series of arduous mountain walks, runs and cycles.

Energy advice for staff

NHS Tayside has teamed up with Home Energy Scotland to offer free and impartial advice on saving energy at home and in the workplace.

Members of the Home Energy Scotland Team visited Ninewells, PRI and Stracathro to give advice on reducing fuel bills and saving energy.

Information was available on the support offered to save energy, the benefits of home renewables and general information on being more energy efficient, both at home and at work.

Dental health support worker Gemma Bain (standing, third right) with staff and residents of Carmichael House

Oral Health Award for Dundee care home

Carmichael House care home in Dundee received NHS Tayside’s Oral Health Award.

The award was developed by the Oral Health Improvement Team to encourage homes to include new oral health standards as part of the residents’ care package. It also incorporates the national Caring for Smiles Training tool.

The award criteria include developing individual resident oral care plans, mouth checks within one week of admission, and ensuring residents have appropriate toothpaste and toothbrush.

NHS Tayside launched a campaign with Scottish Fire and Rescue Service to reduce the impact of accidental fire alarm signals across health premises.

The campaign encourages staff and contractors working on NHS Tayside sites to consider the ‘Take 5’ points to reduce the number of false fire alarm signals and resulting attendances by SFRS.

Senior fire safety advisor Kenny Higgins said, “Our most recent figures show that there are still more than 250 false fire alarm activations in Tayside hospitals and premises, with many turning out to be accidental. A false alarm activation affects SFRS and although there is a cost implication for NHS Tayside, the real cost is in the considerable disruption caused to patients, staff and the daily hospital activity.

SFRS group manager Ewan Baird added, “Take 5 aims to significantly reduce fire alarm activations caused by human carelessness by changing how people go about their normal daily activity and considering the wider impact of their actions.”

Hospital radio is in tune with patients

Did you know that hospital radio has been broadcasting to patients in Tayside since 1955? Bridge FM is on air 24-hours-a-day entertaining patients from its studios on level 5 at Ninewells.

The station, which is a registered charity, is run by an army of willing volunteers who carry out a variety of roles including presenting, producing, commentating on sports events and visiting the wards.

Membership secretary Joe Brodie said, “Our team of ward visitors go around the wards chatting to patients and staff, spreading the word about Bridge FM and taking requests.”

Robin Evans has been volunteering with the station since 1975 and said, “I enjoy presenting the request show, it’s good fun and I enjoy a wide range of music. Over the years, I have seen things change from vinyl, to cassettes, CDs and now the internet. I’m old fashioned though so I stick to CDs!”

You can listen to Bridge FM on 87.7fm 24 hours a day at Ninewells Hospital and Royal Victoria Hospital through any device and the service is available on selected bedside radios around the wards. The station is also available live online and via the Bridge FM app. You can also pick it up on DAB radio across Dundee and Perth on the Shared Access Channel.
Your View

I’m dreaming of a...

Whether it’s decorating the Christmas tree, watching your favourite festive movies, eating mince pies or just spending time with your loved ones – lots of us have an idea of what our perfect Christmas would be.

Some may hope to open presents beside a warm, crackling fire while snow falls outside, while others may look forward to settling down on the sofa wearing their new Christmas pyjamas to watch their favourite TV specials.

So as the festive season gets into full swing, we spoke to staff in Tayside to find out what their perfect Christmas would be.

Kevin O’Rourke
Clinical Support Worker
Nuclear Medicine

My perfect Christmas is to wake up with all my family and my boxer dogs Daisy and Tilly. It’s great to see the dogs open their toys, they are more excited than my kids.

My wife and I love putting the decorations up, sorting out the gifts and preparing lunch for all the family.

We spend time relaxing watching repeated movies and reminiscing on when the kids were young and how excited they were, they are older now and still get spoiled.

My favourite food is steak pie, turkey and all the trimmings with trifle for pudding.

Have a Merry Christmas and a Happy New Year everyone!

Beth Harrison
Staff Nurse
Ward 10, Ninewells

My perfect Christmas would be to have my family together for a great feast and a few merry drinks to toast another year.

