

# SN

Staff Newsletter  
June 2009

NHS  
Greater Glasgow  
and Clyde

Welcome to the new Victoria Hospital

# HEALTHCARE FOR THE 21<sup>ST</sup> CENTURY

Clyde One  
DJ Gina  
McKie  
mixes up  
some tasty  
mocktails!

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The easy  
way to cut  
costs - find  
yourself  
a travel  
buddy!

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First it was  
Poland, now  
Scotland -  
Larry just  
keeps on  
running

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## DATES FOR THE DIARY

### NHSScotland Event 2009: Working Together for a Healthier Scotland

16 & 17 June SECC, Glasgow  
This event is open to all who work in and with the NHS in Scotland and should be attended by anyone who has an interest in improving health and health services in Scotland.

For information, visit:  
[www.nhsscotlandevent.com](http://www.nhsscotlandevent.com)

### IMPLEMENTING OSTEOPOROSIS GUIDANCE IN PRIMARY CARE

18 June, Barcolo Stirling  
Highland Hotel, Stirling  
This workshop aims to aid the implementation of guidance on the management of osteoporosis.

To register for this workshop, email: [workshops@mgp.ltd.uk](mailto:workshops@mgp.ltd.uk)  
or tel: 01442 299226

### GLASGOW MEN'S 10K

21 June, 10am,  
Bellahouston Park, Glasgow  
The fourth annual Men's Health Forum Scotland 10K takes place on Father's day.  
[www.mhfs10kformen.org](http://www.mhfs10kformen.org)

### BOARD MEETING

23 June, 9.30am,  
Dalian House, Glasgow

### MILITARY AND CIVILIAN HEALTH PARTNERSHIPS AWARDS 2009

Closing date for nominations:  
26 June

Vote for the best of health. We are looking for people who provide serving and former military personnel with the very best healthcare and health service. Now is the time to recognise them.

For more information and to nominate yourself or your team, visit:  
[www.militarycivilianhealthawards.org](http://www.militarycivilianhealthawards.org)

### INFECTION CONTROL: CREATING CLEANING ENVIRONMENTS 09

2 July, Our Dynamic Earth, Edinburgh

Supported by NHS Quality Improvement Scotland, this event will include some of the most senior people involved in infection control and will be a great opportunity to share best practice and network with fellow professionals.

To register, email: [mwarrillow@publicservantevents.org.uk](mailto:mwarrillow@publicservantevents.org.uk)  
or tel: 0161 832 7387

# Royal reward for programme



Royal recognition: Robert Manderson, a former service user, Fiona Fraser, senior condition management practitioner, and Jean Blackwood, programme director, Clyde Condition Management Programme, are congratulated on their success by HRH The Prince of Wales at the ceremony

A CONDITION management programme run in the Clyde area has been recognised by a national award from His Royal Highness, The Prince of Wales.

The programme won the Scotland Award sponsored by the Scottish Government at the Prince's Foundation for Integrated Health Awards in London. These recognise projects dedicated to increasing the wellbeing of people who have poor health.

The condition management programmes consider health in its widest sense, taking into account lifestyle, emotional wellbeing, work and meaningful occupation.

The programme focuses on assisting people improve and manage their health, fostering self-belief and coping skills. Services are tailored to fit the individual's needs and service users are actively involved in both the delivery and ongoing development of the programme.

Clyde programme director Jean Blackwood explained: "People with chronic health conditions can languish in unemployment for years, gradually losing hope and skills and becoming socially isolated.

"The condition management programme, which is funded by the Department of Work and Pensions and provided by NHS staff in partnership with Jobcentre Plus as part of the Pathways to Work programme, helps to bridge the gap between health and work, thereby allowing people to turn their lives around."

This prestigious award was presented by His Royal Highness The Prince of Wales and the ceremony was attended by Jean, senior practitioner Fiona Fraser and service user Robert Manderson, who is currently undertaking an Open University course.



