

# Health NEWS



SUMMER HEALTH EDITION

JULY 2010

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**WIN!  
WIN!  
WIN!**



Priceless prizes  
must be won...  
**GUARANTEED**  
no losers!  
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PRINT

# Time to make a PLEDGE



July 2010  
HEALTH  
NEWS



# WOW!

Greatest ever  
competition  
and everyone  
is a winner!

EASY TO ENTER

# PRICELESS PRIZES!

**YOU probably think the competition headlines above are a bit gimmicky ... and perhaps not the usual “sound-bites” used by the NHS in communications materials!**

But we are confident that our claims will stand up to scrutiny – even if the Advertising Standards Authority chose to evaluate them.

This special Go For Goal edition of NHS

Greater Glasgow and Clyde’s Health News spells out how every reader can make themselves a winner and enjoy better health as the prize.

There have probably never been so many opportunities – and so much inspiration – to improve your health by getting a little – or a lot – more active.

It seems that everywhere we look there’s top class sporting events going on



# Time to make a PLEDGE



July 2010  
HEALTH NEWS



## You'll get the greatest prize of them all... better health!

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– World Cup football, top tennis tournaments, athletics events, cycling races, golf tournaments.

And then there are the thousands of “ordinary” people who are just getting involved in exercise and sport for fun and for health.

This newspaper brings together just a few inspirational ideas for you to make your own personal goal and make lifestyle changes that will

improve your health and wellbeing – whether it’s getting involved in sport or simply pledging to get a little more active by walking a few miles to put that extra spring in your step.

We highlight the Scotland-wide Active Nation campaign which opens the door to everyone to go online and make a Personal Activity Goal ... there’s no rules, no regulations ... just a simple call to action to do a bit more than you already do.

The website gives you links to



PRINT

# Time to make a PLEDGE



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loads of activities you might want to get involved in – anything from sponsored fun runs to mountain bike events and swimming galas.

**You might even want to make your activity goal part of a pledge to drink a little less alcohol or quit smoking.**

It wouldn't take an awful lot to give Scotland a healthy shove in the right direction. And it would seem thousands of us are already setting the pace.

The Evening Times newspaper, in partnership with NHS Greater Glasgow and Clyde, has got right into the swing of things as the city builds up to hosting the 2014 Commonwealth Games.

Their **Glas-Goals** campaign has got people of all ages out and about and having fun getting more active. This edition will tell you more about how you, your school, your workplace, your street or your family can get involved



and have fun while you get healthier!

Gone are the days when exercise is viewed as a chore that just has to be done ... it's the new buzz word for fun, health, vitality and style.

Employers are quickly switching on to the Scotland-wide Healthy

Working Lives programme encouraging work colleagues to mix sport and other healthy lifestyle activities with the working environment.

**This is also featured in this special Go for Goal edition.**

We hope the pages that

follow will provide some encouragement to join in. If you don't do anything very active then make your goal to pledge to do a little. If you do a little – then pledge to do a bit more. We all know we should and could do something to improve our health and wellbeing. **Let's all be winners.**





RICHARD Osborne and Stephanie Bell are two remarkable Scots. Their ambitious goals – to swim the depths of our seas and to scale the heights of our Munros - are impressive in themselves.



But what make their stories so inspiring are not the goals they have set but the obstacles they have overcome to achieve them. Their inspiring accounts show just what you can accomplish if you set your mind to it.

If they can do it, so can you.

# RICHARD SHOWS HE HAS A LIONHEART

Paralysed in scuba diving accident... but brave instructor vows to take the plunge again

**GIFTED scuba diving instructor from South Queensferry, Richard Osborne was having the time of his life helping tourists in Cyprus explore the underwater delights of the Mediterranean when tragedy struck in August 2009.**

On his day off, Richard and a group of other diving enthusiast friends decided to do a deep dive to explore more of the waters around the coast of Cyprus.

While underwater the oxygen tanks of a number of his friends ran out of air far sooner than expected. Richard and a few others then had to share their oxygen with their friends in order to get them all safely to the surface.

"This really was worst case scenario," said Richard. "The



danger is that you have to approach the surface very slowly. When you dive you actually have compressed air in your tank. As we all know air is made up of oxygen and nitrogen. But when it's compressed breathing it in doesn't use up the nitrogen. As such you have to approach the surface very slowly to let the nitrogen dissipate."

But with 40 metres still to go to the surface, their worst

fears were realised when they all completely ran out of air. The only thing for it was to race to the surface.

**All of Richard's party made it without incident. But by the time Richard made it to the surface his life had changed forever.**

"Tiny nitrogen bubbles had become lodged in my spinal column, as I moved to the surface at speed they expanded and by the time I got up there my spinal column had been severely twisted. I had what is commonly called the Bends, otherwise known as spinal decompression syndrome."

