

Jubilee Life January

Issue 20

Welcome to the January 2021 edition of your new monthly digital staff magazine.

News



Chief Executive's Second Anniversary

This week, we are celebrating the second anniversary of our Chief Executive Jann Gardner joining us as part of the team here NHS Golden Jubilee.

Having helped steer our organisation through some unprecedented challenges, please take a few minutes to watch the video below as Jann looks back on the last two years, and shares a special message for all of our staff.

Our Chair, Susan Douglas Scott, also shares her memories and thoughts of the journey the Golden Jubilee has been on during this time.





NHS Golden Jubilee supports elective and urgent care

We are delighted to announce that since July 2020, we have carried out approximately 40,000 procedures to help patients across Scotland who have been waiting for treatment.

In the past six months, Team Jubilee have played a vital role providing flexible support both for urgent care needs (including heart and lung procedures and cancer treatments), as well as supporting as many planned procedures as possible to go ahead.

Patients across Scotland have benefited from a wide range of services including hip and knee replacements, cataract operations, endoscopy and diagnostic imaging, as well as cancer, cardiothoracic and cardiology procedures.

By early January, we have supported the NHSScotland Recovery Plan by carrying out:

- 1,516 orthopaedic procedures
- 2,114 ophthalmology procedures
- 1,422 endoscopies
- 565 cancer procedures
- 5,500 cardiothoracic and cardiology procedures (both urgent and planned)
- 28,836 diagnostic imaging procedures



“Our dedicated team of health professionals have worked tirelessly to make sure that we are treating as many patients as possible.

“We have, not only introduced brand new specialties at the Golden Jubilee in order to treat urgent patients faster, but have adapted to a whole new way of working to make sure that both our staff and patients are safe.

“We will continue to collaborate with colleagues across Scotland to maximise capacity to meet demands. We will provide mutual aid, when required, and support NHS Boards throughout this emergency period balancing the demands of urgent and planned care.

“Our achievements during this pandemic is a testament to the flexibility, commitment and hard work of our staff, whose dedication during these difficult times has been extraordinary.”

Jann Gardner, Chief Executive

One patient to benefit from the resumption of services was 69-year-old retired nurse, Maureen McShane, from Stepps. Having been on the waiting list for a Total Hip Replacement (THR) since the beginning of 2020, Maureen’s procedure was postponed twice due to the pandemic.

“At the beginning of November, I was asked if I would be willing to have my procedure at the Golden Jubilee. At the end of November, I came for a consultation with the orthopaedic surgeon and now just weeks later, I’ve had my operation.

“I’ve been in pain for so long and it’s quite demoralising when you get ready for an operation and it doesn’t happen.

"I'm a retired nurse so I understand it's a worrying time for patients coming in for surgery, but the treatment here has been excellent and I felt completely safe."

Maureen McShane



The Golden Jubilee is a "COVID Light" site, meaning we do not directly admit Coronavirus patients to allow the continuation of specialised priority and planned heart, lung, cancer and diagnostic services.

In 2020, we also opened our fifth cardiac catheterisation laboratory, as well as our state-of-the-art Eye Centre which will perform approximately 18,000 cataract operations a year.

Chief Executive Dialogue

Hot on the heels of Jann's second anniversary with us, we are excited to introduce the first ever Chief Executive 'Dialogue' session will take this coming Tuesday 26 January.

New for 2021, 'Dialogue' allows the Chief Executive and Executive Directors to engage with staff on a face to face basis using a new dedicated communications channel on Microsoft Teams.

The meetings will be held monthly on:

- Tuesday 26 January 2021, 12.30pm-2pm, on MS Teams
- Wednesday 24 February 2021, 11am-12.30pm, on MS Teams
- Tuesday 30 March 2021, 2pm-3.30pm, on MS Teams

Dialogue
with **Jann Gardner,**
Chief Executive

Introducing our Chief Executive 'Dialogue' sessions, a new way for the Chief Executive and Executive Directors to engage with all staff on a face-to-face basis.

The sessions will take place every month via a dedicated Microsoft Teams Channel.

