Would you like to get more active?

active staff
Clinical trailblazers

The NHSGGC Clinical Research Facility is based in the Tennent Building at the Western Infirmary and at an annex which recently opened at Glasgow Royal Infirmary.

It has a staff of 85, who are currently working on 160 clinical trials and studies in conjunction with colleagues from within the NHS and partner universities Glasgow, Strathclyde and Glasgow Caledonian.

Here, SN spotlights just two of the important studies being carried out at the facility.

CANCER STUDY TRAILBLAZER

NHSGGC is one of two areas in Scotland taking part in a study of a groundbreaking test which may detect lung cancer earlier – and staff are being encouraged to take part.

NHSGGC’s clinical research facility is carrying out the investigation into the test, which could identify an antibody as a potential marker for lung cancer.

Out of a total of 10,000 people being invited to take part in the Early Lung Cancer Detection Study, or ECLS, 7,500 will come from the Board area, with the remainder coming from NHS Tayside.

It may then be possible to use the test to predict if someone will develop lung cancer in the future.

People will be asked to take part either by their GP or from community programmes.

Dr John Haughney, GP facility director, and his team are working through smoking cessation staff to ask people who want to ditch the cigarettes to sign up.

To meet the criteria, you must be aged between 50 and 75 years old and be a smoker or ex-smoker.

Explaining the importance of the research, John said: “Lung cancer kills more people than any other kind of cancer and it is often found too late for treatment to be useful. When found early, six out of 10 people will still be alive five years later, but this reduces to one out of 100 if it is caught too late.”

The study is being funded by the Scottish Government and the company who developed the new blood test.

Anyone whose blood test is positive will be offered a chest X-ray and a lung scan, with the results sent to their GP and the specialist chest consultant who is involved with the study.

For more details and to register, visit: www.eclsstudy.org

FUTURE HEALTH TRAILBLAZER: SIGN UP TO MAKE A DIFFERENCE

STAFF, their relatives and friends are being urged to join a Scotland-wide scheme looking at developing new treatments and cures for a wide variety of health conditions.

The Scottish Health Research Register (SHARE) is working to compile a list of people who will agree to allow access to their health records to find out if they might be suitable for clinical studies.

Our Clinical Research Facility has been tasked with recruiting 10,000 people aged 18 years and over throughout the Board area.

Dr John Haughney, GP director of the facility, said: “This access to records can be incredibly useful when it comes to developing new treatments and cures. People who join the register could, for example, help us identify new uses for old drugs which may work very well for other conditions.

“Signing up does not mean that you consent to taking part in a health research study; it would be an individual’s choice at the time if they want to participate.”

As well as a national advertising campaign, staff at our Patient Information Centres (PICs) will be promoting the initiative and explaining how people can register. Posters advertising the initiative will also be appearing in hospitals.

For more details and to register, visit: www.registerforshare.org
Get Ready, Get Set, Get Active

Take your first steps to a fitter future with our new campaign

THIS summer, the eyes of the world will be on Glasgow as we welcome some of the world’s top sportsmen and women to our wonderful city.

With less than six months to go to the opening ceremony, the excitement is growing and Scots of all ages and from all walks of life are starting to feel inspired by the Games.

We want to ensure that you have all the support and encouragement you need to turn this enthusiasm into action and take those all-important first steps to becoming more active.

This month, we are therefore launching Active Staff, a new and exciting programme to support you to get more physically active.

Open to every member of staff, the programme offers access to a wide range of activities both within the workplace and near where you live.

Through Active Staff, we will develop a programme of activities for our main sites, tailored to what you want – whether that be running or walking clubs on our sites with spacious grounds, or indoor activities where facilities are available such as Metafit or Zumba.

Active Staff will also make it easier for you to take part in some of Scotland’s best known mass participation events, such as the Great Scottish Run and the Glasgow Women’s 10k, with local training programmes and ‘first-timer’ discounts.

For those in need of a bit more support to get started, there’s an opportunity to have a one-to-one consultation with a Live Active advisor to discuss your activity levels and set personalised goals.

The Live Active scheme, until now only available to patients referred by their GP, will see staff receive advice, support and encouragement over a 12-month period to become, and stay, physically active. You’ll also have an opportunity to meet new people and try a variety of activities (exercise classes, gym sessions, swimming, walking and home-based exercise) at your own pace in your local leisure centre.

