

Therapet Poppy's one of our 2000 volunteers

YOUNG patient Joel Fee (11) is well on the road to recovery ... thanks in part to the visits of Therapet Poppy, Anne Macdonald's Springer Spaniel - one of more than 2000 volunteers who perform a host of services free of charge throughout the NHS.

SPOTLIGHT ON AN ARMY OF FRIENDS
- SEE BACK PAGE

Making a fuss of our unsung heroes

THEY'RE the people who work for nothing to make our patients' lives just that little bit better.

They give up their free time to provide caring and companionship and ask for nothing in return.

But now, NHS Greater Glasgow and Clyde is about to celebrate the work of our volunteers with a special event in September.

To coincide with the event, a special supplement is being produced in partnership with the Evening Times to celebrate the work of our volunteers.

Hosted by our chairman, Professor Sir John Arbuthnott, the event will see around 400 specially invited representatives from our volunteering community.

NHS Greater Glasgow and Clyde has around 2000 volunteers of all ages and backgrounds who regularly help out in our hospitals and other healthcare settings.

All types of people volunteer to provide a wide range of vital services, including:

- Befrienders who chat to or comfort patients on wards and clinics
- WRVS who provide tea and refreshments in our hospitals
- Volunteer tea trolley workers
- A disc jockey



- Volunteer drivers who take our patients to clinic appointments or to social events
- Therapets - animals who visit patients on wards
- Hospital radio volunteers
- Fundraisers, including those who carried out work on behalf of the Royal Hospital for Sick Children/Queen Mother's and the Beatson.

Professor Sir John Arbuthnott said: "To officially recognise and celebrate the work of the some 2000 people who volunteer their time and effort to our hospitals, health centres and community settings, NHS Greater Glasgow and Clyde is holding a lunchtime event in September to personally thank them for the hard work they have put in over the years.

"The majority of the 400 guests will be volunteers, but some of our staff will also be invited in respect of the voluntary work that they undertake and the real

difference they make to peoples lives, not just in this country, but across the world.

"It is pleasing to hear that there are almost as many different types of people volunteering as there are opportunities to volunteer. In particular, I am pleased to see that more young people seem to be getting involved."

Peter Hamilton, Chair NHS Greater Glasgow and Clyde Involving People Committee, said: "I am delighted that we are using the event to formally recognise the hard work and endeavour of our volunteers.

"This event and the special twelve page supplement that will appear in the Evening Times on the day of the event is also an opportunity to raise the awareness of the benefits of giving time, and hopefully, inspiring a new generation of volunteers."

PROGRESS REPORT... ON THE NEW HOSPITALS PROGRAMME

NHS Greater Glasgow and Clyde is in the middle of an unprecedented programme of works that will create the most modern, high tech hospitals in the country.

Close to a billion pounds is being spent over the next few years on developing and improving a number of sites in Glasgow, including the creation of five brand new hospitals - the new Beatson, Victoria, Stobhill, South Glasgow and children's hospitals.

Next year will see the opening of the first of those new hospitals - the new Beatson on the Gartnavel hospitals site - with the rest following between 2009 and 2012.

Inside Health News, there's an in-depth look at these exciting new developments, including a closer look at the new Beatson and what's happening on the Southern General Hospital site.

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Sobering facts about alcohol and drugs

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Healing body and spirit

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Dental service brings a smile to the homeless

EDDIE'S GRIN SHOWS SUCCESS OF PIONEERING PROJECT

A PIONEERING dentistry service for homeless people has been officially launched in Glasgow.

Staffed by two dentists, three dental nurses, a hygienist and support workers, NHS Greater Glasgow and Clyde's Homeless Dentistry Service expects to see around 4000 people annually.

Two dentists will provide a dedicated dental practice operating from a number of venues across the city, representing a significant expansion of the care previously available through the City Mission and occasional visits to hostels.

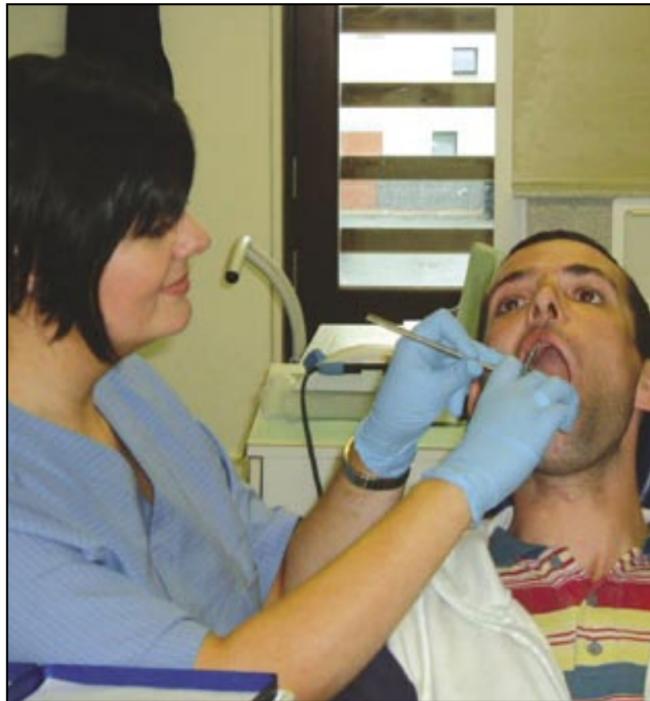
NHS Greater Glasgow and Clyde's Director of Community Dental Health, Ray McAndrew explained why the service is so badly needed: "Homeless people tend to have a high proportion of risk factors for oral cancer. By being able to treat more minor problems and provide oral cancer screening here, we hope we can also help prevent more serious diseases."

Research has shown homeless people have difficulty in accessing dental care through the general dental service. A study carried out by NHS Greater Glasgow and Clyde has also found high levels of tooth decay exists among homeless people, much of it untreated, and around 30% of those same people no longer have their own teeth.

There are a number of factors why homeless people have such poor oral health including lifestyle (eg problems with drug and alcohol misuse); lack of adequate cooking facilities or fridges means they tend to eat pre-processed, high sugar foods; and lack of facilities for brushing and flossing their teeth.

Alice Docherty from the Glasgow Homeless Partnership - a joint partnership between NHS Greater Glasgow and Clyde and Glasgow City Council - said: "When you don't have a home of your own, your very existence can sometimes be a struggle and looking after your teeth can often be a low priority. Improving someone's smile can improve that person's job prospects, their chances of finding decent housing and of building relationships."

One man who can truly say: "I've got



ABOVE: DENTIST Abigail Heffernan during one of her sessions with Eddie. BELOW: Eddie shows off his new smile.



my smile back!" is 32-year-old Eddie McQuade.

Eddie told Health News about how the service has changed his life for the better.

He said: "I've been coming to the Homeless Dentistry Service for about two or three months now and it's been

absolutely brilliant. I was told about it by one of my support workers. They've done all kinds of work on me and my whole face looks different now when I smile.

"Getting all the work done by the dentist here has happened at the same time as I've been getting back on my feet in other parts of my life and I think one helps the other.

"I've been homeless for about six or seven years. For about six months I even slept rough under bridges in the city centre, then I was in a hostel and then supported accommodation. But now I'm in a furnished flat and I'm involved with the Boomerang Project that can help you get to college or receive training.

"Being homeless means you find it difficult to eat properly and that all takes its toll on your teeth. I used to be a drug addict and that certainly didn't help either. All the sugar did its damage and I actually had no front teeth.

"Now it's all changed. Abigail, the dentist here, fixed me up and put some teeth in so that now I look like I've got a perfect smile. I'm a lot more confident now that I've got my smile back, I feel like a new me."