Upcoming dates:

- Tuesday, 26 January 2021, 12:30-2pm
- Wednesday, 24 February 2021, 11am-12:30pm
- Thursday, 30 March 2021, 2-3:30pm

Please contact the Chief Executive, chief.executive@gjnh.scot.nhs.uk, to register your interest. You will be sent an invitation to attend.



If you are interested in attending please contact the [Chief Executive](#).

You will be sent an invitation to attend.

World renowned consultants join SACCS team



1 - (L-R) SACCS Consultant Cardiologists Gruschen Veldtman, Lorna Swan, Niki Walker, Hamish Walker and Amanda Hunter

Our Scottish Adult Congenital Cardiac Service (SACCS) team has increased its number of consultants to continue providing world class, life-saving, care for vulnerable patients across Scotland.

The service now has five consultants to help deliver a robust and resilient service for our patients who need complex, ongoing heart care.

The new recruits to Team Jubilee include internationally renowned Consultant Cardiologists in Dr Lorna Swan, who has worked at the Royal Brompton Hospital in London and Toronto General Hospital in Canada – considered among the best heart centres in the world - and Dr Gruschen Veldtman, previously of the Cincinnati Children’s Hospital in the USA and helped establish a centre of excellence for the speciality in Riyadh, Saudia Arabia.

The team will now also benefit from the additional skills and experience of Dr Amanda Hunter, who trained at NHS Golden Jubilee and the Royal Brompton, and Dr Hamish Walker, who previously worked at the Golden Jubilee as well as esteemed centres in Southampton and Leeds.

As many of you know, SACCS provides regular, ongoing care and support for adults who were born with heart conditions, as well as carrying out surgery, interventions, detailed assessments and specialised drug therapies through its team of respected consultants and specialist nurses.

The team also work tirelessly with other health boards to help make sure patients can access care as close to home as possible, offering continuity of care for those who need it.



2 - Top Team: SACCS was voted Team of the Year at the virtual 2020 Staff Awards

“Our new consultants will extend provision of robust and resilient services that can support colleagues in local centres and help provide a better infrastructure to support an increasing population who rely on our services.

“Children born with congenital heart disease are now surviving well into adulthood, often requiring further care and interventions. Thanks to this expansion in our team, we will now be able to offer a wider clinical service at the Golden Jubilee and support more outreach clinics. These clinics benefit patients by reducing their need for travel and help keep them safe in their local area. This is especially important in the current pandemic. Increased clinical availability at the Golden Jubilee ensures that, when needed, the patients can be seen and access specialist investigations and opinions.

“This is fantastic news for our more vulnerable patients as we can provide the care they need at the right time in the right place. SACCS has always been committed to the highest possible standard of care, and with these high calibre additions to our team, we now have a huge opportunity to deliver a world class service to benefit the patients of Scotland.”

Dr Niki Walker, Clinical Lead for SACCS

According to latest figures in Scotland, there are approximately 18,240 adults (age 16 and over) who have congenital heart disease, with around 10 per cent deemed to have complex conditions - and the figure is rising every year.

During the Covid pandemic, SACCS staff have been providing ongoing care to patients virtually for safety reasons, and once normal service resumes in the health service staff are looking forward to delivering this care in increased outreach clinics, working collaboratively with local health boards.



3 - Jim Mearns, left, pictured with Consultant Dr Niki Walker, is one of the SACCS team's Specialist Nurses

“At the Golden Jubilee I think we have the potential to continue to build this unit into a world renowned service, particularly as we now have five consultant cardiologists.

“With this level of expertise there is a real opportunity to capitalise on international best practice and innovative methods as we have worked in other fantastic units and can bring all of our experience together into this one specialist unit.

“Our model gives Scotland a major advantage. We can now offer additional bespoke outreach care at regional centres and help upskill them to offer care to patients near to their home, while the more complex treatments are still carried out at NHS Golden Jubilee. We also have a highly regarded, specialist nursing team, which is an advantage other centres in the world do not have.”

Dr Lorna Swan

“We have a combination of a good clinical service and an academic potential which is very rare.

“Scotland is my spiritual home and I was very keen to come back here. I will focus a lot on research and we have a really big ambition to integrate and grow the clinical and research programmes for SACCS.