We’re also looking for a team of ‘Activators’ – physical activity motivators – who can encourage and support staff in their local areas to get active and stay active.

And if all of this is not enough, throughout the year, we’ll be offering you the chance to win some fantastic prizes and incentives to help you stick with it.

Linda de Caestecker, director of public health, said: “Over the next 12 months, Active Staff will provide you with everything you need to take that all-important first step to getting more active.

“This is not about running marathons or hitting the gym seven days a week. This is about taking small but vital steps to increase levels of activity, whether you are already active or if you are not active at all.

“Studies have shown that even small increases in physical activity can produce significant health benefits.

“So, as the Commonwealth Games athletes begin their final intensive training to take home the gold, I urge you to take that first step to a more active life and take home your own prize – the prize of better health.”

“To find out how your family and friends can also get active – and win prizes and the chance of better health – go to page 6

“Over the next 12 months, Active Staff will provide you with everything you need to take that all-important first step to becoming more active”
Gartnavel support services assistant lost four stone and gained a healthy new outlook after joining our Cycle to Work scheme

AFTER being inspired to get active by the NHSGGC Cycle to Work Scheme, Gartnavel support services assistant Robert MacGregor is a new man. The 52-year-old decided to increase his activity levels last year and purchased a bike through the NHS scheme.

Less than six months later, he has shed an astonishing four stone, cycles some 10 miles every day without breaking a sweat and heads for the fresh fruit and veg aisle in the supermarket instead of the confectionary aisle!

“I honestly feel like a new man. I wish I’d made these changes sooner,” said Robert.

“After I got the bike, I thought I was 18 again and very quickly realised I wasn’t after pushing myself too hard, too fast. So, I went right back to basics and started cycling a mile a day, then two, then five and so on, gradually building up my fitness and resilience.

“That was in August 2013 and, as soon as the weather improves, I’ll be cycling into work every day, which is 12 miles each way.”

After starting regular exercise, Robert very quickly found that he wanted to eat more healthily too. He completely changed his diet, opting only for healthy foods and snacks, cutting out crisps, fizzy juice and other unhealthy foods.

Robert said: “For years I ate pretty unhealthily. My first port of call when doing the food shop was to head for the ‘goodies’ aisles and then think about what other, more healthy items I needed. That’s all changed. I’m straight into the fruit and veg section now and actually they’re so much tastier than the unhealthy stuff I used to buy.”

At first, Robert says his transformation and incredible weight loss was more apparent to others than to him.

It wasn’t until he and his partner Rona were checking in at Glasgow Airport for a foreign holiday at the end of November that Robert finally realised just how much weight he’d lost.

He explained: “We were standing at the check-in desk and I loaded our suitcase onto the conveyor to be weighed. We all know the stress of trying to keep to the luggage weight limit when flying so I was relieved when the screen showed it was just under our 20kg limit at 19kg.

“My next thought, looking at what was a rather large and bulging case, was that I actually had lost 1lb more in weight than the case itself. I just couldn’t get my head around the fact that for all these years I had been lugging around the same amount of weight in excess fat as the case.”

Call for activators

NHSGGC are looking for Physical Activity Activators...

• Do you feel passionate about physical activity?
• Can you motivate colleagues to get active?
• Have you got the skills and enthusiasm to organise physical activity events, such as the pedometer challenge or lead a walk in your workplace?
• If so, then the Active Staff Programme wants to hear from you. Over the next few months, the programme will go live across acute, mental health and CHP sites, with Activators recruited locally. The Activator time will be backfilled and agreement from your line manager is required for you to undertake this role alongside your existing contracted role.

Activators will receive full training and support and benefits such as free passes for local authority leisure services. You will be required to:

• Promote activity opportunities with colleagues and teams
• Organise on-site events, challenges and activities
• Motivate and buddy colleagues in local activities
• Identify new activities for your workplace.

>> If you would like to become an Activator email: activestaff.legacy2014@ggc.scot.nhs.uk and look out for adverts on www.nhsggc.org.uk/activestaff
Win a year’s free gym membership

STAFF Newsletter, together with the Appeals Society and Staff Lottery, are giving you the chance to kick-start being more active by offering you the chance to win a one-year membership for a local authority gym of your choice.

A local authority gym membership can offer a range of healthy activities such as swimming, fitness classes, gym and running tracks all in a location that suits you.

