

NHSScotland photo
competition winners

CARE IN THE FRAME

National
enterprise
award for
district
nurse
team

SEE PAGE 7



Forty years
on, we
say happy
birthday to
Hospital
Radio!

SEE PAGE 2



Walking the
walk: how
the Huffin
Puffins
marched to
victory

SEE PAGE 8



DATES FOR
THE DIARY**PLAY DAY**

4 August
[www.playscotland.org/
 playday](http://www.playscotland.org/playday)

**INTERNATIONAL
 YOUTH DAY -
 'DIALOGUE AND
 MUTUAL
 UNDERSTANDING'**

12 August
www.safenetwork.org.uk

**NHSGGC BOARD
 MEETING**

17 August, 9.30am
 Dalian House, Glasgow

**THE INCORPORATION
 OF GARDENERS'
 LECTURE**

**'HERBALS FROM THE
 COLLEGE COLLECTION'**
 Monday 23 August,
 6.30pm for 7pm



**PRESENTATION BY
 MRS CAROL PARRY,**

Archivist, Royal College
 of Physicians and
 Surgeons of Glasgow

To reserve places for
 this free lecture, please
 contact: Melanie
 Chambers tel:
 0141 241 6210 or
 email: [melanie.chambers
 @rcpsg.ac.uk](mailto:melanie.chambers@rcpsg.ac.uk)

GUT WEEK

23-29 August
[www.loveyourgut.com/
 gut-week](http://www.loveyourgut.com/gut-week)

**SCOTTISH HEALTH
 AWARDS**

**Nomination deadline:
 6 September**

Nominations are now
 sought for the Scottish
 Health Awards. Do you
 know a team, individual
 or volunteer who
 deserves to be
 recognised? If so,
 nominate now!
 For further information,
 visit [www.scottish
 healthawards.com](http://www.scottishhealthawards.com)

40 YEARS

Gartnavel kicked off events as HBS celebrates four decades

The Hospital Broadcasting Service (HBS) kicked off its ruby anniversary with an event at Gartnavel General.

Patients, staff and volunteers were there to support the event, mingle and learn a little more about the set up of the service and the fabulous work it does.

With many displays on show and a DVD of the very first request being shown there was no shortage of things to see and people to talk to.

Founding member Eric Simpson came along to show his support for the service he brought to Glasgow. He told SN: "I remember growing up

listening to the radio and just thinking it was a superb, magical thing. It gave me a great deal of pleasure and enjoyment and after a couple of stays in hospital, and learning about Forth Radio Network in Edinburgh, I decided to look into introducing something similar in Glasgow Hospitals.

"After meeting with the Health Board, myself and a couple of other interested parties put a plan in place to provide the highest quality service and programmes to patients and their families when attending hospital. The rest, as they say, is history."

With Eric's hard work and determination, the HBS was set up on Christmas Day

1970, with the very first request being Kenneth McKellar's *My Love is Like a Red Red Rose*. It's still a firm favourite today!

The service provides a diverse range of music, mentions and call outs to patients and currently broadcasts to seven hospitals in Glasgow and Clyde. Due to the huge selection of tracks they have acquired over the years, the service manages to meet more than 97 per cent of all requests.

Chairman Niall Anderson said: "Thanks to everyone who helped organise the day and a special thanks and congratulations to all the volunteers, past and present, for making such a success of the last 40 years."

I joined HBS to do my bit for charity and the community as well as getting experience while being part of a great organisation

Geoff O'Donnell,
 volunteer request collector



Royal invite for spinal staff

A SMALL group of staff from the Queen Elizabeth National Spinal Injuries Unit at the Southern General Hospital have received a VIP birthday invitation.

HRH Princess Anne, who is a patron of spinal injuries charities, hosted a garden party at Buckingham Palace in honour of her 60th birthday.

Pictured before the events and representing Spinal Injuries Scotland are director of the national spinal injuries unit David Allan; clinical services manager Margaret McKillop; sister Laurie Duffy, who inaugurated the unit's respiratory care service; and auxiliary David Cassidy, who is also the house-keeper for the "Step Down Unit", a special facility which helps patients to return to everyday living.



