Your new National Health Service begins on 5th July. What is it? How do you get it?

It will provide you with all medical, dental, and nursing care. Everyone—rich or poor, man, woman, or child—can use it or any part of it. There are no charges, except for a few special items. There are no insurance qualifications. But it is not a “charity”. You are all paying for it, mainly as taxpayers, and it will relieve your money worries in time of illness.
Help us celebrate 70 years of the NHS!

The NHS was created 5 July, 1948 based on the principle of healthcare provided free at the point of need, a commitment that remains strong today.

NHS Tayside is dedicated to providing everyone with the best possible care experience, a service which would not be possible without the dedication of our staff.

We would love you to share your experiences and happy memories of healthcare in Tayside and tell us what the NHS means to you and your families.

Anyone who would like to share their photos can email them as a jpeg attachment or scan them to communications.tayside@nhs.net. The photos and stories will then be used at events and on social media to celebrate the anniversary.

Look out for a special edition magazine in July to commemorate the 70th anniversary of the NHS.

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Help us celebrate 70 years of the NHS!

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Designed and produced by
NHS Tayside Corporate Communications
The winners of the NHS Tayside STAR Awards were announced at a celebration event held at the Apex Hotel in Dundee. The awards offered staff and the public a chance to nominate an individual, service or team in one of six categories for delivering outstanding patient care or going the extra mile in their job.

The STAR Awards are delivered in partnership with Tayside Health Fund, the Academic Health Science Partnership (AHSP) in Tayside and the Apex Hotel.

**Outstanding Individual (Clinical)**
- Rachel Hunt, Senior Charge Nurse, Ward 3, PRI
- June Ward, Haemophilia/Anticoagulant Specialist Nurse, Ninewells
- Tara Winterton, Speech and Language Therapist, PRI
- Diane Donaldson, Clinical Radiology Group Administrator, Ninewells
- Anne Johnston, Catering Assistant, Arbroath Infirmary
- Margaret McMillan, Ward Assistant, Ward 6, Ninewells

**Outstanding Individual (Non-Clinical)**
- Rhiannon Brown, Carer, Ward 3, PRI
- Margaret McMillan, Ward Assistant, Ward 6, Ninewells
- June Ward, Haemophilia/Anticoagulant Specialist Nurse, Ninewells
- Anne Johnston, Catering Assistant, Arbroath Infirmary
- Margaret McMillan, Ward Assistant, Ward 6, Ninewells

**Inspiring Educator**
- Mary Malone, Paediatric Respiratory Nurse Specialist, Ninewells
- Dr Sharon Robertson, Learning, Development and Governance Manager, Wallacetown
- Sharon Slane, Organisational Development Lead, Ninewells

**Innovation in Practice**
- Laorag Hunter, Specialist Speech and Language Therapist, RVH
- The Viral Hepatitis Service
- Lung Cancer Clinical Nurse Specialist Team

**Outstanding Team**
- Ward 6, PRI
- Ward 38, Ninewells
- Hospital at Night Team

**Quality/Service Improvement**
- Ann Eriksen, Executive Lead and Commissioner – Sexual Health & Blood Borne Virus
- ERCP Team in Endoscopy
- Dundee Community Leg Ulcer Team
Forfar project The Pitstop has become the 100th project to benefit from NHS Tayside’s Community Innovation Fund (CIF), after being awarded £5,930 for families of children with additional support needs (ASN) to create their own sensory garden.

Dawn Mullady from Pitstop said, “We are very grateful to the CIF for this cash boost and we’ll work with parents, children and families to create something truly special. The isolation experienced by families who have children with ASN can have a negative impact on their wellbeing. Our aim is to reduce social isolation and create a positive social support environment to help strengthen relations throughout the local community.”

NHS Tayside community capacity building officer Richard McIntosh said, “This project demonstrates how the CIF can really go to the heart of a community to support local people to make decisions about the changes they want to see.”

The CIF, which was launched in 2015, is financed through Tayside Health Fund and helps community groups across Tayside to develop local improvement projects that will benefit the health and wellbeing of their local population.

V&A Dundee has been working with staff and patients at Roxburghe House to redesign their communal space.

Palliative care patients who attend Macmillan Day Care, along with staff who work in the unit, were guided through an interior design process to make rooms more functional. Their ideas for the space will be developed with funding from Tayside Health Fund.

