NEED A MONEY HEALTH CHECK?

Follow our top tips to beat the credit crunch

£1000 giveaway • In the headlines • Dates for the diary • Staff mentoring
Meet our Scottis Awards winners

Sandyford celebrates six of the best!

SANDYFORD staff had a lot to celebrate after they scooped six of the first Wellbeing in Sexual Health (WISH) awards.

The awards, which were organised by NHS Health Scotland, aim to recognise the outstanding achievements of Scotland’s sexual health and wellbeing services.

Sandyford received awards for the following services:
- Brief Intervention and Alcohol Screening for Young People
- Steve Retson Project
- Archway Glasgow
- Involving users
- Thrive, which supports male survivors of childhood sexual abuse
- Termination of Pregnancy Assessment and Referral (TOPAR).

More than 150 delegates from throughout the UK attended the awards event, which featured presentations from experts in the field and a keynote speech from the Minister for Public Health, Shona Robison.

The event also saw the official launch of the Faculty of Sexual and Reproductive Health’s Clinical Effectiveness Unit, following its relocation from Aberdeen to Sandyford, Glasgow.

Following another bumper year of nominations for the Scottish Health Awards, NHSGGC came away with five awards from the glittering gala event in Edinburgh.

Clinical specialist physiotherapist Effie Flett received the NHS 60th Award in recognition of her long-standing commitment to the NHS in Scotland and her selfless and long term dedication to patients.

This award was particularly special as Effie has announced she will retire after 40 years with the NHS, specialising in rheumatology for the last 22 years. Renowned among patients and staff as a caring and friendly person, judges said she was a truly worthy winner of the NHS 60th award.

The Compass team, a multi-disciplinary mental health team, collected the Equality in Healthcare Award for their valuable work with asylum seekers and refugees of all ages in Glasgow.

This is the only service of its kind in Scotland and over the last few years, the Compass team has provided a range of culturally and gender-sensitive therapies for asylum seekers and refugees affected by trauma in their countries of origin.

Staff nurse Emma Stewart from Gartnavel General Hospital was recognised for her dedication towards caring for elderly patients. Emma has been a staff nurse in the recovery room at Gartnavel for a year and is one of the most popular and highly regarded members of the team.

She goes beyond her official duties to ensure that patients receive the best treatment and will often cancel appointments to stay with an elderly patient after her shift has finished.

Cardiac rehabilitation nurse Linda Harley received the Heart Attack. Linda has worked in nursing for more than 30 years and has been based at the Vale of Leven Hospital for 25 years of her career.

To aid patients in their recovery, she will often visit them in their homes, organise keep fit classes as part of their rehabilitation and go out of her way to tailor individual programmes to meet the needs of individual patients.

Ward manager James Henderson collected the Mental Health Award for his tireless work in providing a warm and friendly environment for patients at the Campsie Ward of Leverndale Hospital.

Patients are encouraged to get involved in structured outdoor activities such as five-a-side football and walking groups.

James also organises an annual

Our talented staff celebrate a fabulous night by picking up five gongs at this glittering event

NHSGGC cleans up at awards

NHS GREATER Glasgow and Clyde has swept the board at a major health awards ceremony, coming top in three categories and then picking up the overall prize, the Paul Taylor Award, for our ambitious cleaning service peer and public involvement programme. The NHSScotland

Right: director of facilities Alex McIntyre, centre, with the winners from NHSGGC and representatives from Health Facilities Scotland. Far right: Elisabeth Sutherland, centre, collects her award from cabinet secretary Nicola Sturgeon.

Our talented staff celebrate a fabulous night by picking up five gongs at this glittering event

NHSGGC picked up the design award for the environment, estates and facilities awards are organised by Health Facilities Scotland.

We appreciate all of our readers’ efforts and contributions. Please send articles, letters and photographs to:
Address: NHSGGC Communications, Staff Newsletter, NHS Greater Glasgow & Clyde, 350 St Vincent Street, Glasgow G3 8YZ.
email: staffnewsletter@ggc.scot.nhs.uk
Telephone: 0141 201 4995
A team from NHSGGC and the University of Glasgow saw off rival bids in a Dragon’s Den-style competition which seeks to recognise innovation in eye care.

Following a presentation in front of an expert panel at the Royal College of Ophthalmologists in London, the team was awarded the Medical Futures Ophthalmology Innovation Award for developing a new software product called Sight-Sim.

The software produces computerised images that simulate the visual impairment experienced by individual patients.

This information will help families, care workers and teachers to design better living, learning and working environments and make it easier to develop individually tailored educational material for visually impaired people.