ON AIR

of dedications



Household names who started out at HBS:

George Bowie, Radio Clyde
Ken Bruce, Radio 2 (pictured)
Paul Coia, BBC/Channel 4/Smooth Radio
Martin Frizzell, GMTV
Ross King, GMTV
Dave Marshall, Smooth Radio
Ian Martin, Your Radio
James Piuu, West Sound
Tom Russell, Rock Radio
Susan Spence, Radio 5 Live



Top Ten tracks in 2009

- 1 Frank Sinatra
My Way
- 2 Neil Diamond
Sweet Caroline
- 3 Kenneth McKellar
My Love Is Like A Red Red Rose
- 4 Dolly Parton
Nine To Five
- 5 Dean Martin
That's Amore
- 6 Lena Martell
One Day At A Time
- 7 Patsy Cline
Crazy
- 8 Bette Midler
Wind Beneath My Wings
- 9 Tina Turner
The Best
- 10 Dean Martin
Dream A Little Dream



Prize posters

TWO of our poster submissions to the NHSScotland Event 2010 held at the Edinburgh International Conference Centre were recognised with awards.

The theme for this year was Making Quality Count, with 123 posters on display.

Dr Liz Burleigh of the Falls and Fracture Liaison Service won the clinical effectiveness category, demonstrating that the NHSGGC strategy over the

past 10 years has reduced hospital admission with hip fracture by 3.6 per cent – in contrast to national figures showing increases in admissions of 5.1 per cent and 16.2 per cent across Scotland and England respectively. The numbers of admissions to hospital with a fall have also substantially reduced.

The building capacity for quality improvement poster was won by Dr Tricia Moylan from the West

RAD pain management group with “Learning and Working Together to Improve management of Pain in Hospital”.

The purpose of the posters was to highlight creative and innovative solutions to improving the quality of healthcare in Scotland and showcased in six categories – building capacity, efficiency and productivity, mutuality and equality, safety, clinical effectiveness and person centeredness.

Time to nominate!

Nominations are sought for the Scottish Health Awards, which honour Scotland's best health workers and unsung heroes. The awards are open to all teams, individuals and volunteers who work across NHSGGC so, if you know a team or someone who deserves to be recognised, get your nominations in now.

The Scottish Health Awards are looking for people who don't normally have a high profile but should be recognised for their commitment to the NHS and their devotion to patients. People who genuinely make a difference.

Do you know a team or someone who fits the bill? If so, this is your chance to nominate them for their tireless work. There is a category to celebrate the commitment of staff from every area of the health service.

The closing date for nominations is Monday 6 September.

The winners will be announced at a ceremony at the Edinburgh Corn Exchange on 11 November.



For more information, visit:
www.scottishhealthawards.com

Team makes the Green List



Minister for Transport Infrastructure and Climate Change Stewart Stevenson, left, congratulates Douglas McIntosh

The NHSGGC travel plan and systems team has been added to this year's Scottish Green List which recognises the achievements of unsung environmental champions across our communities.

Douglas McIntosh and Graeme Condie have been encouraging us all to look at greener ways of traveling to work. They have introduced car sharing and the most successful cycle to work scheme in Scotland, as well as encouraging people to use more environmentally

friendly forms of travel from the ZoneCard and cycling deals for staff.

Both Douglas and Graeme lead by example by car sharing themselves, and they have not only inspired staff but have also been a motivation for similar schemes in other NHS boards.

The Scottish Green List judges were impressed by their successes, despite budget constraints, and decided they were worthy winners of fifth place in this year's awards.



Overall winner Eric Robinson from Monklands Hospital impressed the judges with his portfolio (below left, left and right)



Competition challenge

NHS

Medical photography staff from across NHSScotland took up the challenge of the first NHS Scotland Photography competition with gusto.

Our own Sharon Sutherland from Southern General medical illustration picked up one of the main prizes, donated by Capture Ltd.

Sharon's fantastic shot, which is on the cover of this issue, and the overall standard of entries, impressed the judges. They were John Young from YoungMedia; Colin Inglis from Nikon UK; and Sandie Scott, head of communications at the Golden Jubilee Hospital.



Sharon Sutherland from Southern General's medical illustration department picked up one of the prizes. Her photograph features on the cover



Christine Henderson from Wishaw General won camera equipment for her picture that show hospitals can be fun (right)



Engages medical photography staff to capture our work

IN FOCUS

Two of the winners received their prizes during the official launch of the library at the NHSScotland Event 2010 at the Edinburgh International Conference Centre. All those who took part will now have their photographs available on the NHSScotland photo library.

Head judge John Young, former Group picture editor of the Herald & Times and now owner of multimedia company YoungMedia, said: "There were a lot of excellent pictures submitted. However, some of the entrants were more successful than others in interpreting the brief

which was: that each portfolio of pictures should reflect a modern, inclusive and caring NHS, and may feature people, services, equipment or locations in any NHS setting."