SIGHT TESTING AT NURSERIES

ALL children in NHS Greater Glasgow and Clyde will be offered free eye tests in their pre-primary school year, beginning next month.

And, wherever possible, the test will take place in the child's nursery.

Testing children in nurseries is new to Glasgow, but a similar scheme has been running successfully in the Argyll and Clyde area for a number of years.

Previously screening in Greater Glasgow had been somewhat piecemeal with children in some areas screened by their health visitors and others by orthoptists in local health centres. Now, thanks to the new scheme, all youngsters will receive the same service.

The screening test will be carried out when the child is about four-years-old by an orthoptist - a hospital-based eye care professional with specialist training in testing and treating visual defects in young children, and in the diagnosis and management of eye movement disorders.

He or she will test the child, looking out for a range of eye problems.

Dr Lucy Reynolds, consultant paediatrician who co-ordinates childhood screening programmes, said: "This major improvement to our screening service is only possible due to the hard work put in by the implementation team - from orthoptists to IT experts - and the wonderful co-operation we have had from nursery staff.

"Everyone has risen to the challenge, and we look forward to celebrating this very welcome development in the service we provide for local children. Having a universal screening programme will maximise our chances of detecting and successfully treating a range of eye problems in children."

BIG SCREEN MAGIC AT CHILDREN'S HOSPITAL

LIGHTS! Camera! Drill! - It's not quite the usual command to launch a film event, but building work has just started to convert a former lecture theatre at Glasgow's Royal Hospital for Sick Children into Scotland's first MediCinema.

Celebrities, former patients and supporters of the hospital have been raising money towards the cost of the work to transform the lecture room, which is above the hospital's Accident and Emergency Department, into a 55-seat cinema for patients.

John Hughan, the Hospital's General Manager of Operations, said: "The hospital's need to maintain a multi-functional room whilst converting it to provide a commercial quality cinema for patients, makes this project an exciting challenge.

"Going to see a film offers the youngsters a few hours of escapism from their hospital ward."

Patients will be able to see the latest films in the MediCinema by the end of 2006 and the specialist cinema equipment will be relocated to the new £100m children's hospital on the Southern General site when it is completed in 2011.



KEEPING Fit to beat the falls ... these sprightly pensioners go through their paces at Knightswood Community Centre.

Take the fear out of falling

EXERCISE PROGRAMME TO PREVENT ACCIDENTS IN THE HOME

NHS Greater Glasgow and Clyde's Home Falls Prevention Programme is helping senior citizens fight back against accidents.

Falling over at home is the number one cause of accidental death among older people in Scotland and one of their greatest fears. It is also the number one cause of unplanned hospital admission.

But now NHS Greater Glasgow and Clyde's Home Falls Prevention Programme is sending the message to the city's over-65s that falls can be prevented.

Team leader Greg de Mello says injuries don't have to be inevitable: "It used to be the general perception that people tended to

fall over more as they got older and that's all there was to it. Nowadays, we know that falls can be prevented by taking simple steps to improve your strength and balance.

"We can teach people all sorts of ways to keep fit and strong and it's great fun. Activities such as standing up and sitting down regularly and heel raising exercises can really work and possibly even help save your life in the long run."

Eighty-eight-year-old Nessie Hay from Parkhouse was helped by the Home Falls Prevention Programme earlier this year. Mrs Hay believes the Programme made a huge difference.

She said: "I thought the team were just wonderful and the service really helped me. I was treated after suffering a fall and I got

so much out of the classes and the one-to-one treatment. They even gave me exercises I could do by myself at home too, so I'm now so much steadier on my feet."

The Home Falls Prevention Programme provides a screening service, health education, exercise, rehabilitation and onward referral to people over the age of 65 who live at home and have had a fall within the last year.

If you are over 65 and worried about falling, contact your GP or other healthcare professional and ask them about being referred to the Programme.

The Programme is only available in the Greater Glasgow area at the moment. It is hoped that in future the Programme will be extended to the Clyde area.

Changes to children's services at the IRH approved

NHS Greater Glasgow and Clyde has approved a suite of proposals aimed at sustaining local children's services at Inverclyde Royal Hospital.

The proposals, which went out to public consultation in June, aim to enhance and expand community-based services and include a proposal to relocate the children's acute assessment unit from Inverclyde Royal to create a Clyde-wide 24-hour service at the Royal Alexandra Hospital in Paisley. The unit's purpose is to place children under observation for brief periods before determining if they need admission for specialised care.

In the course of the consultation, community representatives raised concerns around transportation and emergency care access.

At a workshop event held in Greenock in July, doctors reassured those present that there would be no change to children's A & E access at Inverclyde.

They also pointed out that improved links with GPs and more community nursing staff on the ground would make it possible to prevent so many children having to go to hospital in the first place.

With these measures, it was anticipated that of the 200 or so children who currently attend the assessment unit each year, all but 50 to 60 could continue to be treated in some way at Inverclyde Royal.

The NHS Board approved the proposals on the basis that there will be ongoing engagement with local people over the design of the new children's centre and improved local services.

Health centres go-ahead for Barrhead and Renfrew

THE go-ahead has been given to develop two new health and social care centres - one in Barrhead, the other in Renfrew.

NHS Greater Glasgow and Clyde and the Scottish Executive have allocated £30million towards the development of the new centres.

Renfrewshire and East Renfrewshire Councils, who are key partners in the development of the Renfrew and Barrhead centres respectively, will also

contribute towards the funding of the new centres.

The new Renfrew centre will provide a wide range of local health and social care services including GP practices, minor surgery, physiotherapy, podiatry (foot care) services, health visitor and district nursing teams, social work and home care services.

It will also provide accommodation for a number of patient and carer support

groups, community groups and voluntary organisations.

It is proposed that the new Barrhead centre will be built on the Carlibar Primary School site. It will accommodate a range of local health and social care services including the three Barrhead GP practices, community nursing teams, daycare and support services for older people and community mental health services. Project Boards have been set up

to take forward the detailed planning and development for each of the new centres.

Construction work of the Renfrew centre is expected to start during 2007 with the centre being completed by 2009. Site preparation for the new Barrhead centre is due to begin in 2007 following the approval of the full business case and planning permission, with the centre due for completion during 2010/11.

● SMOKING CANNABIS ... a danger to you and your children

Some wacky facts

THERE'S been a lot of coverage in the national press over the last few months about cannabis use and binge drinking. Now is the time to arm yourself with the facts

- not the fiction - about cannabis and alcohol. Discover just what effect the drug has on your body and how heavy drinking can affect your life and those of your friends.