“We will look to see how we can partner and build bridges of collaboration with other institutions in the UK and internationally to improve standards, research output and competencies.”

Dr Gruschen Veldtman

Dr Hamish Walker

A consultant since 2007, Hamish trained at St Bartholomews Hospital in London and has also worked in renowned centres at the Brompton, Southampton, Oxford and Leeds.

Hamish, who will specialise in the MRI imaging aspect of the service, said: “This is great news for patients across the whole country. When I was here before we always wanted to develop the service in this way and that dream has now become a reality and that is great news for our patients.”

Dr Hamish Walker

Dr Amanda Hunter

Amanda has been a consultant for two years after studying in Edinburgh and training there, and most notably in Glasgow and the Brompton. She will focus on the ECHO imaging side of the service.

“The additions to our team will only improve our capability of delivering world class care for Scottish patients.

“It has been a really difficult time throughout this COVID pandemic and we have done most things virtually, so we are all very much looking forward to getting back to face to face outreach work and working closely with regional colleagues, educating other heart centres and offering good quality care wherever our patients are.”

Dr Amanda Hunter

Travel Survey 2021

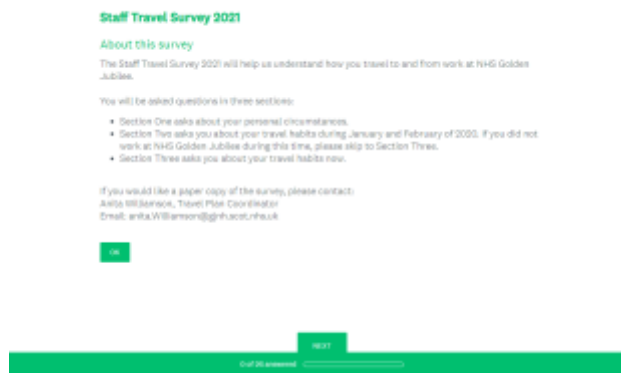
The Staff Travel Survey 2021 is now live.

This survey will help us to design a package of realistic actions to encourage safe, healthy and sustainable travel options and will help us understand how you travel to and from work at NHS Golden Jubilee.

To get an idea of staff travel behaviour, both before the pandemic and now, we have created a short survey for you to complete.

The deadline for completing your survey is Friday 5 February and we look forward to hearing your responses!

We look forward to receiving your responses.



Hard copies of the staff travel survey are available on request and you can complete it online [here](#).

Vaccine information and resources

The COVID Vaccine page on the COVID Hub includes up to date leaflets and links to important information about the vaccine.

Additions include:

- Updated Pfizer medical patient information leaflet
- Updated pregnancy and breastfeeding leaflet



Visit the [COVID Vaccine page here](#).

COVID Vaccination: Reporting Side Effects

When you attend for your vaccine you will be given a copy of the 'What to expect after the COVID-19 vaccine' leaflet, which includes information on possible side effects.

If you experience any side effects, you should inform the Occupational Health department as soon as possible by contacting extension 5435. All side effects reported to Occupational Health will be recorded on Datix and a yellow card completed.



Hybrid working

We consider all staff as key workers. Many staff will have to attend the Hospital site to undertake their role and are permitted under the current guidance to leave their home to attend work.

However, the updated guidance makes it clear that we should take every possible step to facilitate our employees to work from home where this is possible. The guidance also emphasises that every function that can be done by people working at home should be done in that way.

In response to the first wave of the COVID-19 pandemic, remote working facilities were provided to more staff than ever before to enable hybrid working and meet urgent home working and physical distancing requirements.

Hybrid working involves splitting your work time between home and your usual work place.

We have provided remote working facilities for many staff to adopt hybrid working to reduce time spent on site by working from home and for some staff to work completely from home. Whether staff can work from home for part or all of their work time depends on their role and department business continuity requirements to ensure we have the right number and range of staff on site to maintain our core services.

In light of the refreshed guidance and further emphasis on working from home, we will work with managers and staff, where possible, to review and maximise hybrid working arrangements for those able to work in this way.