The overall winner was Eric Robinson from Monklands Hospital, who won a fantastic Nikon D300s professional camera, which was kindly donated by Nikon UK.

Christine Henderson from Wishaw General Hospital won camera equipment vouchers to the value of £200 donated by YoungMedia.

The new free-to-use national photo library has a vast array of high-quality

images covering a huge range of subjects and issues reflecting the wide spectrum of NHS care and interactions with patients.

All the images are free to use for NHS staff in Scotland for work-related publications and meet strict guidelines including HAI and dress code.



To use this resource, fill in the registration form, giving your work contact details and email address, at: www.nhsscotlandphotolibrary.org. Then have a browse through the library and see what is available for your project.



New poster highlights support for staff

A STAFF awareness campaign aimed at reducing the number of violent and aggressive incidents is to be supported by a poster designed and developed by staff.

The campaign is a direct result of the 2008 staff survey which found that 20 per cent of staff had experienced a violent incident in the previous year.

With assistance from Medical Illustration, a poster was developed from two winning entries sent in by staff nurse Claire Cameron, from the West of Scotland Adolescent Inpatient Unit at Skye House, and senior nurse/ENP Craig Hosie, from Accident & Emergency at the Royal Alexandra Hospital.

Claire's poster brought together the huge impact that aggression can have on staff with information on support services while Craig's highlighted the use of Datix in reporting incidents. The final poster encourages staff to report incidents and gives information on how to access free and confidential support services.

Claire and Craig received their prizes of a £50 voucher for Buchanan Galleries, a goodie bag and a framed copy of the poster from chief executive Robert Calderwood.

The project was led by violence and aggression co-ordinator Sheena Gordon.



FRAUD: not worth the risk

NHSGGC operates a zero tolerance approach to fraud and has both local and national arrangements in place to prevent and detect it. Two high-profile cases of fraud within NHSGGC have recently resulted in two former employees receiving custodial sentences.

The first was sentenced to 20 months in prison after pleading guilty to stealing material valued at £23,000 from NHSGGC and selling it on eBay. Another ex-employee pled guilty to defrauding NHSGGC of £38,000 by falsifying her duty sheets. She received a custodial sentence of eight months.

Like all Boards in Scotland, we have a fraud liaison officer (FLO) to ensure that our counter-fraud arrangements are robust, and all allegations or suspicions of fraud are investigated.

Our FLO is Alan Lindsay. He said: "As of April this year, we have roughly one in 4,000 employees under investigation for fraud. While this is quite low, we can't afford to be complacent about it, so every allegation is investigated by NHSScotland's Counter Fraud Services (CFS). It also undertakes proactive exercises to identify fraud – including recently a review of high overtime payments in NHSGGC. I'm pleased to report that no evidence was found."

The Board has its own Fraud Policy which it approves each year. The policy states we have zero tolerance to fraud – all allegations of fraud will be investigated.

Where fraud has been proved, a three-pronged response is adopted:

- Disciplinary action. Where relevant, this will involve referral to the employee's professional body.

- Criminal investigation and referral to the Procurator Fiscal.

- Recovery of any losses which the Board had incurred as a result of the fraud. This could involve, for example: legal action, use of a debt collection agency, and recovery of the amount lost from the individual's superannuation contributions.

Alan added: "The message we want to get across is fraud is not worth it. Even though instances of fraud are rare, we do investigate and we do catch people. A convicted fraudster could find themselves facing a jail sentence, being dismissed, being struck off by their professional body and being pursued for the amount of the fraud."

To contact Alan Lindsay, email: alan.lindsay@ggc.scot.nhs.uk or tel: 0141 201 4771.

Praise for homeless partnership

SOUTH West Community Health & Care Partnership (SWCHCP) and its partners picked up the Partnership Working in Adult Care Award at a recent Care Accolades ceremony.

The award was presented to the CHCP and partners – who collectively work as the Prevention of Homelessness Partnership – for their Section 11 project, which is working to stop repossession and eviction of people within south-west Glasgow, and prevent homelessness through the provision of specialist support to clients.

Partner organisations within the Prevention of Homelessness Partnership are: SW CHCP, Govan Law Centre and Govan Money Matters Advice Centre. It was set up in 2005 and more than 1500 families and individuals have avoided becoming homeless since the project began.