Unbelievably Richard managed to swim back to shore even though he had no feeling in his legs and his back was in excruciating pain so much so that he was vomiting while he swam.

"I then spent five days receiving treatment in a decompression chamber before being air ambulated to Aberdeen.

The decompression treatment had little effect and I had been informed that I was paralysed from the bottom of my ribcage down.

"After more decompression treatment in Aberdeen where the national Hyperbaric Unit is based I was transferred to the Southern General Spinal Injuries Unit."

The unit was to be Richard's new home for five months.

But far from despair at the cruel twist of fate that had befallen him Richard's attitude was one of remarkable courage and resilience.

"I've always been a glass half full kind of a person. It really wasn't the end of the world. I thought you know what, I can still do more or less all the things





## Richard shows his lionheart

CONTINUED FROM PREVIOUS PAGE!  
could do before but it's just going to take a bit more planning!

"I've always been really active and I knew that I couldn't let this stop me.

"Every Wednesday the unit has a sporting afternoon where you can try all sorts of sporting pursuits. I threw myself into all of them. It did me good in so many ways and crucially it kept my mind going – I had a release from all the relentless physiotherapy and gym sessions that I needed to do to rehabilitate.

"I discovered that basketball was my sport and now I play for the Lothian Phoenix team and train with them twice a week in the season. It's wonderful. I get up at 6am every day and spend about an hour training in the gym.

"I also took part in the annual inter-spinal unit games at the Stoke Mandeville Stadium in May.

"The games feature a mix of competition and 'have-a-go' sessions; I tried all manner of different games and even won the shooting



**Richard Osborne has enthusiastically taken up a number of new sporting activities and now plays basketball for his local team.**

Photographs courtesy of Graham Bool Photography.

competition which gave me a great rush.

"Being active helped me in so many ways - I set myself challenges and goals and meeting them felt really exhilarating."

Almost a year after his accident, Richard has set himself another major goal – becoming a diving instructor again.

Richard is currently spending a month travelling between Cyprus and Egypt with his girlfriend Emily so that

he can dive once again.

**"I'm really looking forward to getting back into the water. Obviously it's going to be a challenge learning to dive with this new body of mine but I'm confident that I can do it.**

"Once I've mastered diving again my plan is come home and qualify as an instructor with the International Association of Handicapped Divers. I can't wait and am very much looking

forward to helping others overcome their own mobility issues so that they too can enjoy diving regardless of their own particular physical issues.

"Staying focused and keeping active has helped me come through this and my goal of returning to diving instructing is now well within reach."

To find out more about the inter-spinal unit games, log onto **www.wheelpower.org.uk**



# By yon bonnie banks... Stephanie lost five stones and scaled the heights



**Stephanie enjoys a walk with her dog on the banks of Loch Lomond near her home at Balloch.**

**The mountain she conquered - Ben Lomond - is in the background.**

**BALLOCH** shop assistant, **Stephanie Bell**, found her inspiration to get active from her local surroundings.

Driving around the area, the 21-year-old was able to see Ben Lomond wherever she went and decided that one day she would climb it.

But to achieve her goal, Stephanie first had two very personal mountains to conquer – to give up smoking and lose five stones in weight.

**Stephanie began smoking when aged just 11 and latterly smoked 20 a day.**

But this stopped in January last year when Stephanie went along to her local pharmacy and began a course of nicotine patch treatment.

The patches suited her: “I knew I didn’t need cigarettes because I was getting nicotine through the patches. I kept thinking, this is just a habit I need to break and having a goal helped me to do this.”



**BEFORE AND AFTER... Stephanie lost five stones.**

But Stephanie didn’t stop there in her bid to become healthier. She also set herself a second personal goal - to lose five stones in weight.

Most people find stopping smoking or slimming challenging enough on their own, but Stephanie was determined to do both and has now dropped from 17 stones to

her target weight of 12 stones.

Having achieved both goals, Stephanie was ready to climb Ben Lomond.

She explained: “I did it last month and once I got to the top I thought ‘this is one of the most amazing things I have ever done, the view is absolutely amazing’.”

**Stephanie’s now planning to climb more Bens and - thanks to her new healthy lifestyle - is also considering a career change.**

She explained: “My stepdad is in the RAF and my aunt was in the army. Now I’m going to look into the qualifications I need to join up, something I would never have considered two years ago.”

Getting active has certainly proved life-changing for Stephanie, but as she says, “Once I make up my mind I can be very determined.”

# Now it's up to YOU



SO you're inspired by what others are doing and know that you should be taking that initial step to better health, but need a hand to get started.

