Dates for your diary

Ovarian Cancer Awareness Month
March
www.ocam.org.uk

Endometriosis Awareness Week
5 – 11 March
www.endometriosis-uk.org

Sport Your Trainers Day
10 March
www.glasgow2014.com/sport-your-trainers-be-games

National Salt Awareness Week
10 – 16 March
www.actiononsalt.org.uk

No Smoking Day
12 March
www.nosmokingday.org.uk

Downs Syndrome Awareness Week
17 – 23 March
www.downsyndrome.org.uk

'Nowt to Killin': The struggle with pain in an ageing population
5:30pm, 16 April
Deeprose Theatre, Glasgow Caledonian University

This talk will explore the nature and experience of chronic pain and pain in older age. Drawing on previous and on-going research the talk will explore the challenges of identifying pain in those with cognitive impairment and discuss possible future strategies to improve pain assessment.

To register for the event, visit:
www.profnicholasjohnallcockglasgow.eventbrite.co.uk

If you have any queries regarding the event, contact Chris Cadogan, tel: 0141 331 8402 or email: chris.cadogan@gcu.ac.uk

Small screen star with big message

EXCLUSIVE:
SN gives you a sneak peak at a new cervical screening campaign launching 10 March

EVERY three years women aged 20 to 60 years are invited to have a potentially life-saving smear test.

The test only takes five minutes, saves around 5000 lives in the UK every year and prevents eight out of 10 cervical cancers from developing.

Smear test appointments can be made with GPs, family planning or sexual health clinics.

It might be surprising therefore to find that, in some areas, almost one in three women don’t go for their smear test.

Women aged 20-35 years are the most persistent defaulters and the biggest group never to have had a smear.

Now one of our staff has become a screen star to promote the serious message to women of cervical screening.

Carol Clarkson, health improvement practitioner, North West Sector, Glasgow City CHP, features in two of three short videos which will be aired at venues throughout NHSGGC to battle the low uptake of smear tests by women aged between 20-35 years.

The sketches include a monologue by a drag queen and two scenarios depicting friends chatting in a pub and a beauty parlour about how important the tests are, but also why they are reluctant to take them.

Carol, who enjoyed getting the chance to put her higher in drama to good use, said: "I wanted to help banish the barriers to young women to access cervical screening services. "Many are scared it's going to be sore and embarrassing. I also think some people avoid going for a smear because they fear that cancer will be found and this scares them. The videos challenge these attitudes."

The videos will be the focus of a four-week marketing campaign running on-air and online by Radio Clyde and can also be seen on NHSGGC’s YouTube channel and our website.

They can also be seen on solus screens in hospitals and health centres, sexual health clinics, community and leisure centres and on Twitter.

If you’re one of thousands of women each year who are invited by your GP to go for a smear but are having doubts about it, check out the videos.

They’ll answer your concerns and fears about the test and encourage you to take the simple step of adding a smear test to your to-do list.
Brick by brick

Read how director of communications, Ally McLaws, is taking up the activestaff challenge

TWELVE years ago I ran my first 10k as part of my self-styled smoking cessation programme. I haven't smoked a cigarette since... but for the past three years I haven't run further than the length of myself.

Now all of a sudden I feel motivated again – on three fronts.

One is that I have been diagnosed diabetic and I want to get more active to keep those blood sugar levels nearer to where they should be.

Secondly I am a volunteer director on the Board of the Prince and Princess of Wales Hospice and want to help raise funds to help them build a brand new hospice for Glasgow in the grounds of Bellahouston Park.

And thirdly, this is 2014 and it's Glasgow's inspirational year to get more people motivated and active.

I have persuaded a bunch of my friends to join me in fundraising for the Hospice Brick by Brick Appeal – 10 of us plan to meet fairly regularly in various different Glasgow parks to go for short runs in preparation for the 10k event which runs on Father's Day.

Day on June 15th and long after the Commonwealth Games. Our team name is The Hospice Brick Boys and we'd be delighted if anyone wants to join us – just enrol for the Men’s Health Forum 10k and open a JustGiving page for the Prince and Princess of Wales Hospice.

