ILLNESS
FAST FOOD
STRESS
HABITS
EXERCISE
LIFESTYLES
PAIN
Death valley
Wellness road
REST
NUTRITION
LONGEVITY
HEALTH
POSITIVE THINKING
Lifestyles river
GETTING fit and active does not have to mean an extreme endurance test of completing seven ultra-marathons on seven continents on seven consecutive days.

According to Dr Andrew Murray, the Scottish Government Physical Activity Champion, who did just that, simply walking for 30 minutes a day can turn around your health and cut the risks of chronic conditions.

He urges everyone to watch the highly popular and inspirational short video about how to take the first steps to health and wellbeing, made by Dr Mike Evans, a leading Canadian professor of public health.

The film’s title “23 ½ hours” urges everyone to spend 30 minutes every day, getting involved in some kind of physical activity.

Dr Murray says that walking is so critical to improving the nation’s fitness levels that he would turn it into a “tablet”.

Speaking to SN, the GP and exercise medicine doctor said: “Walking is the best medicine. If we could turn walking into a tablet, to be taken five times a week, it would decrease the risk of conditions such as diabetes and stroke by up to 40 per cent.

“Walking for 30 minutes every day decreases dying early by 30 per cent and helps prevent and treat more than 20 chronic conditions such as type 2 diabetes, stroke and heart disease.

“It might be tough for the first couple of days but your quality of life will become better.

“As your regular physical activity routine continues studies show it can even make you look younger.

“Consider taking the stairs rather than the lift and walk rather than take the car, find something that works for you, perhaps gardening or dancing, you’ll be happier and healthier and everyone is a winner.

Dr Murray also says that staff are in a position to make a significant difference to patients by speaking to them about their fitness routines and encourage them to do more.

He added: “It’s worth promoting regular physical activity. It’s great to have NHSGGC prioritising this - inactivity kills more than obesity, suicide and violence combined.

“Simply asking ‘how many days a week do you walk or include any physical activity and for how long’ then offering sensible brief advice about walking and building it into daily life will make all the difference.”

To watch the video, visit: http://www.paha.org.uk/Feature/23.5-hours
The simple steps we can all take to improve our health

Narrated by Dr Mike Evans a Canadian professor of public health, 23½ hours is a short video on the benefit physical activity can have on our health and wellbeing.

TO VIEW THE FULL VIDEO VISIT:
http://www.nhsscotlandevent.com/News/Stories/23_and_a_half_hours_per_day
Following in the footsteps - but not quite so many!

WHILE Dr Andrew Murray was running seven marathons on seven continents over seven consecutive days (phew!), he set a challenge for others to support him by walking, running or cycling 5km each day for the week he was away.

Five of our staff accepted that challenge.

One was Lena Mekwi, unit manager/SCN at Blythswood House in Renfrew who was inspired to take up the challenge set by Dr Murray... and we’re proud to see that she did it wearing the SN Challenge T-shirt.

Lena said: “I used to run a lot in my university days but following an injury to my knee I stopped running.

“When I stopped running I started putting on weight very slowly until I got to the point where I was classified as morbidly obese.

“I tried lots of methods to try and lose weight and get fit, from gym membership, exercise videos to home exercise machines but gave them up as soon as I started.

“By this I decided with the winter coming, I would have to do something to reduce my health risks.

“In September this year I joined jogscotland’s walk/jog programme to slowly get back into running. After my first four weeks I did my first 5k park run. I was so thrilled by this I decided with the winter coming, I would have to find ways to keep myself motivated.

“In 2011 I lost my dad to a stroke, and there is also hypertension and diabetes in my family. Being a health professional I decided it was time to take the advice I offer my patients and do something to reduce my health risks.

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“As a health professional it was time to take the advice I offer to my patients.

“Introducing some sort of physical activity into your day really does make a difference. It gives you a more positive outlook on life. Often it’s the thought of getting started that puts people off, once you are doing it, you really do want to continue.”

Simple changes to your day will easily accommodate 30 minutes of activity. You could cycle to work rather than take the bus or train, use some time during your lunch break or take 30 minutes in the evening to de-stress by getting active.

And remember if you break up your 30 minutes of activity into 10 or 15 minute bursts it still counts!

Riding a bike doesn’t just keep you fit and healthy – it gets you places too!

THAT’S why it’s such a brilliant way to exercise as you travel to and from work or anywhere else for that matter.

Being active for at least half an hour a day all of a sudden becomes a fairly easy thing to do if a bicycle becomes part of your routine - and it’s a brilliant alternative for those who just cannot see themselves running (and let’s face it there are a fair number of us who fit that category).

Perhaps colleague Gerry Crawley is more of an athletic cyclist but his story may inspire others to think about cycling on some level.

A health visitor support nurse, Gerry has undertaken no less than six cycling challenges for different charities this year.