Councillor Stephen Curran, who is chair of SWCHCP, said: "Congratulations to everyone involved in this partnership project for winning the award.

"It's fantastic that this project has been recognised in this way."

You can see a picture of the winners picking up their award in SN online August 2010.

Win with Staff Benefits

The NHS Staff Benefits programme provides a wide range of services to NHSGGC staff including the staff lottery, Independent Financial Advice, Mortgage Advice, local discounts and much more.

David Torrance (below) joined the Staff Benefits team last year. He is responsible for sourcing local businesses offering NHS discounts. Thanks to David, there are now a wide variety of local discounts within Glasgow and Clyde.

Whether you are doing some home improvements, enjoying a meal with friends, arranging a well-

earned break or simply pampering yourself with a beauty treatment, check out all our great savings available from NHS Staff Benefits at: www.nhsstaffbenefits.co.uk and complete the free registration.

Competition

Venart Photography is a professional social photographers whose services include wedding and portrait shots. They offer a fantastic NHS discount to staff and are even putting up a competition for Staff Newsletter so you could win a fabulous family portrait shot with

an overall value of £200.

Capture you and yours at their very best with this professionally shot portrait.

For your chance to win this great prize, register at www.nhsstaffbenefits.co.uk, then tell us:

Q: What discount does Venart Photography offer NHS staff?

Email your answer to: staffnewsletter@ggc.scot.nhs.uk by 31 August 2010. Please include your work loca-

tion with your answer. The competition is open to all employees of NHSGGC. Winners' details will be printed in future issues of *Staff Newsletter*. Only one entry per person (yes we do check!).



National award for Shettleston nurses

Post-Cancer Treatment Clinic improves quality of life for patients

The district nursing team at Drs Ross and Robinson Practice, Shettleston Health Centre have won the GP Enterprise Award 2010 for Primary Care Nursing for the new Post-Cancer Treatment Clinic.

The clinic was devised to review those patients who had completed, or nearly completed cancer treatment, to ensure that their general health and welfare needs were addressed.

All such patients not regularly being seen in primary or secondary care were invited by phone or letter to attend to have their medication and nutritional status reviewed. Of the seven patients invited, all attended the clinic.

GP partner Dr Samantha Ross said: "The patients saw the district

nurses first and then me. They often brought family members with them and seemed grateful that they had been called in to a clinic rather than presenting themselves."

District nurse Phyllis Hutchison said that the presence of a GP at the nurse-led clinic enabled a one-stop approach to the patient's problems.

Some patients needed nutritional input, others were helped to increase their welfare benefits, and it was discovered that some patients

had been neglecting pre-existing conditions.

Phyllis said: "Some had let their other conditions get out of control because the cancer diagnosis had taken over. One patient had let his diabetes go completely and we had to get him along to a diabetic clinic very quickly."

East Glasgow CHCP

senior nurse Mahri Nicholls said: "The nurses knew from discussions with patients that some still had concerns after their course of treatment was completed. The clinic was set up to give patients and carers the chance to discuss their issues with health staff to see if we could offer other help to improve their quality of life."



Jane's 288km run for funds

THE Sandyford's Dr Jane Simpson is about to take on one of the biggest sporting challenges in the world for an endurance athlete.

From 4 to 11 September, Jane will take part in the sixth GORE-TEX Transalpine-Run which crosses the Alpine divide from Ruhpolding in Germany, through Austria, to Sexten in Italy. The course covers 288km in distance and about 18,700 metres of elevation gain – the equivalent to nearly a marathon per day and climbing Everest twice!

Jane is tackling one of the world's toughest and most spectacular long distance races to raise money for the Lodging House Mission (LHM), a homeless day centre in Glasgow. She has volunteered there for 18 months and, inspired by the commitment and hard work of the staff and other volunteers, decided to raise

funds by attempting this extraordinary test of body and soul.

Before her transalpine training began, the furthest Jane had run was a half marathon and she competed in her first hill race less than a year ago.

I really want to make a difference at the Lodging House Mission

She now trains for up to four hours at a time every day, clocking up to 70 miles running per week. She recently completed her first mountain marathon and ran the Rob Roy Way a few weeks ago to build endurance.

"I run at least five or six days per week, including three long hill runs



Jane is running 70 miles a week in training

and swimming or cycling on my 'rest' day," said Jane.

"I really want to make a difference at the LHM as I believe the work done there is invaluable to the most vulnerable of our community. I hope the hard work I am putting in will encourage people to donate to this very deserving cause – I can think of many people who will be happy to pay to watch me suffer!"