My ideal Christmas is spending time with my family, watching them opening their presents, cooking them the biggest slap up meal, having a siesta in the afternoon and then doing exactly the same again on Boxing Day.

My perfect Christmas is relaxing with family and enjoying food and drinks.

This year is my first Christmas in my first home with my partner so we are looking forward to decorating our first tree together.

Now that I have moved out of my parent’s house I will be asking them for some more grown up presents, like a new kettle and toaster (matching of course).

Maggie Buchan
Clinical Support Worker
Nuclear Medicine

Winnie Lou
Play Specialist
Tayside Children’s Hospital

Adele McOmish
Staff Nurse
Ward 10, Ninewells

My perfect Christmas would be spending time with my family in a nice cozy house and eating nice food and having a few drinks.

Although I won’t be drinking alcohol this year as I am pregnant and due in January!

My perfect Christmas would be to have all the family round, eat lots of food, watch Christmas films and watch the children open their presents.

I’d love for my family in heaven to be able to have one more Christmas dinner with me. That would be the perfect Christmas gift.

My perfect Christmas is to wake up with all my family and my boxer dogs Daisy and Tilly. It’s great to see the dogs open their toys, they are more excited than my kids.

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We spend time relaxing watching repeated movies and reminiscing on when the kids were young and how excited they were, they are older now and still get spoiled.

My favourite food is steak pie, turkey and all the trimmings with trifle for pudding.

Have a Merry Christmas and a Happy New Year everyone!
Value Your NHS

Medicines Management

Reducing prescribing costs to ensure our prescribing in Tayside is safe, person-centred and cost effective is a key priority for NHS Tayside.

Good housekeeping to contain our prescribing costs is one of 10 recommendations set out by the Assurance and Advisory Group which worked with our senior management team earlier this year to review plans for achieving financial balance. The Medicines Management workstream is undertaking a wide-ranging programme of work to ensure we have a clear focus on reducing waste, tackling variation and ensuring good value for money in all of our prescribing choices in Tayside.

TAF changes – Formulary First!

The Tayside Area Formulary (TAF) was recently updated by our Medicines Advisory Group to reflect important changes to the medicines we prescribe to patients. The TAF has been designed here in Tayside to help care providers in hospital and community settings to make good decisions about how best to treat patients. This includes advice such as whether to prescribe or not, what medicines should be used based on clinical evidence, safety and cost effectiveness, along with local treatment pathways.

In those instances when a formulary medicine is not appropriate, the NHS Tayside clinical policy on Prescribing of Medicines that are Non-Formulary (including Individual Patient Treatment Requests) should be followed. This can be accessed on Staffnet under Our Websites | Pharmacy | Medicines Governance | Policies. You can also find the clinical policy Responsibility for Prescribing Between Secondary and Primary Care on the same page.

The revised version of TAF is now in operation and can be found on the Staffnet homepage under the Formulary tab or at taysideformulary.scot.nhs.uk. It is also available through the netFormulary app on Apple and Android devices.

As a result of changes to TAF, new treatments becoming available and new evidence about the benefits of a drug, some patients may find that their repeat prescription will change. Patients should not notice any difference in the effect of the new medicine.

To help raise awareness of this, we have recently started a public campaign giving information for patients and carers around possible changes to their prescriptions.

We have also relaunched our medicines waste campaign which encourages people to take a look at the medicines they are prescribed and talk to their GP or pharmacist if they have stopped taking any of their medication. It also urges people to make sure that they only order the medications they need, with the aim of reducing the amount of unused medicines that people keep at home and do not take, or return to their pharmacy for disposal.

Medicines Waste

Here are some things you can do to help us to reduce the NHS Tayside medicines waste bill.

As a member of staff:

- When medicines are supplied from a hospital pharmacy but are no longer required, you may be able to return them to pharmacy to be reassessed for use elsewhere or credited back to pharmacy stock. Words and departments will receive a credit note for any medicines returned which can be reused.

- Pharmacy staff must carry out a thorough quality assessment of every medicine prior to return to stock or reuse, to ensure that only suitable medicines are reintroduced to the supply chain. Medicines which have left the hospital cannot be returned or reused as we have no way of knowing where they have been or how they have been stored. We must be able to provide assurance that all medicines we supply meet quality standards.

