



Jubilee Life February 2022

Issue 33

Welcome to the February 2022 edition of your monthly digital staff magazine.

Remember there's a handy icon at the bottom right to help you navigate through the sections.

News



Scotland's world-leading diagnostic bowel service marks 2,000 patients

Scotland's ground-breaking colon capsule endoscopy service has now performed 2,000 diagnostic bowel tests using tiny cameras - the latest NHS innovation to help patients access cancer checks closer to home.

Scotland is the first country in the world to provide this technology as a routine service for patients and the first in the United Kingdom to mark the milestone of 2,000 patients.

The collaborative multi-agency service is available NHSScotland wide and is supported by the Centre for Sustainable Delivery (CfSD) based at NHS Golden Jubilee.

This nationwide collaboration between the NHS and industry partners means the exciting new imaging technology, which is hidden inside a capsule about the size of a pill, has allowed bowel diagnostics to continue throughout the COVID pandemic.

Colon Capsule Endoscopy (CCE) sees patients swallow the tiny camera.

As PillCam passes through the digestive system, it takes 50,000 pictures of the bowel helping to identify early signs of cancer.

The images are transmitted to a recording device worn on a belt around the patient's waist, which is then returned to the hospital where images are downloaded and reviewed.

The single-use capsule passes through the patient's bowel before being flushed away.



"We are delighted to reach this milestone of 2,000 patients' receiving this exciting, fast and effective diagnostic procedure.

"Traditionally patients' undergoing this test would require sedation and could be quite anxious coming in for their appointment.

"This test is painless and although they will still need to undergo the same cleansing preparation beforehand, all they are doing is swallowing the capsule and letting the camera do the work.

"This advancement in cancer diagnosis is excellent news for the people of Scotland and allows us to not only put patient's first, but supports our plans as we continue to recover from the impact of the pandemic."

Professor Angus Watson, Consultant Colorectal Surgeon and Clinical Lead for Colon Capsule Endoscopy



Health Care Support Worker Jacqueline Gribbon, from Provanmill, Glasgow, had the procedure at an NHS Greater Glasgow & Clyde clinic at the Golden Jubilee National Hospital in December.

Jacqueline, who works in Endoscopy for the NHS was offered a colonoscopy, but when she asked if there was another way the diagnostic test could be done she was told about the Pillcam.

"I have diverticula so a colonoscopy is quite uncomfortable and because I have sleep apnoea as well, I can't get a lot of sedation.

"I was told I was a good candidate for the capsule colonoscopy and I was quite happy to try it.

"It's a lot easier, it's just swallowing a tablet, the prep is just the same as for a normal colonoscopy and it's a really good option if you're worried about the procedure as it's a lot less invasive.

"It's painless, it's not uncomfortable at all, it's easy to do and as long as you follow your prep work it's straight forward, I'd definitely recommend it."

Jacqueline Gribbon, Health Care Support Worker



1 - Click to watch

The programme is part of Scotland's Colon Capsule Endoscopy Service (SCOTCAP) which aims to detect bowel cancer early so that treatment can be provided as quickly as possible.

As the number of traditional colonoscopies able to be carried out was reduced during the COVID-19 pandemic, clinicians have been using the capsule to see and treat more patients while reducing waiting times, and ensuring patients receive reassurance or a quick diagnosis.

“We are delighted to be able to offer this new diagnostic technology to patients across Scotland.

“It has great potential to improve patient experience with faster diagnostic imaging, facilitating targeted treatments and improving long term outcomes

“This cutting-edge technology will not only help people get the health checks they need but also make it as convenient and as quick as possible.”

Dr John Thomson, Consultant Gastroenterologist and Associate Clinical Director of the Centre for Sustainable Delivery

“CCE demonstrates the value of collaboration at a national level to use innovative technologies and services to help tackle waiting lists across the country.

“The procedure allows for another pathway for suitable patients to undergo investigation, and is particularly important in the context of COVID-19 as we look to new procedures which will help ensure patients are seen as quickly as possible.”

Dr Scott Davidson, Deputy Medical Director for Acute at NHS Greater Glasgow and Clyde

Da Vinci 600

Congratulations to our fantastic Thoracic team which has now carried out its 600th Da Vinci robot lung operation.