Day patient Alan Mills, who has multiple sclerosis, said, “It has been so refreshing to get the chance to have an influence on the design of this area. So often, wheelchair users like myself still have trouble with buildings that meet the legal requirements for accessibility so to be able to design something much better has been fantastic.

“For the staff here, who have helped me to get going again after a very difficult time, getting an input has been so important too.”

The pilot project is part of the V&A Dundee Communities Programme and will be used to help create a co-design toolkit to enable similar projects to happen in the future.

The programme promoted and supported creativity and highlighted design as a method of improving social, physical and mental wellbeing.

Dundee Health & Social Care Partnership is trialling a new way of using the Just Checking system to help assess care packages for people discharged from hospital.

Just Checking is an online activity monitoring system that helps people stay independent in their own home.

A set of sensors monitor activity and movement, and clinicians can tell whether the patient is following normal patterns of behaviour such as eating, washing, watching TV, moving around and sleeping well. Currently 10 sets of sensors are being put to use.

The system has been integrated with the Health & Social Care Partnership’s Mosaic programme, which means discharge teams are reminded to consider using Just Checking, and can see reports about patients from their desktop.

Staff and patients have welcomed Snowy the rabbit to her new home at Murray Royal Hospital.

The full-time therapist, who lives in a hut in the garden of the 10-bed Rannoch Ward, is being looked after by patients, who are responsible for cleaning and feeding the bunny. Evidence shows that therapy pets can be beneficial to patients as petting them can reduce stress levels, slow heartbeat and reduce blood pressure, as well as provide comfort to patients.

Senior charge nurse Donna Robertson said, “The patients in the ward have taken full responsibility for the care and upkeep of Snowy. This additional responsibility has given some of them a purpose that they have never experienced before. Other patients have experienced sensory benefits and in turn have reduced the amount of medication that they previously used.”

Rannoch Ward patient Natalie added, “Since we got Snowy, I feel a lot calmer and even when I’ve been struggling with my thoughts and emotions she’s helped me.

“Rather than taking extra medication, I’ve spent time cuddling her and watching her hop about as I find her very therapeutic.”
A series of resources to help people living with chronic pain is available in libraries across Tayside thanks to support from Tayside Health Fund.

Following the success of chronic pain resources donated in 2015, Tayside Health Fund provided funding for additional educational and support materials.

Long term conditions lead in Angus Rhona Guild said, “We are delighted to be able to extend the range of chronic pain books available in libraries across Tayside. These resources, recommended by local specialists in chronic pain management, aim to provide people with reliable and practical information to help them live well with chronic pain.

“Medical treatment is only part of the support available to people to manage their pain well. These books will support people with self-management techniques and information on how to live healthily.

Online resources are also available at www.chronicpaininfo.org and www.painconcern.org.uk

Library books for chronic pain sufferers

Schoolchildren visit maternity ward to see artwork

Children from two Dundee primary schools were invited to the maternity ward at Ninewells to see their artwork on display following a competition to make the environment more family friendly.

As part of a plan to make the ward environment more family friendly, senior charge midwife Amanda Kean from ward 38 visited St Mary’s and St Pius primary schools to invite the pupils to draw pictures to brighten up the ward area.

Amanda said, “I asked them to draw a picture that reflected what family meant to them, what the role of the midwife was or how they felt they should be treated in hospital. It was very difficult to judge as there were so many great entries.

“I would like to thank Mrs Conroy and Mrs Lothian and the children of St Mary’s Primary and Mrs Dashwood and Mrs Laing and the children of St Pius Primary for their enthusiasm for this venture.”

The winning pictures are now on display on the maternity floor and the children have visited the ward to meet staff and see their pictures on display.

Midwife Cristen Winsborough with children and teachers from St Pius Primary School in Dundee

Delivering excellence for young people in Perth & Kinross

Outstanding staff and leadership, delivering high quality services, and innovative practice for children and young people in Perth & Kinross have been recognised in a report published by the Care Inspectorate.

The report on services for children and young people in Perth & Kinross found that staff and leaders are committed to driving improvement and delivering positive outcomes to support the health, safety and wellbeing of children and young people at all stages of their lives, from prenatal care right through to adulthood.

For the nine quality indicators considered by the inspectors Perth & Kinross was awarded two ‘excellent’ ratings, six ‘very good’ ratings and one ‘good’. Since 2008, strategic inspections have consistently highlighted exceptional leadership and an extremely strong and ambitious vision for child protection and children’s services in Perth & Kinross.