## National Sikh Chaplaincy Day

IN co-ordination with the UK Sikh Healthcare Chaplaincy Group, the Sikh community in Glasgow and Clyde organised a day of prayer in several of our hospitals to pray for the welfare, recovery and peace of patients.

Visiting the Southern General, the Victoria, GRI, the Western, Gartnavel, Stobhill and the Yorkhill site, members of the Sikh community donated Sikh Sacred texts to the Chaplaincy centres for use by Sikh patients and later took round gifts of fruit to patients and staff.



# WE'RE SO PROUD OF THE NEW VICTORIA



**"The needs of staff have featured in this building a lot and we take real pride in it"**

Marjorie McCulloch, deputy site facility manager



**T**he New Victoria in Glasgow's south side has opened its doors, to the delight of public and staff. Based just across the road from the old Infirmary, the building is lovely and bright, with coloured glass panels bringing bursts of colour into the entrance and waiting areas around the hospital from outside and through the atriums. And the Vicky staff are delighted with their new hospital. "Lovely", "impressive", "brilliant", "fantastic" and "proud" were the words *Staff Newsletter* heard most often while walking round on the staff open days.

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**“Very nice - I’m impressed with the size and high standard of the facilities. It’s an exciting prospect to be working in a brand new building”**

Harry Lloyd, portering supervisor



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Deputy site facility manager Marjorie McCulloch explained why she thought the new hospital was having such an impact on so many staff.

“This is just a great opportunity for staff to come over and start work in a brand new building which has been purpose-built to deliver a whole new concept in healthcare. I’ve noticed already that there is a real difference in the staff because they are just so pleased to be here in our lovely new

building. This can only have a positive impact on patients as well.

“From the colours in the entrance reflecting the colour panels of glass, it just feels so uplifting as soon as you walk in.

“Normally, hospitals have been designed and geared towards patients – and while they are always our first priority, the needs of staff have featured in this building a lot and we take real pride in it.

“The staff dining room and the staff changing rooms are lovely – well-equipped with their own disabled toilets and shower areas.”

**Staff involvement**

One of the first groups of staff to come over and view the building were from day surgery. Senior staff nurse Fiona O’Brien said: “It’s lovely and we are very happy. It’s been nice to come over and see all the other areas of the hospital and get a better understanding of the geography.”

Day surgery have been involved from the beginning with the design of the new hospital and how they wanted the new unit to operate. They are looking forward to dealing with some of the new specialities such as renal, which moves from

the Western, more ENT procedures and different orthopaedic surgeries.

Fiona added: “We’ll also have new colleagues joining us from the Southern General, so there’s lots to look forward to.

“I think many different departments will enjoy coming into the building as, when you compare what they have now to what they will have it is just night and day.”

Day surgery staff nurse Jan Dunlop added: “The building is absolutely gorgeous. The coffee lounges are great in the staff area.

**“We’ll also have new colleagues joining us from the Southern General so there’s lots to look forward to”**

Fiona O’Brien, senior staff nurse



“It’s excellent to have the educational suite here, which means we don’t have to go off site for training.”

Being involved in the design of the new hospital has been very important to staff and many are delighted to see some of their ideas being incorporated into the building.

Lead nurse for infection control Pamela Joannidis and senior infection control nurse Clare Mitchell described the design process as a real learning curve.

Pamela explained: “We’ve been growing with this project for 10 years, having been involved

from the start, so it’s been a real learning curve.

“There are few opportunities to be involved in a building like this, but now we can take those skills and use them again when we input into the new South Glasgow Hospital and the new children’s hospital.

“A lot of care has gone into the design, which I’m sure patients will appreciate.”

Clare added: “I think the two elderly care wards are particularly good – they have a lovely light environment which is very modern and good for patient confi-

dence. There are also plenty of wash basins in patient areas and all the chairs are wipeable, which is essential.”

Facilities manager for domestic and catering Barbara Speight agreed, adding: “The finish is a lot easier to keep clean, which is a benefit for staff and patients.