Another amazing milestone for a talented team! 🎉



You may remember the team hit their landmark 500th procedure last year, and can read more about [read more about it here.](#)



NHS Scotland Academy Newsletter

The first edition of the NHS Scotland Academy Newsletter was released last month. These Newsletters keep you up to date with all the latest developments, success stories and upcoming events.

This edition features:

- the latest from the successful National Clinical Skills for Pharmacists Programme;
- more information on the Preparation for Health and Social Care Programme;
- our National Endoscopy Training Programme; and
- the important elements of the Foundations of Perioperative Practice.



[Click here to view the NHS Scotland Academy newsletter in full](#)

NHS Golden Jubilee Board Members reappointed

We have welcomed the reappointment of 3 members of our Board.

Cabinet Secretary for Health and Social Care, Humza Yousaf MSP, announced last week that Linda Semple (pictured left above), Stephen McAllister (right) and Callum Blackburn (centre) will be back in their roles for the next 4 years.

Linda retired from over 20 years working in NHS Scotland, starting as a committee clerk then training in public health, health intelligence and health economics. Her last role was being seconded to the Scottish Government where she was Head of Sustainability and Efficiency for the NHS.

Stephen McAllister was previously a senior police officer. In addition to 3 years' experience as a Board member with NHS Golden Jubilee, NHS Forth Valley and the Risk Management Authority, he brings a wealth of experience in leadership, crisis management and corporate governance. He puts this experience to good use in ensuring that the Scottish public sector provide outstanding service in an efficient manner within budget.

Callum Blackburn is an independent consultant specialising in the circular economy, climate change and waste management. He has held many positions in public bodies over the last 20 years. Most recently from 2013 to 2020 he was Head of Policy, Research and Evaluation at Zero Waste Scotland, responsible for overseeing a diverse range of policy development and research work on behalf of the Scottish Government.



"Their skills and expertise have been invaluable over the past two years as we have navigated the COVID-19 pandemic, and assisted with the NHSScotland recovery, as well as continuing our ambitious expansion plans."

Susan Douglas-Scott CBE, Chair of NHS Golden Jubilee

[Click here for more information on the NHS Golden Jubilee Board](#)

'Sea change' in exercise for heart patients

An NHS Golden Jubilee study has found that structured exercise for patients with congenital heart disease is safe and effective to help them live longer and happier lives.

The Supported Exercise programme for Adults with Congenital Heart Disease (SEACHange) research was carried out by the national Scottish Adult Congenital Cardiac Service (SACCS) based at the Golden Jubilee National Hospital in Clydebank.

It was previously thought that for some patients with CHD that exercise could be too damaging for their hearts, but the SEACHange study aimed to determine the feasibility of introducing a supported exercise programme to develop physical and psychological wellbeing in adults with CHD living in Scotland.

The story was published in national newspaper The Herald last week.



The study was carried out by Niki Walker, Elaine Muirhead, Shelagh Brown, Jim Mearns from the SACCS team at NHS Golden Jubilee, and Honorary Research Fellow Dr Samuel Rodgers of Glasgow University.

It was funded by generous donations in celebration of Professor Stewart Hillis through the Golden Jubilee's Professor Stewart Hillis Endowment Fund, and the research topic chosen to reflect his passions of sport and congenital heart disease.

Professor Hillis is regarded as one of the pioneers of adult congenital cardiology in the West of Scotland.

He was hugely respected for his expertise in the fields of interventional cardiology and sports medicine, where he had international reputations, and was highly regarded by his colleagues and loved by his patients.

He was a man of great humanity and humility who was always proud of his Clydebank roots.



[Click this link to read the article](#)

[NHS Golden Jubilee press release](#)

[The study is also published here](#)

Linda's story – life with half a heart

Congenital Heart Disease (CHD) results when the heart, or blood vessels near the heart, don't develop normally. There are many different types of congenital heart defects and so every person's journey is unique.

Linda McStay is a SACCS patient and, in a 2-part series, she describes and reflects on her journey.

Click the links below to read Linda describe her early life as an individual born with a univentricular heart and how it felt to undergo Fontan surgery at 10 years of age.

In Part 2 Linda reflects on her journey as an adult with congenital heart disease and shares the lessons she has learned, realising that even half a heart can be full and feel whole.



3 - Linda McStay

[Life with half a heart: the early years](#)

CHD Awareness messages

During Congenital Heart Disease Awareness Week we posted messages on our social media pages full of facts and information on how the disease affects patients and what support SACCS gives, including: lifelong care; transitioning to adult services; pregnancy; exercise; and mental health issues.