- Through the Transformation Programme Medicines Management workstream we are currently testing processes for the reuse of party used packs, in addition to original, unopened packs.

As a patient/carer:

- Discuss your medicines with your doctor or pharmacist regularly. Ask for a medications review if you have any concerns.

- Let your GP practice or pharmacy know if you have stopped taking any of your medication.

- Check which medicines you have at home before ordering more – your medicines may come in different packaging.

- Only order the medication that you need, do not tick everything on the repeat prescription unless you DO need all the items.

- Take your medicines with you if you need to go into hospital.

- Always return any stopped, unwanted, unused or out of date medication to your community pharmacy for safe disposal.

The flu jab – what’s holding you back?

In 2017, Australia recorded at least twice the number of flu cases they would expect in an average year. A heavy flu season in the southern hemisphere makes it more likely that there will be high levels of flu in Scotland and the UK over the coming winter.

Healthcare workers are more likely to be exposed to the flu virus and even for healthy people flu can be a serious illness which makes you feel extremely unwell.

NHS Tayside therefore strongly encourages ALL staff, both clinical and non-clinical, to take up the offer of free flu vaccination.

Vaccination of all our employees helps to protect the wellbeing of our staff and reduces the risk of spreading flu to your family, patients and colleagues. You should consider vaccination as part of your everyday infection control duty like hand washing.

The flu vaccine offered to staff is inactivated, which means it doesn’t contain any live viruses so it can’t give you flu.

Chairman Professor John Connell
getting his vaccination at Ninewells from nurse co-ordinator Maggie McMahon with consultant in public health medicine Dr Daniel Chandler and ward 34 haematology senior charge nurse Heathc Whately
Creating a Green Health Partnership

NHS Tayside hosted an event in Dundee City Chambers to discuss the value of the city’s green and open spaces to the health and wellbeing of the community.

The event brought together representatives with a specific interest in developing a local Green Health Partnership from health and social care, the voluntary sector, academics and local and national government. The aim of the partnership is to maximise the use of green space for health improvement in Dundee.

Chairman Professor John Connell, who hosted the event, said, “This is a joint programme of work which aims to ensure that Scotland’s natural environment promotes physical activity and mental health and wellbeing for everyone. A Green Health Partnership will help make exercise a key priority and part of the day-to-day activity of community planning and health and social care partnerships.”

NHS Tayside supports ‘Restart a Heart Day’

The Health Shop at Ninewells supported Restart a Heart Day and marked the second anniversary of Save a Life for Scotland by hosting an information stand to raise awareness of the importance of learning life saving skills.

Visitors, staff and patients were encouraged to drop by to find out about free Heartstart Discovery courses and why learning to save a life is so important.

Health Shop manager Jodi Moodie explained, “We all hope that we are never in the situation to have to use life saving skills but the best way to make sure that you are better prepared and know what to do if someone choke, becomes unconscious or if someone has a heart attack is to learn what to do in an emergency.”

For more information on Heartstart Discovery courses contact Helen Brady on 01382 740400 or email helenbrady@nhs.net

World Sight Day marked at Ninewells

NHS Tayside hosted an information stand at Ninewells as part of World Sight Day to provide information to people experiencing problems with their eyesight.

World Sight Day is an annual event and the key message behind this year’s campaign is ‘Make Vision Count’. The message encourages members of the public to think of their own eye health and of others close to them.

Representatives from the Royal National Institute of Blind People, My Guide Ambassdor and The Macular Society manned the stand on the concourse with support from NHS Tayside’s Clinical Governance and Risk Management team.

The stand had information on local services, charities and organisations that provide support for people who are experiencing problems with their eyesight.

Supporting World Hepatitis Day

NHS Tayside encouraged people to come forward for free Hepatitis C testing as part of World Hepatitis Day.

Hepatitis C is a blood borne virus which can cause serious liver damage including cirrhosis and liver cancer. Those most at risk of contracting the condition include those who are currently or have a history of injecting drugs, including steroids or other performance enhancing or body image drugs.