“We have more than 40 new starts employed to help as troubleshooters during the day. They will be around to help get in and clear up any problems right away.

“The building is absolutely gorgeous and we’re really looking forward to working in it.”

**“The building is smashing, absolutely fantastic”**

Gavin Ferguson, facilities manager (portering)



# GINA RAISES A GLASS TO HEALTHY LIVING!



Clyde One DJ Gina McKie gets to grips with one of the mocktails, and then joins the team in a tasting session

HEALTHY Working Lives events continue across NHSGGC, with staff at the RAH deciding to have a bit of fun with a mocktail tasting session.

They were helped out by lively Clyde One DJ Gina McKie, who came along to try her hand at some of the recipes.

Meanwhile, the IRH held a bowel cancer awareness day to highlight ways of preventing bowel cancer, the importance of noting bowel habit changes, and overcoming the stigma and perceived embarrassment of talking about bowel habits.



## Fancy taking some stick this summer?

WHETHER you haven't played since school or are a member of a hockey club, your hospital, CHP/CHCP, health centre needs you to take part in the NHSGGC hockey tournament!

RAH catering services manager John Heron is organising the tournament as part of Healthy Working Lives and is looking for 11-a-side mixed sex teams with a maximum of six men.

It is completely free to enter and all equipment required will be supplied.

The winning team also gets to take home the Healthy Living Trophy.

The event is planned for Saturday 20 June at Auchenhowie Sports Club pitch (next to the new Glasgow Rangers training complex). Matches start at 11am and lunch will be provided.

John adds that anyone who wants to take part should get in contact even if they do not have a full team and he will try to get you on to a team.

 For more information, contact John Heron tel: 0141 314 6108 or email: [john.heron@rah.scot.nhs.uk](mailto:john.heron@rah.scot.nhs.uk)

## SHSCEvents



Whatever the event, saving clients time and money is always top of our agenda.

The time and cost involved in organising a successful event is something we know a lot about at SHSCEvents.

Over the past five years, we've organised over 500 events for NHSScotland and the wider public sector. Everything from larger conferences and conventions, to more intimate seminars and training events. We've also recently been appointed as one of the Scottish Government's preferred providers of event management services.

But whatever the event, whatever the occasion, one thing remains consistent to each – our commitment to achieving our clients' objectives on time and within budget. That's why we're extremely proud of the fact that over 95% of our clients rate our service as 'very good' or 'excellent'.

If you have an event you would like help with, call 0131 275 7745 today for a free no-obligation chat with one of our team, or complete our quick enquiry form at [www.shscevents.co.uk](http://www.shscevents.co.uk)



### SOME OF THE WAYS WE CAN HELP

- Consultancy
- Project/Programme management
- Financial management
- Delegate management
- Venue selection
- Audio Visual Production
- Marketing, PR & sponsorship
- Exhibition management
- Abstract management

# CUT COSTS WITH A TRAVEL BUDDY!



Douglas McIntosh and Graeme Condie have discovered the benefits of car sharing

## Gearing up for greener travel

In the run-up to National Liftshare Day on 9 June, the travel plan and systems office will be gearing up for promotions around the day to highlight the many benefits of car sharing.

Car-sharing can save you hundreds of pounds a year. One member of the car-sharing network said: "I think I am saving just over £1200 per year in petrol alone, not to mention wear and tear on my car."

Travel plans and systems manager Douglas McIntosh agrees: "Just by sharing with one other person, you are halving your annual commuting costs, but many people still don't realise how

easy it is to find a car-share partner."

Douglas, who shares with colleague Graeme Condie, added: "Car sharing has worked out really well for both of us. Having someone to chat to on the way into work and when going home in the evening makes the journey go faster and a bit more relaxed."

National Liftshare Day aims to encourage and enable commuters to discover the benefits of sharing their drive to work with people who also work for NHSGGC. Through the car

share scheme, staff are able to search for someone to share their journey at: [www.nhsggctravelbudi.com](http://www.nhsggctravelbudi.com)

The scheme, which is free to join, is part of Liftshare, the largest car-sharing network in the UK, and matches people working with Greater Glasgow and Clyde as travel buddies.