Alternatively, maybe just help me raise funds for a tremendous cause and sponsor me at: http://www.justgiving.com/allymclaws

For more information on activestaff and the activities and offers in your area, visit: www.nhsggc.org.uk/activestaff

Activestaff competition

20 TICKETS UP FOR GRABS!

THIS month, the Appeals Society and Staff Lottery are giving you the opportunity to take part in the Men’s 10K on Sunday 15 June by offering 20 lucky winners FREE entry into this year’s event – a saving of £19!

The Men's 10k is a fun and proactive way for men to engage in healthy physical activity. Every year around 40 per cent of the men taking part have never entered a running event before.

So if you’ve been thinking about taking that first step to better health then this could be the activestaff challenge for you!

Every winner will not only receive FREE entry in the Men’s 10k they will also receive one of our highly sought-after “Live Life” t-shirts. To be in with a chance to win this fantastic prize simply answer the question below:

Question: What is the date of the 2014 Men’s 10K?

Email your answer along with the 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 OXH.

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 31 March.

To join the staff lottery visit: StaffNet > Info Centre > For Staff > Appeals Society or tel: 0141 211 5885.
MORE than 70 type 2 diabetics have signed up to the 2014 Commonwealth Games Beat Diabetes Challenge which is being launched as part of our A activestaff campaign.

NHSGGC and the Royal College of Physicians and Surgeons in Glasgow have developed an intensive six month training programme for people who want to get their diabetes under control with the ultimate goal of possibly living medication free.

At a special launch held at the Royal College of Surgeons and Physicians in Glasgow last month type 2 diabetics packed the historic venue to find out more about the initiative and register.

And more than half of those who registered are NHSGGC members of staff.

Evelyn Glass, specialist rehabilitation nurse based in Renfrewshire, was one of the first to sign up at the event.

Evelyn said: “I took the decision at Hogmanay that 2014 would be my year. I turn 50 in December and really want to turn my health status around after being diagnosed with type 2 diabetes four years ago.

“When I heard about the Beat Diabetes Challenge I knew it was just what I needed. I’ve already started to make small changes but what I need now is that push to do more and the support this initiative is offering is amazing.”

Shamsa Ali is an NHSGGC PA/administrator based at the Mansionhouse Unit. Shamsa has been type 2 diabetic for four years and also has high blood pressure.

Shamsa explained: “This Challenge is perfect for me. I already have received a lot of invaluable support from my work colleagues and this has encouraged me to take it further and go for this Challenge to help me increase my activity levels. The nature of my job means I’m at my desk most of the day at work and then I go home and sit down again in the evenings. What I need is the motivation to get more active and for me the ultimate motivation is to be able to possibly become medication free or at the very least reduce the medication I currently need to take.”

Frank Goldie, central sterile services department manager at the Victoria Infirmary, has signed up. After years of being highly fit and active as a martial arts instructor Frank was hit with major knee problems in 2005 and eventually had to undergo a double knee replacement in 2011.

He said: “It was real shock to my system going from being fit as a fiddle taking exercise every day to doing nothing at all almost overnight after my knee problems started. It really took its toll and I was diagnosed with type 2 diabetes just before my double knee replacement in 2011.

“After my op I lost some confidence and have felt real trepidation at the thought of getting back into exercise. Signing up to the Challenge for me is about taking the first steps back to physical fitness and being healthier but as part of a team with others in a similar position.”

By taking part in the unique Challenge the competitors are getting the unique opportunity to access ongoing motivational support, clinical advice from specialist doctors, nurses and dieticians, opportunities to try new activities in exciting Glasgow 2014 Commonwealth Games venues, personal physical activity plans and free access to local authority gym and leisure facilities for the duration of the programme.

Dr Linda de Caestecker, NHSGGC director of public health, said: “Together with our partners at the Royal College of Physicians and Surgeons in Glasgow we felt that this would be a very exciting Commonwealth Games legacy initiative.