To be in with a chance of winning this fantastic prize, simply answer the question below:

QUESTION: WHAT IS THE NAME OF THE HOST CITY OF THE 2014 COMMONWEALTH GAMES?

Email your answer along with your name and work location to: StaffNewsletter@ggc.scot.nhs.uk or send to: Corporate Communications, JB Russell House, Gartnavel Campus, 1055 Great Western Road, Glasgow G12 0XH

T&C: The competition is open to all NHSGGC employees. Only one entry per person. Winners must be available for a photograph, which may be printed with their details in future issues of SN. The closing date for entries is 28 February 2014.

To join the staff lottery visit: StaffNet > Info Centre > For Staff > Appeals Society or tel: 0141 211 5885

How to get started

STARTING on your own journey to better health couldn’t be easier. We’ve created a new one-stop Active Staff web portal www.nhsggc.org.uk/activestaff to provide you with all the information you need to get you started.

In the active sites section, you will find information on the activities available at your site. This section will continue to expand as new activities are set up, so keep coming back to check out what’s on.

The active local section provides information on activities organised within our communities. So if you don’t find something to suit at your workplace, check out this section to see what is available close by, or near where you live.

In active challenges, you will find information on everything from organised running events, including the Great Scottish Run and the Women’s and Men’s 10k runs, to mass participation activities organised for our staff, such as the Pedometer Challenge. Last year, more than 400 teams and nearly 2,000 staff from across NHSGGC took part in the Pedometer Challenge. We want to try to top that this year so keep an eye out for details of the 2014 challenge in this section of the website.

Here, we’ll also let you know about any discounted rates for entry into events that are available to you as an NHS member of staff.

The live active section provides information on how to request a one-to-one consultation with a Live Active advisor. To book an appointment, call 0141 287 0180.

Alternatively, to get more information on getting started and what activities and offers are in your area, contact 0141 287 0180 or email activestaff.legacy2014@ggc.scot.nhs.uk

Robert MacGregor is reaping the rewards of regular exercise

Robert has given his full backing to the launch of the Active Staff campaign and is encouraging colleagues of all ages to take that first step to increase their activity levels.

He said: “I can’t believe how taking that first step and buying a bike through the Cycle to Work scheme has literally changed my life. It really was just that – a small step to see if I could get into cycling after so many years. It turned out to be the best thing I’ve ever done.”

Robert is one of hundreds of NHSGGC staff who are already reaping the health and financial benefits of signing up for the Cycle to Work scheme, which offers staff the opportunity to buy a bike at a reduced rate and make the payments through a Salary Sacrifice Tax Reduction.

The cycle initiative, which is run jointly by the Department for Transport and Her Majesty’s Revenue and Customs, is designed to encourage members of staff to choose an active form of transport to get to work and has been so successful that NHSGGC is the only Board to be included in the national Cycle to Work top 10.

You can find out more about the scheme by emailing Graeme.Condie@ggc.scot.nhs.uk or calling 0141 201 4818.
Partnership adds muscle to Active 2014 campaign

THE Evening Times has joined forces with NHSGGC and Glasgow Life to launch Active 2014 – an ambitious and high-tempo campaign to mark this Commonwealth Games year.

As the enthusiasm and excitement builds in the run-up to the Glasgow Games, the campaign will inspire people of all ages and backgrounds to become more active and get involved in great fun events or adopt personal activity goals.

Big-name celebrities will be getting involved and special incentives will be on offer to encourage as many people as possible to join in mass participation events.

This major public facing campaign runs parallel to our own NHSGGC Active Staff campaign, offering our families and friends an opportunity to register online or via telephone to become involved in as many activities as they want to.

The Active 2014 campaign will reach schools, workplaces, individual family homes and communities. It aims to offer something for everyone – whether it be getting toddlers more active or helping the older generation enjoy the benefits of a more active lifestyle.

The campaign offers tremendously exciting opportunities for both large and small companies to get involved with Healthy Working Lives opportunities and in Glasgow Life facilities.

The Evening Times launched Active 2014 on 28 January with a series of major features that will continue to run throughout the year – up to and beyond the Games... ensuring a legacy of health activity continues long after the Games athletes leave the city.

As a main partner in the campaign, NHSGGC will be a major player in promoting healthier lifestyles and we’ll be encouraging you to be part of it. The events taking place in our own Active Staff campaign can be shared either inside the newspaper or on the newly created Active 2014 web portal within the Evening Times website.