Anyone interested in finding out their own STI and blood borne virus status was encouraged to go along to events in Kloczet and The Cairn Centre in Dundee for a free, confidential test.

Executive Lead for Sexual Health and Blood Borne Viruses Ann Erikson said, “We wanted to get across the message that Hepatitis C, when diagnosed, can be cured and those infected can live a long and healthy life.”

Testing events complemented the national ‘Hepatitis See’ campaign, which encouraged building artists to explore identity and tackle stigma issues faced by those affected by Hepatitis.

The artwork produced at the events held in Dundee in June was shown alongside the work of participants from around Scotland at the Gallery of Modern Art in Glasgow.

NHS Tayside supported Organ Donation Week by hosting information stands at Ninewells and Perth Royal Infirmary.

This year’s campaign, ‘We need everybody’, encourages everyone to sign up to the organ donor register regardless of their ethnicity, body shape, size or medical history.

The stands had a wide range of information explaining why it’s important to join the register, how successful transplants are and why it’s so important to discuss your wishes with family.

Specialist nurses along with representatives from local charities Revival and Tayside Kidney Patients Association hosted the information stand at Ninewells.

NHS Tayside consultant in anaesthesia and intensive care medicine Dr Stephen Cole said, “One organ donor can save or transform up to nine lives so we really need everybody to sign the register. It is also vital that everyone who would like to be an organ donor talk to their families and close friends about their wishes.”

To join the Organ Donor Register visit www.needeveryone.org or call Organ Donation Scotland on 0300 123 2323.

World Sight Day to provide information to people experiencing problems with their eyesight.

Volunteers and staff from Terrence Higgins Trust at a Men Only Tayside testing event.

Visitors, staff and patients were encouraged to drop by to find out about free Heartstart Discovery courses and why learning to save a life is so important.

Health Shop manager Jodi Moodie explained, “We all hope that we are never in the situation to have to use life saving skills but the best way to make sure that you are better prepared and know what to do if someone choke, becomes unconscious or if someone has a heart attack is to learn what to do in an emergency.”

For more information on Heartstart Discovery courses contact Helen Brady on 01382 740400 or email helenbrady@nhs.net

The results of the HIV Stigma Survey launched by The Sexual Health & Blood Borne Virus Managed Care Network (SH & BBV MCN) in December 2016 is being used to inform the training offered to staff.

The survey focused on current evidence and common myths surrounding HIV and the results revealed the majority of respondents believed that stigma and discrimination due to a person’s HIV status is an issue in healthcare.

Christine Bird, project officer with the SH & BBV MCN said, “We would like to thank everyone who took the time to take part in our survey. We can now focus our training on the areas where we know there are knowledge gaps.”

The SH & BBV MCN offers a variety of training throughout the year and can offer bespoke sessions to groups of staff on request.

For more information, please contact bbvcn.tayside@nhs.net or visit www.sexualhealthtayside.org

The Health Shop supported Restart a Heart Day and marked the second anniversary of Save a Life for Scotland by hosting an information stand to raise awareness of the importance of learning life saving skills.

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We Need Everybody

NHS Tayside supported Organ Donation Week by hosting information stands at Ninewells and Perth Royal Infirmary.

This year’s campaign, ‘We need everybody’, encourages everyone to sign up to the organ donor register regardless of their ethnicity, body shape, size or medical history.

The stands had a wide range of information explaining why it’s important to join the register, how successful transplants are and why it’s so important to discuss your wishes with family.
Recognising excellence in NHS Tayside dietetics

Three Tayside dietitians were invited to attend the prestigious British Dietetic Association (BDA) Awards.

Specialist dietitian Alison Campbell was presented with the Trade Union Representative of the Year Award which acknowledges Alison’s work as a trade union representative and as member of the Scottish employment relations committee for the past two years.

Dahlia Campbell, specialist dietitian in learning disabilities, chairs the BDA’s East Scotland Branch which was shortlisted in the Branch of the Year category for its contribution to the planning and delivery of a highly successful national event specifically for dietitians working in Scotland.

