UNVEILED:
Live life
—the hottest T-shirt in town!
Everyone’s a winner!

IN June’s Staff Newsletter we asked you to bid for funds from the Appeals Society for amenities which would benefit staff and/or patients. The Appeals Society received a tremendous response.

One of the first to get their bid in and successfully acquire funding was Renfrewshire CHP who requested funding for the purchase of gym equipment to support staff’s health and wellbeing.

The CHP have a very committed Healthy Working Lives group and have spent the past few years undertaking numerous activities to support improvement in staff’s health and wellbeing.

Using funds from the Appeals Society to develop a gym within Renfrew Health and Social Work Centre, for use by all Renfrewshire CHP staff, will further enhance the opportunity for staff to improve their physical and mental wellbeing and the CHP are hopeful the gym will contribute to increasing morale and motivation.

Ronnie Sharp, Chair of the Appeals Society committee, said: “We were delighted to receive an application and approve funding for Renfrewshire CHP’s gym equipment. We subsequently received a significant number of bids for a wide range of equipment and amenities from across the organisation.

“The diverse mix of bids included the development of a sensory garden, a mobile trolley shop and funds to make stain glass windows amongst others.

“The Staff Lottery and Appeals Society really is a win, win for everyone. Not only do staff have the chance to win up to £5,000 monthly, there are two mega draws of £15,000 in March and £10,000 in September and with a proportion of all proceeds going directly to the Appeals Society to give back to staff for equipment or amenities everyone really is benefitting.”

The money raised through the staff lottery is ploughed back into the same area where lottery members work. So all funds raised from staff who work in Partnerships will only be spent on bids from Partnerships... everyone really should feel like a winner!

Joining the Staff Lottery and applying for funding through the Appeals Society couldn’t be easier. Simply go to:

StaffNet>Benefits & Services>Lotto
StaffNet >Info Centre>For Staff>Appeals Society

Have you got the attitude – then get the T-shirt!

Staff Lottery
spend a little – win a lotto

Appeals Society
ONCE again thanks to the Staff Lottery and Appeals Society we are able to offer you another fantastic competition. This month we are giving away a brand new 16g sim free Samsung Galaxy S4 Smartphone.

All you need to do to enter is simply answer the question below and email your answer, along with your name and work location to: StaffNewsletter@ggc.scot.nhs.uk or send to:

Corporate Communications,
JB Russell House, Gartnavel Campus, 1055 Great Western Road, Glasgow, G12 0XH

T&C: The competition is open to all NHSGGC employees. Only one entry per person. Winners must be available for a photograph which may be printed with their details in future editions of SN. The closing date is 30 September 2013.

This month’s question: How much money can you win in September’s Staff Lottery mega draw?

Thanks to sponsorship from the Staff Lottery you can now wear one of our new look staff champion t-shirts on your expeditions and challenges.

Made from a new ‘breathable’ fabric, our new look t-shirts are all about promoting healthy living.

Simply tell us what challenge you are undertaking, either for charity or as a personal challenge, and send us in a photo of you wearing the t-shirt.

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

For more information about the Appeals Society and Staff Lottery visit: StaffNet>Info Centre>For Staff>Appeals Society | StaffNet> Benefits & Services>Lottery
A NEW Code of Conduct has been launched for all NHSGGC staff covering four key areas: Register of Interest, Fraud, Bribery and Whistleblowing.

Chairman Andrew Robertson announced the new Code in August and emphasised the strength of the new policy which offers protection, encouragement and reassurance to staff that their concerns will be treated seriously at the highest level.

The Chairman added: “Our expectation is that all staff are extremely responsible and deeply committed to delivering services to our patients and protecting the reputation of NHSGGC.

“This Code of Conduct not only commits the Board to openness and transparency, it also reassures staff that any information they give will be treated in confidence and that there will be no penalty if their genuinely held beliefs are found to be groundless.”

Also welcoming the policy at its launch, NHSGGC’s employee director Donald Sime, said: “The new policy meets all Best Practice standards and I am delighted to see it introduced.”

The Code can be found at www.nhsggc.org.uk/codeofconduct (this link will only work on the NHSGGC network) and sets out who staff should contact in confidence.