We’ll not miss the opportunity to help people give up smoking throughout the campaign – promoting free smoking cessation advice, products and support every step of the way.

Evening Times editor Tony Carlin said he was encouraged by the success of a previous joint health improvement campaign with Greater Glasgow and Clyde Health Board in 2011 – Glas-Goals – which saw thousands of people give up smoking, pledge to drink less alcohol and tackle obesity through healthier, more active lives.

This time he is confident that the partnership of NHS, Glasgow Life and the Evening Times can deliver a campaign that will build on the excitement of the Commonwealth Games to help deliver a lasting legacy of health and wellbeing.

Visit: www.eveningtimes.co.uk and click on lifestyle or tel: 0808 111 2014

Campaign aims:
- Improve population health
- Target a series of health goals, including basic fitness, obesity, diet and smoking cessation
- Deliver the message that small changes in activity and lifestyle can make a huge improvement in health
- Raise the profile of health and fitness initiatives and opportunities.

Activities:
- Encourage more people to participate in planned mass events
- Create new events for 2014: world’s biggest tea dance; bunny hop for toddlers; school walks
- Create easy-to-access online and telephone opportunities for all to get involved in events or register personal interest
  - Regular coverage of events and individual activities in the Evening Times to inspire others to get involved
  - Competitions and incentives, such as “win a personal trainer”, free shape-up classes, free use of gym; reduced entry rates for running events.
**Have your say on the new revalidation process**

NURSES and midwives are being asked to feed back to the Nursing and Midwifery Council (NMC) on a consultation on revalidation.

Revalidation is the proposed new process by which registered nurses and midwives will demonstrate to the NMC that they are meeting their professional obligations and that they continue to remain fit to practice.

Nurses and midwives are also being invited to comment on a revised NMC Code, which is due for publication in December 2014.

The first part of the consultation is open now and closes on 31 March 2014. To submit your response, visit: www.snapsurveys.com/wh/s.asp?k=13868283932

Rosslyn Crocket, director of nursing, said: “The NMC is planning to introduce revalidation for nurses and midwives in 2015 and, at the same time, revise the code of practice for nurses and midwives.

“They see this opportunity as a means to strengthen their approach to safeguarding the public, by ensuring registrants can evidence that their practice is safe and competent and compliant with the NMC’s code.

“I believe revalidation should be viewed positively and I am keen that staff take this chance to consider the NMC’s proposals and provide their views during the consultation process.”

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**QUIT AND WIN CAMPAIGN 2014**

We can help you stub out the smoking habit

ARE you a smoker and thinking about kicking the habit? If so, you are not alone. Approximately 70 per cent of smokers in Scotland would like to stop smoking.

Stopping smoking is the single best thing you can do to improve your health and we can help you do it. The Quit and Win campaign – which is open to all NHSGGC staff – is a great way to start.

The campaign begins on No Smoking Day – 12 March – and runs for 12 weeks, with monthly prize draws. Participants who remain smoke free will have the opportunity to win fantastic prizes, including Glasgow Club passes, £300 worth of shopping vouchers, one-year Cineworld Unlimited vouchers and theatre vouchers.

To help you while you are quitting, you will also have the opportunity to sign up to receive weekly emails/text messages offering support, as well as tips on controlling those cravings.

So why not make your battle with cigarettes a battle that can be won and register with this year’s Quit and Win Campaign?

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**SOUTH GLASGOW HOSPITALS**

Record response to travel survey

TRAVEL planning for the new South Glasgow Hospitals is moving forward following the successful travel survey conducted late last year.

Our travel survey was one of the largest undertaken in Scotland and the tremendous response received is testament to the interest in the move by staff.

The survey was designed and conducted by the New Hospitals’ Acute Partnership Forum Travel Advisory Group and sponsored by SPT (Strathclyde Partnership for Transport) and Sustrans, the National Cycling and Walking Charity. With their support, 20 ASDA vouchers worth £50 were offered as lucky draw prizes.

Twenty lucky winners were drawn by Tommy McWilliams, partnership representative, who is part of the Travel Advisory Group.

Tommy said: “The response rate was great and has helped provide loads of valuable information to help NHSGGC understand staff views on transport, both now and for the move to the new hospitals.”