We are also introducing a new technology to support additional staff working from home and as part of this review we will identify any further members of staff who could adopt hybrid working.

The review of hybrid working will take into account continued delivery of core services and having the right number and range of staff on site. To aid business continuity, some staff may be required to work in smaller teams and in different ways, with some flexibility to continue to provide core services on site which cannot be delivered through off-site working.

Managers and staff should be flexible and supportive to reach mutual agreement on appropriate working arrangements which will ensure functions can continue to provide essential services to our staff, patients and service users whilst committing to reducing the amount of time spent on site by our staff

Managers and staff should also ensure that each member of staff working in a hybrid way has an up to date home working risk assessment.



Further details on this and working from home are provided in our [Home Working Advice and Guidance](#), which has been developed in Partnership to support staff who are working at home due to COVID-19.

Board Committees

All NHS Scotland Boards are required to have a robust system of corporate governance in place to **ensure high standards of clinical, staff and financial governance** are met and maintained. The Board Committees underpin this and ensure good governance within the organisation.

Over the last year, our core work programme has seen significant change, including the implementation of the Remobilisation Plan and progress with the Hospital Expansion Programme.

The wider Board portfolio also continues to expand with a number of strategic programmes underway and more in development. This currently includes the establishment of the NHS Scotland Academy, the augmentation and implementation of the Centre for Sustainable Delivery (CfSD) and the programme of work associated with the development of the NHS Scotland National Innovation Accelerator.

To ensure the Board can monitor, scrutinise, challenge and support these activities, a new Strategic Portfolio Governance Committee has been established. This new committee will advise and assure the Board on the development and implementation of the Board Strategy and expanding Board portfolio. This will include the scrutiny of key enabling plans, implementation progress and delivery.

The establishment of this new committee has led to changes in the Non-Executive Director membership of the other Board Committees, the new memberships are noted below.

Board Committee	Non-Executive Membership	Executive Membership
Clinical Governance Committee (CGC)	Morag Brown (Committee Chair) Callum Blackburn Elaine Cameron Jane Christie-Flight Linda Semple	Jann Gardner Anne Marie Cavanagh Mark MacGregor
Staff Governance and Person Centred Committee (SGPCC)	Marcella Boyle (Committee Chair) Callum Blackburn Jane Christie-Flight Rob Moore	Jann Gardner Gareth Adkins Anne Marie Cavanagh
Finance and Performance Committee (FPC)	Stephen McAllister (Committee Chair) Rob Moore (Committee Vice Chair) Jane Christie-Flight Karen Kelly Linda Semple	Jann Gardner Colin Neil June Rogers Gareth Adkins Anne Marie Cavanagh Mark MacGregor
Audit and Risk Committee (ARC)	Karen Kelly (Committee Chair) Morag Brown Elaine Cameron Jane Christie-Flight Stephen McAllister	Jann Gardner Colin Neil
Strategic Portfolio Governance Committee (SPGC)	Linda Semple (Chair) Elaine Cameron (Committee Vice Chair) Morag Brown Jane Christie-Flight Stephen McAllister	Jann Gardner Gareth Adkins Anne Marie Cavanagh Colin Neil Mark MacGregor June Rogers

In addition to the membership outlined above our Board Chair, Susan Douglas-Scott CBE, also attends the Committees throughout the year.

All of the Board Committees meet every two months, with the exception of the Audit & Risk Committee which meets four times per year in line with national guidance. Board papers, including Committee updates and minutes can be access via our website.

If you would like more information on any of our Board Committees please contact Liane McGrath, Head of Corporate Governance via Corporate.Governance@gjnh.scot.nhs.uk

£500 COVID payment for staff

In November, First Minister Nicola Sturgeon announced a £500 one-off payment for all health and care staff as a thank you for helping Scotland cope with COVID-19. The Scottish Government, Employers and Staff Side have since worked in partnership through the Scottish Terms and Conditions Committee to agree the fairest way of allocating this payment to NHS Scotland staff.

The one-off, pro-rata, non-consolidated £500 will be payable to all directly employed NHS staff, as well as bank workers and locums, paid through NHS Payrolls who have had at least one month's continuous service in the NHS in Scotland between 17 March and 30 November 2020.