Golden Jubilee

Follow-up care

Congenital heart disease (CHD) requires lifelong follow-up.

Depending on your heart condition this may be anything from six monthly or five-yearly review. Care is shared between the specialist service at the Golden Jubilee and local congenital heart clinics.

It is important that you continue to attend clinics on a regular basis, even when you feel well. This lets us monitor and identify any changes in your condition.

This allows the medical and surgical teams to either help prevent the need for interventions or plan any interventions that may be required in a safe and timely manner.

It also lets us provide other ways to support you live with CHD.

We now deliver follow-up using face-to-face, telephone and virtual clinics to make sure you get timely review.



Maggie Simpson

Senior Nurse Specialist

Congenital Heart Disease
Awareness Week
#CHDAware

www.nhsgoldenjubilee.co.uk

    LinkedIn



Golden Jubilee

Transition to adult services

The process of transition from paediatric to adult health services is often a daunting time for patients and their families.

Successful transition programs can help prepare a young person for this new chapter in their cardiac care, can reduce the risk of them being lost to follow-up and can have a positive impact on health outcomes.

Becoming more knowledgeable, independent and taking ownership of their health and health care is a process that takes time.

The Scottish Advanced Congenital Cardiac Service (SACCS) Advanced Clinical Nurse Specialist (ACNS), in partnership with their paediatric colleagues at the Royal Hospital for Children, have developed a nurse-led transition service for congenital cardiac patients moving from paediatric to adult services.

Since June 2020 over 115 patients and their families have received one-to-one consultations with a SACCS ACNS using the virtual platform, NHS Near Me. This has allowed patients from all over Scotland to have access to this vital step in their cardiac care, whilst minimising disruption to their lives and reducing travel time.



Sandra Jansz

Senior Nurse Specialist

Congenital Heart Disease
Awareness Week
#CHDAware

www.nhsgoldenjubilee.co.uk





Congenital Heart Disease Awareness Week Lifelong care

Successful developments of medical and surgical techniques over the past decades have resulted in approximately 90% of individuals born with Congenital Heart Disease (CHD) now surviving into adulthood.

CHD is a lifelong process and regular clinical review is a key aspect of meeting the individual needs of our patients. Routine non-invasive monitoring like ECG and echocardiogram are performed at almost every clinic visit.

However, some patients may require additional tests like cardiac MRI, cardiac CT scan, Cardio Pulmonary Exercise Test (CPET) or cardiac catheterisation to complete their assessment.

Our bookings team at the Golden Jubilee is here to help arrange these investigations for you.

#carethroughcollaboration

#Serving Scotland

NHS
Golden Jubilee

Is it ok to exercise if I have a congenital heart condition?

Yes! Evidence suggests that regular physical activity can be beneficial.

What are the benefits of regular exercise?

It helps to improve and strengthen heart and lung function and it's good for your psychological wellbeing, among many other benefits.

What type of exercise should I do?

Aerobic exercise like jogging, cycling or swimming is preferred. Weights can also be used, although there are some congenital heart conditions where we advise against this. Remember - walking is an excellent form of activity and is suitable for everyone.

Where can I get more information?

If you are unsure about what exercise you are able to do, please get in touch with your nurse specialist or ask us at your next clinic appointment. For more information about exercise and CHD, visit The Somerville Foundation:
<https://thesf.org.uk/exercise/>

Download an activity toolkit from Heart Research UK: <https://heartresearch.org.uk/chd-hub/>



Elaine Muirhead
SACCS Nurse Specialist

Congenital Heart Disease
Awareness Week
#CHDAware

www.nhsgoldenjubilee.co.uk



Rehabilitation and Dietetics Walkthrough video

Last month our Walkthrough video series focused on the great work of the Rehabilitation and Dietetics department. Take a few minutes to find out more about what they have been doing over the past 12 months, along with some feedback for the team from one of our Non-Executive Directors, Marcella Boyle.





"It's a really wide-ranging service...all making a huge difference to people's lives, but also to staff when they support in Occupational Therapy too."

Marcella Boyle

Information Handling



Deletion of Microsoft Teams Messages

Deletion Policy settings are being enabled as part of ongoing enhancements to the NHS Scotland Microsoft 365 environment.