Visit: StaffNet > Corporate Services > Board Admin > Code of Conduct for Staff

Go to pages 5 and 6 where we look in detail at each of the four areas of the Code.
Code of Conduct – in detail

**Code of Conduct – Fraud**

NHSGGC is committed to the prevention, detection and, ultimately, elimination of any fraud.

To achieve this goal we have put in place a range of measures to control our activities and minimise the risk of fraud.

If fraud is suspected line managers are the first point of contact and they in turn will contact the fraud liaison officer (FLO).

However if the line manager is the individual suspected of fraud then equally making malicious allegations could be regarded as a disciplinary matter.

The FLO can be contacted on 0141 201 4879 while the CFS hotline is 0800 151 628 and website: www.cfs.scot.nhs.uk.

Further information on fraud, including links to the CFS e-learning programme, is available on StaffNet > Corporate Services > Finance > Fraud.

**Code of Conduct – Whistleblowing**

STAFF have a responsibility to protect patients from risk of harm posed by another colleague’s conduct, performance or health by taking immediate steps to ensure their concerns are dealt with or raised for appropriate investigation and all staff are encouraged to do this.

The Code covers and protects staff who raise concerns about patient safety, malpractice, and illegal acts.

Whistleblowing can be made in confidence, initially with a line manager, or if they are part of the problem, the next level of management before finally contacting one of four designated senior managers named in the Code.

Ultimately if the situation is extremely serious then the nominated Non Executive Board member should be approached, whose name is included in the Code.

Human resources, trade union and professional organisation representatives are also points of contact and advice is also available from the Confidential Alert Line on 0800 008 6112.

The Code also includes a safety clause stating that if suspicions are unfounded, staff will not be penalised if they were raised in good faith.

Staff can raise a concern confidentially, giving their name on condition that it is not revealed without their consent, and we will not reveal someone’s identity unless required by law.

Staff can raise a concern confidentially, giving their name on condition that it is not revealed without their consent, and we will not reveal someone’s identity unless required by law.

However there may be times when anonymity could be a barrier to resolving an issue.

In these circumstances we would discuss with the member of staff how to proceed.

The Public Interest Disclosure Act 1998 can also be used by whistleblowers and is available to all staff. It protects staff from being penalised by any act or a deliberate failure to act by their employer for raising a genuine concern, whether it is a risk to patient safety, malpractice, misconduct, wrongdoing or serious risk.
Code of Conduct – in detail

Code of Conduct – Register of Interests

NHSGGC operates a Register of Interests to help staff avoid any conflicts by recording all links they have with private and public limited companies, voluntary organisations and other relevant bodies.

Entries should include any financial interest in a business or any other activity that may compete for an NHS contract to supply either goods or services to the NHS. A simple test to apply is to consider whether a member of the public could reasonably think that the link could affect or influence your position.

If in doubt staff should register the interest or seek guidance from their line manager, head of department or director. A separate section is included in the Code covering arrangements for the Register of Interests for matters associated with working with clinical suppliers.

The list is not exhaustive, but interests that it may be appropriate to register include - other employments; directorships including non-executive directorships held in private companies or public limited companies (whether paid or not); and ownership of, or an interest in, private companies, partnerships, businesses or consultancies.

Registration could also include any interests of spouses, partners or civil partners, close relatives or associates, or persons living with the individual as part of a family unit, if a potential conflict of interests exists.

It is also the responsibility of each individual to declare any relevant interest to the Chair of any committee/decision making group that they sit on so that the Chair is aware of any conflict which may arise. If in doubt staff should register the interest or seek further guidance from their line manager/head of department/director.

Code of Conduct – Bribery

STAFF should be very cautious when offered gifts by contractors or others, especially around Christmas. We should only accept modest hospitality, in line with what is provided by the NHS, but for everyone’s protection line managers/heads of departments/director must be told about any invitations.

Staff should not enter competitions, including free draws run by organisations who have, or hope to have, financial dealings with the Board. Potential suppliers may use this as a means of giving money or gifts to individuals within the Board in an effort to influence the outcome of business decisions.