WHAT CANNABIS REALLY DOES TO YOUR BODY

MANY people believe that using cannabis is completely harmless - perceiving it as a softer drug with no risks. With that in mind,

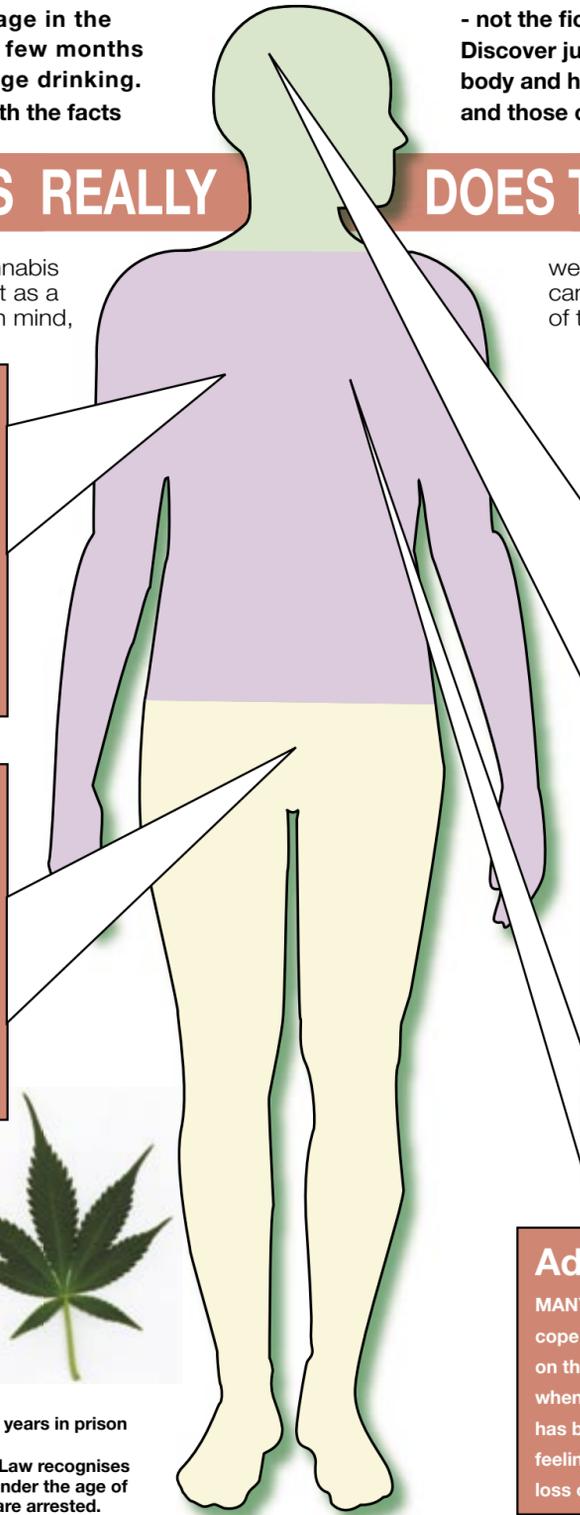
we've produced a brief guide on how cannabis can affect your body ... and some of the facts may surprise you.

Lungs
SMOKED cannabis contains similarly high concentrations of toxins as smoked tobacco. Smoking cannabis and tobacco together is likely to be even more damaging than normal cigarettes. Some people believe that smoking cannabis helps with conditions such as asthma. This is not true. People with respiratory conditions such as asthma and Chronic Obstructive Pulmonary Disease (including bronchitis and emphysema) should not smoke cannabis.

Fertility and Pregnancy
CANNABIS use during pregnancy may affect the developing child, leading to premature birth and smaller birth weight. THC (the mind altering part of the drug) can cross over the placenta to the baby during pregnancy and pass into breast milk after the baby is born. There is evidence that smoking cannabis can reduce fertility in both men and women and interfere with reproductive hormones.

The Law and Cannabis
CANNABIS is the most widely used illegal drug in the UK and is possibly the most misunderstood of all drugs. It is still illegal - it is a Class C drug, which means the maximum sentence for possession is two years in prison and an unlimited fine. Anyone caught supplying the drug can face 14 years in prison and an unlimited fine.

There is no set amount of cannabis that the Law recognises as being for 'a person's own use' and people under the age of 17 no longer get cautions for possession, but are arrested.



Brain
SOME users claim that taking cannabis makes them feel relaxed. Because it's a mild hallucinogen, it can also affect the way a user sees and hears - sometimes making colours and sounds brighter and sharper. Cannabis does affect concentration, slows down reaction times and can cause short-term memory loss. It can also make the person feel edgy and anxious, inducing or exaggerating feelings of paranoia and panic. People with a mental illness or a history of mental illness in the family should avoid taking cannabis as it can increase the chances of users developing a mental illness such as depression or schizophrenia.

Heart
SMOKING cannabis increases the heart rate within two minutes of starting and this effect can last for around two hours. Blood pressure is also affected, causing the user to feel dizzy or faint. Some people also report feeling sick. Although there's no evidence that occasional cannabis use has permanent negative effects on the cardiovascular (heart and blood circulation) system people with heart conditions are strongly advised to avoid cannabis and tobacco.

Addiction
MANY people who use cannabis feel they need it to cope with everyday life. People who are dependent on the drug may experience withdrawal symptoms when they stop using cannabis because their body has become so used to it. Symptoms include: feeling restless and anxious, difficulty sleeping and loss of appetite.

● BINGE DRINKING ... not clever and not friendly

to sober you up

NHS Greater Glasgow and Clyde is giving its support to a national campaign that aims to change perceptions about drinking.

The Scottish Executive's 'Friends don't make friends drink' campaign was launched this month (August).

Through television and radio adverts and a series of posters, the campaign aims to make people think about pushing drinks on their mates during nights out and embarrassing them into drinking too much.

Jane Hasler, from Greater Glasgow Alcohol Action Team said: "The 'rounds' culture in Scotland can put pressure on people to keep up with their friends who may be drinking faster than them. Peer pressure can be put upon the slower drinker to keep up and they may be cajoled into having another drink even when they don't want one. It's often easier to 'go with the flow' than be sober around friends who are drunk

"Unsocial behaviour, which is normally frowned upon by society, can be seen as more acceptable when people are drunk. In our culture, drunkenness is often celebrated and encouraged by some groups out drinking in the West of Scotland; it can be seen as a central part of a good night out. "What the campaign tries to do is to challenge those beliefs and make people think about their drinking behaviour and its effects on others and the potential consequences of having too much to drink."

The national TV advert uses



A FRIENDLY DRINK ... but forcing mates to keep up is dangerous and foolhardy.

a thought-provoking scenario about work colleagues out together encouraging excessive drinking in the group and the consequences. The slogan: 'Alcohol. Don't push it.' is used throughout the entire campaign.

Jane added: "The campaign is not saying don't go out and drink or have a good time. What it's asking people to do is to think about the consequences of their drinking behaviour and asking them not to push drink on their friends. Scots like to be good hosts and might think they are being generous by buying another round, but if that last drink leads to you or a friend

attitudes and behaviour to other people when drinking. Do you feel the need to encourage other people to drink? Friends don't make friends drink!

● Look out for yourself and your friends - Alcohol can make you take risks you normally wouldn't. Make sure you get home safely, know how you're getting home and stick to the plan.

● Watch your measures - Measures poured at home or at parties are usually much larger than standard pub measures.

● Be careful - Emergency Departments in Greater Glasgow and Clyde regularly see quite a number people who are intoxicated and who have drink-related injuries or have been involved in drink-related incidents. Try to limit your drinking so you are still in control and safe when you are out.

● Be protected - Make sure you always practice safe sex. ● Keep hydrated - Eat something before and during drinking and alternate soft drinks or water with every other drink.

● Think of the calories - "A second on the lips, a lifetime on the hips" applies to alcohol too. Drinking a bottle of red wine amounts to more than 500 calories while four pints of Guinness is a huge 841 calories.

● Take a night off - For every night you drink alcohol make sure you have at least one night off. Your body needs a couple of days to recover from the negative effects.

For more information on the campaign, go to: www.infoscotland.com/alcohol

For further useful tips and advice on alcohol and going out and about in Glasgow city - go to: www.playsafeinglasgow.com

becoming so drunk you behave embarrassingly or results in you putting yourselves in unsafe situations ... was it really worth it?"

So how can we change?

THERE'S nothing inevitable about Scotland's heavy drinking culture, by making small changes we can alter our behaviour:

- Know how to say no - You don't have to get drunk just because your friends are. Don't feel pressured into taking part in rounds if you don't want to.
- Don't push alcohol on your friends! Think about your

Break the booze and violence link

POLICE forces across Scotland will be targeting alcohol-fuelled violence and disorder during September as part of the Safer Scotland campaign.