From completing the 5k East Glasgow “Big Day Oot” to taking on a 40-mile charity cycle in the Lake District in the most horrendous torrential rain and gales, Gerry is clearly a passionate cyclist.

Gerry, who takes physical activity to a greater level than you need to, said: “I enjoy the challenge of pushing myself on some of these cycles and raising money for charity at the same time is an added bonus.

“Introducing some sort of physical activity into your day really does make a difference. It gives you a more positive outlook on life. Often it’s the thought of getting started that puts people off, once you are doing it, you really do want to continue.”

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Walking or cycling not for you? Staff discounts are available with most local authority gyms including the Glasgow Club and many NHS sites now host activity classes such as Zumba. For more info on local activity, visit: StaffNet > Info Centre > For Staff > Your Health

NHSGGC offers a fantastic Cycle to Work scheme which allows you to purchase a bike and make monthly payments direct from your salary.

For more information on the Cycle to Work scheme, visit: StaffNet > Corporate Services > Support Services > Transport > Staff Transport Opportunities or contact Graeme Condie, email: graeme.condie@ggc.scot.nhs.uk or tel: 0141 201 4818.

Could you take a SN Champion T-shirt on an adventure?

Let us know, email: staffnewsletter@ggc.scot.nhs.uk or tel: 0141 201 4558
It only takes 30 minutes

ONE group of NHSGGC staff have discovered just how easy it is to utilise a little bit of spare time to boost their health and wellbeing...

By using 30 minutes of their lunch-break to go for a “group walk” the guys have answered the call to action made in the 23½ hours video.

It’s fairly encouraging to discover just how simple and achievable it is to make a real difference (without being a superhuman athlete!).

Desktop support analyst Stewart Priest is one of the co-founders of the group and said he’s finding it easy and fun to get a little bit more active by walking – and by making that commitment to walk with a group of colleagues it encourages him to make the effort – no matter the weather!

Stewart said: “We wanted to form a peer support group for men who are trying to lose weight and get fitter.

“Now we go out once or twice a week covering one and a half miles in around 30 minutes.

“We’re now planning to offer group members the opportunity of being weighed every week to monitor our progress.

“It’s not a race, the pace is set at what everyone is comfortable with, and there is a lot of camaraderie and banter, distracting you from what is essentially exercise which not everyone wants to do.”

An email group has been created for discussions about different routes, days and times.

Stewart added: “I am definitely feeling the benefits already, we only started in October, and I have lost weight.

“Before, like many people, I would have lunch at my desk and continue to pick up bits and pieces of work.

“Now that I’m walking I have a proper lunch break and am feeling better both mentally and physically.”

If you want to join the Gartnavel group contact Stewart on stewart.priest@ggc.scot.nhs.uk or why not set up your own walking group and turn part of your lunch break into an activity that could be one of the best investments in long term health you’ll ever make!

Gartnavel health walk

From 16 January staff are encouraged to join the Gartnavel health walk.

This group will meet outside the main entrance of the Beatson West of Scotland Cancer Care Centre for a 30-minute walk on Wednesdays at 1.15pm.

For more information on the Gartnavel health walk, contact John Clyde, project officer, health improvement team, on john.clyde@ggc.scot.nhs.uk or telephone 0141 211 0614.

Pedometer loan scheme

WE have made it easier for staff to get into the walking habit by setting up a pedometer loan scheme.

Under the initiative, which is open all year round, monitors are loaned out for five weeks to help kick-start the walking bug.

For eight staff at Townhead Health Centre the scheme did just that.

Staff nurse Caroline MacDonald said: “We saw information about the pedometer loan scheme in the Healthy Working Lives programme and thought we would take the challenge.

“We thought we would take the opportunity of getting fit through a little extra exercise.

“We knew that we walked a lot because of our jobs but we wanted to find out how far we walked.

“In four weeks we had walked a virtual West Highland Way, a total of 95 miles!

“This was a real surprise to learn how much ground we cover, and it’s encouraged all of us not only to walk in the evenings and at weekends, but also to use the stairs more.

“One of the girls has suggested that we do the real West Highland Way in the future and we’re certainly thinking about it.”

If you want to ‘follow in the footsteps’ of the Townhead group, you can get more information about the loan scheme and sign up for it by contacting: Liz Donaghy, tel: 0141 314 0024 or email: liz.donahgy@ggc.scot.nhs.uk

Other Townhead Health Centre staff who took part in the pedothon were: sisters Janet Miskovic and Alison Conroy and staff nurses Patricia Paton, Angela Harvey, Margaret Nelson and Ishbel MacLennan.