These policies will be rolled out to all NHSScotland staff in early March 2022.

Nationally there will be a maximum retention period of 1 year from the message's creation.

For more information, click the Sway link below.

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Embed://<iframe width="760px" height="500px"
src="https://sway.office.com/s/NsZnzvWQ51S4SHKF/embed" frameborder="0" marginheight="0"
marginwidth="0" max-width="100%" sandbox="allow-forms allow-modals allow-orientation-lock allow-
popups allow-same-origin allow-scripts" scrolling="no" style="border: none; max-width: 100%; max-
height: 100vh" allowfullscreen mozallowfullscreen msallowfullscreen webkitallowfullscreen></iframe>
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Freedom of Information Training

A new module on [Learnpro](#) has been created to help staff understand the Freedom of Information (FOI) process.

NWTC: Freedom of Information (FOI) - Foundation focuses specifically on the FOI process and, as any member of staff within the organisation can receive a FOI request, it would be beneficial for staff to complete this module.

The module is pitched at a level to support the early stages of receiving a request, how to recognise that it is a FOI request and what staff should do if they receive one from the public.

This is not mandatory training, however, as our organisation develops and expands we anticipate an increase in these types of requests, staff awareness and understanding of the process would be advantageous.

The module takes around 20 minutes to complete.



For further advice and support, contact the [Information Governance team](#).

Safe Information Handling

All staff must complete the mandatory Safe Information Handling training on [Learnpro](#) every 2 years. You must ensure this is up to date and not let it expire.

This module covers all aspects of safe handling of information and the importance of applying these in a healthcare environment. This includes:

- data protection,
- freedom of information, and
- records management.

The training will help you to apply good safe information handling practices during your normal working day.

In addition, it will also highlight practices that would compromise data and the reputation of the Board, for example emailing personal and sensitive/confidential information to a personal non-work email address.

It will take you approximately 30 minutes to complete the module and the short test at the end.



*If you or your team would like **additional** service-specific training, please contact the [Information Governance Team](#).*

Storage drive limit decrease

The Board's U:Drive, which is a central location used to share non-personal/non-sensitive information with colleagues, was temporarily increased in size last year as it was almost full.

eHealth are currently reviewing the drive with the aim of setting the capacity back to its original state. The exact date this will take place will be communicated in due course.



Data management

All records and data that we hold are subject to Freedom of Information (FOI) requests and data protection requests.

We also have a legal obligation to ensure that we do not keep information for longer than necessary.

Good records and data management upholds legislation and supports the business and staff to have a much more effective and robust process in relation to accessing and managing information.

Information Governance work closely with Managers within the organisation who have the responsibility of overseeing and managing the data cleansing of their service area information within our Board Drives.

Managers are asked to work with their teams to review information within the U:Drive and develop a plan to remove unnecessary information. The Information Governance team can help with this.

Staff who have used the U:Drive should review the documents stored there and delete anything that is no longer required.

We encourage everyone to regularly review and remove unnecessary information for all drives you are responsible for.



For further advice and support, contact the [Information Governance team](#).

People



Bronagh rings the retirement bell

After almost 16 years' service at the Golden Jubilee Conference Hotel and over 25 years working in the public sector, Director of Golden Jubilee Conference Hotel, Bronagh Bell, has decided to hang up her hat for retirement this month.

Bronagh joined the organisation in late August 2006 when it was the Beardmore Hotel, appointed to deliver a new strategy focusing on transforming the hotel into a Centre of Excellence for conferences and meetings - primarily for the NHS and public sector.

And she took the Board's vision head on to create an establishment that has become an integral part of NHSScotland.



"I was recruited to deliver the strategy. A lot of that involved a change in direction and change of focus from the original concept of an ordinary 4 star hotel. Our goal now was focused on conferences, meetings, training and events.

"There was a lot of change management, not only with the team but with the facilities and services as well."

Originally from Northern Ireland, Bronagh has experience working in hospitality from a young age, from pulling pints in the family pub to working across the shops and other establishments her family ran in her childhood town.

She learned invaluable lessons in business and customer service from her father at a difficult time in her country's history.

"My family had a business in Northern Ireland in a very typical village where one family dominated a lot of the business in the area," she said.