**Active Nation** – a new campaign which encourages Scots to get more active in the run up to the Glasgow 2014 Commonwealth Games – can provide all the help you need.

Whether you are an absolute beginner or you just haven't been very active for a while, **Active Nation** has everything from activities you'll enjoy to tips to help you stay healthy.

Remember, even making small changes to your activity levels can make a real difference to you.

# FEELING GOOD!



**A NEW national scheme has been launched to help Scots get more active in the run up to the Glasgow 2014 Commonwealth Games.**

**Active Nation** is asking everyone to set a personal activity goal in a bid to build physical activity into our daily lives.

The idea is to be a bit more active than you are at the moment – this can be anything from going for a brisk walk to dancing with your kids at home.

**Active Nation** will help you track your progress and provide opportunities for you to meet others who are doing the same.

The scheme will also help you find activities in your local area. This is a chance for you to find something active to do that you enjoy and then build



it into your everyday life.

So how do you get started?

Setting your personal goal is the first step to getting active, having fun and feeling good.

To join up and register your goal, simply log onto the **Action Nation** website – [www.ouractivenation.co.uk](http://www.ouractivenation.co.uk)

Active Nation scheme is helping Scotland to get fit, have fun and live longer

Here you will find lots of information about getting started, including suggestions for easy activities to get you going as well as activities that you can enjoy together as a family.

You'll be able to register your goal and keep a record of how well you are doing through your own personal activity tracker. And the good news is that housework counts too!

On the website, you'll also find tips to keep you motivated long after your initial enthusiasm may have passed.

Thousands of people across Scotland have already joined the scheme and are now realising their personal goals and at the same time having fun and feeling good about themselves.

So go ahead, set your goal, and become part of Scotland's **Active Nation!**

# Now it's up to YOU



All these people have pledged to become part of our Active Nation... what are YOU going to do?

WALK to work. Vacuum the carpet. Do a spot of gardening. That's enough to get you more active.

Getting more active isn't about running a marathon or turning into someone you're not. It is about adding enough activity into your daily routine so that you feel the benefits. It doesn't have to be too serious either, being active should be fun. That is why it is really important to find activities that you enjoy doing and want to keep up.

Getting started can seem a bit daunting but you'll be surprised at how many activities there are to get you started. And the great thing to know is that you are not alone – the whole country is getting active with you.

[www.ouractivenation.co.uk](http://www.ouractivenation.co.uk)



THIS quartet of city centre workers have already signed up for the Active Nation Personal Activity Goal.

And Michelle Jeffery, Liz McGovern, Karen Carberry and Eleanor Anderson have made giant strides towards a fitter and healthier

lifestyle.

Karen explained: "When we first started our running group last September, most of us could only run for a minute to begin with. We all made such great progress so some took part in the Woman's 10k and

others took part in the Race for Life 5k recently. We are all very proud of how far we have come thanks to the encouragement we all give each other and its starting to show on the scales now too. Our goal is to take part in the 10k in September."



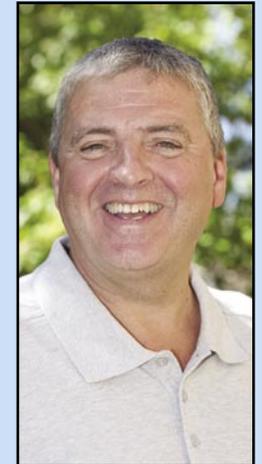
**BRIAN, BISHOPBRIGGS**

"My goal is to walk more at weekends and leave the car."



**EMMA, GIFFNOCK**

"I pledge to join my local Zumba class."



**ALLY, KILMARNOCK**

"I keep quite fit and eat a good balanced diet but I know I could and should do more. I work in the city and always use the lift at work. That's going to change from now on as I pledge to use the stairs (three flights up to my office) and I pledge to walk more briskly when I take my dog his walks every day. Every little helps!"

# We've set our GOALS



**IMRAN,  
KINNING PARK**

“On some days my job involves travel from one location to another but on others, I’m deskbound. My goal is to walk to work every day that I am based at the office.”



**ALEX,  
GLASGOW**

“My goal is to start jogging.”



**ANDREA,  
GLASGOW**

“I pledge to try and swim three times a week. I’m even thinking of getting one of those dinky little swim caps!”



**MICHELLE, GLASGOW**

“I pledge to go running at least once a week.”



**GORDON,  
GLASGOW**

“My goal is to increase the number of times I work out every week as well as taking the stairs at work instead of taking the lift.”



**LIZZIE, GLASGOW**

“My goal is to take up Zumba classes.”



**SANDRA,  
CROOKSTON**

“I haven’t been to an exercise class for more than a year. My goal is to re-join and go at least twice a week.”