Each year the Trustees of the BDA’s General and Education Trust Fund support the delivery of a lecture to commemorate the work of dietetic research pioneer Elsie Widdowson. This year dietetic consultant in public health nutrition Joyce Thompson was invited to deliver the prestigious keynote speech. In her lecture, entitled ‘Realistic Dietetics in the UK’, Joyce illustrated how the UK is dominated by considerations of undernutrition and obesity and described the complex interplay between poverty and food security.

QNIS Long Service Award for Dundee community nurses

Twelve nurses with combined service of over 240 years were presented with The Queen’s Nursing Institute Scotland (QNIS) Long Service Award.

QNIS is a registered charity dedicated to promoting excellence in community nursing in Scotland. The award is given to nurses with 21 years of service in community nursing and is open to nurses from all areas including district, community or school nursing, health visiting, general practice, mental health and specialist services.

Congratulations to Niall!!

Dental Trainee Dr Niall McGouldrick picked up the Young Achiever Award at the 2017 Scottish Health Awards.

Along with Niall, Tayside CAMHS Outpatient Eating Disorders Team was a finalist in the Care For Mental Health category, Murray Royal support worker Julie Stewart was shortlisted in Healthier Lifestyle, and district nurse Debbie McFarlane, who is based at Links Health Centre in Montrose, was recognised as a finalist in the Nurse category.

Chairman Professor John Connell said, “It’s an honour to be nominated for these awards by patients, families and colleagues so I’d like to congratulate Niall, plus all our other nominees and finalists on this wonderful achievement.”

MSc for Tayside chaplain

Senior chaplain Rev Alan Gibbon has graduated from the University of Glasgow with a MSc Med Science: Advanced Practice in Health Care (Chaplaincy).

Alan’s qualification is a first for NHS Tayside and he is only the second chaplain in Scotland to achieve it.

Alan focused his dissertation on the spiritual care department’s ‘Do You Need To Talk?’ listening service, which allows people to access listening sessions in GP surgeries and community settings.

Alan oversees the training and support of 13 volunteers who complement the chaplains to provide this service.

AHSP Clinical Fellowships appointed

Dr Vassilis Pitsinis and Dr Jai Mannick have been awarded the Tayside Academic Health Sciences Partnership (AHSP) Clinical Fellowships 2017.

Consultant breast surgeon Dr Pitsinis aims to answer the question ‘Could the novel technique of fluorescence detection of sentinel lymphnodes with indocyanine green be used as a standard of care for early breast cancer patients?’ and ENT consultant Dr Mannick’s interests in running two head and neck cancer research trials in Dundee.

Personal Development of Works Skills

Support service staff from Ninewells, PRI and RVH have completed the Personal Development of Work Skills course.

This course gives staff the opportunity to learn and improve their IT skills, look at career development and gain confidence with work skills.

For further information on future courses please contact Barbara Sayers on bsayers@nhs.net or Pat Millar on pat.millard@nhs.net

‘Gold standard’ for Clinical Trials Unit

Tayside Clinical Trials Unit (TCTU) has been recognised for the ‘gold standard’ of its clinical research.

The joint initiative between NHS Tayside and Dundee University was formed in 2008 and granted full registration by the UK Clinical Research Collaboration in 2012.

This registration demonstrates that it can coordinate and deliver multi-centre clinical trials to the highest quality standards and publish the results in quality journals.

Dr Fiona Hogarth, co-Director of TCTU, said, “We have once again been awarded what is effectively a gold standard for the Unit.”

“Thi helps to attract research funding from a range of sources who can be satisfied that we operate to the best standards in handling major clinical trials.”

NHS Tayside buildings commended

Two NHS Tayside buildings received commendations at the recent Dundee Civic Trust Awards.

The Young People’s Unit at Dudhope Terrace and the Leaf Room at Ninewells were among seven buildings nominated in this year’s awards.

CAMHS Regional Network Manager Lesley-Ann McGregor said, “The success of the YPU building has been due to the dedication of the staff, patients, architect and contractor who all worked collaboratively to ensure that it not only enhanced the lives of the service users, but of the local community in which it is situated.”