"We always worked. It was never the case that mum and dad came home at 5 o'clock, it was really a 24/7 operation. I was brought up in the height of The Troubles, so working in the 1970s in a bar in Northern Ireland was very stressful and challenging.

"As well as learning about good customer service, you also had to ensure that everyone was safe. You never knew what was round the corner.

"I learned the fundamentals of business at the kitchen table from my father. When I came to the Beardmore, some of the things that he taught me back then in the 1970s, about customer service and delivering good service and, the customer is always right, came back to me.

"I had a very different career before and this was certainly more customer facing.

"When I went to university I pledged that I would never work in hospitality again, but I've now finished my career working in hospitality so it's definitely come full circle!"

Before being appointed as the Director of the Golden Jubilee Conference Hotel, Bronagh made a name for herself in the marketing world, working her way around the British Isles in cities including, Belfast, Dublin, London, Edinburgh and finally Glasgow.

Initially working in the computer industry, then telecoms, Bronagh spent several years as a marketing consultant through the Scottish Enterprise network before moving to the public sector in 1997.

"Before coming to the Hotel, my entire career was in marketing. I worked for an organisation called Learning and Teaching Scotland, which is now known as Education Scotland. I was Head of Marketing and Public Affairs and led on all their commercial activity. One of my big passions in marketing was events, particularly for teachers. We organised lots of conferences and I initiated the annual Scottish Learning Festival.

"When I heard about this role I thought this is an opportunity to jump ship, going from the people that organise everything to the people that deliver it. It gave me a critical perspective and understanding of what is needed to provide successful events.

"One of the things I've enjoyed as part of this 25 years of working in the public sector is, instead of making money for shareholders, any income I've generated has been ploughed back into the public sector, originally in Education and now in Healthcare and the NHS.

"Any profit that comes from the hotel goes back into the NHS directly or indirectly. I like that virtuous circle; it's been a fantastic way to end my career re-investing in public services."



Bronagh's passion for delivering the strategy and vision of the Hotel has helped create and uphold an award-winning Venue of Excellence, welcoming guests and delegates from across the public and private sector.

"Once people come to the Hotel and experience the exceptionally high standard we provide from food, attention to detail, staff, conference space, and facilities they come back regularly," Bronagh said.

Although hospitality venues have experienced hardship over the years, from the recession to most recently the COVID-19 pandemic, the Golden Jubilee Conference Hotel has continued to thrive, adapt and excel.

Bronagh created a positive working environment for all the team through encouraging them to fulfil their full potential and valuing their efforts.

"At the start of every team meeting I would say we are the best Conference Hotel in Scotland, regardless of official status, to encourage focus and vision. Reminding the team all the time to believe in themselves and the Hotel.

"We've won awards as the Best Conference Hotel in Scotland several times so I think that really shows the fantastic commitment shown by the team."



As a recognised member of Venues of Excellence, IACC and multi Conference Hotel of the Year award winners, the Golden Jubilee Conference Hotel has become a favourite for many.

Part of Bronagh's vision has included renovation projects, from successfully remodelling reception to create a Central Plaza, the refurbishment of 70% of the bedrooms and many other projects that have provided the Hotel with extra space and modern upgrades.

And there are continued plans in the works to provide an even larger space for events and conferences in the future.

"In recent years, we have undertaken huge remodelling to revitalise the space that has allowed our delegates and guests to mingle and network whilst also giving us the space to provide social distancing measures during COVID-19.

"I'm proud of our team for raising the bar year on year, through awards, services and profitability. I am also proud of keeping the passion and focus around the vision and strategy and believing we can do it.

"One of my personal mottos is don't look down, imagine yourself on a tightrope, keep looking at the end point and keep going."



From 2016, up until September 2021, Bronagh was also a board member at Venues of Excellence where she worked with people across the UK to share best practice and raise standards, whilst learning invaluable knowledge that she applied to across the Hotel.

Throughout her time as Director, Bronagh has dedicated her time to ensuring her staff fulfil their full potential, including during lockdown, where staff throughout the Hotel were redeployed to assist NHSScotland.

“During the pandemic I was extremely proud of the way we were able to flex the team to work in other areas to do something productive and worthwhile during lockdown.”

“There was a team that worked with NHS Louisa Jordan doing fantastic support work, there were staff that worked all across the Hospital and we had a number of staff remain in the Hotel to provide meeting facilities for the healthcare service.”