Staff nurses Marie Franchetti (left) and Caroline MacDonald show some nifty footwork.
A PILOT scheme, encouraging staff to think about changing their lifestyles has proved so successful it is now being rolled out to other sites. The Weigh in @ Work initiative, developed by Health at Work, has been successfully trialled at the Patient Information Centre (PIC) in the New Stobhill Hospital – where staff have been learning how to turn their life around during their 30 minute breaks.

The majority of staff came along to learn more about weight loss/weight management and they also took the opportunity to ask questions about other health improvement issues such as nutrition, physical activity, smoking cessation and family health.

A drop-in style approach is used, to make it easier for shift workers and other staff to come along during lunch and breaks.

Denise Hazely, Stobhill’s PiC officer, said: “We used the project as an opportunity to encourage staff who would not normally engage in health improvement or lifestyle change sessions to come and see us.

“It is not a ‘fat group’ by any means. We take a very broad, holistic approach and as well as discussing weight maintenance and nutrition, we also discuss other health issues such as cancer awareness and smoking.”

The service is run within the PIC office to enable staff to attend on a one to one basis, or bring a colleague with them if they prefer.

Attendees leave with information and handouts about healthy breakfasts, portion control, food labelling. A PIC Awareness Week this month will build on this initial successful contact with male staff, and a “Male Hour” is being considered and also outreach work where the service is brought directly to staff areas.

Weigh in @ Work is rolling out to the New Victoria PiC on January 9 followed by areas within the Southern General Laboratories and the Royal Alexandra Hospital on January 14 and 25 respectively. Posters advertising exactly where in the latter two sites will be appearing this month.

For more information on Weigh @ Work, contact Mariam Abbas, tel: 0141 314 0024.

**Healthy Working Lives**

### Healthy Working Lives is a real success story in NHSGGC

HARD work, enthusiasm and determination from thousands of staff has meant our entire organisation is only a few steps away from achieving Gold status right across the Board.

Most directorates and partnerships have already achieved the Gold level with a few other staff clusters now working towards Gold after achieving Silver status.

This tremendous HWL success story doesn’t stop at Gold... for it is then that staff are encouraged progress with the next level of HWL which is a Mental Health and Wellbeing Commendation Award. Research shows the importance of mental wellbeing in relation to physical health, social inclusion and productivity and it is with this in mind that employers are being urged by HWL to ensure the mental wellbeing of their staff.

The Mental Health and Wellbeing Commendation Award sets a standard in the workplace for good practice in promoting positive mental health and wellbeing and supporting staff. Each cluster working towards this award must adhere to the criteria, providing evidence of:

- Mental health awareness activities for all staff and specific training for managers
- Undertake a stress risk assessment, or stress audit and produce an annual action plan to tackle any organisational issues
- Develop and implement a workplace mental health and well-being policy.

You must then maintain the award by continuing to prove you meet the criteria and will receive a yearly assessment.

Debbie Nelson, staff health strategy coordinator, said: “A healthy working life provides obvious benefits to individual members of staff as well as economic benefits to NHSGGC.

“Our aim is to increase health improvement awareness, knowledge and practice in workplaces and work with staff to identify and implement solutions to their own health issues.”

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**Weighing up fitness**

CLIFF Brace celebrates a landmark birthday last year, his 50th, prompting him to take some workplace weight management advice. The New Stobhill Hospital domestic was one of the first staff to sign up to the Patient Information Centre (PIC) pilot Weigh @ Work.

Cliff said: “It was mainly age and my weight had crept up partly through being off work because of a shoulder injury.

“The weekly sessions are advisory, nobody tells you to stick to a programme, so there was no pressure at all.

“I lost around 11lbs mainly by cutting down portion sizes and being weighed every week helped me keep an eye on how I was doing.”

“Another factor about keeping fit was to be able to keep up my weekly football games, especially since the other players include my 21 and 17-year-old sons!”

Cliff cooks most of the family meals and regularly brings in any leftovers to share with colleagues, good nutrition being a major factor on the menu.

He added: “This is not Weightwatchers, you get good advice from the very approachable PIC staff and I would advise everyone who is looking for information about good health to drop in.”

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To get involved in HWL or find out more about becoming a Health Champion contact Liz Donaghy, email: liz.donaghy@ggc.scot.nhs.uk or tel: 0141 201 0024

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6 – SN
Time to quit in 2013

IF you want to finally quit smoking this year, help is at your fingertips by simply dialling the free Smokeline number.

Let your fingers take the first steps by telephoning 0800 848484, talking to a trained advisor, and become one of the 80,000 successful quitters the Scottish Government is hoping for this year.

Out of this total it is hoped that 48,000 people will be from the most deprived areas and within the target age range of 25-55 years.

Smokeline staff will signpost callers to the quit method that’s right for them. This might mean regularly attending a local group or signing up for the national 12-week pharmacy scheme where support comes in the form of nicotine replacements such as patches or gum and help and advice from a pharmacist.