NHSGGC applies all laws relevant to countering bribery and corruption, including the Bribery Act 2010. This legislation recognises a number of offences including the offering, promising or giving of a bribe (active bribery); and the requesting, agreeing to receive or accepting of a bribe (passive bribery).

Any employee involved in bribery will be subject to disciplinary action and the matter will be referred to relevant authorities for criminal investigation. The maximum sentence for any individual convicted of bribery is 10 years.

Casual gifts offered by contractors or others may not be in any way connected with the performance of duties so as to constitute an offence under the Bribery Act 2010, but should still be turned down.

While these may not be connected with the performance of duties and constitute an offence under the Act, they should be refused. However small gifts such as calendars or diaries may be accepted if they do not breach the Code of Conduct.

Gifts of equipment not for individual use can be accepted if they are not linked to purchasing decisions and do not place the Board under any obligation to the supplier.
Flu is not a bad dose of the cold – get vaccinated!

STAFF flu vaccination clinics open for business on Tuesday 1 October and this year the immunisation questionnaire is exclusively online.

Our Health Information and Technology (HI&T) colleagues are playing a crucial role to assist in completing the immunisation form (which can be found on StaffNet > Applications > Flu Vaccination).

On StaffNet you will find a video to help you complete the form. It is essential that the form is completed before attending the vaccination sessions. No paper copies will be provided. Any staff without PC access will be assisted by their managers to get access to a PC to enable them to fill in the forms.

StaffNet also includes links to the Occupational Health and Public Health Peer immunisation pages.

Public health consultant Dr Syed Ahmed is urging all staff to get vaccinated. He said: “Flu is not simply a bad dose of the cold and it is vital that all staff take up the opportunity to protect themselves against the risks of influenza, as well as removing themselves as a source of flu infection to their patients, families, friends and colleagues and at risk groups such as the elderly, young infants and pregnant women.

“We are particularly encouraging staff working in clinical areas and caring for some of our most vulnerable patients to sign up for peer immunisation. This will allow more staff to have local access to the vaccine and reduce the time spent in queues at the main vaccination sessions.

“People should be aware that if they have the virus, they are infectious before flu symptoms appear.

“However once people are vaccinated it significantly reduces the risks of developing a serious flu infection.”

To arrange for your team/department to participate in peer immunisation register on the vaccination site with details of your requirements, including vaccine quantity, date required and delivery contact details, for the order to be processed.

Staff are reminded to dress appropriately when attending for vaccination to allow exposure of upper arms e.g. short or loose sleeved shirt/jumper.

If you have completed an electronic form and are dressed appropriately, vaccination will take only two minutes of your time.

There are a number of myths surrounding the flu vaccine. For example, seasonal flu vaccines do not give you the flu.

They are “non-live” flu virus vaccines, which contain fragments of the “killed” flu virus. It is impossible to develop a flu infection from this type of vaccine as the virus is not “alive” and so cannot replicate and infect the individual who has been vaccinated.

The vaccine works by stimulating the immune system in order to develop immunity against the flu virus.

This can lead to reactions involving a slightly increased temperature, some pain/tenderness and redness at the site of vaccination, and sometimes a headache and tiredness.

This is not a flu infection, but the individual’s immune system responding to the vaccine in preparation for exposure to the “real” flu virus in the future.

To underline how dangerous the virus is, during the 2010/11 flu season 63 of 177 patients admitted to a ITU across Scotland died, directly due to influenza.

Visit: StaffNet > Applications > Flu Immunisation
THE 2013 Facing The Future Together (FTFT) local awards are well underway with some directorates and partnership having already presented the winners with their trophies.

The awards give each directorate and partnership the opportunity to celebrate, reward and thank staff for their continuous hard work and contribution to quality care.

This year standards have again been very high reflecting the ongoing commitment of staff to deliver the highest standard of care to our patients.

The first overall winners to be announced for 2013 are:

- The Institute of Neurological Science Theatres Improvement Project (Regional Services): The neurological theatre undertook an improvement project to improve patient safety and quality of service as well as improving the patient and staffs experience within theatres, improve staff satisfaction and morale and remove wasteful activities along the patient journey.