As a mother of three grown-up daughters, Bronagh is looking forward to spending more quality time with them at their homes in London, whilst also making the most of her passion for travelling around the world.

“A few days after I retire, I am heading to Costa Rica for a few weeks and, as long as my money and health permits, I’ll be doing a lot of travelling! Also in my spare time I do a bit of oil painting so I’ll spend a lot more time doing that.”

Bronagh has led a dedicated team and created memories that she will cherish forever.

“They are a wonderful bunch of people who are really dedicated to what they do. I would like them all to follow their life dreams and to develop their careers, particularly the younger staff, now you’ve got your foot in the door you can work your way up.”

"I would like to say thank you, it's been an absolute privilege working with all of the team, particularly the team that have been there from the beginning, they've stuck by, and trusted me and I hope they all have bright futures.

"We know the old saying if you love what you do you'll never work a day in your life and I think that's been the case with most of my time at the Hotel. I have been very lucky to have worked with some wonderful people throughout my career.

"There are fantastic people in the Jubilee across the Hotel and the Hospital."

Student Volunteering Week - Kerry Scott

Student Volunteering Week 2022 is the 21st year that the national celebration of volunteering has taken place.

To mark the week from 7 - 13 February, Kerry Scott, one of our student volunteers in the Eye Centre, chatted about what it means to her and why she got involved in volunteering.



"I used to run my own business and when COVID-19 hit I packed it in and took some time to decide on a new career move.

"I looked into nursing and felt that it would be a good fit for me. I'm doing an access to nursing course just now at college and I start my University nursing degree in September.

"I decided to do some voluntary work in a hospital as I thought it would be good for getting to know how it all works and familiarising myself with the environment. I live nearby so when the chance to volunteer at the Golden Jubilee came up I jumped at it.

“Everyone is so lovely and I really like it here. The bit I like most is chatting to the patients when I check them in.

“They can be quite worried about visiting the hospital, even if it’s just for a consultation, so it’s great to be able to put them at ease.

“Some comment on how special it is that I’m giving up my time to volunteer and it is, but I get a lot out of it too and I think it’s a great place to volunteer.”

Kerry Scott, Student Volunteer

For more information on volunteering contact [Maureen Franks](#).

Carolyn is picture perfect

They say every picture tells a story, or a photo can give a glimpse into someone’s soul.

So there’s no more perfect a setting than our Spiritual Care and Wellbeing Centre for an image taken by Volunteer Carolyn Boyle, which she has donated to bring joy and calm to others.

Whilst looking for a hobby, she was challenged by her brother, a professional photographer, to get into photography, and she duly obliged and fell in love with being creative behind the lens.

The image she has given to Spiritual Care was captured at The Hermitage in Dunkeld, a ‘magical’ stretch of forest in Perthshire, which has inspired many an artist.



"I sometimes use the Sanctuary in the Centre to gather my thoughts and get some peace and tranquillity, especially if I'm feeling a bit stressed with life.

"When I went to The Hermitage, I saw the bench and the setting. It was really peaceful and it just reminded of being at the Jubilee.

"Somewhere you can sit, on your own, no one around, and just chill out.

"So I took some shots and entered it into the local camera club competition, but when I got it back I was looking for somewhere nice to put it and thought of the Sanctuary.

"Maybe someone else, when they're in the Sanctuary, can look at it and take something from it too. So I'm really pleased Tosh (Lynch), the Spiritual Care Lead was happy to have it."

Carolyn Boyle

Carolyn started as a Pastoral Care Volunteer here shortly before COVID-19 struck and now carries out her philanthropic duties in the Eye Centre.

Carolyn loves volunteering so much she does it on her day off from her day job in the Finance department at NHS Greater Glasgow and Clyde.

"People think I'm mad volunteering on my day off, but for me I just get so much out of it, it helps my own wellbeing helping others.

"I love meeting people, it somehow makes me a lot calmer and it makes me more thankful for what I have.

"I really enjoy it and it doesn't feel like a chore. The people are lovely and it feels like a day out for me, I just love it."

Carolyn Boyle

"Carolyn presented this photograph as a gift to the Spiritual Care and Wellbeing Centre, to be put on the wall in the Sanctuary.

"This is a beautiful photograph captured by Carolyn of a reflective space in nature.

“It invites us to imagine we are in that beautiful place of relaxation, to wonder at the beauty of nature and to find our still point for a brief time in a busy working environment.”