NHS Tayside Chief Executive Malcolm Wright said, “The positive report demonstrates the dedication and commitment of staff delivering services to children, young people and families across the communities in Perth and Kinross.”

NHS Tayside Chairman John Brown added, “It is essential that children, young people and families can access the right support, for the right services, at the right time. This inspection report highlights the importance of collaborative working with community planning partners in Perth & Kinross to support services that continue to deliver improved outcomes for children and young people.”

Community Planning partners include NHS Tayside, Perth & Kinross Council, Police Scotland, and the Scottish Fire and Rescue Service. You can read the report at www.careinspectorate.com

Woodland makeover for cancer suite

The thyroid cancer isolation suite at Ninewells has received a makeover thanks to The Butterfly Thyroid Cancer Trust.

A national supporter of patients with thyroid cancer, the Butterfly Thyroid Cancer Trust approached the nuclear medicine department and offered to help decorate the isolation suite where patients spend up to 48 hours following treatment.

With the help of staff from NHS Tayside’s property department, the room was transformed with a beautiful woodland wall mural.

Chief technologist with the nuclear medicine team Elaine Duncan said, “I’d like to say a huge thank you to the Butterfly Thyroid Cancer Trust for their wonderful donation and to the property department for all their help transforming the room. This will make a real difference to patients spending time in this suite.”

Elaine Duncan (second left) with staff from the nuclear medicine department beside the new mural

Chief Executive Malcolm Wright (fourth right) at a celebration event for the Care Inspectorate report

Rhona Guild (right) handed over books to Lesley Marr of Angus Alive

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**Employability Services celebrate successful year**

More than 130 people were given new opportunities in the workplace by taking part in NHS Tayside’s Employability Services programmes over the past year.

Employability Services provides a range of health and social care pre-employment programmes, work experience opportunities and education and training for people who may not have considered care as a career or who may have had a history of being far from the job market.

After completing a course with Employability Services, Karl Boeckeler is now working as a healthcare assistant on the Nurse Bank.

Karl said, “When I was in my twenties, I really wanted a career where I could help people, but I didn’t know where to look. It’s taken a while to get back to that ambition, but here I am with a new road in front of me and I know I’m up to the challenge.

“Being part of a team that delivers care meant so much and all the placement staff were so helpful. All the work we did on the course was priceless and has allowed me to move into a care job.”

Employability Services aim to continue to address issues related to deprivation and ill health, by contributing to the overall long term health of the region through the creation of employment and development opportunities.

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**Health and wellbeing event held in Dundee**

NHS Tayside’s Healthy Working Lives Workplace team hosted a health and wellbeing event aimed at people working in charities and social enterprises.

A variety of information and support was available on the day with the aim of supporting both employers and employees in local small to medium sized enterprises in adopting healthier lifestyles.

Information stalls, lifestyle health checks, mini physiotherapy sessions, and energy and financial advice were on offer and attendees had the chance to try out the Sense Scotland exercise bike which produces pedal-powered smoothies.

Health improvement adviser Sylvia Mudie said, “Events such as these are helpful in bringing a range of information and support directly to workers close to their workplace to highlight the importance of health, safety and wellbeing at work.”

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**Swimarathon raises money for charity**

Tayside emergency responders took to the water to raise £413 for local charities and the International End Polio Now campaign.

Consultant in Public Health Medicine Jackie Hyland joined other emergency responders from across Tayside to complete the Rotary Club of Dundee’s fifth Swimarathon event at Olympia Swimming Pool.

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**Printmaking Display by Montrose Stroke Club**

A selection of prints created by the Montrose Stroke Club went on display in the Montrose Bowling Club as part of the ST/ART arts project for stroke and acquired brain injury participants.

During the eight session programme, participants experimented with different types of printmaking using mono print, dry-point etching and lino-cut techniques. The group drew inspiration from images of places and things associated with the Montrose area.

Lead artist Marianne Wilson said, “With the right level of support everyone can enjoy making prints regardless of the outcomes of their stroke. The group has worked hard from the very start and they have produced some wonderful work.”

The printmaking programme is one of a range of creative engagement programmes for people with long term conditions currently being delivered by Tayside Healthcare Arts Trust.

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**New phototherapy service for Crieff and Pitlochry**

Specialist UVB phototherapy equipment has been installed in Pitlochry Community Hospital, following a similar service being set up in Crieff to provide treatment for patients closer to their own homes.