Officers will be particularly aiming to cut off the supply of alcohol to under-18s by targeting those who illegally supply drink to under-age youngsters.

Detective Chief Superintendent John Carnochan, head of the Violence Reduction Unit, said: "Anyone caught can expect to be dealt with severely as we want to send out a clear message that such behaviour is totally unacceptable."

He revealed that the link between

alcohol and violence is well documented. Figures show that alcohol is a factor in many behavioural crimes, such as domestic violence, disorder and assault.

He said: "There is no denying that we have a real issue in the West of Scotland with knife crime - the so-called 'booze and blades' culture.

"This culture of violence and weapons' carrying is prevalent in many of our hard-pressed communities. Large numbers of young men in these communities think it's acceptable to carry and use a knife. They tend to be gangs of young men aged between 14 to 21, who are on the periphery of society. They

tend to club together and share a few bottles of strong wine or lager.

"If one group of young men then come across a similar group from another area, they've both been drinking and are carrying weapons, then the chance of violence increases.

"We need to educate young men about the dangers of carrying weapons and we need to restrict their access to alcohol. However, we need to be realistic and this could take generations to change attitudes to violence and alcohol consumption."

SMOKE FREE WENDY WINS TOP PRIZE

ONE hundred parents have signed up to a scheme that aims to keep homes smoke free.

Since the launch of NHS Greater Glasgow and Clyde's Breathe Easy Smoke Free Homes and Zones initiative in November 2005, around 100 parents in Glasgow's East End have pledged to reduce their child's exposure to second-hand smoke.

They've done this by making a Silver Pledge to restrict smoking in their homes to one room only or a Gold Pledge to make their homes completely smoke free.

At St Timothy's Nursery recently, parent Wendy Scott was presented with £100 DIY vouchers for winning the Breathe Easy Smoke Free Homes and Zones prize draw. Presented with her prize by Councillor Jim Coleman, NHSGGC Board member and Deputy Leader of Glasgow City Council, Wendy has successfully kept her home completely smoke free after taking the Gold Pledge.

Information: Smoke Free Homes and Zones - tel: 0141 550 5023 or email: asmith@eastend.org.uk

NEW CENTRE FOR KIRKIE

WORK has now started on a new one-stop-shop for health and social care services in Kirkintilloch.

The existing Townhead Clinic will be replaced with a new improved centre combining local health and social care services under one roof.

Kirkintilloch's Initiative (KI), a partnership between NHS Greater Glasgow and Clyde and East Dunbartonshire Council, is investing £55million to help regenerate the town and the new centre should be opened for business by mid 2008.

The new centre promises to be a busy hub of the regenerated town centre and will offer a range of primary and community healthcare services including district nursing, health visiting, podiatry, physiotherapy, community dentistry, GP, family planning, speech and language therapy, mental health and addiction services and Social Care Services.

Cancer centre making good progress

FIRST LOOK AT NEW BEATSON

THE new Beatson is well on track for an early 2007 opening.

As you can see from the pictures - taken at the end of July - the centre is still to be finished, but a great deal of work has already taken place.

The £87million cancer centre, known officially as the Beatson West of Scotland Cancer Centre, is based on the Gartnavel Hospital site and replaces existing facilities at the Western Infirmary, Glasgow Royal Infirmary and Gartnavel General Hospital.

Covering approximately 22,000 square metres (which is around 40% more space than current facilities), the size of the new building is equivalent to around three average-sized football pitches or 84 tennis courts.

Here's a few facts and figures that you won't yet know about your new Beatson:

- The five storey building has three floors of inpatient wards and more than 1000 rooms
- There will be 171 inpatient beds (for people staying overnight) and 45 day case places (for day treatments)
- Around 800 staff will be relocating from 12 buildings on three sites (the old Beatson at the Western, the Royal Infirmary and Gartnavel General) to work in the new Beatson
- Around 1000 phone numbers have been allocated to the new Beatson, with around 900 phone lines being installed initially
- 13,000 new items of equipment will be delivered to the hospital during its commissioning (getting ready) phase including everything from sick bowls and computers to X-ray machines and linear accelerators (radiation machines)

The new Beatson will also house a regional bone marrow transplant ward and North Glasgow haemato-oncology (blood cancers) ward; a pharmacy; a patient and family information service with access to computers; clinical trial and research space; and outpatient areas with state-of-the-art scanning equipment.

The new £500,000 Friends of the Beatson complementary therapy centre, the RelaxStation, has been incorporated within the

new Beatson as has a specially designed teen cancer unit funded by the Teenage Cancer Trust.

State-of-the-art technology will be installed throughout the new building, including £500,000 worth of image guided radiotherapy (IGRT) equipment which allows radiographers to take an X-ray or CT scan of the affected area before using the machine to provide treatment.

To create a relaxing environment, an art group, led by Art Coordinator, Jane Kelly, has been working to ensure the ambience of the building is correct. Every floor is colour coordinated in relaxing tones to make the new Beatson feel more welcoming and pleasant for patients and staff. The theme is the West of Scotland - its geography, geology and seasons.

Artworks, including a wall hanging, stained glass window and other pieces of art have been commissioned for various parts of the building. The artworks, some landscaping, design and furniture enhancements have been made possible thanks to generous donations made by Macmillan Cancer Relief, the Teenage Cancer Trust, the Friends of the Beatson and Trades House of Glasgow.

What's on which level?

Level 0 - includes radiotherapy services and

paediatric (children) area

Level 1 - includes main reception; patient information area; cafe and courtyard; pharmacy; sanctuary for people requiring quiet contemplation; day case and outpatient departments; Clinical Apheresis Unit (stem cell); Clinical Research Unit

Level 2 - includes general cancer wards; brachytherapy rooms and operating theatre; office suites; relatives' overnight stay area; seminar and meeting rooms

Level 3 - includes general cancer wards; office suites; seminar and meeting rooms

Level 4 - includes Haemato-Oncology (blood cancers); bone marrow transplant; high dependency unit; teen cancer unit; office suites; relatives' overnight stay area; Friends of the Beatson RelaxStation; boardroom and seminar room

Timeline:

- September 2006 - construction completion
- October 2006 - the commissioning stage; work will begin to get the new Beatson ready for occupation. An army of cleaners, IT specialists, telecoms, storehouse staff, security, dust control, recycling and safety testing staff will initially go in to make the Beatson ready for patients and staff
- January 2007 - staff and patients start the move into the new building
- Later in 2007 - the new Beatson is officially opened.



WORK is still underway at the main entrance to the Beatson.



THE new outpatients department is looking great.



PUTTING the finishing touches to the nurses' station in Ward 4b.

ALL NEW SOUTHERN GENERAL CAMPUS

GLASGOW'S Southern General site is the next in line for major development work over the next few years.

A massive £550million is being spent on the creation of two new world-class hospitals - an adult acute hospital and a children's hospital on the site.

The new £100 million children's hospital will provide the absolute gold standard in paediatric services.

Located beside and fully integrated with adult acute services and maternity services, it is an integral part of the South Glasgow campus plan.

For young people, we will be able to provide access to adult and children's specialists on the same site, as well as creating dedicated facilities in which their care can be provided

For children with serious head injuries, we will be able to bring together the specialists in intensive care and neurosurgery to provide care by a single team on one site.

The new adult hospital is due to open in 2012 and will be the largest acute hospital in the UK and one of the most advanced in Europe. It will have the largest Emergency Department in Scotland.

There will be 1200 additional new beds available for patients, half of these in individual rooms.

Thirty state-of-the-art operating theatres will offer the best in equipment.