“Thank you for your gift, and your loving kindness to share your gift of photography with us.”

Tosh Lynch, Spiritual Care Lead

“Carolyn is a great asset to the Volunteers and brightens up The Eye Centre on a Monday morning.”

Maureen Franks, Volunteer Services Manager

For more information on volunteering contact [Maureen Franks](#).

Val-You



Reserve Forces Training and Mobilisation Policy

NHS Golden Jubilee and NHSScotland supports employees who are members of, or wish to join the Volunteer Reserve Forces.

To ensure that any staff who are in the Reserve Forces are fully supported, we have a detailed Reserve Forces Training and Mobilisation Policy, outlining the support available and the responsibilities of staff.

Training undertaken by Reservists enables them to develop skills and abilities that can be of benefit to them as employees, and to the Board in terms of service delivery.

For more information, please visit the links below.



[Click this link to view the policy on Sharepoint](#)

[Click this link for a quick guide to the Armed Forces Reserves](#)

Comments about you!



4 - What patients and the public have been saying online

Orthopaedic service comments

Sara Smith: I had my bilateral hip surgeries almost 2 years ago. Mr Joseph Baines and all the staff involved were brilliant. This was life-transforming surgery, back fitter and stronger than ever. Thank you. All staff were supportive, friendly and hugely skilled.

Maureen C: I had my bilateral hip surgery done in 2012 and 2013! Life changing for me with a bit thank you to Mr Picard, the Jubilee hospital I will eternally be grateful to and of course to Professor Gardner too who make this surgery possible for me.

Irene McMenemy: Had bilateral hip surgery 7 years ago at the Jubilee gave me my old lifestyle back again.

Our patients took to the comments section to mark this year's Congenital Heart Disease Awareness Week and the SACCS team

Lorna Glendinning: I am a 53 yr old CHD feeling grateful every single day , thanks to your continued support. 🙏🙏#TeamJubilee

Mike Raffan: I had unroofing surgery for ARCA almost 2 years ago. Lockdown stopped me being able to go to physio. This weekend I will be representing Scotland in a last one standing ultramarathon. Thanks SACCS

Marjory Armstrong: I am 82 and still here thanks to the skill and care from Mr Danton and the amazing SACCS team. Best wishes to all (Marjory Brooks

Mae Kennedy: Very grateful to the lovely SACCS team for taking such good care of me when I was in and for always being on the end of the phone

Linda McStay: My fave team! SACCS. Don't know what I'd do without them

Miranda Gillespie: Amazing team, can never thank them enough for everything they done for my husband

Kaye Ross: Amazing team very helpful

Linda Barnes: Maggie and the SACCS team are fantastic. So lucky to have such great support, care and knowledge from Dr Walker and specialist nurses. Forever grateful

Peter Morrison: Maggie helped me through some very difficult times, a true professional

Nicole Baillie: Margaret Simpson, was just about to say that definitely The A Team x #chdawarenessmonth #TeamJubilee

Adele Grigor: The SACCS team are amazing wouldn't be here without them xxx

June Maxwell: Amazing team and Maggie is so brilliant dont no where i would be without them

Melissa Nicolsön: The SACCS are amazing , looked after me during 2 pregnancies and continue to do so. Dr H walker is the best consultant always there when need advise or reassurance. X

Martin Donaldson: What a team

Elaine MB: Sandra (Jansz) went out of her way to make sure Jack's transition to adult cardiology was smooth and worry free It made such a difference.

Vivienne Donohoe: A beautiful person who always has a kind word for both the patient and the worried Mums & Dads

Karen Taylor Gilroy: Husband about to undergo 2nd pulmonary valve replacement. Hes 57. Originally operated on in Mearns Kirk. The whole Team are amazing but Elaine (Muirhead) is so supportive at the end of the phone whenever he needs her. They are all truly worth their weight in gold. Thanks seems too small a word.

As we marked the 600th Da Vinci robot lung operation, patients and visitors congratulate the team and shared their thanks

Allison Kane: I had a Lobectomy and sleeve resection 15 months ago. Thanks to this team. Fully recovered without any problems and back to swimming, yoga and everything I did before. I wouldn't even know I had part of my lung removed. Amazing procedure.

Lisa Campbell: Well done team! Had a thymectomy 16 months ago to remove a thymoma and my thymus gland and it couldn't have gone any better, thank you!