The team, which includes Dr Ruth Hamilton, Dr Michael Bradnam and Dr Aled Evans from our department of clinical physics and bioengineering, consultant ophthalmologist Professor Gordon Dutton and Dr Paul Siebert from Glasgow University’s computing science department, will pick up their award in London this month.

NHS Greater Glasgow and Clyde has been named Employer of the Year for our efforts to help unemployed people get back into work.

We received A Wise Employer Award at the Wise Group 25th Anniversary Awards for our Working for Health programme which we deliver in partnership with the Wise Group, Jobcentre Plus and Scottish Enterprise Glasgow. The successful programme offers unemployed people a four-week training course and two weeks’ work experience within the NHS.

A Gartnavel Royal psychiatrist has won a major literary prize for a new book that aims to help young people overcome depression.

Senior lecturer in psychiatry and honorary consultant psychiatrist Chris Williams won the Royal Society of Medicine/Society of Authors joint awards for New Medical or Healthcare Book for the General Reader.

Chris co-wrote the book “Overcoming Teenage Low Mood and Depression” with Nicky Dummet.
With the credit crunch really starting to bite and growing concerns about the safety of our savings, there couldn’t be a better time to join the NHS credit union.

Newly appointed manager of the West of Scotland NHS Employees Credit Union Robert Kelly explained: “Over the last few months, we’ve started to receive calls from people who are worried about the safety of their savings and are looking for an alternative to the banks and building societies. “They obviously want to know if their money is safe with us; however, I’m able to reassure them that credit unions are completely secure as we don’t invest in the stock market and, unlike most high street banks, we don’t borrow money from other lenders.

Many existing members use the credit union to save for holidays or Christmas. Others take out loans to buy a car or carry out home improvements. All you have to do is save with us for at least three months and then you can apply for a loan.”

As well as highlighting the benefits of joining a credit union, Robert’s also keen to banish some of the common myths. He explained: “Many people wrongly think that credit unions are a type of poor man’s bank which are only used by those on low incomes or people who can’t get access to any other source of credit. The reality is, however, that the NHS credit union is open to all staff and our members come from all walks of life.”

So the message is clear – if you want to guarantee the safety of your hard-earned cash and access some of the most competitive loans around, then join the NHS Credit Union today. Simply fill in and return the short application form which you can find on the Staff Newsletter section of StaffNet or tel: 0141 445 0022 for a copy.

The NHS Credit Union is based at: 9 Dava Street, Pavilion 3B, Moorpark Court, Govan, Glasgow G51 2JA.

...top 10 reasons to join the credit union

1. Your money is completely safe and secure
2. Convenient way of saving as money is deducted directly from your salary
3. Opportunity to borrow money at competitive rates with no hidden charges
4. Free savings protection and life insurance on loans (most lenders charge for this)
5. Credit unions are co-operatives owned by their members
6. Access to other services such as insurance and junior savings accounts
7. Annual dividend paid on your savings
8. By saving, you are increasing the pool of money available for members to borrow
9. Affordable way of borrowing – particularly for small loans
10. No penalties for paying back your loan early.
Money matters

UNION

FAQs

How much can I borrow?
Members can apply for a loan after they have saved for at least three months. The amount you can borrow depends on how much you have saved. For example, if you have saved £500, you can borrow up to £1000. If you have more than £500, you can borrow the value of your savings plus an extra £500 e.g. if you have saved £750 you can borrow up to £1250. Once a loan is approved, it gets paid straight into your nominated bank account.

How much will it cost me?
A £500 loan over 12 months would cost you £44.43 each month – total amount payable £533.09.
A £1000 loan over 12 months would cost you £88.85 each month – total amount payable £1066.18.

How long do I have to pay the money back?
Loans under £1000 can be repaid over a maximum of 12 months. Loans over £1000 can be repaid over a maximum of 18 months. Remember, you won’t be charged a penalty if you want to pay your loan back earlier.

To join the Credit Union, click on our live link at: SNone from StaffNet or tel: 0141 445 0022.

Top tips from the MoneySavingExpert.com

1. Prepare for Christmas
So many people treat Christmas as if it were an unforeseen shock spend. The best way to deal with Christmas is preparation. If you don’t prepare, you’ll end up trying to pay for this massive event out of December’s salary. Most people can’t, end up borrowing and then start the new year in hock to the bank.

2. Pay off debt
The absolute priority is to use any savings or spare cash to clear it. Many people fight against this, but the logic is irrefutable: owe a credit card £1000 at a typical 18 per cent rate and it’s costing you £180 a year. Yet £1000 in even the top savings account after tax pays only 4 per cent, that’s £40 a year. Therefore pay off the card with the savings and you’re £140 a year better off.