The new hospitals will sit beside existing facilities including the maternity hospital, the National Spinal Injuries Unit and the Institute of Neurosciences, which have been or will be upgraded and refurbished.

In respect of the maternity hospital, the existing building will remain, but will undergo a transforming £8 million upgrade and re-design, which is already underway.

The new unit will meet all the challenges of leading-edge, clinical care in a safe child and family-friendly environment.

For mothers, we will be able to provide the full range of specialist services to care for them, including intensive care, by teams on the same site as the specialists in acute services.

For babies, we will provide the full range of specialist care in brand new facilities designed for the 21st century, including a new neonatal intensive care unit on the same site as the delivery unit.

All open for business by 2012, this major triple investment is one of the biggest hospital construction projects in

the UK bringing 1500 new jobs to the area. When all building work is complete more than 7000 staff will be employed on the South Glasgow hospital campus.

Some of the more unique features of the hospital site will remain. The helipad will stay but will move from its current home. One feature will definitely not move - the famous clock tower. As a listed building - and a Southern General landmark - all new builds will happen around the Clock Tower.

New children's hospital

- August/September 2006 - NHS Greater Glasgow and Clyde is very keen to consult with children and young people on thoughts for the new hospital so focus groups and public engagement teams will work with them to seek initial views to form part of the Outline Business Case
- October 2006 - site option appraisal work will be completed with best option for the siting of the new children's hospital decided
- December 2006 - the Outline Business Case will be submitted to the Scottish Executive for consideration at January's Capital Investment Group meeting



THE entrance to the new-look maternity unit nears completion.

- Late 2008/early 2009 - construction begins
- 2011 - hospital opens

New adult hospital

- December 2006 - Outline Business Case will be submitted to the Scottish Executive again for consideration at January's Capital Investment Group meeting
- Late 2008/early 2009 - construction begins
- By 2012 - hospital opens

New-look maternity

- October 2006 - building work continues on the £8million upgrade and re-design of the hospital
- September 2008 - work finishes.

DIARY OF ACTIVITY ... YOUR GUIDE TO PROGRESS ON STOBHILL AND VICTORIA

Stobhill Hospital site

MAJOR works are taking place at the Stobhill Hospital site over the coming years with four new buildings being constructed on site.

New Stobhill Hospital

Work has already begun to build the new Stobhill Hospital. Patients and staff will have noticed that three old ward blocks on the site have already been demolished, and work is beginning on the groundworks and drainage in this period.

Timeline:

- Autumn 2006 - work continuing on the new hospital.
- Early 2007 - steel structural frames should begin appearing above ground.
- Spring 2009 - the



Commissioning Stage is due to kick in now. This is a particularly exciting development when all the equipment is moved in, together with services, in readiness for the opening of the hospital later this year.

- Later in 2009 - the new hospital opens.

Rowanbank Clinic 2007

WORK is progressing well on the construction of the clinic, which will be the home of the Local

Forensic Psychiatry Unit. The 74-bed clinic is due for completion next summer.

Adolescent Psychiatry Inpatient Facility 2007

THE new West of Scotland Adolescent Psychiatry Inpatient Facility with 24 inpatient beds is scheduled to be finished by the end of 2007 and will replace the existing adolescent wards at Gartnavel Royal Hospital.

Marie Curie Centre 2007

IT is hoped that work will begin on building a purpose-built, 30-bed Marie Curie Hospice next year. The new hospice, which replaces the existing facility in Belmont Road, will have spacious single rooms, a family room on each floor and en-suite facilities.

The New Victoria Hospital

AFTER many years of planning and preparation, the new Victoria Hospital (artist's impression right) has taken a huge step towards becoming a reality.

In July, Glasgow City Council's Planning Committee gave the hospital the green light. "Financial Close" is the next critical milestone - in other words, the signing of the final deal to give the go-ahead to the Canmore/Balfour Beatty Consortia to start building work on site.

Very soon afterward lots of ground activity will start, and then the building will seem to spring up very quickly.



When work is completed, the new hospital will cover an impressive three floors in an area of more than 30,000 square metres and will treat around 400,000 patients every year.

Timeline:

- July 2006 - Glasgow City Council approve planning application for the Victoria Hospital
- Autumn 2006 - financial

close is achieved

- Winter 2006/07 - construction begins at the South Side site
- Early 2009 - construction work and fitting-out is expected to be complete
- Summer 2009 - the Commissioning Stage takes place - the final step before patients begin arriving and the hospital is officially opened.



LOOKING TO THE FUTURE...

SCOTTISH Family Health Study Administrator, Jean Taylor and Project Coordinator, Dr Bridie Fitzpatrick .

Generation game is serious family study

50,000 VOLUNTEERS WANTED FOR NATIONWIDE RESEARCH

FAMILIES across Scotland are being invited to take part in the Scottish Family Health Study, one of the nation's largest health studies - and one which is likely to have a huge impact on our medical, social and economic future.

Carried out by health researchers, Generation Scotland, the study aims to improve their understanding of why certain diseases run in families and to develop better forms of prevention and treatment. It needs 50,000 people from families in which there is at least one brother and/or sister willing to take part.

A major partnership between the NHS in Scotland, four Scottish universities and other Scottish Biomedical Research Institutes, the West of Scotland base for the study is in the

British Heart Foundation's Glasgow Cardiovascular Research Centre next to the Western Infirmary.

Study volunteers will be asked to complete a health and lifestyle questionnaire, attend the study clinic for a mini health check, donate a blood sample and allow tracking of subsequent health problems.

"The knowledge gained from this study might help our own generation, but it is even more likely to benefit future generations", said Dr Bridie Fitzpatrick, who is managing the project in Glasgow. "Although this study is designed to run for many years, volunteers will only have to provide information once at their visit to the research clinic. By investing a little time now, volunteers could bring about unknown health improvements for themselves, their children and grandchildren."

Some people in Glasgow will receive an invitation to join the study from their GPs, but anyone aged 18 years or older

can volunteer themselves if other members of their family are also interested in taking part.

For more information about the study contact Dr Bridie Fitzpatrick, tel: 0141 330 8357, email: gcl247@clinmed.gla.ac.uk

Or visit the website at: www.generationscotland.org

GLASWEGIANS are also being asked to take part in a 'first of its kind' research study into how health inequalities arise.

Developed by the Glasgow Centre for Population Health (GCPH), the Psychosocial and Biological Determinants of Disease (pSoBid) study (pronounced 'so-bid') is looking at the different social statuses, psychological profiles and biological factors behind health and disease and work out why poor health is more prevalent in the least affluent areas of the city.

GCPH researchers will contact around 700 residents

information on dementia as well as supporting and offering advice to people with dementia and their carers.

For further information contact: Gordon Thomson, Ceartas, 62 Townhead, Kirkintilloch, Glasgow, G66 1NZ. Tel: 0141 775 0433, or email: info@ceartas.org.uk

ADVOCACY FOR PEOPLE WITH DEMENTIA

ADVOCACY is widely recognised as an important tool, but often it is a subject area that individuals shy away from, unsure of its purpose and value.

Ceartas is an independent professional advocacy service in East Dunbartonshire that specialises in working with people with dementia. It provides accurate, independent

Know your rights on human organs donation

NEW laws on human tissue and organ retention, donation and transplantation come into force next month.

The Human Tissue (Scotland) Act 2006 includes direction on the use of organs for transplantation, authorisation for post mortem examinations, public display (e.g. human remains being shown in museums) and the use of tissue for research, training and education.

Authorisation for these activities is the main focus of the Act, this approval will have been granted by the individual when he or she was still alive or will be requested from their relatives if there is no knowledge of authorisation prior to the donor's death.