The UVB units use special wavelengths of light to treat many different skin conditions, including psoriasis and eczema. The equipment can also be used for desensitising people with light sensitive conditions. The new facilities will improve access for patients who no longer have to travel to Perth Royal Infirmary for the specialist treatment.

Consultant dermatologist Professor Colin Fleming said, “We are very grateful to the Friends of the community hospitals in Pitlochry, Aberfeldy and Crieff for working in partnership with NHS Tayside to help develop this service for our patients. Their support has been invaluable.”

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**The Buzz!**
Celebrating 70 years!

The NHS was created on 5 July 1948 to provide free access to healthcare, both medical and dental, for everyone. Seven decades later our health service continues to be ranked among the best in the world. The services provided by the NHS really do support us from the cradle to the grave and shape our individual experiences of birth, day-to-day health, sickness and ultimately death.

It is hard to imagine a world where there were no routine antibiotics, anti-cancer drugs or blood pressure treatments, and infectious diseases were still very common. Thankfully with advancements in science our world today is very different. Now we have access to a range of healthcare treatments and interventions that would have been inconceivable in 1948. We have access to vaccinations, antibiotics, chemotherapy, IVF treatment, stem cell transplants, artificial hips, keyhole surgery and a wide range of diagnostic scanners to name but a few.

Whilst it is important to acknowledge the advancements in medicines and technology, the service would not be where it is today without our fantastic staff both past and present who have helped shape its path over the years.

As part of the celebrations to mark 70 glorious years of health service we asked our staff what they thought was the most important improvement or development in healthcare.

John Gibb
Post Diagnostic Support Nurse
Kingsway Care Centre

From a personal experience of people with dementia, the support that is now available for them and their families has made a huge difference to how they cope with the diagnosis.

In the past, people would have been pretty much left to cope on their own but there are now specific resources developed to support patients and their families and these are helping to raise awareness of the condition and the help available.

In just 10 short years I would say the help and support available for people with dementia and their families has come a long way.

Juliet Connaughton and Ellie McLean
Occupational Therapists, Orthopaedics, Ninewells Hospital

In our area, the advancements in total hip replacements are one of the most important improvements. The ethos around rehabilitation has changed and the period of bed-rest and convalescence has changed so that occupational therapy often has input from day one post operation.

There is now more focus on the patient’s own goal and creating meaningful activity and occupations for them. There is more community support in place providing continued rehab to promote independence and re-able patients to carry out meaningful activities of daily living.

Neil Hutton and Joanne Morrison
Staff Nurses
Ward 9, Ninewells Hospital

The advancements in urology surgery are impressive. We have seen the development of neobladder (an artificial replacement bladder which is an alternative to a stoma), gold seed treatment for prostate cancer (a type of internal radiotherapy) and advancements in prostatic diagnosis.

Graham Watson
Community Mental Health Nurse
Kingsway Care Centre

I am going to look to the developments in my service over the past 70 years, and what I would say is the biggest development in mental health services.

The research and development of new drugs to support people with mental health conditions has dramatically improved the lives of our patients. Where in the past people would only have had the option of being cared for in a hospital these new drugs are now enabling the majority of those with mental health conditions to live in the community and contribute to society. Without these advancements in medications this certainly would not be possible.

Ann-Marie Swan
Community Mental Health Nurse
Kingsway Care Centre

I would say the biggest development in healthcare for me has taken place within mental health services.

The last 25 years has seen the development of community mental health services to support people to live in the community independently which has helped to prevent unnecessary admissions to hospital. Dedicated multi-disciplinary mental health teams are providing specialist care and support which is patient-centred and delivered in the heart of our communities.

your view
Respect Us campaign launched

NHS Tayside has launched a public campaign called ‘Respect Us’ aimed at tackling abusive behaviour towards staff.

The campaign responds to the 2017 NHS Scotland Dignity at Work Survey which reported that of those Tayside staff who responded, 30% had experienced verbal abuse and 10% had experienced physical abuse from a patient or visitor.

Director of Human Resources and Organisational Development George Doherty, said, “We are committed to providing a safe working environment for all staff members and this campaign reminds patients and visitors that our staff are here to help and physical or verbal abuse is unacceptable and can lead to prosecution.

“We take each and every incident extremely seriously as it is a fundamental right of our staff that they can carry out their duties without having to face any kind of violence or the threat of violence.

“Staff are actively encouraged to report all episodes, no matter how minor, on our electronic incident reporting system. We are guided by Police Scotland when acting on incidents but NHS Tayside is committed to investigating cases and reinforcing staff safety.”