Douglas said: "National Liftshare Day is the ideal time to join thousands of others in trying out car-sharing – and potentially saving yourself many hundreds of pounds every year."

**i** For more information on all these schemes, visit:  
 Car Sharing Scheme - [www.nhsggctravelbudi.com](http://www.nhsggctravelbudi.com)  
 NHSGGC Cycle to Work Scheme - [www.cyclescheme.co.uk/voucher/nhsccc](http://www.cyclescheme.co.uk/voucher/nhsccc)  
 Zonocard Scheme - [www.nhsggc.org.uk/content/default.asp?page=s11\\_6\\_3](http://www.nhsggc.org.uk/content/default.asp?page=s11_6_3)  
 You can also find out more on StaffNet > Benefits and services

Find out more at the Southern General Hospital on National Liftshare Day on 9 June. After that, a series of roadshows are planned across NHSGGC to highlight Liftshare and other schemes. The dates are:

- Dental Hospital on 11 June
- New Victoria on 9 July
- Gartnavel General Hospital on 15 July
- Western on 17 July
- New Stobhill on 30 July.

More events are planned for August – check out StaffNet for the latest travel plan information.

## Pedal power

National Bike Week takes place from 13 June and once again, the travel plan and systems office will be on their bikes visiting various sites with information on the cycle to work scheme.

The scheme gives staff the opportunity to purchase a bike up to £1000 including any additional equipment needed such as bike helmets or panniers. You then repay the amount spent through your gross salary. Catch the team at:

- Vale of Leven on 15 June
- RAH on 16 June
- GRI on 17 June
- GGH on 18 June
- Yorkhill site on 19 June.

## Zonecards

Don't forget, NHSGGC also offers staff the opportunity to purchase an interest-free annual Zonocard through their monthly salary.

The Strathclyde Passenger Transport (SPT) Zonocard means you can enjoy unlimited travel at any time by rail, subway, most buses and even ferries.

## Heading down under!

OFFICE manager Terese Wilson from the department of paediatric pathology at the Sick Kids Hospital has more reason than most to be grateful to her work colleagues.

Thanks to one of them, Joan McEwan, Terese finally entered our £1000 give-away competition and won on her first attempt!

"My colleague Joan (pictured left with Terese) persuaded me to have a go, so I entered just on the last day of the competition. I was really shocked



when I got the call to say I'd won – I really couldn't believe my luck," Terese said.

Terese is already booked up to go to Australia in December with her husband on a five-week holiday, so will keep her winnings to enjoy while she is out there.

"I've been promising my friend who lives out there for the past 25 years that I would get around to

visiting, so this is perfect timing! My son is also going to Australia for a year this summer, so I'll be able to see him as well when I'm out there."

## Win with SN!

For a chance to win £1000 in this issue of SN, courtesy of Staff Lottery/Appeals Society, answer this question.

**Q: Where has NHSGGC's latest new hospital opened?**

Send your answer to: [staffnews.letter@ggc.scot.nhs.uk](mailto:staffnews.letter@ggc.scot.nhs.uk) by 30 June.

When emailing your answer, please state your work location. The competition is open to all employees of NHSGGC. Winners must be available for publicity and their details will be printed in future issues of SN. Only one entry per person.

**Hand icon** Check out all the latest Staff Lottery winners on StaffNet >

Benefits and Services > NHS staff benefits staff lottery

To join the Staff Lottery and have the opportunity to win £5000 each month, as well as take part in the mega draws in March and September, contact Isobel Huk, email: [Isobel.Huk@ggc.scot.nhs.uk](mailto:Isobel.Huk@ggc.scot.nhs.uk) or tel: 0141 211 5850.

Visit: [www.nhsstaffbenefits.co.uk](http://www.nhsstaffbenefits.co.uk)



## Using your brain and not your brawn!

THE G66+ Live Adventure Challenge takes place on 13 June organised by Stobhill Hospital Hillwalking Club and Adventure Zone Scotland.