If you wish your organs to be used for organ donation, you can sign up to the Organ Donor Register; this is taken as legal authorisation. You don't have to be an adult to give authorisation; young people aged 12 and over also have the legal right to give authorisation for their body parts to be used.

If a deceased person's wishes are not clear before their death, permission to remove organs and tissues can be given by their closest relative. If the deceased is a child of any age, it would be the person with parental rights and responsibilities for that child who could give permission.

So what does this mean for you? If you have signed up to the Organ Donor Register, your wishes to donate will be respected in law. Previous to this Act, family members could refuse organ donation even if a person had signed up to the Register.

West of Scotland Donor Transplant Coordinator, William Murray, who is based at the Western Infirmary, said: "The new Human Tissue Act reflects advances in medical science and also considers today's changing society. In compiling this Act, the Scottish Executive has placed the wishes of the individual foremost in law. It is now up to families to respect that statement of authorisation should organ donation be an option."

"As always, the best way to ensure your wishes are respected is to talk to your family and friends and let them know that you are on the register. Being on the Organ Donor Register should not be a passive exercise - you have your whole life to tell people about it!"

Organ Donor Line, tel: 0845 606040 or visit: www.uktransplant.org.uk

The DIRECTORY

NHS 24 08454 24 24 24

Confidential telephone health advice and information service for people in Scotland.

NHS online health guide: www.nhs.gov.uk and click on the link or www.nhs24.com

USEFUL PHONE NUMBERS

ADDICTIONS

Alcohol and Drug Addiction Services

National Alcohol information line

0800 917 8282

Alcoholics Anonymous (AA)

0845 769 7555

www.aa-uk.org.uk

Alcoholics Anonymous, 50 Wellington Street, Glasgow

0141 226 2214

Al-Anon (for families of people with alcohol problems) 020 7403 0888

www.al-anonuk.uk

Al-Anon Information Centre, 22 Mansfield Street, Partick

0141 339 8884

For information on your local Community Addiction Teams

0141 276 6602

BEREAVEMENT

Family Bereavement Service

The Family Bereavement Service based at the Sick Children's Hospital works with parents, siblings and carers of children who have died. They can be contacted by phone, tel: 0141 201 9257, or via email at: yfbs@yorkhill.scot.nhs.uk

CRUSE Bereavement Service

0141 248 2199

or contact the national office for a local contact, tel: 01738 444 178.

CARERS

A special information and support line is available for carers. Tel: 0141 353 6504, email: carerssupportline@crossroads-scotland.co.uk or go to: www.nhs.gov.uk and click on Health in the Community for more information for carers.

Inverclyde Carers Centre

01475 735 180

Renfrewshire Carers Centre

0141 887 3643

West Dunbartonshire Carers Centre

0141 941 1550.

Cancer support services on your doorstep

TAK Tent is a voluntary organisation which provides support for anyone affected by cancer through a network of community based self-help groups, a telephone help line and counselling and complementary therapies.

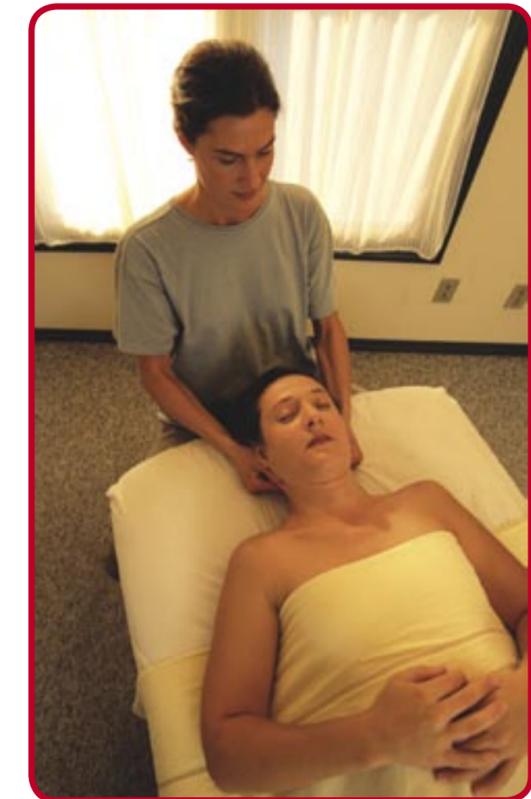
Self help groups meet monthly and include cancer patients, carers, friends, and healthcare professionals. All services are free of charge.

Specific help is available for young adults (16 yrs +). This group meets fortnightly for a programme of largely social events, and members offer befriending support to those in hospital and at home.

For further information, tel: 0141 211 0122, e-mail: tak.tent@care4free.net or visit the website: www.taktent.org

Other organisations providing information and support to people affected by cancer, their families and friends include:

Cancer Bacup which has a helpline open Monday to Friday 9am to



8pm, tel: 0808 800 1234 or visit: www.cancerbacup.org.uk

The Macmillan Cancerline is open Monday to Friday from 9am to 6pm, tel: 0808 808 2020. Macmillan also provides a

translation service for those whose first language is not English and also textphone for the deaf and hard of hearing. You can also visit: www.macmillan.org.uk

EXERCISE - FIRST STEPS TO A FITTER LIFESTYLE

The Live Active Exercise Referral Scheme

The scheme may be appropriate for you if...

- You are not currently regularly physically active and you are thinking about becoming more active
- You are doing some activity but would like to do more and feel additional advice and support would help you
- You have been advised to become more active, eg by your GP or Practice Nurse, but you don't really know where to start.

Contact your GP, Practice Nurse or Physiotherapist for a

referral to this scheme which offers advice, support and encouragement to help you exercise more. Information: Fiona Hamilton - tel: 0141 201 4756.

First Steps Programme

This is an eight-week rolling social support programme for people who are new to physical activity and require some support and motivation to become more active. This programme takes place in ten leisure centres across Greater Glasgow and allows people to taste a variety of local physical activities in a friendly and supportive environment. Information: Hugh McNish - tel: 0141 287 0238.

DATES FOR THE DIARY...

NEXT date for the NHS Greater Glasgow and Clyde Board, Dalian House, 350 St Vincent Street, Glasgow - Tuesday, October 24, 2006 at 9.30am.

Make Time To Remember
THIRD Thursday of the month at 7pm, Chaplaincy Centre, Southern General Hospital, Govan

Family and friends who have lost loved ones at the Southern General Hospital are invited to A Time To Remember. The service is open to anyone who has lost a loved one

at the hospital. Information, tel: 0141 201 2156.

Patient Information Conference

The Scottish Health Council and partners are hosting a Patient Information Conference on Tuesday, November 14, 2006 at the Glasgow Radisson SAS Hotel, 301 Argyle Street, Glasgow. Information: Archie Dalrymple on tel: 0141 225 5557 or email: archie.dalrymple@scottishhealthcouncil.org Web: www.scottishhealthcouncil.org

Community Health Open Day

South East Community Health & Care Partnership is holding a Community Health Open Day for public and staff in Hampden Park on Tuesday, September 12, 2006 from 10am to 7pm.

The event includes tips on healthy eating and general health, drama and craft demos, information on local community and voluntary groups, training and employment opportunities. All welcome.

SEXUAL HEALTH

IN Greater Glasgow and Clyde we've got a range of sexual health and wellbeing services available.

In Glasgow, the Sandyford Initiative provides sexual and reproductive health services for women, men and young people. This includes Well Women clinics, contraception and specialist clinics for health issues such as menopause and vasectomy.

It also provides a range of counselling services and other specialist services, including services for women experiencing physical, mental and emotional problems.

For more information, contact: The Sandyford Initiative, 2 Sandyford Place, Sauchiehall Street, Glasgow G3 7NB.