“We’ll be there to support Evelyn, Shamsa, Frank and all the other participants every step of the way and I’m thrilled that so many have taken the opportunity to sign-up to this important initiative.”
**Pedometer challenge with royal seal of approval!**

As the excitement builds in Glasgow and the rest of Scotland ahead of the Commonwealth Games, this year’s Pedometer Challenge offers staff the chance to take part in the Queen’s Baton Scottish Relay – well virtually!

Lace up your trainers to prepare to take a virtual walk around the route of around 680 miles or 1100 kilometres equating to approximately 1.6 million steps, following the course throughout mainland Scotland.

The six week challenge begins in June, with registration details appearing in the April edition of *SN* and there will be lots of exciting competitions with prizes.

It is organised under the umbrella of the Joint Staff Health Strategy and also involves teams of five from Glasgow City Council.

Debbie Nelson, staff health strategy co-ordinator, said: “This is a fantastic opportunity to take up the activestaff challenge and feel part of one of the world’s greatest sporting events and get fit.

“I hope staff will set themselves a personal challenge and sign up, it’s open to everyone, regardless of their levels of fitness.”

But staff don’t have to wait until June to get fit. NHSGGC has launched our ambitious activestaff campaign.

For more information about activities and offers in your area, visit: [www.nhsggc.org.uk/activestaff](http://www.nhsggc.org.uk/activestaff).

One member of staff, support services assistant Rona Bray, was inspired by last year’s Pedometer Challenge to fire up her enthusiasm for walking.

Based at Board headquarters, JB Russell House on the Gartnavel campus, she was determined to get fit and lose some weight for a holiday in Tenerife last November.

Rona successfully shed a stone in time for the trip, but even on holiday kept up her walking routine.

She said: “I’m still walking and the pounds have continued to drop off and I’ve now lost a total of two stone!”

Rona has become a familiar figure walking around the grounds of the Gartnavel site during her breaks: “When the challenge was on a lot of visitors used to see me and it became a standing joke that they would ask me to wear their pedometer to help them with their step count!”

“I reckon that I’m doing around three miles at work every day and I go out for a walk after work as well as at the weekend.”

Rona said: “I’ve really enjoyed getting fit, getting active and getting out into the fresh air. My trainers wore down very quickly!”

When she first started she admitted it was tiring, “but now I can do a circuit of the Gartnavel grounds without puffing and panting.”

Next Rona is planning to drag her bicycle out of the garden shed and get even more active.

She went on: “I’ll certainly be taking part in this year’s pedometer event because I’ve decided to set myself a new challenge, which is to carry on walking back to health and fitness.”

For information on the activestaff campaign, visit: [www.nhsggc.org.uk/activestaff](http://www.nhsggc.org.uk/activestaff)

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**Race for life**

Thirty colleagues from the neurosciences theatre at the Southern General are getting into the activestaff spirit and have organised to run and walk this year’s Race for Life 5k in May.

Staff nurse Claire Docherty, who organised the group, said: “All of the staff who are running provide fantastic care to patients who are affected by cancer on a daily basis in the theatres.”

With the Race for Life being in aid of Cancer Research we thought it was an appropriate way to raise money while also introducing some exercise into our lives.”

Donate to the cause, visit: [www.justgiving.com/ins-theatres](http://www.justgiving.com/ins-theatres)
LESS than 24 hours after the GB mens’ curlers took to the ice for the silver medal in the Winter Olympics at Sochi, it was the turn of Greater Glasgow and Clyde curlers to take both Gold and Silver in the annual NHS bonspiel at Kinross!

Two GGC teams took part comprising of staff and some family and friends to make up the teams.

In the first session was Team 1 with skip Steve Russell, third Neil Murray, second Marjorie McCulloch and lead Robert Hosie. They were drawn against Fife. The game went in GGC Team 1’s favour and after two ends they were five shots up. A fight back by Fife saw them claw back five shots and after the fourth end it was all square. GGC Team 1 then extended their lead by picking up a further 11 shots (including a seven in one end) to lead 16 to five going into the last end. Fife took the last end with a one to finish the match 16 to six in GGC Team 1’s favour.