The payment is also payable to contractor staff covered by the Two Tier Agreement, and staff working on honorary contracts with the same qualifying criteria as directly employed staff.



Please note: the £500 payment will be paid directly into employees' accounts in February 2021 salaries and is non-consolidated. This means it is not pensionable and does not create a new baseline for future pay calculations. However, tax and national insurance are payable on the sum.

The payment will not increase any hourly rates or affect any holiday pay calculation as the additional £500 stands in isolation and will not be included in the calculation of any payment which is based on a reference period, such as holiday pay, sick pay or occupational maternity pay.

The payment is capped at £500 and will not exceed this amount, in total, in situations where staff do hours beyond full time or have multiple contracts.

For both substantive staff and bank workers, the payment will be based on average hours over the qualifying period, or over the time in service during the qualifying period, capped at a maximum of £500.

Staff working full time during the whole qualifying period will therefore automatically receive the £500 and part time staff who worked excess hours or on the bank will also have this reflected, subject to the £500 cap.

The payment will also be made to staff on COVID Special Leave or who are shielding, on sick leave for other reasons, or on maternity leave.

The payment will not apply to:

- Agency Staff
- Board Chairs and Non-Execs
- People working under IR35 arrangements or Direct Engagement models
- Workers paid on a “fee” basis
- People on career breaks
- Employees dismissed for gross misconduct

Staff will receive their bonus payment in February salaries. However, we are aware that staff may be concerned that a one-off lump sum payment could have an adverse impact on any benefits payable by the Department of Work and Pensions. Accordingly, the Scottish Government has made provisions for these staff to receive their payment in equal instalments over a three-month period from February – April if they so wish.

Should any member of staff wish to opt for payment by instalment they should complete the form, which can be downloaded from the [COVID Hub](#) on Staffnet, and submit it no later than 31 January 2021 to [Employment Services](#).

Staff can view the full details of the NHS Scotland Circular on [Staffnet](#).

However, the updated guidance makes it clear that we should take every possible step to facilitate our employees to work from home where this is possible. The guidance also emphasises that every function that can be done by people working at home should be done in that way.

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continuity requirements to ensure we have the right number and range of staff on site to maintain our core services.

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e-Learning

Last year, an incredible 11,216 NHS Golden Jubilee e-Learning modules were completed. Have you contributed to this total?

e-Learning modules can be accessed 24/7 from any device with internet access, supporting staff to access learning programmes at a time and place that is convenient to them.

Within NHS Golden Jubilee, staff have access to two e-Learning platforms; LearnPro and Turas Learn.

LearnPro is our main e-Learning platform where you will find our corporate mandatory training modules along with other bespoke NHS Golden Jubilee Learning Content.

Staff can access 'LearnPro' from the education tab on Staffnet [here](#).

If you haven't done so already you must register for an account. A guide for registering can be found on [HR Connect](#).

As an NHS Scotland employee you also have access to national e-Learning modules created by NHS Education for Scotland (NES) on **TURAS Learn at the following link**.



[Click here to find out more and to register with TURAS Learn](#)

What is new in learnPro?

Modules are in the process of being redesigned in new software to improve accessibility for staff and make them suitable to complete on any device, for example mobile phones and tablets. The modules designed in the new software include our Corporate Mandatory Training topics, Induction module and some role specific modules such as T34 Syringe Pump, Airway Rescue Trolley and the new Workplace Risk Assessment (for Assessors).

Do you have any questions regarding your learnPro account?

Check out our [Frequently Asked Questions](#) page on HR Connect.

Like our e-Learning platforms, HR Connect can be accessed on or offsite – all you need is an internet connection.

Some of our FAQs include:

- How can I reset my password?
- Where can I get my eESS number from?
- What if I already have a learnPro account from another Board?
- What do I do if I am locked out of a learnPro assessment?
- What do I do if my module completion/assessment result is not recording on my learnPro account?

Are you a subject matter expert looking to create an e-Learning module?

We develop our own in-house e-Learning modules and have a process in place to support module design and development.