**MICHAEL,  
NEWTON MEARNS**

“I pledge to play rugby for yet another season.”



# Improve your LIFESTYLE



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BY getting active you'll be well on your way to better health.

But as we all know this is only part of the solution to the major health problems that blight our country.

Stopping smoking is the single most important thing you can do to safeguard your health. Cutting down on alcohol and improving your diet will also play a big part.

It's within us all to make these changes that could benefit our health and lifestyle. Here we meet just some of the people to have made that all-important pledge.

## A GREAT REASON TO QUIT - MY BOY!

When baby Cameron came along dad Thomas had no doubt

**SELF-CONFESSED serial smoking quitter Thomas Hughes finally found a reason to stop when partner Nicola announced she was pregnant with their first baby.**

Thomas (30), an employability advisor with Glasgow East Regeneration Agency, said: "Before Nicola became pregnant I knew that I should stop smoking. I tried to quit on many occasions, but because I really didn't want to, I was always unsuccessful.

"But when I knew I was going to become a dad I found I didn't want to smoke anymore,

as opposed to I shouldn't smoke."

Thomas therefore decided to kick the habit and give up the 20 cigarettes a day he had smoked since he was 18.

He joined a local smoking cessation group in the east end of Glasgow and found the support crucial.

"We were a really tight knit group and kept one another going. We also shared coping strategies," he explained.

"A particular source of motivation was when we had our carbon monoxide levels checked, because we didn't want to let one

another or the facilitators down.

"I actually looked forward to going to the group and was quite sad when it came to an end."

Thomas' decision to quit was reinforced when son Cameron was born 10 months ago with cystic fibrosis.

Cameron was born at Glasgow's Princess Royal Maternity and his condition was diagnosed following the "heel prick" test which flagged up an abnormality leading to more tests.

Thomas said: "When I learned it was a



**WHEN smoker Thomas Hughes found out he was going to become a dad... it was just the motivation he needed to quit.**



# Improve your LIFESTYLE



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## BABY CAMERON GIVES THOMAS REASON TO QUIT

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chronic lung condition I knew it was pretty serious. It really knocked me for six, because Cameron looks perfectly healthy.”

Since then the toddler has seen the specialist cystic fibrosis team at the Royal Hospital for Sick Children at Yorkhill.

“They have given us a lot of information about the condition. Because cystic fibrosis is a lung condition they have told me that smoking around Cameron is a no-no,” explained Thomas.

He went on: “Cameron is doing really well and has become a wee bit of a daredevil, running around in his walker, exploring cupboards and grabbing anything he can get his hands on.”

Cameron’s condition also provided the motivation for Thomas to set another personal goal - to take up running and

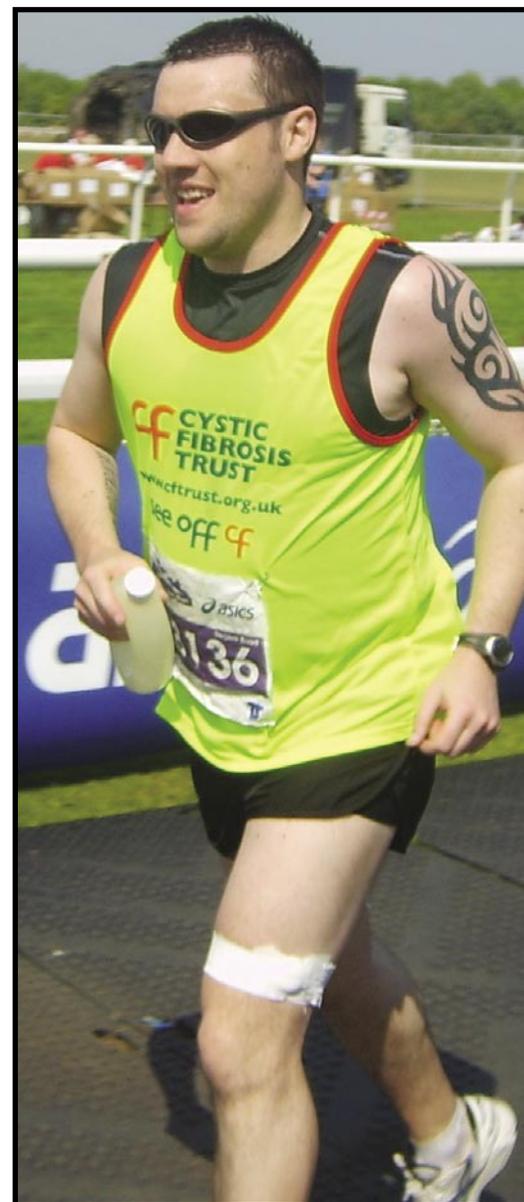
fundraise for the Cystic Fibrosis Trust.