In the second session Team 2 took to the ice with skip Derek Brown, third Alan Gillies, second Greg Smith and lead Daryl Russell against Lothian. After two ends they also had a five shot lead, only to lose a two in the next end. GGC Team 2 scored six shots in the next three ends to lead 11 to two. Lothian staged a late comeback and scored one in the last two ends to finish the match 11 to four in GGC Team 2’s favour.

In the third session Team 1 was back on the ice against Tayside Team 1. This match proved to be a rather one sided match with GGC Team 1 winning all eight ends with a score of 19 to zero. In the final session Team 2 were up against Tayside Team 2. GGC Team 2 scored three in the first end only to lose one in the second end. In ends three to seven GGC Team 2 picked up 14 shots to lead 17 to one. Tayside Team 2 picked up one in the last end with final score 17 to two in GGC Team 2’s favour.

GGC Team 2 were runners-up with GGC Team 1 the winners of the competition for the second time in the last three years. A great day out was had by all 10 health board teams competing.

GGC now have the task of organising next year’s match.

If you’ve been bitten by the #lovecurling bug and would like to find out more about the sport, visit: www.royalcaledoniancurlingclub.org

Would you like to get more active?
Visit: www.nhsggc.org.uk/activestaff

Get Active... get gold and get silver too

The winning team are in the blue with the GGC Team 2 team in white.
CHILD sexual exploitation is a form of sexual abuse that involves the manipulation and/or coercion of young people into sexual activity in exchange for things such as money, gifts or accommodation.

It can have a devastating impact on a victim’s health, happiness and development and can also have profound long-term effects on young people’s social integration and economic well-being and adversely affects life chances.

A briefing note has now been published for staff which defines child sexual exploitation and describes signs that may indicate that a young person is being sexually exploited.

The advice was drawn up by specialist child protection staff within NHSGGC’s Child Protection Unit, which was established to improve access to advice and support for all staff and to raise the profile of child protection more generally within the wider community.

The unit is headed up by an experienced social worker, Marie Valente, and includes a dedicated team of specialised nursing and medical staff with knowledge and expertise in the field of child protection.

Marie has many years’ experience as a senior social worker and has been involved with child protection in a variety of settings.

She said: “All children have a right to grow up in a caring and safe environment and all adults have a responsibility to allow that to happen and to protect children.

“Children rarely tell if they are being abused. However, there can be signs which staff should make themselves aware of which may be an indication of a child being abused or neglected.

“There are different types of abuse which staff should bear in mind. These can range from physical injury, physical neglect, sexual abuse or emotional abuse.

“Child sexual exploitation now has an increased national profile and we need to raise awareness of this form of child abuse and ensure staff make themselves aware of possible indicators.

“All staff working with young people should familiarise themselves with the document and pay particular attention to the possible indicators of child exploitation.”

The briefing note on child sexual exploitation is available, along with a wide range of child protection information and advice, on the Child Protection Unit’s web portal – www.nhsggc.org.uk/childprotectionunit.

There you will also find information on training sessions that are provided for staff in the NHSGGC Child Protection Strategic Training Plan. If you are uncertain about what training you should complete the strategic plan will help pinpoint what training is most appropriate in order to raise awareness and help you to recognise when a child or young person may be in need of protection and how to respond.

> Download a copy of the plan by visiting: www.nhsggc.org.uk/childprotectionunit then click on Training / Training programme & Portfolio.