If you need to develop an e-Learning module then please contact Joanne Lynch, Digital Learning Developer by calling 0141 951 5123 / 5416.

‘Live’ training reports for managers now available!

L&OD are delighted to introduce new reports that give managers ‘live’ mandatory training compliance for all staff.

These reports are now available via OBIEE (the reporting side of eESS) [here](#).

All reports show substantive and bank staff and are split into two areas:

- **Corporate Mandatory Training** – this will give you a snap shot of individual staff compliance at the date you access the report. Any topics where the staff member has not completed it or has expired will be highlighted in red.
- **All training** – this report shows all training that staff have completed. It can be filtered to show training completed within a certain date range, specific courses or to just show certain staff members.



Instructions on how to access the reports can be found on HR Connect [here](#).

If you have any queries about staff showing / not showing correctly under your department please contact HR to discuss.

If you have any queries around training dates please contact the L&OD Team.

Please note: L&OD will still collate and issue the monthly Corporate Mandatory Training Reports, which will be correct as of the 21st of each month. These will be the reports used to report board wide statistics to the relevant groups.

Young Scot Award nominations

As a prominent organisation which supports and develops the role of young people, we want to celebrate their successes as much as we can and we need your help.

The 2021 Young Scot Awards are open and we would like colleagues, managers, executives, volunteers and everyone associated with NHS Golden Jubilee to recognise the fantastic work of a young person they know or work with here by nominating them for one of these prestigious awards.

We know our young people do amazing things in their work here at the Golden Jubilee, as well as in their communities or even on a national or global level, and we'd love them to get the recognition they deserve.

There are 14 categories in the awards:

1. Young Hero (for bravery);
2. Community (improving the lives of others in a local community);
3. Volunteering;
4. Unsung Hero;
5. Enhancing Education;
6. Sport;
7. Health and Wellbeing (supporting/inspiring others to improve physical and mental health);
8. Equality and Diversity;
9. International Award (develop international cultural and educational links);
10. Arts;
11. Entertainment;
12. Environment;
13. Enterprise; and
14. Young Scot of the Year.

The person you nominate must be aged between 11 and 26-years-old and the deadline for nominations is 14 February 2021.

So please, if you think a young person deserves recognition for their work, a project, or something they do in their private lives, make sure you nominate them.



Click [here](#) for more information and to nominate

People



Our People - Julie McCann

Julie has a flexible work and life balance

Being adaptable in the workplace and in life is a very in-demand skill and Julie McCann is, quite literally, one of the most flexible colleagues in NHS Golden Jubilee.

Up until the first lockdown last March, Julie filled her days here as a Health Club Attendant and Fitness Instructor in the Hotel, helping customers and staff achieve their goals of living a healthy lifestyle.

Since then a lot has changed for everyone, especially Hotel staff who have shown their resilience by taking up new posts across the site to help Hospital services and the national NHS recovery.

So Julie has gone from working in the Hotel's Centre for Health and Wellbeing, to working in the Catering department, serving customers food in the canteen and helping feed our patients on the wards, showing her amazing adjustability and continuing to make a real difference in the working environment.

But she is also showcasing her flexibility in her online yoga classes, which are helping to keep her local community in shape through ancient spiritual exercises which also focus on strength and breathing to boost physical and mental wellbeing.

Yoga is not just a form of exercise for Julie – it is now a way of life for the 46-year-old. After initially doing a teacher training course three years ago, she has continued her passion through hundreds of hours of training to master the discipline and pass on her knowledge to help others.



4 - Julie McCann

"Yoga is so beneficial for you in so many ways. The year I spent doing teacher training was one of the best of my life and it transformed the way I looked at all aspects of my life."

"Yoga helps quieten the mind. It is also really good for your flexibility and can help with rehabilitation after an injury, which could be good for some of our patients who have had orthopaedic surgery."

"During these past months it's been really difficult for people for lots of different reasons and staying healthy has been a major challenge due to lockdowns and restrictions, but I think yoga is a perfect exercise that everyone can easily do and keep doing in their homes."