He completed his first Edinburgh Marathon earlier this year when he raised around £1000 for the charity. He is now training for the Glasgow half marathon in September, and is planning a repeat performance in the Edinburgh event next year.

**On top of this he’s taken up cycling and is in training for a 100 mile bike ride between Glasgow and Edinburgh and surrounding areas in September 2011.**

Thomas added: “When I was younger I played football. I was smoking at the time and although my heart rate was good, I later realised that that my lung capacity was poor.

“Now when I am doing my marathon training I am never out of breath.”



**EX-SMOKER Thomas Hughes is now running marathons to help raise funds for the Cystic Fibrosis Trust!**

### Why you may want to think about quitting

Around 30% of the population of Greater Glasgow and Clyde smoke - that’s about 288,000 people.

People aged 25 to 44 smoke the most.

**You are 20 times more likely to die from a smoking-related disease than a road accident.**

In the UK, it is estimated that around 17,000 under-fives are admitted to hospital a year because their parents smoke.

**Passive smoking can make conditions such as asthma and bronchitis worse.**

Smoking rates among young people in Scotland are the highest in the UK.

**Within 20 minutes of your last cigarette, blood pressure and pulse rate drop to normal.**

After eight hours of your last cigarette, the carbon monoxide level in the blood drops and the oxygen level in your blood increases to normal.

**After 24 hours of your last cigarette, your risk of having a heart attack decreases.**

# CONOR PLAYS HIS ACES!



Youngster finds new lease of life thanks to NHS activity and eating scheme



**CONOR Lynch is a typical young lad who loves sports and having fun with his chums.**

But making friends did not always come easily to the youngster. His self-esteem knocked by weight problems, Conor preferred to stay at home with his family than mix with other children.

Then a year ago, Conor signed up to NHS Greater Glasgow and Clyde's ACES programme and his life was transformed.

Launched in response to the increase of

childhood obesity, the ACES or Active Children Eating Smart programme helps children and young people, with the support of their families, to lose or maintain weight and make long-lasting changes to their lifestyle.

Families who sign up for the programme attend 12 sessions each lasting an hour and a half. The sessions are held in the evenings or after school in local schools, leisure centres and community venues.

Each session is led by an ACES coach who provides support and motivation as well as



**Conor (middle front) particularly enjoys the healthy cooking classes as part of the ACES programme.**

healthy eating advice such as how to make sense of food labelling or how healthy is a milk shake.

They will also provide tips on changing

behaviours which involve little or no activity - such as computer use - and introduce new ideas for physical activity so each group can try something they haven't tried before.

Mum Lee-Ann (35) has noticed a real change in Conor.

She said: "The programme has made Conor much more confident within himself,

in fact his confidence has shot through the roof and he is a totally different boy! He has many more interests now, has joined a **CONTINUED ON NEXT PAGE**



**You can break the habit – we can help!**



**Call Smokefree services on 0800 84 84 84 for help to quit.**



## Conor plays his aces!

CONTINUED FROM PREVIOUS PAGE  
badminton group at the local sports centre, and we are doing more things together now, such as going for walks.

“Conor will try sports he would never have thought about before. The programme has opened up a whole new world of interests.

“He really enjoys cooking, he’s a better cook than I am, and he makes healthy meals. He still enjoys a snack, but is very aware of the number and types of snacks he eats.”

ACES incorporates changes into daily family life and participants set weekly goals, use lifestyle diaries to record progress and reap the rewards but most importantly it’s about having fun together - whether that’s playing dodge ball or learning to cook pizza!

Anne Gebbie-Diben, NHSGGC’s health improvement lead for nutrition

said: “ACES is designed so adults, children and young people can learn some ‘tricks of the trade’ about healthy eating and have fun doing physical activity together.

“Each session has been designed with practical solutions in mind to help families make realistic changes that suits their family, help them identify the ‘trigger points’ and what to do and how to best support their children become more active and eat more healthily. Some weeks involve practical food sessions but there will be games and activities every week – so remember your trainers!”

ACES is being widely promoted through GP practices, schools and children’s services but anyone who wants to take part can contact the service directly on freephone 0800 027 0291.

## Smoke-free pupils win trip to Alton Towers

AS THOUSANDS of people set a goal to give up smoking, school kids across Glasgow and Clyde have been making the pledge not to take up the habit in the first place.

The Smoke-Free Class Competition, organised every year by NHS Greater Glasgow and Clyde, is open to all secondary schools in the area.

Pupils taking part have to remain smoke-free for a year and are subject to random nicotine testing throughout the year. This year’s winners were first year pupils from Trinity High in Renfrew (right).