Possible signs of child sexual exploitation include:

- Going missing for periods of time or regularly returning home late
- Regularly missing school or not taking part in education
- Appearing with unexplained gifts or new possessions
- Having older boyfriends or girlfriends
- Suffering from sexually transmitted infections, mood swings or changes in emotional wellbeing
- Drug and alcohol misuse
- Displaying inappropriate sexualised behaviour
- Estranged from family
- Receipt of gifts from unknown sources
- Poor mental health
- Self-harm
- Thoughts of or attempts at suicide.
New support service for younger people with dementia

A NEW team dedicated to supporting younger people with dementia throughout NHSGGC has been set up, based at West House, Gartnavel Royal Hospital. The Young Onset Dementia Service has been created to support people under 65 and is made up of two clinical psychologists, an occupational therapist, community psychiatric nurse and an admin support worker.

In line with the recent National Dementia Strategy the service aims to specifically address the post diagnostic needs of younger people with dementia.

The team’s clinical psychologist Dr Claire Donaghey explained: “Dementia can affect some people in their fifties or even younger. "Our remit is to ensure continuity and a more co-ordinated approach so that people under 65 years with a diagnosis will receive a similar service to patients aged over 65, while recognising they may have very different needs.”

According to figures from Alzheimer Scotland there are an estimated 400 people throughout NHSGGC with a diagnosis.

Claire added: “The numbers are relatively small but the need is high. Dementia is not on the radar of someone in their fifties, they see it as an older person’s diagnosis and people in this age group do not regard themselves as an older person. “So when people in this age group receive a diagnosis it comes as a complete shock and out of sync with social expectation.”

Referrals to the service will come through adult community mental health teams (CMHTs), older people’s community mental health teams (OPCMHT) or Rehabilitation and Enablement Services (RES). Claire and her colleagues are planning a series of visits to all 31 CMHTs and RES teams to give presentations explaining their role and remit.

The main early sign of dementia is memory loss but the condition can also affect attention, language, abilities such as planning and organisation and personality. Patients may experience symptoms of depression or anxiety or both and the team can work therapeutically with them to help overcome these symptoms. Family members and carers may also experience difficulty and Claire and her colleagues will work with them from a psychological perspective around distress or carer burden issues, with OT and nursing also playing a role.

Claire added: “Assessment and diagnosis are hugely important and we are providing a full post diagnosis service to maximise quality of life for patients, family members and carers.”

The service can be contacted on 0141 201 4805.

Improving dementia care

CONGRATULATIONS to the 18 members of staff who have successfully graduated from the national Dementia Champions programme.

Members of NHSGGC nursing and education staff volunteered to take part in the specialised training and now join more than 400 ‘Dementia Champions’ currently working in health and social care settings all over Scotland.

We are dedicated to improving our dementia care and following this graduation there are now 58 Dementia Champions working within NHSGGC services with another 20 members of staff due to take part in the specialist training. ‘Dementia Champions’ help to improve the care, treatment and outcomes of dementia patients, their families and their carers – both in hospitals and in community settings. The Champions also share their specialist learning with colleagues to ensure that dementia patients receive the most appropriate, person-centred care.

Chief executive Robert Calderwood said: “I would like to congratulate our new Dementia Champions on their successful graduation from this programme. Each one has shown a commitment to provide a person-centred care approach to patients with dementia. The knowledge gained from this programme will enhance the care which our staff provide to their patients.”

Pictured from left: At the awards ceremony, Christine Steel (AHP dementia consultant), Arlene Smith, Sandra Shields (nurse consultant), William Arbuckle, Karen Deans, Elaine Flaherty, Joan Frame, Rhona Heron, Emma Kerr, Lisa MacDonald, Katherine Malloch, Jennifer Marler, Margaret Nelson. Not pictured: Gillian Cree, Carol Di Folco, Alan Dodds, Pauline McBain, June McLachlan, Joanna McMurchy, David Walker
LAST year’s record success at our prestigious Chairman’s Awards saw 16 winners across the six categories and now it’s your chance to become a 2014 winner.

Whether you have developed a new product, implemented a new initiative or simply know of a nurse who deserves recognition, there is a category for all.

In addition, staff who are entering their local Facing The Future Together (FTFT) awards should also be looking to go for a double win and submit an entry for the Chairman’s Awards.