2. Don’t pay more than you should
At the moment especially, it’s even more important to save on everything. Ensure you’re not paying a penny more than you should for any goods or services. Go through everything you spend money on to see if you can get the same for less, including checking if you can reclaim loan insurance or credit card charges.

4. Don’t use cards to supplement day-to-day spending
The huge worry about credit cards is there’s no structure. This is one of the reasons they’re the primary cause of personal debt crisis; many people simply use their cards to supplement their income. To correctly use a credit card, ensure all borrowing is planned, budgeted for and as cheap as possible.

5. Check out your Credit Union
If you want real safety for your money, the answer is a bank or building society savings account or a Credit Union, but not savings stamps or hamper schemes.

6. Claim childcare vouchers
These can save parents with kids aged up to 15 more than £1000 a year on childcare. The key is it enables you to pay for childcare out of your pre-tax income. While this doesn’t sound much, the benefit is huge.
Most employers work it something like this: for every £1000 earned after tax and NI, most people take home £700ish. Swap this for the same amount of vouchers and you’re £300 better off per £1000. In fact, BOTH parents are allowed to get a maximum of £243 per month worth of vouchers. Find out more about the NHS childcare voucher scheme Busy Bees on the staff benefits section of StaffNet.
Dealing with the media

THE communications department handles about 100 Freedom of Information (FOI) requests from media organisations every year, covering a multitude of topics, many of which result in media stories. Whenever these requests are responded to, the news desk ensures all information is presented in context to help minimise the opportunity for misinterpretation or sensationalism.

A recent example was a number of FOIs asking for the number of pest control call-outs at our hospitals over the past five years. These requests were on the back of similar FOIs which had been submitted to English Trusts and the results saw widespread negative and sensational coverage.

The response from NHSGGC set out all the call-out details which had been requested, set against the context that we are the UK’s largest health board, with 25 hospitals, 10 specialist units and 60 health centres and clinics, including a number of healthcare facilities that are more than 100 years old.

By doing this, it helped us to manage our reputation and protect public confidence in the resultant media coverage that reflected this caveat.

Saving Smeato!

Over the past few weeks, the news desk dealt with a huge amount of media interest in John Smeaton. John shot to fame after tackling one of the Glasgow Airport alleged terror attackers and was recently admitted to the intensive care unit at the Royal Alexandra Hospital following a serious asthma attack.

The news desk was inundated with requests for updates on his condition from media outlets around the world. Before he was discharged, the news desk became aware that ITU staff had saved his life by using two-life support machines instead of one – a first for Scotland.

With John’s permission, the team organised a media photocall at the hospital to give our clinical staff the opportunity to showcase the life-saving treatment. This resulted in widespread positive coverage and praise for local staff in the national media.

New NHSGGC hospitals to go ‘paperlite’

WORK is under way to modernise and improve the current arrangements for holding patient information, as often it is required by more than one clinician in multiple locations at the same time.

In the new Victoria and Stobhill Hospitals, the intention is to move to a “paperlite” system (using electronic records rather than paper).

This will make far more effective use of hospital resources, as well as reducing clinical risk, costs for storage and transport of paper records.

Developing our managers

Education, is split into three areas – foundation programme for new managers, accredited programmes and individual modules. Each contains information on all the different programmes available, as well as application packs and supporting material.

The Foundation Management Programme forms part of the induction process for newly appointed supervisors and managers and supports the new induction portal. Accredited programmes, which are provided by the Institute for Leadership & Management (ILM) working in partnership with NHSGGC, cover a wide range of topics. These include problem solving and decision making, organising and delegating and understanding change.

There are no formal entry requirements, but staff will normally be practising or aspiring first line managers with the opportunity to meet the assessment demands and have a background that will enable them to benefit from the programme.

Staff can also access a number of individual development modules either online or via one-day workshops.

To find out more and see a calendar of courses available, see the latest news section under Human Resources.

Dates for the diary

Togetherness and Hope Remembrance Service 7 December, 2.30pm St Mary’s Episcopal Cathedral, Great Western Road, Glasgow

This service aims to offer support and comfort for all those affected by the death of a child. For further information, please contact Rev Carol Campbell, tel: 0141 201 0639.

NHSGGC board meeting 16 December, 9.30am Boardroom, Dalian House

Stress in Healthcare 28 & 29 January 2009 Venue: TBC

The aim of the seminar is to provide the latest clinical and scientific information on stress and its management.

This includes a range of techniques for coping with stress in healthcare settings and increasing awareness of personal stress.

For further information, email: jill.dodds@ggc.scot.nhs.uk

To find out more about the IT plans for the new hospitals, including contact details, visit: StaffNet > Corporate Services > Health Information Technology > New Hospitals H&I T
Simple ways to save cash

Travel discounts, cash back on your shopping - it all adds up!