Julie McCann



5 - Julie with her chair yoga class pre-pandemic

While Body Coach Joe Wicks keeps the nation on its toes with his free weekly workouts on YouTube during lockdown, Julie started yoga classes online through Zoom where participants can join her sessions virtually from the comfort of their living rooms.

Julie also does chair yoga classes which is great for people with mobility issues and helps give people stability, as well as to include people of all ages in a manageable exercise.

Julie, who is from Dalmuir and has worked at the Jubilee for around six years, added:

"I think the benefits of yoga are exactly what people need right now.

"Before lockdown I was doing chair yoga classes in the Hotel and they were really popular with older people in the community. The session was full every time and I'm trying to build that up in the online sessions too.

"I've also done some training in Yoga Nidra and this is really mind blowing stuff, it's so relaxing. It's a form of meditation that helps you tap into a state of relaxed consciousness between wakefulness and sleep.

"I would urge anyone who hasn't tried yoga and wants to do some exercise or activity that isn't too strenuous, but has amazing results and benefits, to just give it a go and see how they get on. It's worth a try at least."

Julie's free yoga sessions are on Tuesdays from 12 – 1pm and are free. Yoga Nidra classes are also free on Wednesdays from 7.30pm for 45 minutes.

For more information contact Julie at julie-mccann@hotmail.com

John celebrates 60th

It was many happy returns to John McCrann from Catering who turned 60 this month.

Popular John – who is a well-known face serving customers behind the tills in the canteen – was surprised by his colleagues who brought him gifts, balloons and a lovely card to help him celebrate and mark the life milestone.

There were also more than 400 likes and reactions and over 100 comments on our Facebook post about the big day, showing the love all colleagues have for John.

Hope you had a happy birthday John and all the best from everyone at Team Jubilee.



6 - John McCrann

Health and Wellbeing



#JubileeActive blog

This month's Jubilee Active blog by Occupational Health Physiotherapists Kathryn Wales and David Longhurst is about finding support to keep healthy and active during lockdown in 2021.

Good mental and physical health is extremely important for healthcare providers and the blog is a goldmine of tips, advice, inspiration and links on how to re-start that healthy lifestyle after the festive period.



[Read the blogs here](#)

Don't forget, more information on supporting your health and wellbeing this winter is available at ClearYourHead.Scot.

The Social side



Social media birthday

We celebrated our ninth year on social media platforms Twitter and Facebook in January and thank everyone for their likes, shares, comments and reactions over that time.

Like and Follow our [Facebook](#) and [Twitter](#) pages to keep up with all the news from #TeamJubilee every day.

Happy 9th Facebook birthday to us!



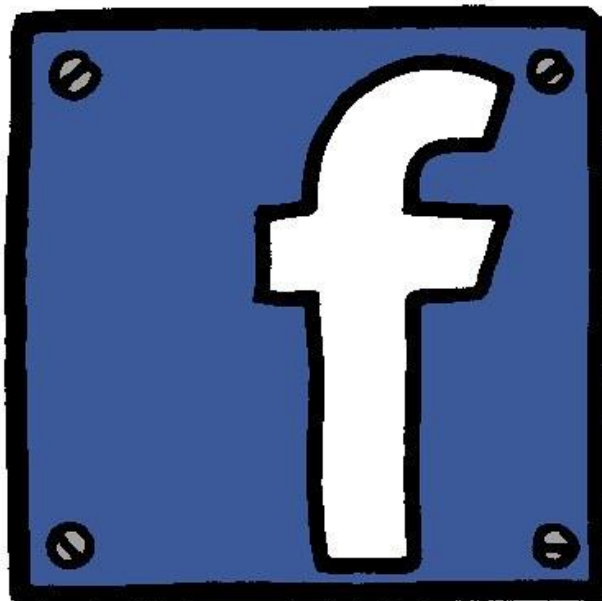
Thank you for all your love and support over the years, here's to many more ❤️👍

What's happening on our social media pages

Facebook: News that Nurse Gertrude Munyambonera from Ward 2 West won the Glasgow Caledonian University Jessie Main Award for overall highest academic achievement gained massive engagement on Facebook 662 Reactions, Comments and Shares. Well done once again Gertrude.