Last year saw the first Celebrating Success staff event, where the Chairman hosted an evening reception to recognise and congratulate all nominees in the Chairman’s Awards alongside local FTFT winners.

We intend to build on this successful event making it a yearly tradition.

Chairman Andrew Robertson, said: “The standard of entries we receive shows the outstanding calibre of staff we have working across the organisation.

“Although a tough task when the panel of judges are selecting the winners, it is very humbling to read about the dedication and hard work that staff perform for the benefit of services and patients.

“It gave me great pleasure to join staff at last year’s Celebrating Success event and I look forward to this year’s event and meeting the Chairman’s Awards nominees and local FTFT award winners.”

So don’t delay, get your entry in for this year’s awards now.

Whether it’s a colleague, volunteer or initiative you have established we want you to tell us.

More information and application forms for individual categories are available on StaffNet by clicking the Chairman’s Awards button on the right hand side of the page.

The closing date for entries is Friday 13 June.

2014 categories
- Clinical Practice
- Improving Health
- Nursing
- Patient Centred Care
- Patient Ambassador / Volunteer
- Using Resources Better

Research director honoured with national award

PROFESSOR Chris Packard, medical director for research and development, has been presented with the Special Recognition Award at the prestigious Scottish Enterprise Life Sciences Awards.

Chris was presented with the Special Recognition Award for his work in demonstrating the benefits that the life sciences sector can bring to Scotland. Chris has also been crucial in helping to transform the relationship the industry has with the NHS.

After receiving his award at a glittering ceremony in Edinburgh, Chris said: “I am honoured and delighted to have received this prestigious award.

“To be recognised by Scottish Enterprise Life Sciences is a great achievement for me and my team.”

The Scottish Enterprise Life Sciences awards recognise the success and achievements of Scotland’s internationally renowned life sciences sector in areas including innovation, investment, community engagement and collaboration. They also focus on the ongoing work of Scottish Enterprise and its partners to grow and develop a sustainable, globally competitive life sciences sector in Scotland.
RAH midwives win top UK award for maternity telehealth

TWO midwives from the RAH are celebrating winning one of the UK’s top midwifery prizes for a project enabling maternity staff to deliver a high quality, consistent, safe and effective service when providing telephone advice.

Sheona Brown and Dorothy Finlay scooped the Philips AVENT Award for Innovation in Midwifery at the Royal College of Midwives Annual Awards, hosted by broadcaster and journalist Natasha Kaplinsky, for their Telehealth Project developed in conjunction with NHS 24.

The duo created a training package for NHS Scotland to improve the service for people calling the maternity services with pregnancy related enquiries. They developed a clearer structure for midwives answering calls to follow.

It means that midwives across Scotland use a standard approach to taking calls, enabling them to make detailed assessments when talking to callers, ensuring the best outcomes for women and babies.

The judges commended the project saying it was an innovation that could have a positive influence on care.

Sheona said: “We are both delighted to receive the award and we would like to thank everyone at NHS 24 for their help and support in the project, particularly the eLearning team who provided their technical expertise.”

Rosslyn Crocket, director of nursing, praised the midwives’ achievement: “I am delighted that Sheona and Dorothy have received this very prestigious award.

“The work that they have undertaken showcases not only their tremendous ability but also the very important practice of sharing knowledge and skills right across the NHS to benefit patients no matter how they access NHS services. This is a great example of whole system working.”

Top marks for Julie

CONGRATULATIONS to Julie Bagstad, deputy health records manager, at Inverclyde Royal Hospital, who has scooped the Pauline Griffith Award.

The Pauline Griffith Award is presented each year by the IHRIM (Institute of Health Records and Information Management) to the student who gains the highest mark in their exam.

Linda McAllister, health records service manager, who line manages Julie, said: “This is a fantastic achievement for Julie. She has worked hard to attain these results and we are all very proud of her receiving this award. “She is a great asset to the Health Records department and I wish her every success in her second year of the course.”