Grounds maintenance manager Malcolm Ross said, “The Leaf Room is an innovative and exciting building which provides an accessible space for people of all ages and abilities to enjoy a wide range of garden activities. Built from sustainable materials, it is completely off grid with a wood burning stove and rainwater harvesting to water the plants.”

Dudhope Young People’s Unit

Dudhope YPU receive their commendation

The Ninewells Leaf Room

The Leaf Room commendation
Supporting Tayside Health Fund

Green fingered garden gifts

The Friends of Susan Carnegie Centre generously donated a greenhouse and garden centre gift card to the Willow Unit Sensory Garden Project.

The donation was used to create a stimulating outdoor area for patients with dementia, which also allows group activities and provides a peaceful area for patients and families.

Social night for SiMBA

The Property Department’s social committee organised a beetle drive fundraising event for SiMBA, a charity that supports parents that have lost a baby.

Ron Fyffe from the social committee said “We managed to raise £300 and I’d like to thank everyone who came along on the night and those who donated prizes for the raffle.”

Fun day and race night for NICU

A race night and a fun day at Arnold Clarks Kingsway branch raised £1107 for the Neonatal Intensive Care Unit.

Donation in memory of June

Ninewells ward 32 and Maggie’s Dundee each received £2,500 from patient June Doull’s will.

June’s family with staff from ward 32 and Maggie’s

June’s son David said, “My mum really appreciated the care, comfort and support she received. Being a nurse herself, she appreciated how hard everyone was working.”

TV donated to PRI dermatology

Perth man Bruce Bateman gave a TV to the PRI dermatology treatment centre.

Senior charge nurse Linda Malcolm said, “I would like to thank Bruce for his kind donation which will help pass the time for patients who are receiving treatment localised phototherapy.”

Taking the leap for ward 32

Three colleagues from the Susan Carnegie Centre leapt into action to raise over £1,300 for ward 32 at Ninewells.

Medical secretary Amy Jamieson, consultant psychiatrist Dr David Rooke and assistant psychologist Luis Calabria took part in the Highland Fling bungee jump from the bridge over the River Garry.

The daring trio took the plunge to raise money as a thank you to the ward for the care that Amy’s grandad had received there.

Bingo a winner for ward 24

Ashley Milne organised prize bingo night raising £1024.90 for ward 24 at Ninewells.

Staff nurse Wilma Glancy (pictured right) said, “Huge thanks to Ashley for organising the event. We have used the money to buy Dyson fans, mirrors and a bed for relatives staying over.”

Head shave for Stracathro

Stracathro patient Jean Grant did a sponsored head shave to raise money for a reclining chair for the surgical unit.

Accepting the donation of £1050, senior charge nurse Fiona Kidd said, “I would like to thank Jean for this generous donation and for her bravery in having her head shaved.”

Thanks to League of Friends

The League of Friends of Arbroath Infirmary donated various pieces of equipment for the benefit of patients in the town.

The donation included Dyson fans, digital audio monitors and 30 torches and pocket mirrors to aid the viewing of wounds.

Donation in memory of June

June’s family with staff from ward 32 and Maggie’s

The Friends of Victoria kindly donated a specialist wheelchair to aid the recovery of stroke patients at Royal Victoria Hospital.

The chair provides support for people to sit safely and in the correct position during recovery and rehabilitation.

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So Long, Farewell

Healthcare assistant Gail Clark celebrated her retirement with friends and colleagues at Stracathro.

Gail started her career in 1975 in Stracathro as an auxiliary nurse where she stayed for 10 years before moving to England to work for NHS Hertfordshire. She later returned to Stracathro in 2005 and worked in the medicine for the elderly wards and the stroke unit.

Catherine Jamieson retired from the renal dialysis unit after 40 years service with NHS Tayside service.

After starting her career working as a nursing auxiliary at Dundee Royal Infirmary, Catherine began her nursing training and started working as an enrolled nurse at Royal Victoria Hospital. She later worked in the gynaecology and surgical departments, before moving on to a post in the renal unit in 2002.