- The Childsmile Team from Oral Health (East Dunbartonshire CHP): The Childsmile Team achieved significant improvements in the oral health of children across the whole of the health board area.

- The Medical Assessment Unit (MAU) team at the Royal Alexandra Hospital (Emergency Care and Medical Services): The MAU team took forward a range of service improvement and redesign initiatives working closely with colleagues in all other specialties in the hospital.

Congratulations to all the 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
Research link tackles dementia in rugby

Rugby dementia link confirmed by tests

Neuropathologist raises dementia risk for rugby players

RUGBY players could be at risk from early onset dementia because of repeated blows to the head causing concussion according to one of our consultant neuropathologist Dr Willie Stewart.

Dr Stewart, based at the Southern General Hospital’s Department of Neuropathology, made the link after his examination of the brain of a former rugby player revealed tissue containing proteins associated with head injuries and dementia.

The build up was more than in a retired amateur boxer with punch drunk syndrome or dementia pugilistica and up until recently it was believed that only boxers were prone to suffer this condition which leads to memory, speech and personality problems.

Dr Stewart believes that the percentage of rugby players to develop the condition will be lower than in other high impact sports.

He said: “What we’re finding with people who survived head injuries is that their brain shows changes which look very much like what you would see with dementia.

“We made the assumption it was only boxing-related because you had to be exposed to a lot of concussive injuries.

“But what we’re seeing here and in America is that it’s happening in other sports, including American football and ice hockey.”

Now Dr Stewart believes players and sports event organisers should take better precautions because “on current evidence I think it would be foolish to think that rugby is immune.”

He added: “The general advice for concussion is ‘if in doubt, sit it out’, but I also want to see more work done to estimate the proportion of players likely to be affected, how many times they would need to be concussed to be at risk and how long into their careers would the dementia begin.”

Dr Willie Stewart
Dr Livingstone said: “This is a significant breakthrough in ophthalmic diagnosis and telemedicine. “Using this technology, health workers with minimal training can carry out eye tests and send the results to a network of experts. “This makes eye examination much easier for health workers with minimal access to equipment and training. “The GPS tag aids demographic information and SMS texts can be used for appointments. “The electronic record can be stored digitally in the Cloud, and in addition, footage can be sent to secondary care for grading or for advice in cases of diagnostic doubt. “It's fairly easy to contact patients for follow-up treatment because more people in the developing world have access to mobile phones than to clean water.”

The system has now been tested on more than 1000 patients in Kenya and in Antarctica, where an expedition team originally led by Sir Ranulph Fiennes are assessing whether their eyes and vision change with the prolonged exposure to cold and darkness. Around 80 per cent of blindness is preventable and treatable and the vast majority of cases are in the third world.

A GARTNAVEL General Hospital ophthalmologist is a founder member of the team who have developed a groundbreaking smartphone app which takes “eye clinics” to patients in remote areas of developing countries.

Dr Iain Livingstone teamed up with Dr Andrew Bastawrous at the London School of Hygiene and Tropical Medicine, Stewart Jordan an independent app designer, and Dr Mario Giardini at the University of St Andrews, to create a mobile app and clip-on hardware which transforms a low-cost Android smartphone into an eye examination and diagnostic suite.

Called Peek, (portable eye examination kit), it is capable of running a full range of ophthalmic diagnostic tests, without the need for state-of-the-art hospital equipment and the specialist team required to operate it.

Dr Iain Livingstone

Calling all Type 2 Diabetics...

DO you have Type 2 Diabetes? Would you like not to have diabetes? Then take this chance to register for the opportunity to join with other staff colleagues with the same goal.

A unique project linked to the Commonwealth Games and supported by the Royal College of Physicians and Surgeons and NHSGGC’s director of public health is offering staff who have been diagnosed Type 2 Diabetic within the past three years to become part of a motivational lifestyle change programme.

The aim will be to undergo a supported programme of regular physical activity, controlled food intake and other aspects of a healthy lifestyle during the six months leading up to the Commonwealth Games. The athletes competing in the Games have worked and trained hard to achieve their goals and this is your chance to work and train to get healthy. It won’t be easy but with the right support and motivation, you can do it.