Founded in the same year as the NHS, the IHRIM is a qualification undertaken by health records staff who wish to progress their career within health records. It is an international organisation with a West of Scotland Training School based at Reid Kerr College. NHSGGC offers 20 placements over the two year course whereby staff can nominate themselves to undertake the qualification.

Pictured: Julie (left) receiving her award from Lin Snow, IHRIM Director of Education

Marianne Tankard, (Healthcare Professional Manager at Philips AVENT), Sheona Brown, Cathy Warwick (RCM Chief Executive), Dorothy Finlay, Natasha Kaplinsky
Credit union celebrating record figures

MEMBERSHIP, loans and savings are all at record levels as the NHS (Scotland and North England) Credit Union (CU) celebrates its 15th birthday.

The CU has come a long way from its humble beginnings in a small office in the Southern General Hospital.

There are now more than 10,000 members, loans allocated in the year to September 2013 were over £5.7 million compared to £4.6 million the previous year and savings are up by nearly £2 million from £10.1 million during the same period.

Plus members are to share in a dividend payout of more than £50,000.

The organisation’s remarkable progress has been praised by Health Secretary Alex Neil.

He said: “Credit unions can offer sensible, ethical financial advice, as well as loans at much more competitive rates than payday lenders.

“The NHS Credit Union is a great example of how NHS employees can benefit from financial support and advice.”

The CU has also recently re-launched its website - www.nhscreditunion.com offering far more online accessibility to members.

Chairman Hugh Sweeney said: “The start of this financial year saw the NHS Credit Union pledge to overhaul our loan policy and invest in improved online services for members.

“These targets have both been achieved and, despite the challenging economic climate, we have also managed to return an operating profit of more than £221,000.

“We are delighted that more than 20 per cent of that annual operating profit is to be returned to members in the form of an annual dividend, while we continue to invest in products and service enhancements and underpin our capital/reserves position.”

NHSGGC Chairman Andrew Robertson is one of the newest members, signing up at the AGM.

Andrew said: “The progress made by the credit union has been fantastic and it has all been achieved within the principle of mutuality.

“That is something to be proud of and I look forward to playing my part as a member in the future.”

General manager Robert Kelly added: “Our members continue to place their trust and deposit their hard-earned savings with the credit union, as well as accessing our other products and services in record numbers.

“The credit union is very well equipped to meet the challenges and grasp the opportunities that the coming months and years will present.

“It’s fitting to mention our 15th birthday celebrations and to reaffirm that our value base remains as true today as it did in November 1998.”

For more information about the NHS Credit Union tel: 0141 445 0022 or email: admin@nhscreditunion.com.

Staff bursary scheme opens

THE annual Staff Bursary Scheme opens on 10 March.

Open to all NHSGGC employees, the scheme provides staff with a great opportunity to progress their careers by undertaking a wide range of qualifications and courses of study.

Now in its eighth year, £1.44 million in bursaries have been given to staff since the scheme was launched in 2007.

Alison Molyneux, a dietician with the Care Homes Service, has received one of almost 2000 bursaries which have been awarded to staff.

She is currently undertaking a Post Graduate Diploma in Dementia Studies at Stirling University and is passionate about improving the food, fluid and nutritional care outcomes for people with dementia.

By undertaking this learning, Alison has built on her existing knowledge and skills. She said: “It would have been impossible to undertake this qualification without the financial support of the Bursary Scheme.

“I’ve gained more confidence and been better able to provide advice and support to care teams and carers around how best to support someone with dementia when it comes to meeting their nutritional needs.”

Lyndsay Lauder, head of workforce planning and development, said: “The Bursary Scheme is a very important way in which we encourage staff to continue to learn to support their ongoing development and to apply that learning in their work to continue to improve the quality of our services.”

The scheme closes for applications on Friday 25 April.

For more information on the Bursary Scheme, visit: StaffNet > Human Resources > Learning and Education or contact Katerina Bartakova, email: Katerina.Bartakova@ggc.scot.nhs.uk or tel: 0141 201 4797.
Fighting blindness in Ethiopia

More than 250 Ethiopians have had their sight restored thanks to a team of medics working for Fighting Blindness in Ethiopia (FBIE).