There is also a support website, which includes interactive webchat with smoking cessation counsellors at www.canstopsmoking.com.

Tobacco is a major, and yet the most preventable, cause of ill-health and premature death in Scotland but once this important decision has been taken smokers who want to stub it out are up to four times more likely to have stopped one month later if they use a combination of pharmacy products and stop smoking services compared to going it alone.

The aim is to build on last year’s success when calls to Smokeline increased by more than 2200 to 5800 compared to 2011.

Meanwhile roadshows pressing home the message are being held throughout Scotland and in the NHSGGC area they are taking place on January 7, at Asda the Forge Retail Park; January 8, Clydebank Centre and January 9, Silverburn Shopping Centre.

Stubbing out the cigs paid for Christina’s Berlin trip

AN Inverclyde Royal Hospital member of staff gave up smoking and used what would have been her fag cash to fund a trip to Berlin’s famous Christmas markets.

Now Christina McLean is looking forward to a smokefree 2013 and more money to spend on trips.

Christina is one of six former smokers in the hotel services and cook freeze departments who decided to stop puffing thanks to a Healthy Working Lives smoking cessation scheme.

She and colleagues Heather Maunders, Agostinho De Sousa, Jean Eardley, Sandra Allan and Pat Essler, also found peer support helped them stop puffing.

The cessation course was run by Inverclyde Community Smokefree Service, part of Inverclyde Community Health and Care Partnership.

Cath Tearne, health improvement practitioner, said: “We were asked to come into the IRH to talk to staff in these two departments and talk about the risks and effects of smoking, the benefits of quitting and what we could offer them to help them give up.

“We also took carbon monoxide readings to show them the condition of their lungs and a few people were quite shocked at the results.”

Christina began smoking 22 years ago aged 16 and at her peak smoked up to 20 cigarettes a day.

She said: “I’d tried to stop a couple of times, but because we all work together anytime I wanted a cigarette the others would step in and remind me about the benefits, the group really worked for one another.

“I stopped more than six months ago and still get the odd niggle, but it really helped that we all stopped together.”

For more information and support if you are thinking of quitting contact the free Smokeline number on 0800 848484.
A tipple a day makes the wrinkles stay

MANY of us enjoy a nice glass of wine to help us relax in the evening. Whether we’ve had a stressful day at the office or been run off our feet looking after children, we all deserve a few moments to ourselves and a wee tipple can really help us unwind at the end of a tiring day.

But over time it can add up to more than you think and it’s all too easy for that one glass to become two and before you know it most of the bottle is gone. The sensible drinking guidelines are lower than many people realise. Men shouldn’t regularly drink more than 3-4 units a day and for women it’s 2-3 units – that’s the same as just one large glass of wine a day.

So while a few glasses of wine here and there is okay, the fact is that regularly drinking too much can seriously impact on your health. In the short term, you may have disturbed sleep, feel sluggish the next day, start to gain a bulging waistline and suffer brittle hair and nails, as well as looking older and speeding up the ageing process unnecessarily.

Over the long term regularly exceeding the sensible drinking guidelines can add years to our faces and increase the risk of breast cancer and liver damage. Once the lines are there it’s very difficult to get rid of them. It’s much easier and a lot less painful to take a preventative approach to ageing and reduce alcohol amounts before the lines appear than wait to see the effects then cut down.

In addition, regularly drinking more than the sensible drinking guidelines could have much more serious effects on our health like an increased risk of high blood pressure, chronic liver disease and even breast cancer.

You can see how regularly overindulging could be affecting your health and looks by downloading a new free ‘drinking Mirror’ app, which shows just how much that extra glass could be affecting your face. It will also show you how, by dropping a glass size, you can reduce the ageing effects of alcohol. The app can be downloaded from www.drinksmarter.org.

Perhaps it’s time to start thinking about how much we’re actually drinking on a daily basis and break the habit. That’s why we’re encouraging people to think about how much they are drinking and to take easy steps to cut down. On the website you can take the Wine Guess Challenge to find out just how many units are in your daily tipple. You can also discover the advantages of Dropping a Glass Size in 2013.

So if cutting down your alcohol intake sounds like something that would benefit you, think about finding other ways to unwind and reward yourself. We should all aim for at least two alcohol free days a week so treat yourself in another way for example by having a soak in the bath, making a delicious mocktail or doing your nails.

Whatever you choose to do making small changes to your drinking habits now could not only make you look and feel better, it could also help you improve your long term health.

As well as the drinking mirror app there are lots of other online tools, information and resources at www.drinksmarter.org that can help keep you on track. By reducing how much and how often you enjoy a drink, you could really help your health.

Visit: www.drinksmarter.org for:
- The Wine Guess Challenge
- A free downloadable Drinking Mirror app for smart phones
- The Drop a Glass Size tool
- Unit calculator
- Responsible drinking tips.