Perth Royal Infirmary staff nurse Shona Aitken retired after marking 40 years of service with NHS Tayside.

Nurse Director Gillian Costello attended Shona’s retirement presentation to wish her well, alongside her colleagues.

During her career, Shona has worked in Ward 5 in and in the Critical Care Unit.

Clerical officer Val Abel was presented with gifts and flowers from clinical service manager Stuart Keys at her retirement buffet at Stracathro.

She worked for the property department at Stracathro for 20 years before she moved to health records and worked there for the past 23 years.

Staff nurse June Taylor was presented with her long service award celebrating 40 years with NHS Tayside.

Colleagues at Whitehills Health and Community Care Centre in Forfar joined June to mark the milestone.

Macmillan nurse Faye Hamilton celebrated her retirement after 39 years service with the NHS.

She began her career as a district nurse and midwife in Dunbeath, Caithness before moving to NHS Tayside.

She worked in Perth & Kinross Specialist Palliative Services for over 20 years, and spent the last nine years as a Macmillan palliative advanced nurse practitioner at Cornhill Macmillan Centre at PRI working with the nursing and medical team.

Present and former colleagues wished family nurse Cathy Gow a warm farewell as she retired after more than 35 years with NHS Tayside.

Cathy started her nurse career in Dundee Royal Infirmary and has worked in various positions throughout her career.

In the last 20 years she has worked with health visiting teams in Dundee and Perth & Kinross before moving to the Family Nurse Partnership team working across Tayside.

Faye Hamilton

Catherine Jamieson

Gail Clark

Arlene Napier

Val Abel

Cathy Gow

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Charlie Sinclair
Associate Nurse Director
Nursing & Midwifery Directorate

Toe-tapping Charlie shares with spectra his love of theatre, dance and travel, his long-held ambition to play the double bass as well as his absolutely adorable pawfect desert island companion.

How did you come to be in your current job?

I graduated from Queen Margaret College in Edinburgh in 1992 with a BA in Nursing Studies then started work in Fife in A&E – the original ‘Charlie in Casualty’.

During my time there I also studied part time for my MSc in Nursing and Health Studies at Edinburgh University.

Over the years my career has continually developed and I gained experience leading on national policies through various secondments including to NHS Education for Scotland and the Scottish Government.

In 2008 I became Depute Director of Nursing within NHS Fife’s Operational Division then Associate Director of Nursing in 2011.

My appointment to Associate Director of Nursing for Primary, Acute and Community Services in NHS Borders in 2014 made me responsible for providing professional leadership to all nursing and midwifery staff and I had a particular focus within the Clinical Boards and worked in partnership around Health & Social Care Integration.

In March 2017 I joined the Nursing and Midwifery Directorate in NHS Tayside and the adventure continues.

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

I would probably be involved with theatre or events management – something fun and working with people.

I do like a bit of distraction therapy!

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

I still can’t read music after years of trying. I did learn to play the double bass at school but I would love to learn again so that I could join a jazz band and travel the world.

What do you miss most about being a kid?

Playing in the street with my pals without a care in the world. There’s nothing like free-wheeling downhill without holding on to the handle bars (there were less cars then... maybe that shows my age!)

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

Danny Kaye – a natural comic who could sing, dance and act! Or Doris Day, my mum loved her movies.

What secret skills/party tricks do you have?

I can do a single, double and triple time step. Those with tap dance knowledge know exactly what I mean. Doesn’t get you a lot of street cred though!

Who would you be in a movie of your life?

Danny Kaye, again probably showing my age but I was never going to be an action hero type so not a lot of choice.

What’s your theme song?

Erasure’s Respect as it reminds me of my youth. My daughter would complain that my Dad dancing hasn’t improved over the years.

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

A copy of “Shadow of the Wind” by Carlos Ruiz Zafron because I can read it over and over again.

A picture of my Golden Retriever Harry. Even my wife knows he’s my favourite!

A double bass so that I can keep practising.

What is the first music album you ever bought?

Kids from Fame, you had to be there...

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

A round the world ticket for me and my wife (Harry would stay at my mother-in-law’s).