The team included staff nurse Linsay McGarva from the neurosurgical/OMFS theatre team at the Southern General.

Linsay first decided to volunteer when she worked at Inverclyde Royal Hospital where she heard about the work of FBIE, a charity set up by former colleague, Ergate Ayana, who wanted to give something back to his home town.

Along with five others, she travelled to Finote Selam in western Ethiopia on January 17 to operate on patients and to teach the Ethiopian nurses how to scrub.

But their first task when they arrived was to set up the theatre that they were to operate in.

Linsay explained: “When we arrived we had to turn an empty room into a theatre, create a room for pre-op local anaesthetic blocks, a room for sterilising instruments and a store room/tea room.

"As a whole the experience was exhausting but very humbling.

“Each procedure took about 15-20 minutes but the effects on the patients were enormous and it was very emotional when they returned the next day to realise their sight had been restored.

"Each day we handed out food or water to those who needed it and I also took over some colouring in books and crayons for the kids which we handed out on the last day.

“It was extremely rewarding and I plan to return to Ethiopia again next year.”

Each trip costs approximately £22,000 and is funded solely from donations.

More information can be found on the charity’s website, visit: http://fbiea.blogspot.co.uk or http://www.fbie.myewebsite.com.

The Beatson welcomes ambitious new charity in fight against cancer

The Beatson West of Scotland Cancer Centre has received a major boost as a new charity is aiming to provide funding in excess of £20 million in the next five years.

The new Beatson Cancer Charity was formed by merging the resources and services of the Friends of the Beatson and the Beatson Oncology Centre Fund and will work in partnership with NHSGGC.

David Welch, chief executive of the new charity said: “We are committed to the fight against cancer in a wide variety of ways, from patient wellbeing to the funding of additional specialist posts and services as well as treatment, care and research.”

The charity will provide vital funding for enhanced patient and family support services and facilities, innovative medical equipment, novel research and additional staff training and development. Over £800,000 a year is already committed to funding 19 specialist posts including nursing, radiography, physics and research-based staff.

At its launch on 27 February the charity also announced several new initiatives including:

- Additional funding for a melanoma clinical nurse specialist due to growing demand from skin cancer patients
- Scoping of a family bereavement support service to provide more emotional care and administrative help for families at an extremely difficult time
- A welcome service for patients and visitors on arrival at the Beatson
- Expansion of the complementary therapy services to a wider patient population and new patient groups.

Ian Lee, Vice-Chairman of NHSGGC said: “I’m delighted to see the launch of the Beatson Cancer Charity. We look forward to working in partnership to support the charity and secure significant funds to further develop and enhance an already exceptional service.”

For further information and to donate online, visit: www.beatsoncancercharity.org
Switch off and help protect the planet

EARTH Hour, the annual event to raise awareness of sustainability and climate change, is taking place on Saturday, March 29, between 8.30-9.30pm. All around the world people will be switching off their lights for an hour and while we can't turn off the lights in areas where we work 24/7 we can make sure that all non-essential lights are off.

To mark the hour within NHSGGC Yorkhill patients are leading the way. Lights will be turned off on a number of wards, with children given wind-up torches to play shadow-puppetry games.

Staff should also think about lights or any non-essential appliances at home, and tell us if you see any of our buildings looking especially bright or dark on the 29th.

As part of our own on-going campaign to reduce our carbon footprint, energy manager Gillian Brown has compiled an EcoWarrior Handbook explaining how our network of EcoWarriors can minimise waste, reduce our carbon footprint and save money which can be allocated to other areas.

We have also been installing more LED lights, upgrading boilerhouse and plantroom equipment and have received funding of around £3.5m from the Scottish Government to convert equipment using oil to gas.

For more information staff can email: Sustainability.Officer@ggc.scot.nhs.uk, tel: 0141 314 6994, or visit the sustainability pages on StaffNet > Corporate Services > Sustainability.