Prize winner Ishbel Whitters said: “It’s important to let the Board know what staff think about travelling to work and the icing on the cake was winning the prize, especially after all the expense of Christmas and a five-week month.”

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Rosslyn Crocket, director of nursing

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To find out more about revalidation, visit: www.nmc-uk.org/nurses-and-midwives/revalidation

To find out more about the NMC Code, visit: www.nmc-uk.org/code

To find out more about revalidation, visit: www.nhc-uk.org/nurses-and-midwives/revalidation

For information on local smoking cessation services, visit: www.nhs.gov.uk/smokefree

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Rosslyn Crocket, director of nursing
Meet the authors who know crime pays!

AWARD-WINNING Scottish crime authors are visiting four of our hospitals this month to give readings from their work and answer questions about their craft.

The visits have been arranged by the library service and, although linked to the Six Book Challenge – a UK initiative run by the Reading Agency to encourage people to revive or take up the reading habit – the events are open to all staff on a first-come, first-served basis.

Coming along to read and speak about their books on Thursday 13 February, are Karen Campbell, who will be in the New Victoria Hospital in room ADM 2.16b at 1pm, and Denise Mina, who will be at the function suite on Level 3 in the canteen area of the Western Infirmary between 12.30pm-1.30pm.

On Thursday, 20 February, Christopher Brookmyre is in the lecture theatre at Gartnavel General at 1pm, and Alex Gray is at Glasgow Royal Infirmary’s lecture theatre 1 at the same time. To reserve a ticket, visit: StaffNet>Info Centre>Library

Double tick award

NHSGGC has successfully been re-awarded the disability symbol employer status for a further 12 months. The Department for Work and Pensions said that the evidence provided and general embracing of the ethos of the symbol continues to meet the criteria of the five commitments.

CONGRATULATIONS to staff at Renfrewshire CHP, who recently received the Mental Health and Wellbeing Award, recognising the ongoing work that the Healthy Working Lives (HWL) group have been doing in the area.

The CHP carried out a wide range of activities to encourage staff to be aware of their mental health and wellbeing and to increase awareness of how to identify stress and ways of coping with it.

Much of this work followed up on the Health Needs Assessment completed in 2011, which helped the CHP achieve the HWL Gold Award.

In addition to these activities, information campaigns have been stepped up and a bespoke awareness-raising programme was developed and delivered across CHP services.

They followed up this good news with a health and wellbeing event consisting of 16 interactive workshop sessions – including an introduction to mindfulness meditation approach; simple breathing exercises for relaxation; an introduction to Emotional Freedom Techniques and a presentation on risk factors associated with heart health.

The Glasgow Bike Station inspired staff to ‘get on their bikes’ and a wide range of health improvement advice and information was handed out, including oral health, alcohol use, smoking cessation, healthy eating and weight management.

STAFF TRAINING

Equality training opportunity for all staff

OUR Corporate Inequalities Team (CIT) has set up training sessions around The Equality Act (2010) following numerous inquiries from staff about what it means for them.

This training is open to everyone and, if one session is oversubscribed, you can be booked into one of the other quarterly events taking place throughout the year.

They are designed to explain what the law expects of us in terms of:

• eliminating discrimination, harassment, victimisation and other unlawful conduct

• improving equality of opportunity between people who share a ‘protected characteristic’ (e.g. age, sex, disability, race, sexual orientation) and those who do not

• fostering good relations between people who share a ‘protected characteristic’ and those who do not

Alastair Low, CIT’s planning and development manager, said: “This training is for everyone who has a role in delivering services to patients. Any one of us could come across a situation where knowledge of equality issues could help us assist our most vulnerable service users and ensure we are compliant with the law.

“I would encourage people to attend the course. Contact us or go to our website for information.” Training will take place in Room LO-A-009 (ground floor lecture theatre) new Laboratory Medicine Building, Southern General from 1pm-2.30pm on the following dates – 13 March; 13 June; 11 September and 11 December.

If you would like to book a place, please contact the Corporate Inequalities Admin Team at CITadminTeam@ggc.scot.nhs.uk and let us know your preferred date.

Left: Lisa Buck, HWL; Emma Brown and Audrey Hall from the CHP’s Health and Wellbeing Group and David Greewemberg, who is CEO of Glasgow 2014. Right: David Leese ‘got on his bike’ at the staff health and wellbeing event.