A variety of staff members have been photographed for the campaign holding a sign saying #RespectUs. The images can be seen on pop-up banners and posters displayed in public and patient areas in NHS sites across Tayside as well as being shared on social media.

#RespectUs

Verbal or physical abuse may result in prosecution

Declutter your desktop!

Forget spring cleaning, summer is the perfect time to declutter your desktop!

Staff across Tayside are being encouraged to improve the way they manage their corporate records.

Overflowing filing cabinets and untidy shared drives where you can’t find what you are looking for can be common problems for people working in large organisations but they can be resolved by improving records management procedures. NHS Tayside is producing increasingly large amounts of information and records, in both paper and electronic form, so it is essential that information is captured, managed and preserved in an organised way.

The Public Records (Scotland) Act 2011 (PRSA) requires all public authorities in Scotland to prepare and implement a records management plan detailing proper arrangements for the management of their records. In NHS Tayside, a programme of work is being carried out to improve records management procedures, including the introduction of a corporate records management module on learnPro and the creation of an Information Asset Register to establish what records are held within the organisation and who owns them.

Further information and tips to better control and manage your records and information can be found at Staffnet Home | Our Websites | Records Management.

You can also contact the corporate records and web management team for help and advice on corporaterecords.tayside@nhs.net
Helping smokers to ‘Quit Their Way’

NHS Tayside Quit Your Way services were out and about on No Smoking Day providing advice and support to help people stop smoking.

Information stands were at Ninewells as well as Boots pharmacies in Arbroath High Street and Brownhill Road in Dundee, where members of the team were able to chat to smokers about the support available to quit.

Nicola Greig, who smoked 30-40 cigarettes a day, received support from Boots pharmacy in Brownhill Road to quit smoking and said it has changed her life for the better.

Nicola said, “I would definitely encourage other people to get support to quit. The pharmacy staff have done so much to encourage and support me. They have displayed so much empathy and are there whenever I need them.”

Anyone who wants to stop smoking can visit a local community pharmacy or call the Quit Your Way service on 0845 600 999 6 to find out how NHS Tayside can support people to become smoke free.

Walk and Talk for prostate cancer

Walk and Talk events to promote prostate cancer awareness month were held at Ninewells by Health Shop manager Jodie Moodie in partnership with Prostate Cancer UK, Macmillan and staff from Dundee Leisure and Culture.

The walk round the Ninewells site proved popular and reinforced the message that being active has many health benefits.

The short talks by Prostate Cancer UK volunteers highlighted the importance of recognising symptoms of prostate cancer and being aware of the risk as well as providing an important opportunity for people to ask questions that they may have about prostate cancer or prostate problems.

Prostate cancer information is available all year round at the Health Shop and at health information points at PRI, Links Health Centre in Montrose and Whitehills Health and Community Care Centre at Forfar.

Renal services support World Kidney Day

To mark World Kidney Day staff from Renal Services manned an information stand on the concourse at Ninewells Hospital.

Representatives from local charities Tayside Kidney Patients Association and Revival were also at the stand promoting the important messages of what people can do to help look after their kidneys.

Visitors to the stand were also offered blood pressure checks as well as the chance to try the static exercise bike.

This year World Kidney Day also coincided with International Women’s Day and to mark this there was specific information to raise awareness of kidney disease and women’s health.

World Tuberculosis Day

Events to support World Tuberculosis Day took place at Ninewells Hospital and Perth Royal Infirmary to promote awareness of the disease and highlight how everyone can play their part in helping tackle Tuberculosis (TB).

Senior specialist nurse in health protection Margaret Ramsay said, “The events were a success and we were able to share information with members of the public and staff to increase their awareness of TB.”

Thumbs up for Fun Fit

The free Fun Fit programmes run by the Paediatric Overweight Service Tayside (POST) got the thumbs up from two Dundee families.

Anna Lewadowska and her daughter Martyna along with Pamela Thompson and grandson Lewis Phillips took part in the Fun Fit Dundee programme, which offers friendly and interactive sessions to help motivate families to make healthy lifestyle changes.

Anna said, “I’m so glad we came along to Fun Fit. It’s a great idea to meet other families who are experiencing similar issues. We got lots of really helpful advice and the parent sessions allowed us all to share ideas about what worked and what didn’t. Martyna also enjoyed it and has made new friends.”