The second adult/youth adventure race offers a fun day out with fantastic prizes from Salomon, the Cycle Jersey Company and Buff:

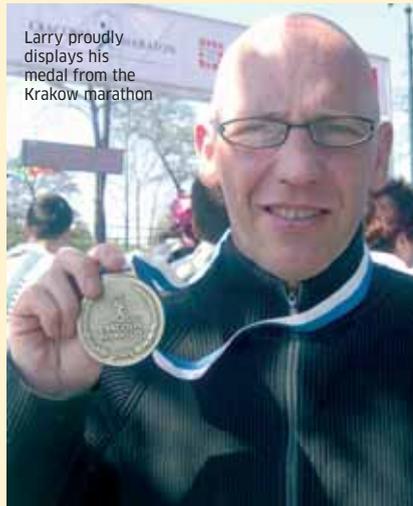
- first prize is a choice of trainers and a Buff scarf per team member
- second prize will be a Salomon backpack and Buff scarf.

All teams will receive goodie bags and spot prizes will be given out on the day from other sponsors. The challenge is to run, kayak and mountain bike your way along a marshalled route. This event lasts all day and is about using your brain, not your brawn.

The venue is Twechar Healthy Living & Enterprise Centre at 11am (registration opens at 8.30am and the team briefing will be at 9.45am). The cost is £50 per adult team of two and youth entry (14-16) is free.

Visit: <http://adventurezonescotland.wordpress.com>  
<http://adventurezonescotland.club.officelive.com>  
<http://adventurezonescotland.com> (new site under construction) for full details and an entry form. Or email: [info.adventurezone@google.com](mailto:info.adventurezone@google.com)

# Larry polishes off the Krakow race!



Larry proudly displays his medal from the Krakow marathon



Above: some of Larry's jogging group completed the Women's 10k in Glasgow

LARRY Callary, a learning and education adviser for East and North CHCPs – and a jogscotland leader – took his love of running international recently, completing the Krakow marathon in the respectable time of 3 hours, 27 minutes!

Along with Carole Armour, Larry runs the East Glasgow CHCP jogging group from Templeton Business Centre every Wednesday at 5.15pm.

The group is aimed at all levels so everyone should

feel free to come along. Some of the group recently took part in the Women's 10k in Glasgow.

Larry also took part in the Edinburgh marathon in May and is planning to complete the Great Scottish Run in September,

raising funds for Visibility Scotland.

Visibility Scotland is aiming to have 150 runners entered into either the 10k or half marathons to mark its 150th anniversary of assisting those with visual impairments.



Clyde 1's George Bowie kick-starts his training in George Square

## Keep on running

SCOTLAND'S biggest mass participation event, the Great Scottish Run, takes place on 6 September, with more than 19,000 runners expected to take part.

Viewed as one of Scotland's most prestigious road races, the event consists of a half marathon and a 10k race, making it one of the most inclusive events in the race calendar. Families and

friends, regardless of age or fitness level, can take part together.

Runners who are quick off their mark and sign up before 26 June can benefit from a special 'early bird' entry fee of £24.50 for the half marathon and £19 for the 10k. To enter the race, visit: [www.runglasgow.org](http://www.runglasgow.org) or tel: 0845 270 0166. Don't forget to let us know if you are taking part.

## Why not take the 5k team challenge?

JOIN the Co-operative jogscotland 5k challenge at Glasgow Green on 24 June. Open to all walks of life, this is one event the whole family and community can enjoy.

To help promote healthy lifestyles within the workplace, jogscotland has teamed

up with Team Challenge Company to bring a workplace challenge element to the 5k. Workplaces across NHSGGC are encouraged to

register a team and raise money for charity in the hope of winning a team day out with the Team Challenge Company!

For further information and to register online, visit: [www.jogscotland.org.uk/challenges](http://www.jogscotland.org.uk/challenges) or tel: 0131 476 7329