The programme is exciting and will hopefully deliver a tremendous health result for all taking part – and loads of fun along the way culminating in a rather spectacular Commonwealth Games Finale.

Why not give us a call in the first instance to register a note of interest and let us know a bit about you... the team putting the programme together will be delighted to explain a bit more about it and if you are still up for “curing your diabetes” then you’ll be under starters orders very soon!

Just call 0141 201 4857 in the first instance or email: StaffNewsletter@ggc.scot.nhs.uk
Talking up the benefits of agile working

IT was initially met with some scepticism, but a year on agile working now has many converts as staff discover the benefits of managing their own time and multi-site working.

The scheme was introduced to increase efficiency, reduce travelling time and costs and make optimum use of our buildings as staff “hot desk” or spend some of their time working from home.

Feedback to Eleanor Naismith, agile working project manager, has been very positive, despite some initial teething problems.

“Around 130 staff are currently agile and Eleanor said: “Some staff were sceptical at the beginning, but almost all of our agile workers have found this way of working beneficial and have become converts.

“In some cases people did struggle with new technology but the local IT help desks have been very helpful and quick to resolve any issues.

“Now that people have got over that hurdle they are realising the benefits of being able to work from different locations, including site libraries, and not always having to go back to base.

“Also they are able to manage their own time more effectively both for work and personal circumstances as well, because they have a better work-life balance.”

One enthusiastic agile worker is Larry Callary, learning and education adviser with the Learning and Education Service, Glasgow City Partnerships.

“Cutting back on printing has been a major bonus, he said: “As an agile worker you soon realise that printing is really only required in a small number of situations.

“I now use my laptop more, such as to record actions from meetings in my task list on outlook and I can record notes in word.

“I feel that printing and paper are things of the past for most of my work.”

Larry has also welcomed the opportunity of a new way of working: “I can now access my emails and action them immediately or at the end of the day.

“I don’t always need to stick to normal business hours and can work either earlier or later, depending on what else I have on which is brilliant.

“Agile working means that I can do more now than I ever could in the past, but in a more relaxed way, and I’m not restricted to a desk or location.

“I wish I could have done it years ago!”

Eleanor summed up: “For agile workers their portable laptops become their office, giving access to everything from their desktops.

“Agile working has to be self financing and anyone or a group who wants to be considered should contact their line manager and put their case to the Agile Programme Board.”

Meanwhile the board is currently working with East Renfrewshire Council to pilot agile working with various groups of East Renfrewshire CHCP staff.

“The aim is that over the next 18 months more than 200 NHS staff working in the area and over 200 council staff will be agile.

The first phase of the pilot is now complete with a second phase just about to be launched.

This joint working will see the accommodation footprint in East Renfrewshire reduce in size in preparation for moves to the new Eastwood Health and Care Centre, due to open in April 2015.

Plans to enhance team working in shared spaces across East Renfrewshire will be put in place with new hot desk areas provided and staff equipped with mobile IT kit.

As well as allowing staff to work flexibly across various locations, part of the project objectives is to facilitate information sharing between these groups of staff whilst reducing printing and personal storage.

Any member of staff or group who have suggestions about how they can work better and more efficiently, should visit the Facing The Future Together (FTFT) pages on StaffNet.
A SPECIAL “Candlelight Celebration of Life” event is being held in Campbell House at Gartnavel Royal Hospital on September 10, World Suicide Prevention Day.

Open to everyone, it takes place between 1-2pm and has been organised by the Glasgow City Choose Life Strategy Group.

Speakers include Dr Trevor Lakey, NHSGGC’s health improvement and inequalities manager and Larry Callary, our learning and education adviser, who is also qualified in ASIST (Applied Suicide Intervention Skills Training) and safeTALK, (suicide alertness for everyone).

Joining them are health improvement practitioner and safeTALK trainer Christine Tait, Pauline Toner, a Glasgow City Choose Life co-ordinator and local resident Ashby McGowan will read out two self-penned poems.

Larry said: “Suicide is a key public health issue in Scotland and this event and the national campaign happening this month is to raise awareness that suicide is preventable.

“NHS staff are being targeted through the campaign to be trained in suicide prevention and we are holding our own workshops this month and next.