Tel: 0141 211 8600

Web: www.sandyford.org

Email: helpsandyford@glacomen.scot.nhs.uk

Information on sexual health services is available at: www.yoursexualhealth.org.uk

For people living in the Clyde area, there are a range of sexual health services available at the following healthcare centres:

Russell Institute, Paisley

0141 889 1649

Inverclyde Royal Hospital

01475 504 978

Dumbarton Joint Hospital

01389 812 001 / 034

Barrhead

0141 880 6161

STOP SMOKING

There's lots of support available for people who want to stop smoking:

Starting Fresh is available in more than 160 pharmacies throughout Glasgow, where trained staff can offer one-to-one support with Nicotine Replacement Therapy (NRT), on a drop in basis, once-a-week for up to 12 weeks. For more information about participating pharmacies tel: 0800 389 3210.

Stop Smoking groups also meet in most areas of Glasgow once a week, offering one of the most effective ways to quit. Details about these groups are available by contacting 0141 201 9825, or log onto: www.smokingconcerns.com.

If you live outside the Glasgow area, there are a number of places you can go to for help. Please call the relevant number for your area:

Paisley

0141 842 4829/4833

West Renfrewshire

07810 832 167

Barrhead, Renfrew and Erskine

0141 314 0815

Inverclyde

01475 724 477

Dumbarton, Vale of Leven and Lochside

01389 812 344



NOMINATE YOUR CARING HERO

IS there a nurse, doctor or other healthcare worker who's gone out of their way to care for you or a family member?

Would you like to see them recognised for their work?

Then why not nominate them for a Scottish Health Award? The awards recognise and reward Scotland's most caring and committed NHS workers who have dedicated their time and care above and beyond what is expected.

There are 16 categories and nominees must work for NHS Scotland, with the exception of the Healthy Lifestyle, Volunteers, Community and Unsung Hero Awards.

For more information on the event and to nominate, go to: www.scottishhealthawards.com

Nominations are being accepted up until September 11, 2006.

HEALTHY READING SCHEME LAUNCHED

PEOPLE in Glasgow with mild mental health problems such as stress, anxiety and depression could soon receive speedy access to an extensive collection of self-help books thanks to a referral from their GP.

Set up by NHS Greater Glasgow and Clyde and Glasgow City Council, the 'Healthy Reading' scheme is the first project of its kind in Scotland.

'Healthy Reading' will give patients free access to a selection of 200 self-help books placed in every one of Glasgow's 36 libraries and learning centres. Books available through the referral scheme will cover topics as diverse as anger management, addictions, chronic fatigue, depression and getting a good night's sleep.

It follows a successful pilot in the south of the city, which began in February 2005 and resulted in books being borrowed 12,000 times. The reading list was drawn up following close consultation between psychologists and librarians and has now been extended to include suitable titles for young people aged between 14 and 18 years old.

Dr Jim White, Consultant Clinical Psychologist, said: "By joining forces with the Council we have been able to provide sensible, easily understood information to help people take back control of their lives."

Depending on individual need, a self-help book can either be used on its own or alongside other treatments such as medication and counselling. The Healthy Reading scheme is confidential and available to anyone who thinks they may benefit. Like all libraries services in Glasgow, it is also free.

Spiritual healing is all part of the service



THE Reverend Blair Robertson is head of the Chaplaincy Service in NHS Greater Glasgow and Clyde. "Our team works, regardless of faith or beliefs, to bring help to those who need it."

NHS Healthcare Chaplains ... bringing hope,

THE physical and mental well-being of patients in Greater Glasgow and Clyde is the responsibility of thousands of doctors, nurses and other healthcare staff.

But what about the spiritual health of those recovering from illnesses, and their families?

That rests in the very capable hands of the NHS Greater Glasgow and Clyde's Chaplaincy Service.

And the work they do can often have a dramatically positive effect on how quickly patients recover

and how well friends and families cope with either serious illness or tragedy.

Blair Robertson, Head of NHSGGC's Chaplaincy Service, said: "Chaplains offer a unique service within the NHS: chaplaincy is the reminder that people are more than bodies requiring medical treatment. Our patients, their visitors and, indeed the staff, are human beings who so often require the presence of another human being to listen, to support, to accompany - to simply care."

In common with the rest of NHSGGC, the way that Chaplains work and are managed is changing and

all the Chaplains now work within one NHSGGC-wide department, headed by Blair Robertson. This will allow the Chaplaincy Service to plan more effectively for the future and ensure it is used to the fullest by those who require the support and care of the chaplains.

But what sort of things do Healthcare Chaplains do?

Their work is wide-ranging and includes supporting patients and families who are going through a crisis; teaching staff about religious and cultural diversity; and visiting patients at home to give friendship and support.



MOHAMMED Ishaq is one of two of our part-time Muslim chaplains.



DEACON ANNE MacDonald chats to Leverdale day patient Alex Thomson.

comfort and guidance to patients and staff

Paid for by the NHS, Healthcare Chaplains are tasked with caring for both the spiritual and religious needs (and the two are often not the same!) of patients and their families and spend an increasing amount of time giving informal support to staff on a wide range of personal matters.

They've also been involved in the planning for new Spiritual Care facilities at the new Victoria and Stobhill hospitals, the new Beatson Centre and at Gartnavel Royal Hospital.

Blair Robertson added: "Chaplains work throughout NHSGGC and their services are

for all people, regardless of faith or beliefs. At the same time, there are Roman Catholic and Muslim Chaplains who ensure that the particular needs of their communities are met. Information is held so that a representative of any faith community can be contacted to come to give appropriate support to a patient or a family."

Ravinder Kaur Nijjar, Chair of NHSGGC's Spiritual Care Committee, said: "A human being is thought to be made up of three components, the mind, the body and the spirit. As professionals in healthcare, we tend to concentrate

on helping to cure any affliction of the mind or the body of an individual, but we give little thought of helping the spirit. This loving compassionate care - spiritual care - is carried out by our small dedicated Healthcare Chaplaincy team. Their work is invaluable in healing the spirit, which in turn has a profound impact on physical and mental well-being of patients."

If you are a patient and wish to speak to one of our chaplains, please ask one of the ward staff to contact the local Chaplain on your behalf.

CHAPLAINCY VOLUNTEERS

CHAPLAINS are assisted in their work by a small army of volunteers who carry out a number of tasks on behalf of the Chaplaincy Service.

This includes staffing the chaplaincy centres, acting as Eucharistic ministers, assisting with Sunday services and befriending patients on the wards. Training for Chaplaincy volunteers is delivered in all sectors by the Chaplains.

BECOMING A HOSPITAL CHAPLAIN

BEING a Hospital Chaplain is a very busy, but worthwhile job. Traditionally, Hospital Chaplains have been parish ministers or priests, but, in the future, that might not always be the case.

To be a Chaplain, you need a few essentials. You need to:

- Have a good knowledge of the diverse faith communities present in Scotland
- Be comfortable and experienced in supporting people who are going through a stressful time
- Be able to create and conduct religious services
- Be able to provide bereavement support
- Be a good listener

CONTACT NUMBERS

TO contact the Chaplains for advice on volunteering or becoming a hospital chaplain, here's a list of contacts:

Head of Chaplaincy and Southern General - Rev Blair Robertson, tel: 0141 201 2156

Royal Infirmary and Stobhill - Anne Harper, tel: 0141 211 4661

Sick Kids' and Queen Mum's - Alister Bull, tel: 0141 201 0595

Mental Health/Community - Cameron Langlands, tel: 0141 211 3686

Inverclyde - Fergus McLachlan 01475 723235

Royal Alexandra Hospital - 0141 887 9111 (ask for the Chaplain)

Vale of Leven Hospital - 01389 754121 (ask for the Chaplain)



Come and meet our jobs team

DO you fancy a nursing career with NHS Greater Glasgow and Clyde, but are not sure how to go about finding out more?