NHS Staff Benefits offers all staff the opportunity to take advantage of special rates and discounts for a wide range of products and services. This is an overview of just some of the many benefits available to NHS employees. For further information, contact Anne tel: 0141 314 4016 or check out the latest offers at: www.nhsstaffbenefits.co.uk

How to enter
Congratulations to Lorna and for your chance to win another £1000 in this issue, courtesy of the Staff Lottery/Appeal Society, simply tell us:

Q Which financial organisation offers staff the opportunity to borrow money after saving with it for three months?

Email your entry to: staffnewsletter@ggc.scot.nhs.uk (you’ll find the answer in SN) by 31 December 2008. Don’t forget, if you want to join the Staff Lottery, contact Isobel Huk (contact details as above).

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

Lorna’s grand surprise!

THE winner of October’s SN £1000 give-away is auxiliary nurse Lorna Shaw from the diabetic day unit at Stobhill.

On hearing the news, Lorna was convinced her colleagues were winding her up! However, after a lot of convincing, Lorna finally realised it wasn’t a wind-up and declared herself thrilled to bits.

“I’m so excited to have won that I haven’t had time to think about what I’ll spend the money on, but my three sons and two grandsons are already giving me some suggestions!”

Recently Lorna’s grand surprise was confirmed when she found out she would be receiving £1000.

Lorna said: “I was thrumming to bits after saving with it for three months. I can’t wait to spend it on a holiday for my family. I’m going to go to New York and see the sights!”

Joining is simple – just download the latest version of the lottery application form from www.nhsstaffbenefits.co.uk, complete and return to Isobel Huk, Staff Benefits, Room 4.20, The Walton Annex, Glasgow Royal Infirmary, Castle Street, Glasgow G4 0SF. Monthly winners are available to view on the above website.

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A delighted Lorna with colleagues Laura Hunt and Carol Sellar
**A&E army style!**

VICKY A&E nurse Robert Burns, also known as Lieutenant Robert Burns, a reservist with TA 205 Field Hospital, is about to complete a three-month tour of Iraq.

This follows his stint in Afghanistan from April to July last year, so what is it about war zones that attracts Robert?

“Well”, he explained, “you do use the same skills in A&E as the TA and as a member of the TA you can be mobilised at any time. However, on this occasion, I volunteered to go out and replace someone.”

The three-month tour included a two-week training programme to hone up Robert’s military skills before he left. On his return, he then has two weeks’ leave before returning to his day job at the Vicky.

Juggling his two roles is, said Robert, relatively easy. “It’s not normally a problem getting time away from the NHS as I get very good support from my colleagues and line manager.”

Robert Burns is currently on a three-month tour of Iraq with the Territorial Army.

**“It’s not normally a problem getting away as I get good support from my NHS colleagues and line manager”**

Robert Burns

On duty, Robert has mostly been treating his fellow soldiers injured through bomb blasts or from bullet wounds. “We are very well set up – it is like working in A&E here. We have all the facilities and equipment needed such as scanners and it’s a good experience, as I don’t normally deal with this sort of trauma.”

On a day-to-day basis in Iraq, Robert works a 12-hour shift dealing with everything from minor injuries to major incidents. During the tour, he can be 12 hours on-call, get 12 hours’ sleep and then work a 12-hour night shift!

He said: “Time does start to fly in eventually, but the first couple of weeks can be slow. I will be back in time for Christmas to see my very supportive wife and two daughters, aged 15 and nine.”

Could you act as a mentor?

THE equality and diversity team is developing a diversity mentoring scheme and seeking volunteers to take part. The team is looking for colleagues from a range of backgrounds.

Prospective mentors should ideally be operating at middle management level, be established in their careers and willing to spend some time mentoring junior colleagues (in or aiming for their first management role) who feel they are experiencing barriers to career progression.

Also needed are people in first line junior management positions who would like to take part as mentees. No experience of mentoring is needed in either case.

If you would like to find out more, contact diversity mentoring co-ordinator Anna Cunningham tel: 0141 201 4787 or equality & diversity admin assistant Michelle Rooney tel: 0141 201 4511.

You can also email: anna.cunningham@ggc.scot.nhs.uk or michelle.rooney@ggc.scot.nhs.uk

**Have your say about the Games**

Complete the Commonwealth Games Survey online and say what you think the impact of the Glasgow 2014 Commonwealth Games could be.

Your views will help Glasgow City Council and NHSGGC make sure that there are lasting positive effects and benefits.

The survey, which is part of a wider consultation, will advise the organisers about the things that could be done to improve the health and wellbeing of communities across Glasgow and beyond.

Complete the survey online at: www.glasgow.gov.uk/en/YourCouncil/CG2014