“Anyone can help by acting on what we call ‘invitations’ of suicidal intent because those at risk of suicide hope for a response to an invitation which can include low mood, expressing the need to escape or end it all, or experiencing desperation and hopelessness.

“Staff can also tell their friend, relative or colleague that whatever is troubling them is ok and signpost them to Breathing Space on 0800 83 85 87 or The Samaritans on 08457 90 90 90.”

Meanwhile safeTALK workshops are taking place on September 10 between 9.30am-12.30pm in the admin building boardroom, Gartnavel Royal Hospital and on October 10 between 1-4pm in ACH rooms four and five at the New Stobhill Hospital.

ASIST sessions are being held on September 19 and 20 September from 9am to 4.30pm in the admin building boardroom, Gartnavel Royal; at SWS Training and Development, Brook Street, Glasgow between 9am and 4.30pm on October 1 and 2; and on October 22 and 23 from 9am to 4.30pm in the New Stobhill Hospital ACH rooms 3, 4 and 5.

Further dates are available each month for anyone unable to attend these courses.

For more information contact either Larry, tel: 07534 228543 or Christine Tait on 0141 211 3529 or simply register your intention to attend by contacting Christine Carlston at christine.carlston@ggc.scot.nhs.uk

For more information click onto www.chooselife.net/ask

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**SPHERE Bladder and Bowel Service**

**Supporting Pelvic Health through Empowerment, Rehabilitation and Education**

The SPHERE service provides a professional and caring service for people experiencing bladder and bowel symptoms, including incontinence. The service aims to support and facilitate self care and management of bladder and bowel symptoms which will promote continence.

**Referral to the service**

Adults aged 16 and older are referred via SCI gateway by the patient’s GP. Children aged 3 – 16 with additional support needs are referred by the GP via SCI gateway, Child Development Centres or RHSC.

**Test/treatments offered include:**

- Pelvic floor muscle re-education
- Bladder retraining
- Onward referral to other services
- Urine testing
- Intermittent self-catherisation
- Diet and fluid advice
- Pelvic floor muscle stimulation
- Biofeedback
- Bladder and bowel medication advice
- Bladder scanning
- Lifestyle interventions: smoking, diet etc.
- Bowel management

**Administration base:** 71 Dougrie Drive, Castlemilk, Glasgow G45 9AW

**Telephone:** 0141 531 8612

**Fax:** 0141 531 8523

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For more information please contact
Larry Callary on 0753 422 8853 or Christine Tait on 0141 211 3529 or simply register your intention to attend by contacting Christine Carlston at christine.carlston@ggc.scot.nhs.uk

The national Read Between the Lines Campaign launches on Monday, September 2 and runs until the end of this month and encompasses National Suicide Prevention Awareness Week (9-15 September).

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For more information click onto www.chooselife.net/ask
Bumper crop of nominations for Chairman’s Awards

Chairman’s Awards

A RECORD number of entries have been received for this year’s Chairman’s Awards, with 156 entries set to be reviewed by a judging panel led by Chairman, Andrew Robertson.

The prestigious Chairman’s Awards recognise and celebrate the very best in patient care and service improvement within NHSGGC.

Andrew said: “I am delighted to see that year on year we are receiving more and more entries to the Chairman’s Awards.

“Through all of this year’s entries there is a strong reflection of dedication and commitment from staff across the organisation who take pride in ensuring the very best of healthcare is provided to our patients.

“The innovative ideas and continuous way of delivering services more effectively are very promising to see.

“My fellow judges and I now have the unenviable task of selecting winners from a very strong field of entries.”

Winners will be announced and presented with their awards by the Minister for Public Health Michael Matheson and our Chairman at the Annual Review on Monday 18 November at the Thistle Hotel, Glasgow.

Tell us how ecosmart you are at home and work

Staff are being asked to share their “green” ideas by completing a survey asking how ecosmart they are at work and at home.

It takes only a few minutes to complete, visit: https://www.surveymonkey.com/s/EcoSmart before the 11 October deadline.

Energy manager Gillian Brown said: “The ecosmart team want to know how and where you use energy and materials throughout your lives, both at home and at work and we’ll look at how they can be introduced throughout the Board.