Pamela added, “We have noticed that since attending Fun Fit Lewis is more confident. He has really enjoyed the fun activities at the sessions and has made new friends. I would definitely encourage other families to come along.”

To book a place on the Fun Fit Dundee groups, or if you have any concerns about your child’s weight you can contact POST in confidence on 01738 473784 or email post.tayside@nhs.net.

World of Young People

The Corner has been highlighting work carried out with young people across the city to showcase their talents, achievements and ongoing successes as part of the national ‘Year of Young People’ (YOYP).

YOYP aims to give all generations across Scotland the opportunity to come together and celebrate the successes of young people.

Corner volunteer Cameroun Price created a bright and colourful window display for the local YOYP campaign and interactive activities aimed to help to empower young people with increased knowledge of relevant services available to them.

A LGBT campaign also ran throughout February for LGBT History Month. The ‘History, Her Story, Our Story, Your Story’ campaign used a rainbow flag display to highlight difference aspects of the LGBT movement and promote a message of tolerance, respect and inclusiveness amongst all young people, not just those who may identify as LGBT.

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Midwives deliver success in national awards

Midwives from the Angus Midwifery Team have won two awards at the prestigious Royal College of Midwives Annual Awards, held in London.

The Angus Midwifery Team led by Iona Duckett was awarded the top prize in the category Policy into Practice for their project ‘Introducing a caselead midwife’. The award recognises an outstanding, innovative project where creative thinking, sound research methodology and effective teamwork have combined to achieve real improvement in practice.

Iona said, “This is the first award we have won as ‘Team Angus’ and demonstrates the distance we have come in merging three teams into a successful, positive and dynamic maternity service of which we are very proud.”

Angus midwife Michelle Carter was also selected as Scottish Midwife of the Year having been nominated by a local mum for giving care that made a significant difference to her.

Michelle said, “I was overwhelmed by this award! My reward is being able to help make an enjoyable experience for families. I have worked with and continue to work with a great team of midwives who all do a fantastic job!”

Mental health nurse

Leanne Williamson has been recognised for academic excellence by the University of Dundee.

Leanne, who works in the Crisis Response Intensive Home Treatment Team in Dundee, completed an MSc in Advanced Practice (Mental Health) thanks to a scholarship from NHS Tayside.

At the annual School of Nursing and Health Sciences prize giving ceremony, Leanne received the Academic Excellence in Dissertation Award for her study ‘Intensive home treatment for the resolution of mental health crises: a systematic review’.

Head of Adult Mental Health & Learning Disability Inpatients Val Johnson said, “Leanne is to be congratulated for her success in receiving this award. Her efforts and commitment to her studies really deserve this recognition.”

POA nurse receives QNIS academic award

A senior charge nurse in Perth & Kinross Psychiatry of Old Age Services recently received the Queen’s Nursing Institute of Scotland (QNIS) academic award.

Craig Lewis is undertaking a Masters Fellowship in Care of Older People at Dundee University and was nominated by programme leader Lindsay Dingwall.

The QNIS seeks to inspire the next generation of community nurses, with each university in Scotland asked to nominate students who will “promote excellence in community nursing”.

POA Nurse of the Year Iona Duckett (second from left) with colleagues at the award’s ceremony

Leaf Room wins prestigious national award

The Leaf Room in Ninewells Community Garden has won a prestigious Scottish Civic Trust Award.

The Leaf Room was designed for use by patients, staff and visitors to Ninewells and sits in the Community Garden to the south of the hospital.

The roof has the appearance of a folded leaf, which is tilted at one end to assist in the collection of grey water for recycling. The main activity space is used for various purposes ranging from talks and concerts to children’s sessions and quiet contemplation.

Senior public health practitioner Mary Colvin said, “We hope this award will encourage even more people to come and visit, get involved in our many activities or simply just come and enjoy the beauty and tranquillity of the Leaf Room and Ninewells Community Garden.”

Forfar pharmacy’s prescription for success with double win

Davidsons Chemists in Forfar is celebrating a double win after being recognised at Scotland’s leading pharmacy awards ceremony.

The pharmacy team picked up the awards at the Scottish Pharmacist Awards, which were held in the Edinburgh International Conference Centre.

Senior public health practitioner Mary Colvin said, “We hope this award will encourage even more people to come and visit, get involved in our many activities or simply just come and enjoy the beauty and tranquillity of the Leaf Room and Ninewells Community Garden.”

A mobile app, which gives young people information about where to access free condoms, has won a national digital health award.