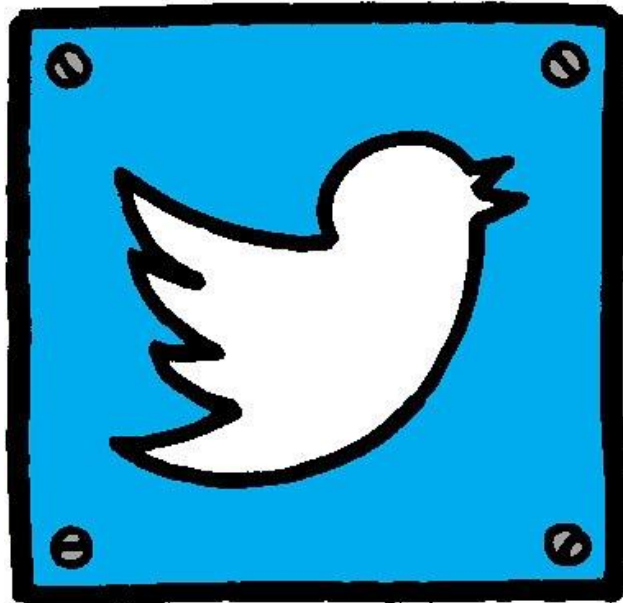
Story link [here](#).

Award link [here](#).



Twitter: A national video message reminding the public to stay at home following the new Lockdown measures was one of our biggest tweets over the month with 5,789 impressions and lots of engagement.

Post link [here](#).



7 - [Click here to access our Twitter page](#)

YouTube: We've been reassuring patients that staff are going the extra mile to keep them safe while they are in our care during this global pandemic and our message from SACCS staff to heart patients was one of the most viewed on YouTube, and across our social media platforms over the past four weeks.

Link [here](#).



8 - [Click here to access our YouTube page](#)

LinkedIn: Our press release about staff showing the true 'spirit of Christmas' by donating hundreds of gifts local children was well received on social media and one of the most engaged with posts on LinkedIn with almost 1,000 impressions. Full story [here](#).



Get social with us and keep up to date with everything that's going on in #TeamJubilee on our social media pages.

Here's some social media comments from patients and the public about you!

Paul Munday: With some trepidation I was admitted to the Scottish Pulmonary Vascular Unit for tests last Monday. This is just a note of thanks to everyone who contributed to my care throughout. The ward nurses in 3 East, doctors and specialists, porters, cleaning and meals staff; all working well together, gave me positive help and support throughout this process. Dr Colin Church, Dr Mel Brewis and the whole team run a great service in support of those with pulmonary hypertension and once again I thank every one of you.

In response to staff donating Christmas gifts - Ffilio Logn: Thank you SO very much to Jean in ECHO and all the staff for your kind donations. I collected the bags for The Salvation Army tonight, your generosity is overwhelming.

We appreciate all the unceasing work that you have done and continue to do throughout a traumatic year for so many, and yet you still take time to think of others...xx

Bert McIntosh: Here's Wishing you All A Very Happy Christmas You All Deserve A Medal and Pay Rise for all your Hard Work in these difficult times May your God Bless you All.

Janice Black: My sister in law was at the new Eye Centre on Thursday for a operation she was very impressed by the facilities and the measures in place for COVID.

James Bartlett: Stay safe team, can't be easy just now for any of you, I know you will be doing your very best as usual!

Jo MacFadyen: Thank you for everything you do. Looking forward to seeing you again for my next check up. Stay safe team

Kevin Daly: Cannot stress how much affection I feel for some of the faces (SACCS team) in that video. Keep the heid up guys. The difference you make in people's lives can't be measured.

Patricia Tricia Hughes: Golden Jubilee staff are amazing As are all our NHS hospital staff xx

Lils McIntyre: An amazing hospital giving excellent care, speaking from first hand experience thank you

Catherine Andrew Braid: New hip replacement 3 weeks ago I Andrew Braid would like to thank surgeon and all the nurses a big thank you, happy new year keep up the good work

Graham Black: I had my two hip replacements here and couldn't thank the staff for all they done for me.



Contact



Tell us what you think...we want to hear your views!

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