“In fact if anyone has more ideas and enthusiasm for environmental awareness that is not covered by the questionnaire why not consider becoming an ecowarrior and help spread the message throughout your workplace about how we can all become more efficient in all we do through environmental management and help decrease our carbon footprint.

“If you have an interest in anything sustainable from recycling to cycling, energy efficiency to water management this is the campaign for you.”

If you need help getting started, visit: StaffNet > Corporate Services > Sustainability.

Training sessions for our ecowarriors are being organised throughout NHSGGC in the coming months to help them understand a bit more about what their role is and what questions/queries they may come up against.

For more information Email: Gillian.brown2@ggc.scot.nhs.uk or tel: 0141 314 6994.

Free healthy eating workshops on offer

Healthy Working Lives are offering free lunchtime Healthy Eating talks to staff to promote healthier lifestyle choices.

Sessions can be booked at workplaces between now and July 2014 and there are two options to choose from – a general awareness session about healthy eating or healthy eating on a budget.

Debbie Nelson, staff health strategy co-ordinator, Healthy Working Lives, said: “A study published in December 2011 estimated that in 2010 around 5 per cent of cancers in the UK may have been linked to people eating fewer than five portions a day (400g/day) of fruit and vegetables.

“These talks will hopefully encourage staff to make healthier lifestyle choices and help reduce health risks.”

For more information on the booking process, email: catherine.gale@ggc.scot.nhs.uk. Opportunities are limited at present and will be allocated on a first come, first served basis.
Staff victory over patients at WestMARC Open Golf Day

IT was victory for staff in the second hotly contested WestMARC (West of Scotland Mobility and Rehabilitation Centre) Open Golf Tournament against their prosthetic patient rivals, who were last year’s winners.

A total of 24 intrepid golfers competed in the tournament, organised by the specialist rehabilitation unit at the Southern General Hospital, at Westerwood Golf Club.

The staff side included a number of “ringers”, friends or relations of staff to make up a shortfall in numbers and complete the two teams of 12.

The results were as follows:

- WestMARC staff claimed their revenge for last year (thanks mainly to the ‘ringers’ in the team!) with four wins over the patients’ two victories.
- Singles Stableford Competition - 1st: Rob Steele, (staff ‘ringer’) 40 points; 2nd, Colin Gil (patient) 39 points; 3rd: Douglas Ritchie (staff ‘ringer’) 35 points.
- Team Prize (Better Ball 58 strokes) - Steve Bramwell (staff ‘ringer’); John Burns (patient); John Colvin (staff); Colin Gill (patient).
- Nearest the Hole (15th) - Scott Chalmers (staff); Longest Drive - (11th) John Burns (patient).

Losing pounds to gain pounds in memory of a friend

TWO senior members of staff at Sandyford, NHSGGC’s sexual health service, have transformed their lifestyles to help raise cash in memory of founder Dr Alison Bigrigg who died earlier this year.

Dr Rosie Ilett and Dr Pauline McGough, general manager and clinical director of the service, have between them lost around 150lbs since adopting a healthier and more active lifestyle seven months ago.

Friends and colleagues of the late Dr Bigrigg had committed to raising money in her memory for the Friends of the Beatson charity via a specially set-up justgiving site.

Although Rosie and Pauline opted not to go down the route of a sponsored lifestyle change they made it their motivation to work hard at the lifestyle change and mark their achievement to date by making a donation to the fund.

Rosie said: “Alison founded the Sandyford service and it was an obvious decision for us to donate money to the Friends because she received excellent care at the Beatson where she was treated for leukaemia earlier this year.”

Gordon Thomson, Chairman of the Friends, added: “This wonderful sum clearly reflects the high regard in which Alison was held by many people.”

Meanwhile both Rosie and Pauline are continuing their new fitness regime and hope that their personal success will inspire colleagues to attend the Weight at Work sessions which are coming soon to the Sandyford.

If you would like to donate to the justgiving site in memory of Dr Bigrigg with all proceeds going to the Friends of the Beatson, visit: http://www.justgiving.com/AlisonBigrigg