The pupils were rewarded with a dream trip to Alton Towers.

NHSGGC’s director of public health, Dr Linda de Caestecker, explained why



Photograph courtesy of the Paisley Daily Express.

competitions like this are so important.

She said: “The competition aims to discourage pupils from experimenting with tobacco, show that non-smoking is normal, and promote discussion about the benefits of remaining smoke-free.

“Research has shown that

this is successful in delaying the onset of smoking in young people, which is very important, as evidence shows that the younger a smoker starts the more difficult it is to give up.”

Stephen Colligan, deputy head teacher at Trinity High, said: “We’re extremely proud of all the hard work and effort put in by the pupils.”



THERE'S a lot that you can do as individuals to improve your health. But we know that it's important also to give people a helping hand along the way.

That's why NHS Greater Glasgow and Clyde has teamed up with the Evening Times, Glasgow City Council and other key partners to launch a major health campaign to tackle the city's poor health record.

And recognising that the health of our staff is as important as the health of the people we serve, we're also working with the national **Healthy Working Lives** scheme to get our staff to do a bit more.

So if you're looking for that bit of extra support to get you going, we're there for you.

# TEAMWORK HELPS TO HIT OUR GOALS

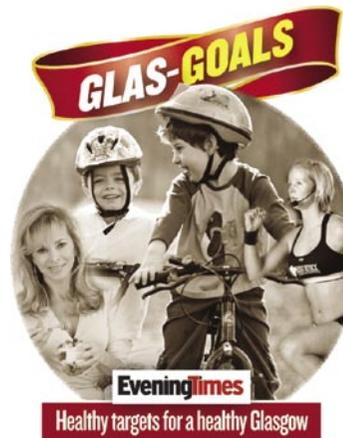
**EVERYONE** knows the statistics - we drink more, smoke more and take less exercise than almost anywhere else in Europe. We have alarmingly high rates of heart disease, cancer, diabetes and strokes.

The Evening Times has teamed up with NHS Greater Glasgow and Clyde and other key partners in an ambitious campaign to tackle this appalling health record.

**Glas-goals** is a year-long campaign which sets healthy targets for a healthy Glasgow.

It aims to inspire people of all ages - either individually or in groups - to pledge to change their lifestyle in some way.

The ambition is to help Glasgow stub out a million



cigarettes, run or walk a million miles, lose hundreds of thousands of pounds off the city's waistlines.

And throughout the year, a series of fun, informative health and fitness events are being staged by the Evening Times to get people involved.

NHSGGC chairman, Andrew

Robertson, is amongst those to have backed the campaign which has been welcomed by everyone from politicians and celebrities to schools, businesses and community groups.

He said: "Glasgow is an exciting and vibrant city, but, sadly, there is one clear aspect we cannot be so proud of and that is our unenviable health status.

"This health board is tackling the city's problems with alcohol, drugs, obesity, heart disease, stroke and inequality head on and we are already seeing clear and positive evidence of change and improvement.

"But more still needs to be done to turn the tide and put a stop to the ticking health time bomb that excessive smoking and drinking and poor exercise

and diet has created.

"When we were asked by the Evening Times to support their health campaign, we were delighted to get on board.

"**Glas-goals** is a campaign that everyone, young and old, can get involved in and I am sure the outcomes will be ones we can all be proud of."

And the great news is that the results are already paying off.

Just five months into the campaign - with seven months still to go - the campaign has already achieved two of its ambitious goals.

Back in February, when the campaign was launched, the challenge was set to stub out a million cigarettes in Glasgow.

Since then, a massive 2.5 million cigarettes have been stubbed out... that equates to 2500 Glaswegians stopping



## Teamwork helps to hit our goals

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their 20-a-day habit for more than 50 days.

Fiona Dunlop, of NHSGGC's Smokefree Services, said: "More people are stopping smoking and improving their health and that's fantastic news.

"It's so important that people realise the services are there to help them quit, whether it is through the pharmacy service, community groups or hospitals, or through our young people's or pregnancy services.

"Many smokers think they have to find the willpower to do it themselves, but it is easier to do it with support."

And within days of celebrating its first major milestone, the campaign notched up a second goal... with 300,000 miles being walked, ran, swam or cycled for **Glas-goals**.

Linda de Caestecker, director of public health for NHSGGC,

said: "The collaboration with the Evening Times, Glasgow City Council and our other partners is proving extremely successful and to already have reached these targets is something to be proud of. We hope this campaign continues to get Glasgow moving."

Evening Times editor, Tony Carlin, said: "The whole aim of **Glas-goals** has been about improving Glasgow's dreadful health record. All our partners, Glasgow City Council, NHS Greater Glasgow and Clyde, Culture and Sport Glasgow and Glasgow Housing Association, have worked hard to help make a difference. This is a great start, but there is much more to do to make Glasgow a healthier place to live."

To sign up to **Glas-goals**, email [glasgoals@heraldandtimes.co.uk](mailto:glasgoals@heraldandtimes.co.uk) and tell us what your goals are.



Regular exercise and stopping smoking are just two of the main messages of the **Glas-goals** campaign.

# Leading from the FRONT



July 2010  
HEALTH NEWS

# WE'RE DOING OUR BIT!

Thousands of NHS staff are pledging to join the keep-fit campaign



**NURSES, doctors and porters are amongst thousands of staff making the pledge to get fit, courtesy of NHS Greater Glasgow and Clyde.**

We have teamed up with Healthy Working Lives to encourage staff to have a healthier and more active lifestyle.

The national scheme aims to help Scottish employers – big and small – to create a healthier and safer workplace and offers practical information, a free confidential helpline and an award scheme to recognise good practice.

Across NHSGGC, hundreds of activities have been organised – from salsa dancing in Inverclyde Royal Hospital and a mocktail-making (non-alcoholic cocktail) session in the Royal Alexandra Hospital to regular walking and jogging groups.



**Regular walking groups like the one organised by Johnstone Health Centre (above) are helping NHSGGC staff stay fit.**

The walking groups in particular are proving to be a real hit. Organised over lunch breaks, the walks are open to all staff irrespective of their fitness level. Each walk is led by a trained walk leader – a member of NHS staff who has volunteered to set up and lead a workplace walk.

And as walk leader Victoria McAlpine explains, there are other benefits to taking part besides getting fit.

“It helps build better relationships in the team as you get to know people and talk about other things apart from work. It has also encouraged people



**Walk leader Victoria McAlpine has seen great benefits from the exercise.**

to go out on other walks during their breaks and you can see people are keener to work after getting out in the fresh air for a bit!”

Annual football, golf and hockey tournaments have also been set up... with plenty evidence of ‘healthy’ rivalry between the teams representing our hospitals and health centres.

Chief executive, Robert Calderwood, himself a keen participant in the annual golf tournament, said: “The health

# Leading from the FRONT



We're  
doing  
our bit!

Sports like  
hockey,  
football,  
walking and  
dancing are  
all helping  
NHSGGC staff  
stay fit.

CONTINUED FROM  
PREVIOUS PAGE  
of our 44,000 staff is just as  
important as the health of the  
people we serve.

"It's great to see so many of my  
colleagues getting involved in so  
many activities.

"With such a wide range of

activities on offer, from a virtual  
walk of the West Highland Way to  
samba classes, there's a chance  
to try out something new or to  
take up sports that many of us  
haven't played since our school  
days!

"I believe it is hugely important  
to introduce social and health

activities into the workplace. We  
are now working towards our  
silver award, having successfully  
attained bronze and the benefits  
for the organisation have been  
tremendous. I would encourage  
all employers – big and small – to  
get involved and support their  
staff to get active."

**THE VALE VISION** NHS  
Greater Glasgow and Clyde

**JULY 2010 PROGRESS UPDATE**

The latest information on delivering the  
Vision for the Vale of Leven Hospital

**LOOKING  
GOOD  
AT THE  
VALE**

Last year, Nicola Sturgeon MSP,  
Cabinet Secretary for Health and  
Wellbeing approved service changes  
designed to ensure the delivery of safe  
and sustainable services at the Vale of  
Leven Hospital.

These include:

- New arrangements for people who  
unexpectedly need swift assessment and  
treatment before possible admission to hospital  
(known as Unplanned Medical Care)
- The introduction of outpatient and daycase  
services not currently provided at the Vale  
These changes will increase the number of  
individual patient episodes at the Vale by  
15,000. This will also mean that many people  
will be able to access services that have never  
been offered at the hospital before. However,  
some patients may have to be cared for at  
other hospitals to ensure the maximum level of  
clinical safety.

This newsletter describes how the work  
to make these changes has been shaping  
up so far.

For more information, visit: [www.nhsggc.org.uk/visionforthevale](http://www.nhsggc.org.uk/visionforthevale)

## Progress on delivering the Vision for the Vale

Significant progress has been made by NHS  
Greater Glasgow and Clyde on delivering safe  
and sustainable services at the Vale of Leven  
Hospital.

A 12-page newsletter has been produced  
to keep local communities informed on our  
progress towards the Vision for the Vale.

You can pick up a copy at the Vale of Leven  
hospital, GP surgery, dentist, pharmacy,  
community centre or local library. Or, if you  
would rather have a copy posted to your  
home, call freephone 0800 027 7246 or log  
onto our website [www.nhsggc.org.uk/  
visionforthevale](http://www.nhsggc.org.uk/visionforthevale) and request your copy.

# Go for your GOALS



WHEN it comes to aiding recovery, taking part in sport can play a significant role in speeding both physical and mental wellbeing.

Whether it's football, running, swimming or just about any other active sport, the rewards for putting in a bit of effort can be amazing.

## Hampden is stage for great recovery



The football coaching project has made a difference to many of the men taking part.

**PLAYERS from around the world have been competing for World Cup glory, and while Scotland failed to qualify, a home-based squad are achieving their own personal goals.**

**"Tackling Recovery"** is a unique scheme for people suffering from mental health issues and the 12-week football coaching project, based at Lesser Hampden Park, is using the sport as therapy.

A joint venture between NHSGGC, Queen's Park Football Club and the Scottish Football Association, the idea

came from Occupational Therapist Scott Smart who works with patients in north and east Glasgow.

He said: "The project is all about using the sport to reduce stigma, increase physical activity and encourage confidence and self-esteem.

"We introduced professional football coaching sessions, skills development and match play and at the end of the project we'll evaluate the mental and physical well-being changes in participants."

The scheme targets males between

18-35 years who are involved in community mental health teams, specialist services or who are inpatients.

Ross Paterson, Youth Coach for Queen's Park and a former youth player for the club, said: "When you see the response from the boys, their attitude and application, this is a group I could work with every day.

"Sport is a great way of breaking down barriers, it brings everyone together and this project has been wonderful to work on. There is a great rapport amongst the guys and I have

seen many positive changes in their attitude as the sessions went on."

Stuart Sharpe from the Scottish Football Association said: "It has been great to witness the success of this innovative new project.

"In week one, the players were cautious and almost overawed by their surroundings, but you can see their confidence growing as they thrive in this football environment.

"It's great for the Scottish FA to see more people enjoying the game, and it's pleasing to see people growing in confidence both on and off the pitch."

# Go for your GOALS



# FROM COMA TO 10K

Living to tell the tale made Douglas set ambitious goals for recovery



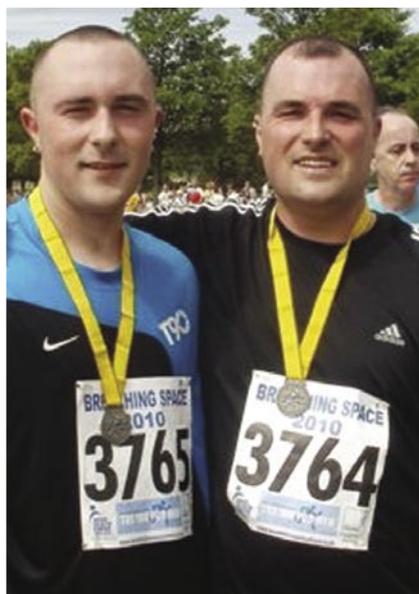
**LAST year on Father's Day dad of two, Douglas Hannah (45), didn't know that his son Steven (15) was sitting beside him crying.**

Douglas was unaware of his boy's tears because he was in coma, fighting for life after being severely affected by the H1N1 virus.

"It wasn't just me who had Swine Flu, it was my two sons as well," explained Douglas. "All three of us had been feeling a bit under the weather and then one afternoon my wife came home from work and found us all at home with raging temperatures.

"As the evening wore on I just couldn't get a breath and eventually ended up at A&E just before collapsing.

"Everyone was really shocked



when it turned out to be Swine Flu. Thankfully the boys just had mild symptoms but I was in a really

bad way. The doctors told me that someone was coming from ITU to assess me. That was pretty much the last I remember. The next thing I knew I was waking up and Angela, my wife, told me I'd been on a ventilator for three weeks and I'd nearly died."

**Having come so close to death, Douglas was determined to set some ambitious goals for recovery.**

"I was so relieved to be alive that I just threw myself into the physio. It was really tough at first but I set myself the goal that I wanted to get back to work as soon as I could and be even fitter and stronger than before I got Swine Flu.

"At Christmas I went back to the Southern ITU to take presents for the doctors and nurses. It was then that

I decided to set myself another goal. I wanted to give something back to them, given that they'd saved my life.

"So my elder son Craig and I decided to run the Glasgow Men's 10k to raise money for the hospital.

"More training sessions paid off because we managed to run the race in one hour and eight minutes. I thought there was something wrong with the clock when we found out our time!

**"Who would ever have thought when I was in a coma last Father's Day that a year later I'd be running a 10k?"**

"Now that I've achieved this latest goal, I've already set myself another – I'm doing the 10k again next year but this time I'll do it even quicker!"



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