Then pop down to the Nursing Times Live conference at the SECC, Glasgow on September 13 (9am to 5pm) and 14 (9am to 4pm) and meet our recruitment team.

NT live is an opportunity to find out more about NHS Greater Glasgow and Clyde as employers, receive confidential career advice and learn more about the opportunities availability from the Nursing and Recruitment staff on the stand.

Taking place in Hall 5 at the SECC, Glasgow, the event (which is supported by the Scottish Executive Health Department) also offers an extensive RCN Accredited seminar programme covering key clinical and policy based sessions, presented by leading healthcare professionals.

NHS Greater Glasgow and Clyde is well represented at these seminars: five are being presented by our staff including:

Wednesday, Sept 13 - 11.30am - Seminar Room 1, Mental Health Nursing: Implementing the Tidal Model of Care - delivered by Robert Davidson, Sector Nurse, Gartnavel Royal Hospital.

Wednesday, Sept 13 - 12.30pm - Seminar Room 2, Diabetes Nursing: Managing a Growing Problem - delivered by Florence Brown, Diabetes Nurse Specialist, Gartnavel Royal Hospital.

Thursday, Sept 14 - 9.30am - Seminar Room 2, Intravenous Therapy: Developing a Home-based Service - delivered by Alison Maguire, IV Therapy Educator, Yorkhill Hospital, Glasgow.

Thursday, Sept 14 - 11.30am - Seminar Room 2, Mental Health Nursing: Managing Aggression - delivered by Linda Coventry, Gartnavel Royal Hospital, Glasgow.

Thursday, Sept 14 - 12.30pm - Seminar Room 2, Diabetes Nursing: Managing a Growing Problem - delivered by Philomena MacKenzie, Diabetes Specialist Nurse, Eastwood Local Health Care Cooperative

There is a wide range of job opportunities within NHSGGC, ranging from doctors, nurses and anaesthetists to lab technicians, physiotherapists, office staff and support staff.

For more information, go to: www.nhsggc.org.uk and click on Jobs

Ravinder Kaur Nijjar, Chair of NHSGGC's Spiritual Care Committee

An army of friends

THE NHS is truly grateful to the thousands of people who regularly volunteer in our hospitals and other healthcare settings.

This includes volunteers who work for charities and charitable organisations and all the individuals who give up their free time for our patients.

We've chosen a few to give you an idea of the type of voluntary work they do.

Anne and her Therapets bring joy to the wards



ANNE Macdonald is a Therapet and Canine Concern Scotland volunteer at the Royal Hospital for Sick Children in the in-patient psychiatric unit and also helps children with severe dog phobias.

She has two dogs - Eilidh, an 11-year-old English Springer Spaniel who, with Anne, has been visiting hospitals for the last 10 years, and two-year-old Poppy who started last year.

Anne said: "Eilidh has been a great advert for Therapet and appeared in STV's documentary about the Sick Children's Hospital. Eilidh has probably made about 1000 visits over the last ten years.

"Poppy is involved in 'phobia visits' with children who have a fear of dogs. It is important for them to experience a livelier dog, under control."

Eilidh is an award-winning part of the volunteers team at the Royal Hospital for Sick Kids, having won Therapet of the Year in 2001. Anne, herself was awarded the prestigious Iain Whyte Memorial Award in 2005 in part for her work in persuading the hospital of the therapeutic value to children and their parents of having a dog visit them while in hospital.



Inverclyde League member Jill Grigor serves up a refreshing brew.

The League of Hospital and Community Friends

THE volunteers of the League of Hospital and Community Friends have been working for the people of Inverclyde for 33 years.

They operate a transport service, driving patients and their relatives to hospital appointments locally, Glasgow and often further afield. They also run the tearbar at the Dunoon unit of Ravenscraig Hospital, which is a hospital for people with mental health illnesses.

The majority of League volunteers work the tearbar at Inverclyde Royal Hospital, where many members have given around 20 years of weekly service. Here volunteers provide snacks to patients, visitors and staff. Produce from local suppliers include 3284 rolls, 1200 scones and 700 cakes consumed every week!

Profits from the tearbar and donations from collecting cans are substantial and enable the League to provide for the wellbeing of patients both in hospitals and the community. Gifts of equipment have ranged from £63 for a nursing chair to £7,000 for a bladder scanner. Since its launch in 1972 contributions amount to £721,700.

Me and my trolley

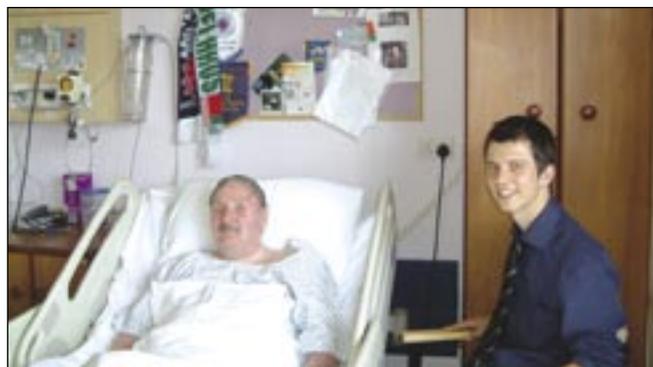
FOR the past 14 years, Pat McAlpine has been a familiar face on the wards of Parkhead Hospital.

She regularly gives up her free time to staff the mental health hospital's Mobile Trolley Shop.

Pat said: "I like to help people especially those suffering from illness and I feel that I can try to help them during their time in hospital."

Pat added: "I love my voluntary work and over the years have made a lot of friends. In 2000, along with two other volunteers, we were nominated by the patients and staff of Parkhead Hospital for the Nationwide Award for Voluntary Endeavour, for running the mobile trolley shop service to the wards and departments within the hospital.

After winning the Scottish Regional Award, we went forward as one of ten finalists to the UK finals in London where we received the runners-up award. It was very heartwarming to be nominated and was very much appreciated."



Simon Kyle - befriender at Southern General

TWENTY-one-year-old Simon Kyle is one of our younger volunteers and until his recent graduation, worked one day a week at the young, physically disabled ward at the Southern General Hospital.

Simon and friend Chris Graham were both studying for an MA (Hons) in psychology when they decided to volunteer. They believed that the befriending programme running in the ward would give them an insight into both physical ill-health and the mental health issues that underlie such disabilities.

Volunteering for the last year, both Simon and Chris have found the experience to be very worthwhile, offering them not just an insight into cognitive conditions which Simon has a particular interest in, but also the NHS as an organisation.

However, Simon admitted it was difficult in the beginning as some of the patients in the ward are severely disabled.

He said: "I think it was slightly easier for me as I was volunteering with a friend and we became a bit of a double-act. I think this benefited patients, it certainly made things a bit less formal."

DJ Michael helps through music

EVERY Friday night Michael Thomson gives up his time to DJ at Community Discos for Stobhill's mental health patients.

Five years ago Michael heard the Befriending Services Department at Stobhill Hospital was looking for a DJ and jumped at the chance to do something he enjoyed at the same time as helping others less fortunate than himself.

Michael said: "I find the voluntary work I am involved in very rewarding when I know in a small way I am doing something worthwhile to help the patients. The number of discharged patients now living in the community and attending the discos has increased over the years and it's nice for me to know they are popular and enjoyed by many."



OUR PARTNERS -

NHS Greater Glasgow and Clyde works with a number of partner local authorities, charities and other organisations such as Strathclyde Police and NHS 24. Our main partners are:

