Protect yourself, your patients and your family

Get the flu jab!
Healthcare staff urged to protect themselves and patients from flu

LAST year a record-breaking 40 per cent of staff took up the offer of a free flu vaccination and we are on track to equal or beat that figure this year.

So far more than 10,000 of you have received your vaccinations, on a par with the same time last year.

Now the second phase of our staff flu vaccination programme has kicked off with Board members again proving their commitment to the campaign when they lined up to receive their inoculations at a special clinic in JB Russell House.

All healthcare workers are eligible for the vaccine and staff working with patients in ‘at risk’ groups such as those with diabetes, asthma and other lung, heart and liver conditions, can also help spread the message by advising patients to get the flu vaccine from their GP.

People in these groups are at risk of experiencing severe complications from flu and the best way to avoid that is to get vaccinated.

Staff nurse Nicola MacDonald, who works at the Royal Hospital for Sick Children, said: “I went along to get my flu jag because of the environment I work in and it’s easier and more convenient for me to have it done during working hours.”

Liane Gallagher, team secretary, North East Sector (Glasgow City CHP), added: “I went along to get my flu jag because of the environment I work in and it’s easier and more convenient for me to have it done during working hours.”

Rona Wall, occupational health service manager, said: “The flu programme is progressing well for 2013/14 and started again on 28 October for another 2 weeks.

"Uptake is going well so far and we encourage all staff to take up the offer of the vaccine to give them protection for this winter.

"Sessions are available throughout the hospitals and any peer vaccinations can be arranged through public health.

Speak to your line manager or occupational health department to find out how to get protected or visit: StaffNet > Applications > Flu Vaccination

For further information about the Government flu vaccine campaign, visit: www.Immunisationscotland.org.uk

Flu Myths

There are a number of myths around flu immunisation and who is most at risk from the virus, so SN has compiled a short list of some common myths.

The vaccination will give you the virus – False

Injected flu vaccines only contain dead virus and so it can’t infect you. Most people have no symptoms or side-effects.

Only old people get flu – False

Anyone of any age can catch flu, even if they feel fit and healthy. Certain people are more at risk of serious side effects, such as those with long-term medical conditions like heart, lung, liver or kidney problems, have lowered immunity, or pregnant women.

Flu isn’t a serious disease – False

Flu is a dangerous virus which can lead to serious infections and illness and the worsening of chronic conditions such as heart failure, asthma or diabetes because it is a contagious disease of the respiratory tract.

My work doesn’t involve contact with patients so I don’t need the vaccine – False

The flu virus is an extremely infectious disease, so anyone based in an environment with patients or are in contact with those who work directly with patients are a potential source of infection to patients, your family or at risk of infection yourself.

For any further information, contact the Public Health Protection Unit, tel: 0141 201 4917 or email: phpu@ggc.scot.nhs.uk
More success for FTFT

The mortuary team at the new £90 million laboratory on the Southern General Hospital site are one of the latest overall winners of a Facing the Future Together (FTFT) award.

Integrated Mortuary Service Manager Willie Scott lifted the Diagnostics prize for his leadership in the success in the design and transfer of the service to the new laboratory, and in addition successfully integrating the NHSGGC and city mortuary teams to provide a seamless service for the Board, Police Scotland and Crown Office Procurator Fiscal Service (COPFS).

The FTFT awards are an opportunity for each directorate and partnership to celebrate, reward and thank staff for their hard work and contribution to quality care.

Standards continue to be extremely high, reflecting the ongoing commitment of staff to deliver the highest level of care to our patients.

Also celebrating success are:

- NHS Greater Glasgow & Clyde Podiatry Service (Renfrewshire CHP): Their Patient Experience Project award was presented at a ceremony held at the Glynhill Hotel by David Leese, CHP Director and Barry Williamson, CHP Chair.

For more information on FTFT, visit: StaffNet > FTFT

Pictured above: Mortuary manager Willie Scott with director of diagnostics Aileen MacLennan at this year’s inaugural Celebrating Success event.

Pictured left: Marie Elaine McClair receives her award from Kevin Hill, director of women’s and children's services.

Pictured below: David Leese, Renfrewshire CHP Director and Barry Williamson, CHP Chair, (far right) with their winning team.

- Women and Children’s Directorate: Glasgow Royal Infirmary lead midwife Marie Elaine McClair, who makes a significant contribution on an ongoing basis across her own service and the entire directorate.
More success for FTFT

Also celebrating success are:

- **Facilities Directorate**: David Pentland, Assistant Management Accountant at Dykebar Hospital, identified efficiencies and significant cost savings.

- **East Renfrewshire CHCP**: Natasha Weir, a social worker for children and families, has demonstrated a high standard of professionalism and commitment during her first year in post.

- **Health Information and Technology Awards**: Neil Warbrick, for leadership in the implementation of the TrakCare Programme.

- **Glasgow Community Health Partnership (CHP)**: Leverndale ECT team lifted the award in recognition of their excellent team working across disciplines including all nursing grades, medical (anaesthetics and psychiatry), anaesthetic nursing and theatre staff. Congratulations to our latest winners!

  Details of winners of each category – Our Patients, Our People, Our Leaders, Our Resources and Our Culture – within acute and partnerships, will be available on the FTFT section on StaffNet as soon as they are announced.

  Visit: [StaffNet > FTFT](#)

Pictured top right: David Pentland is presented with his award from Mary Anne Kane, interim director of facilities.

Pictured middle right: Natasha with her award together with, l to r - Anne Marie Kennedy; Councillor Alan Lafferty; Natasha; Ian Lee and Julie Murray.

Pictured bottom right: Neil Warbrick (left) with his award and Robin Wright, director of health information and technology.

Pictured above: Glasgow CHP winners, l to r - Kathy Irving; Mary Duncan and Dr Alison Cheyne.
Great Scot award!

CONGRATULATIONS go to Glasgow Royal Infirmary cancer surgeon Nadeem Siddiqui who was named a Daily Record Unsung Hero and overall Great Scot of 2013. When his daughter was diagnosed with leukaemia he launched a campaign encouraging people to sign up to the register of potential bone marrow donors. For a doctor used to being able to help other cancer patients, finding out his own child was ill was heartbreakingly cruel. Nadeem said: “I had to take off my medical hat and put on my daddy hat.”

This inspirational dad has raised over £180,000 for the Anthony Nolan cancer charity and added 500 more people to the donor register. Nadeem added: “Many of my patients now know about my daughter’s appeal and they’ve been fantastic in wanting to help – not just fundraising but advertising the need to get people from ethnic minorities and mixed race backgrounds to join the register. Friends colleagues, patients, I can’t thank them all enough.”

Visit the Anthony Nolan Trust at: http://www.anthonynolan.org/

Awards success round up

CIPR awards

Your staff magazine - “SN” - has picked up a prestige Chartered Institute of Public Relations (CIPR) Scotland PRide Silver Award in the Best Internal Magazine category.

The newsletter was selected by the judging panel over strong contenders from NHS colleagues in NHS Lothian and NHS24 to pick up the prize by “conveying quality information in a frank and honest style to a wide range of staff”. This award is the latest in a string of awards recognising the quality of design and content of the NHSSGC Staff Newsletter over recent years including a CIPR Gold in 2011, CIPR Silver in 2010 and a CIB “Class Winner” in 2009.

At the same 2013 CIPR Awards the judges recognised our Health News newspaper for its quality and effectiveness in communicating key health issues and service developments to patients and the general public by short-listing it as a finalist from a large field of competition from organisations throughout Scotland in the Best External Publication category.

NHSScotland photo library success

The NHSScotland Photo library – featured in last month’s SN – picked up two prestige honours at the 2013 GO Awards for excellence in public procurement. The photo library was created and is managed by a collaboration of the NHSSGC communications team, NES communications team and the Government Health communications team.

One award was for “Best Service” and the other was for “Collaborative Procurement Initiative of the Year”.

The photo library is free to use offering all NHS staff access and user rights to a vast range of high quality images for use on websites, posters, magazines or patient leaflets. It can be accessed at www.nhsscotlandphotolibrary.org.

RoSPA awards

NHSSGC has been recognised in the Royal Society for the Prevention of Accidents (RoSPA) awards. On receiving the Silver award, head of health and safety, Kenneth Fleming, said: “I am delighted that we have received this award for our approach and commitment to the continuous improvement of occupational safety and health across the organisation. I hope that we can build on this success and achieve Gold next year!”

The RoSPA Awards scheme is the largest and longest-running programme of its kind in the UK. It recognises commitment to accident and ill health prevention and is open to businesses and organisations of all types and sizes from across the UK and overseas.

Best abstract at TIPGHAN study day

Congratulations go to Nicola Laird, paediatric dietitian, who won best abstract at the Trainee in Paediatric Gastroenterology, Hepatology and Nutrition (TIPGHAN) study day. Nicola’s abstract was titled ‘Audit of coeliac clinic patients and comparison with new ESPGHAN and BSPGHAN guidelines’ and was carried out following changes to the guidelines for the diagnosis of Coeliac Disease in the paediatric population.

The outcomes of the audit confirm that the changes in practice implemented are beneficial to patient care.
Our online Patient Feedback system set to launch

IMPROVING the patient experience and the patient pathway has always been a recognised and valued way of ensuring continued improvement and efficiency of NHS services.

This approach is not new, however as a Board we are redoubling our efforts to capture more and more comments from our patients and, crucially, strengthening the systems that will enable us to effect changes or adopt ideas that will either address concerns or issues raised and help us cascade further where things are really working well.

At our Annual Review on November 18th the new NHSGGC Patient Feedback system becomes active on our website encouraging patients who use our services to tell us about their experience. They will be invited to tell us about what was good and what could be better.

The system will enable the patient to use drop down lists to tell us what services they used at which centres or hospitals and will direct these specific comments directly to the directorates or partnerships responsible for those services.

Our website will promote the feedback system and posters will be distributed throughout our wards and patient waiting areas. Our public/patient facing newspaper Health News will also promote the new Patient Feedback system in the special Annual Review edition which will be published on November 18th.

But the real value in gathering all of this quality feedback from our patients will only truly impact on developing our services and our practices if we can effectively capture the themes and voices of our service users and effectively analyse them to inform how patient pathways could be improved, how the patient experience could be made better and to identify any pockets of service where learning needs to be shared or issues addressed.

We already use the intelligence from the postal surveys of thousands of acute hospital inpatients and of GP attendees; then there is our patients panel and the Public Partnership Forums who provide excellent ideas of how we can improve our services. Recently as part of the national person centred health and care programme we developed a person centred team to work alongside front line clinical staff across the whole range of our services, at the moment 33 clinical teams are involved in real time discussions with patients to gather information about their care and the services they accessed.

This gathering of patients information will also be further enhanced with the use of patient discharge comment cards.

All these routes of patient feedback – web based, written or verbal will be collated and shared with the NHSGGC Board in quarterly reports and summed up in an annual report that will detail themes of comments and what we have done in response.

All patients who offer comments via our Patient Feedback system will be asked if they wish to receive a copy of this annual report so that they can see how they have helped influence change and improvement.

Make a local champion feel like a Commonwealth champion

On 9 October, the Queen’s Baton Relay began its epic journey around the 71 nations and territories of the Commonwealth and it won’t be long before the baton returns to Scotland!

Glasgow 2014 needs up to 4,000 batonbearers to help carry the baton around Scotland on the final leg of its journey.

Opportunities don’t come much bigger than this and we need your help to find our batonbearers!

Glasgow 2014 are looking for people who have:
- made a positive contribution to the lives of others through community sport
- undertaken voluntary work or contributed to schools or youth organisations
- contributed towards greater inclusion for disadvantaged marginalised sectors of the community
- been a role model or mentor to youth through sport
- displayed a level of individual achievement against the odds
- made a significant contribution to their local community.

Nominations are open to anybody 12 years of age or above. Nominations close at 17.00 on 22 November 2013.

To find out more and to nominate someone go to www.glasgow2014.com/baton-relay
Joining the Staff Lottery couldn’t be easier
Join the Staff Lottery for only £1.50 per month (35p per week for those on weekly pay) and you could be in with a chance of winning between £5,000 and £100 each month. Plus there are two mega draws each year giving away £15,000 in March and £10,000 in September.

Simply visit: StaffNet > Info Centre > For Staff > Appeals Society or tel: 0141 211 5885

And don’t forget anyone can apply for funding from the Appeals Society – even if you aren’t a player of the Staff Lottery. If you have a worthwhile scheme that you’d like to have considered for funding, visit: StaffNet > Info Centre > For Staff > Appeals Society to find out how to apply.
Helping patients with long term conditions return to work

A SMALL, dedicated team formed to support patients with cancer and other long term conditions return to work or look at other employment options are urging staff to refer patients to them.

Donna McLeod, Kate Roberts and Jane Smillie, who between them have occupational therapy and nursing backgrounds, are also case managers for the Vocational Rehabilitation Service (VRS) based at the Western Infirmary which is funded by Macmillan Cancer Support.

The trio also take referrals from staff working with patients who have inflammatory bowel disease (IBD) and multiple sclerosis (MS).

This year has seen the service short-listed for a number of prestigious awards – The Best Self Management resource, Self Management Partnership of the Year and the Self Management Supporting Health Board of the Year at the Scottish Government Self Management Awards; sponsored by Health and Social Care Alliance Scotland.

They were put forward for The Guardian Newspaper Health Awards and our Facing the Future Together event.

The team have also been nominated for a Chairman’s Award and will learn on the 18th of this month if they have been successful.

Describing the service Donna said: “Increasing numbers of people are living with long term conditions and there is evidence which proves that returning to work is good for health, patients themselves say it is important for them to continue working.”

Jane added: “A lot of staff are uncomfortable about asking the ‘work’ question as they are unsure where to direct patients for support, so we are encouraging colleagues to raise the issue and tell patients that assistance is available.”

Many will also experience side effects of fatigue or physical limitations, and find it difficult to imagine returning to their jobs.

“This is where our service can help patients focus on the things they can do, their strengths, transferable skills and plan for the future,” explained Kate.

Donna summed up: “The longer a person is off work the less likely it is that they will return, but with early support a return to work is more successful.”

VRS leaflets are available from Patient Information Centres and waiting areas in the Beatson, New Stobhill and Victoria Hospitals.

For more information, tel: 0141 211 2246 or email: GG-UHB.MacmillanVR@nhs.net.

Web Policy

If you are thinking about a web development to promote your area of work then don’t forget that our policy within NHSGGC is to host all our information on www.nhsggc.org.uk. This website can host your information and make it easily accessible to a truly mass audience. With more than a million page impressions every month this is where the public, patients and fellow professionals expect to find information about NHSGGC.

To find out more about how to create your own service website within the NHSGGC portal visit: StaffNet > Corporate Services > Communications > Web Info Documents & Forms.
‘A Fairer NHS’ Staff Survey

A BIG thank you to everyone who took part in the ‘Fairer NHS’ Staff Survey earlier this year. Over 2600 of you completed the survey, which asked for your views on inequality, its effect on our patients and the practical action we are taking to address this.

The survey found that:

• There is support for specific action to tackle discrimination and for resources to be allocated to close the health gap
• A high proportion of you challenge discriminatory language and behaviour
• You would like to see us do more for older people, people in poverty, disabled people and transgender people

who do not have English as a first language e.g. through use of interpreters
• The majority of staff would like more training on how to respond effectively to inequalities.

However, the survey also revealed that:

• Whilst there is recognition that NHSGGC has made improvements in the last three years, there is less awareness of the actions that have been put in place to tackle inequalities
• Not everyone is following agreed procedures for communicating with the people who do not have English as a first language and there is less compliance with protocols for communicating with deaf people
• Consistent inquiry into patients’ experience of inequality, e.g. money worries or prejudice, is low
• A number of you have either experienced discrimination – most frequently with regards to age and sex – or witnessed discrimination – mainly around the issues of race and age.

Jackie Erdman, head of inequalities and corporate planning, said: “The survey is part of ongoing monitoring activities which aim to ensure that NHSGGC is meeting the requirements of equality legislation, closing the health inequality gap and reducing discrimination. It reinforces our ‘equality outcomes’ which set the actions for improvement for the next three years. The staff survey will be repeated at the end of this period to help us determine the impact of these actions.

“The feedback we’ve already received from the Staff Survey has been incredibly helpful, and we’ll be keeping everyone updated on what’s being done to address the specific issues raised by staff.”

To see the full Staff Survey report, visit: http://www.equalitiesinhealth.org/public_html/discrimination.html

Do you agree with what the survey says? Tell us, visit: http://www.equalitiesinhealth.org/public_html/contact_us.html


Visit: www.equality.scot.nhs.uk
BRINGING a sick child to hospital is an anxious time for parents and carers who may be too distraught to completely take in information from medical staff.

This is when the Family Support and Information Service (FSIS) at the Royal Hospital for Sick Children at Yorkhill steps in with emotional and practical support.

The experienced team of Frances McGuinness, Zarina Shaheen and Janette Weir are on hand to support parents deal with this difficult time.

Within the last year FSIS has been integrated into the Public Health Improvement team, in order to ensure that the service links with the wider Health Improvement Centre’s approach across NHS Greater Glasgow and Clyde.

FSIS has just celebrated 20 years of dealing with a wide range of issues, from providing practical support and information such as liaising with local GPs, specialist staff and other agencies, to support for the family when a child is in intensive care or has tragically died.

Frances said: The need for support and information is rarely greater than when a child is referred or admitted to hospital.

“The process itself can be distressing and in times of stress much of the information given is either not taken in, or is forgotten almost as soon as it is given.”

Hospital staff will refer families to the FSIS office, which is open from 10am to 4pm every weekday and the team also carry out visits to introduce themselves to relatives who may need extra support and information.

They build up strong relationships with families, especially those of patients who regularly attend the hospital and others who have travelled from out-with the board area and are living in hospital accommodation.

FSIS will continue its important work when they are integrated into the New Children’s Hospital on the New South Glasgow Hospitals campus.

Frances summed up: “Most children go home well and that’s what you have to remember.”

To contact the Centre, email: Family.Information@ggc.scot.nhs.uk or tel: 0141 201 0736
Staff donate cash in aid of Syrian child refugees

MOVED by stories of the suffering in his war torn country by a Syrian doctor who works across a number of our sites, a urology theatre auxiliary is collecting donations to help ease the plight of children living in refugee camps.

Sandra McSkimming, who works at the Southern General Hospital, was motivated to start the collection after learning how relatives of anaesthetist Dr Rami Rifai were forced to flee their homeland because of the bombing and violence.

She said: “I’ve known Rami for a number of years and heard him speak about how close family escaped from Syria because of the war. “Rami told me about his daughter collecting money at her school and I decided I would ask staff as well.”

Staff have been very generous with their donations and the money Sandra has collected is going to the charity ‘Save the Children.’

Dr Rifai said: “It’s absolutely fantastic that staff feel that they want to support the children of Syria, and I don’t think it’s only because I am a Syrian doctor. “I think it’s because they are affected by what is happening in Syria.”

Dr Rifai’s mother, sister and his sister’s children, had to flee from Aleppo 18 months ago. Luckily they managed to get to Cairo and Dr Rifai’s sister found work to support the family and he also sends cash every month.

Dr Rifai added: “There are killings happening every day and it’s really not safe at all. But I am pleased that this money is going to ‘Save the Children’ to provide blankets, medicine and food because winter is coming and the camp conditions will get even worse. “I say my family are lucky to find jobs and relocate, not like those in the campsites, so I’d like to thank the generosity of staff who have donated so far and Sandra for organising the collection, this is so important.”

Financial capability made simple for the NHS family

The NHS Credit Union

be part of our family

IT’S never been more important - or more challenging - to keep your household finances in check.

Improving your money management skills can not only improve living standards, it can boost your physical health and wellbeing. So it’s good to know there is a big helping hand out there for NHS staff and their families in the form of their very own credit union.

Offering affordable, ethical loans, as well as a secure home for savings, the NHS Credit Union is open to all health service employees - and their families - across Scotland.

It’s easy to join and there are a host of reasons to become part of the Credit Union family.

Members benefit from competitive loan rates with no hidden charges and no penalties for early loan repayments.

Saving is also simple with the Credit Union, as money is deducted from your salary, or taken by direct debit. Any monthly contribution from £5 upwards is all you need to benefit from the financial strength of our family.

The NHS Credit Union celebrates its 15th birthday later this year. It’s grown from humble beginnings in a small room in the Southern General Hospital to an organisation with around 10,000 members. Those members trust the Credit Union with savings of £12 million and have benefitted over the years from loans totalling over £42 million.

To find out more, or to join the credit union, visit www.nhscreditunion.com or tel: 0141 445 0022.

There’s also a section of the NHS staff governance dedicated to your financial wellbeing. To access a free financial health check, visit: www.staffgovernance.scot.nhs.uk/money
The Francis Report – Our response

NHSGGC broadly meets all of the relevant recommendations raised by the Francis Report into the appalling standards of care and increased mortality rates discovered at the Mid Staffordshire NHS Foundation Trust.

They are the conclusions of a short life working group, headed by medical director Dr Jennifer Armstrong and nurse director Rosslyn Crocket.

Now our own report, the Mid Staffordshire NHS Foundation Trust Public Inquiry Report Review and action plan can be found by visiting: StaffNet > Info Centre > Francis Report for discussion across NHSGGC.

Six key themes have been identified for further exploration:

- patient experience and service user engagement
- involvement of clinical staff in management structures and decisions
- culture and leadership
- corporate performance and management
- clinical governance
- complaint handling.

The detailed work of the review team was lead by Tom Walsh, infection control manager, and included representatives from medical, nursing, human resources, and managerial backgrounds and the report was authored by Dr Eleanor Anderson, consultant in public health.

One of the most important conclusions of Francis centres on the importance of staff engagement and this is why we are encouraging staff to review and discuss the report and action plan in their clinical, management and staff side forums.

Suggested actions include looking at how to bring together the common goals of managers and clinicians and incorporating the values and behaviours described under the Patient Rights Act into staff job descriptions.

Dr Anderson said: “The evidence shows that we do have the structures in place to support and promote high standards of care and there are many examples of excellent practice across the areas highlighted by Francis.

“We are a large and complex organisation and our review provides a level of reassurance that not only does NHSGGC deliver the care that patients and their families expect, but it also has robust arrangements to monitor and resolve identified issues.”

Rosslyn also believes that the Board has a strong foundation on which to build improvements. She said: “We will address any issues of culture and leadership with the aim of deeply embedding high quality practice so that it can be readily evidenced in attitudes, behaviours and practices at all levels across the organisation and in conversation with patients and service users.”

Dr Armstrong summed up: “We need to ensure that we are providing clinically effective services with patients always at the centre of clinical decision making care.

“We also need to support clinical teams to deliver good, effective clinical services across both primary and secondary care.

“In addition we need to keep focussed on this initiative as major changes take place with health and social care including the opening of the new hospitals.”
Paediatrician in marathon charity cycle

Keen cyclist Haytham, who is based at the Royal Hospital for Sick Children at Yorkhill, was one of three paediatricians who cycled 670 miles over eight days from Glasgow to Great Ormond Street Hospital (GOSH) in London in aid of Lifebox, a charity which works to improve the safety of surgery in the developing world.

It provides monitors which check the level of oxygen in a patient’s bloodstream and sounds an alarm as soon as it detects the slightest unsafe change.

He said: “Three of us completed the entire trip, myself, Mr Dave Albert from GOSH and Mr James Ramsden from the John Radcliffe Children’s Hospital in Oxford.

“At various times we were joined by another eight paediatric ENT surgeons from other major children’s hospitals in Manchester, Sheffield, Birmingham and Bristol, plus some friends.

“The weather was rough at times, but this was forgotten about when we travelled through some stunning scenery, plus we were riding with a very sociable group of friends and colleagues who cycle together whenever we get the chance.

“We chose to raise money for Lifebox because it is a real lifesaver in the countries it operates in. “I was shocked to hear that in some parts of the world a general anaesthetic can be a very dangerous thing to have with mortality rates over one in ten.

“These monitors will make a huge difference to the safety of surgery, particularly for trauma victims and mothers in difficult labour.”

Larry bags a Staff Lottery t-shirt for his “ultra”

LARRY Callary, learning and education adviser for Glasgow City Partnership, earned his new Staff Lottery champion t-shirt the hard way!

Larry, who also doubles as the Jog Leader for the North West Glasgow Running Network, completed this year’s gruelling 38 mile Jedburgh Festival Three Peaks Ultra Marathon, together with fellow runner Craig Clarke from Queen’s Cross Housing Association.

He said: “This was the toughest run I’ve ever done because of the harsh conditions, but all the hard work and training paid off on the day!”

The keen runner has notched up five other ultra marathons this year, including the Clyde Stride 40 mile and Speyside Way 36.5 mile races, as well as the Baxter’s Loch Ness Marathon in Inverness.

For more information about the north west running network which meets every Monday at JB Russell House, call Larry on 07534 228543.

Would you like to wear the Staff Lottery champion t-shirt?

Simply tell us what challenge you are taking part in and send us a photo of you wearing the t-shirt. Made from a new ‘breathable’ fabric our new look t-shirts are all about promoting healthy living.

To request a t-shirt, email: staffnewsletter@ggc.scot.nhs.uk