The CCard Free Condom Finder app won the Mobile Health Award at the first annual Scottish Digital Health & Care Awards, which celebrate excellence and innovation in the growing digital health and care sector.

The Mobile Health Award recognises an organisation which has embraced the potential of mobile technology to deliver more effective services and offer service users more flexibility and freedom in how and where they access services.

The innovative Free Condom Finder app was developed by NHS Tayside Condom Initiative, which is part of the Sexual Health & Blood Borne Virus Managed Care Network, to offer sexual health and signpost to the 205 condom distribution points across Tayside.

Health promotion officer Graeme Cockburn, who is manager of the Tayside Condom Initiative, accepted the award from Professor George Crooks OBE, CEO of Digital Health & Care Institute.

The pharmacy team picked up the awards at the Scottish Pharmacist Awards, which were held in the Edinburgh International Conference Centre.

Davidsons Chemists stepped back onto the stage to pick up their second award of the evening, winning the Community Pharmacy Service initiative award for managing part of a major study into moving the testing and treatment of hepatitis C into pharmacies.
**New Year’s Day Dook for NICU**

Two brave Dundee women took part in the New Year’s Day Dook to raise money for the Neonatal Unit at Ninewells.

Jude Hendry and Ashley Milne braved the freezing cold water at Broughty Ferry beach on New Year’s day, raising £285.

Jude said, “We decided to raise money for the Neonatal Unit because we have friends and colleagues whose babies received treatment there. They do there. Our employer DC Thomson added to our fundraising, bringing the total to £650.”

The unit also received a donation of knitted items and money from Forfar woman Ethel Soutar. Ethel has been donating to the unit for a number of years through an annual tombola and knitted items donated to her Woolie Knits shop by customers.

**Donation to the Sunshine Box**

Toys, books and games were donated to the Sunshine Box at the Tayside Children’s Hospital clinical investigation unit.

Thirteen-year-old Sarah Lamont from Inchture raised £570 by cutting off 11 inches of her hair. She used the money to buy gifts for the Sunshine Box and also donated her hair to the Little Princess Trust.

**Annual fundraiser raises money for Ninewells**

St Andrews University estates team raised £850 for ward 34 through their annual charity raffle.

Staff and contractors donated items to the raffle, including vouchers for golf lessons, hampers and sweets.

Business manager Shona McGarrity said, “The staff are amazing and this is one way to reward them for the fantastic work and the support they provide to patients and relatives.”

**Funding for Radio Lollipop**

Radio Lollipop received £200 from Montrose-based healthcare company GSK.

Radio Lollipop runs from Tayside Children’s Hospital and received the award as part of the GSK Angus Community Awards which saw £10,000 donated to 31 organisations dedicated to improving the local community.

**Cash boost for Children’s Hospital**

The Progressive Spiritualist Church’s Sunday Devine Service raised £500 for the respiratory team at Tayside Children’s Hospital.

The group raised the money at its annual 50/50 raffle with 50% of the winnings going to a different charity each year.

**Eggstravaganza for Archie Foundation**

eHealth trainers Sarah Carlin and Lauren McDonald raised £210 by holding an 'Eggstravaganza' for The Archie Foundation.

They arranged a prize word search, Easter egg hunt, guess the eggs in the jar, tombola and bake sale.

**Marvellous Moirs!**

A Brechin family has raised thousands of pounds for the district nursing and Macmillan nursing teams in Angus.

Gavin Moir sadly passed away in February 2016 after a short battle with cancer and one of his final wishes was that any money raised at his funeral was to be donated to the nursing teams who were with him throughout his illness.

His wife Frances and children Campbell and Leonie now host annual fundraising events in his memory, including the Gavin Moir Darts Memorial trophy, a sponsored 10km walk and a Halloween party. Their efforts have raised a staggering £17,596.65, which has gone towards equipment and training to assist patient comfort for those being nursed in a community setting.

**Donation to PRI gynaecology**

A donation of £650 was given to the Gynaecology Ward at PRI in memory of Phyllis Livingston.

Phyllis worked as a staff nurse/midwife for many years in the gynaecology unit and her daughter, charge nurse/midwife Morna Forbes has followed in her footsteps.

The money was used for patient comforts to purchase a range of electrical goods for the ward.