If you'd like to sponsor Jane in her fundraising, visit: www.lhmglasgow.org.uk
For more information on the course, visit: www.transalpine-run.com

Solutions event helps tenants

THE second Homelessness Shared Solutions Event in East Glasgow took place in late April.

Organised by East Glasgow Community Health and Care Partnership (CHCP) with Glasgow Homelessness Network, the event allowed 50 frontline staff, policy makers, community members and service users, to identify priorities for local homelessness issues.

Service access co-ordinator Russell Robertson said: "I was delighted at the response to the event. It's information from events like this that help us to really meet the needs of vulnerable tenants by working together to prevent homelessness."

The next event will be held in October. Contact Russell for more information tel: 0141 277 7457 or email: russell.robertson@ggc.scot.nhs.uk

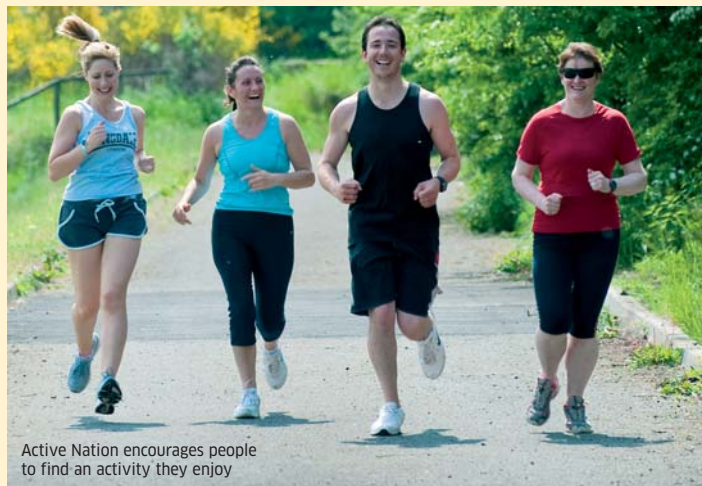
BECOME PART OF AN ACTIVE NATION

National scheme helps you build physical activity into each day

All of us know the importance of keeping fit, healthy and active and we all know that it's not always easy! NHSGGC – through Staff Health Action Plan and Healthy Working Lives – is always encouraging staff to be active helping to create a healthier, happier and more motivated workforce.

Now, a new national scheme, supported by NHSGGC, 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



Active Nation encourages people to find an activity they enjoy

lives. The idea is to be a bit more active than you are at the moment – so it can be anything from going for a brisk walk to and from work or in your lunchtime to dancing with your kids at home.

Active Nation will help you track your progress and provide opportunities for you to meet others doing

the same. It 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.

The Active Nation website has 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.

There are also tips to keep you motivated long after your initial enthusiasm may have passed. Once you have registered your goal, you can keep your own record of progress so you know how well you are doing through your own personal activity tracker.

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! Then you can get active, have fun and feel good.

Getting started couldn't be easier, just register your goal on the Action Nation website at: www.ouractivenation.co.uk



The Puffins say the challenge has made them fitter and happier

Huffin Puffins take the long walk to victory

THE Huffin Puffin team from the Public Health Research Unit won the Pedometer Challenge which ran across NHSGGC and Glasgow Council staff.

Staff Health Action Plan organised a virtual walk of the West Highland Way with 720 staff taking part in the challenge.

Once they were finished, the teams had collectively walked the circumference of the Earth twice (49,802 miles)! Many teams completed part of the actual West

Highland Way during the final week of the challenge.

Huffin Puffins captain Denise Hazely said: "The Pedometer Challenge was a fantastic idea – not only did we make a conscious effort to be more active, but it also brought us together as a team. A few of us are not car owners and so although we were already very active, the challenge made us appreciate more the benefits of walking. All in all it was great fun... and we're all fitter, trimmer and happier for having done it!"



That's the spirit!

Team spirit has been taking over NHSGGC recently with many staff taking part in the Healthy Working Lives hockey, golf and football tournaments.

In the football, the Dalian Dynamos from Board Headquarters lifted the cup while a GRI team made up of staff from the burns and plastics ward and facilities picked up the hockey trophy.

In the golf, Southern General Hospital's radiologist Sean Kelly, Doug Small from the physics department, porter Joe Sweeney and Frank McGuire from facilities at Yorkhill were the winning team.

Congratulations to all involved.