**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 or for further information about the Fund including ways to donate and advice about fundraising, visit www.taysidehealthfund.scot.nhs.uk or contact the Fundraising Support Office on 01382 740828.
So Long, Farewell

Sheena Carlin

Catering administrator Sheena Carlin has retired from NHS Tayside after 33 years with the health service.
Sheena began her NHS career at DRI as a catering assistant in 1984 before moving into an administrative and clerical role at Kings Cross. She took on her role as catering administrator at Ninewells in 1995.
Sheena’s husband Keith also retired after 10 years as a driver and store man in the catering department.

Cathy MacDonald

Friends and colleagues wished family nurse Cathy MacDonald a fond farewell after she clocked up almost 40 years of nursing service with NHS Tayside.
Cathy’s career took her through various roles in nursing and midwifery, working in Dundee and Perth & Kinross. Her last role before retirement saw Cathy working as a community nurse for the Family Nurse Partnership.

Joy Spalding

Nurse co-ordinator Joy Spalding is looking forward to a quieter life after retiring from a career that spanned 39 years.
After completing her nurse training in 1979 Joy gained health visiting and district nursing certificates, a BA in Nursing and became a non-medical prescriber. She then joined the anti-coagulation service as a senior charge nurse in 2003 before taking up her final post in Perth & Kinross.

Jean Nicoll

Auxiliary nurse Jean Nicoll celebrated her retirement after a 38-year career with NHS Tayside, starting in August 1980 as a domestic assistant later becoming a supervisor.
She joined the photobiology team in 1989 as an auxiliary nurse before moving to the dermatology clinic the following year. Over the years Jean was involved in many aspects of the dermatology clinics, including working in the patch test and allergy testing clinics.

Theresa Paesano

Staff nurse Theresa Paesano has retired after a career which began 40 years ago at Dundee Royal Infirmary.
Following a brief spell in London she returned to Dundee to a nursing post at Kings Cross Hospital and spent the rest of her working life in the city in a variety of posts including in paediatrics and health visiting.
She has worked for the last 26 years in Ninewells Endoscopy Unit and has been in involved lots of new initiatives and service development.

Pat Millar

Head of Knowledge and Skills Pat Millar has said her farewells after a 43-year NHS career.
Pat was one of the first nurses to qualify from the BSc Nursing sandwich course at Dundee Institute of Technology and worked in Ashludie Hospital and the District Nursing Service in Montrose.
She then completed her MSc in Human Resource Management and ended her long career as Head of Knowledge and Skills.

Long Service Award

Healthcare assistant in ENT Kerry McGregor has received her 20-year Long Service Award.
In 2000 Kerry began her career at DRI in the orthopaedic department before moving to ward 16 at Ninewells. Kerry then joined the nursing team in the ENT clinic.
Meet Rachel Hunt, our gold award winner in the Outstanding Individual (clinical) category at the 2018 STAR Awards who would like to cover the world in glitter and sparkle. She’d be the perfect companion on a desert island thanks to her Girl Guide survival skills although you might not want her to take on the cooking duties...

How did you come to be in your current job?

In 2013 we opened the Clinical Investigation Unit in Perth and I was the lead charge nurse developing this service for the ward. This gave me a huge opportunity to manage a group of staff and a service and confirmed to me that I wanted to pursue a senior charge nurse career in the future.

When I returned from maternity leave in 2017 an opportunity arose for the SCN post in Ward 3 and this is where I am now having brought the responsibility for CIU with me.

What would you be doing if you weren’t doing your current job?
I’d probably be a wedding planner!! I loved planning every aspect of my wedding and wish I could do it all over again. I’m a big believer that life is better with a bit of glitter and sparkle.

What secret skills/party tricks do you have?
I’m a trained classical singer but have the worst stage fright in history!

Who would play you in a movie of your life?
Knowing me it would have to be a comedy movie so Renee Zellweger. I’m sure most of us can relate to her in Bridget Jones at some point in our lives.

What’s your theme song?
S Club 7 – Reach for the Stars.

If you were stuck on a desert island, what three items would you take?
Being County Commissioner of Girlguiding Perth and Kinross, I probably have to say something sensible here so I’d take:

• a dynamo powered battery torch
• my fire steel to get a fire going
• a huge sharp knife

What is the first music album you ever bought?
Spice World by Spice Girls. Love a bit of girl power!

If you won the lottery, what would be the first thing you would buy?
Holidays for all my family and friends to somewhere hot and sunny.

All About Rachel!

Rachel Hunt
Senior Charge Nurse
Ward 3/CIU, Perth Royal Infirmary

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