Kelly Down: I had lung reduction surgery from the thoracic team led by Mr Kirk nothing was too much trouble everyone from the domestics right up to the surgeons I will be forever grateful

Katie McEwan: Well done Thoracic Team

Gail Ramsay Crawford: Well done Thoracic team Best team ever!

The stories from just some of Team Jubilee inspired many on International Day of Women and Girls in Science

Linda Nesbitt: So proud of you Hollie as part of our research team

Karen Black: Brilliant to hear the personal stories of these ladies and how their job works to help patient care

Anne Marie Roxburgh: Go girls!! Fantastic representation of our lab

Maureen Kerrigan: Very impressive Carol - well done!

Linda McStay: Met Lorna many years ago at the Western Infirmary Glasgow. More recently at the Gold Jubilee with the SAACS team. Very knowledgeable and a great asset to the team!

Maggie Simpson: I'm fortunate to work with awesome Women In Science @swan_lorna @amandahunter83 Dr Niki Walker and many others. They drive clinical excellence, critical thinking, promote evidence based patient centred care and support development of their colleagues.

LGBT+ History Month

This month marks LGBT+ History month and NHS Golden Jubilee is proud to provide a safe, supportive and inclusive working environment for our LGBT+ patients, staff, and visitors while also identifying opportunities for improvement.

Sexual Orientation executive lead Anne Marie Cavanagh has shared a video message (below) to all our staff, patients and visitors about the importance of creating an inclusive environment for all.



LGBT+ History Virtual Walking Tour

Scotland has a long and storied LGBT+ history. For LGBT+ History Month, NHS Golden Jubilee's LGBT+ Network is going to be partnering with Walking Tours in Glasgow to bring the community's history to life.

The virtual tour will be guided by Caron Elliotts over MS Teams and you can join us live from noon on Thursday 24 February.

A recording of the event will also be made available shortly after the event.

[Click here to join the meeting](#)

Health and Wellbeing





We are committed to supporting the health and wellbeing of our staff and have a range of resources available.

Hybrid working

Do you spend part of your week working from home? Does your kitchen table double up as a desk?

If you'd like great tips on getting the most from hybrid working, there are Hybrid Working Seminars and Workshops coming up.

Learning and Organisational Development (L and OD) are working with the [World of Work Project](#) to offer engaging, fast-paced and bite size sessions that focus on hybrid working, sharing best practice and making the most of the new ways of working.

Events

- Hybrid Working All Staff Seminar: Thursday 10 March, 10am – 11.30am on MS Teams
- Manager workshops: Thursday 31 March, 10am – 12.30pm, and Wednesday 4 May, 1pm - 3.30pm, both on MS Teams.

Managers are encouraged to attend the All Staff session prior to attending a workshop or watch the recording of it, which will be made available.



These sessions are available to book now on [eESS](#) at [Hybrid Working Seminar](#) and

[Hybrid Working Manager Workshop](#).

[Click here to find out more and get a taster of what these sessions will offer.](#)

Staff Health and Wellbeing Web Hub

Our new Staff Health and Wellbeing Web Hub on nhsNHSgoldenjubilee.co.uk brings resources together in one easily accessible place for colleagues, whether you are at work or at home, when you need it.

We have a range of sources of help and advice in place that you can access for your physical, mental or financial and social health.

Take care of yourself while you care for others.

New

Staff Health and Wellbeing Web Hub



The one-stop shop for resources to help you, when you need it!



NHS Golden Jubilee has launched the Staff Health and Wellbeing Web Hub, which brings resources together in one easily accessible place for colleagues.

Your health and wellbeing is a priority for us as a Board and we have a range of sources of help and advice in place here, as well as nationally, that you can access when required for your physical, mental or financial and social health.

[Scan the QR code above to access the Hub](#)

Pictures taken pre COVID-19

[Click this link to go to the Hub.](#)

National Wellbeing Hub

We spend our days caring for others but sometimes we're not good at asking for help ourselves.

The National Wellbeing Hub is a place full of ideas on how to stay well with advice, lived experiences, information and expert guidance to help healthcare workers manage when you need help.



[Click here to access the Hub](#)

1-minute read - What can I do when I feel exhausted?

When you're working flat out, it's easy to lose sight of the things that will get you through this.

The National Hub has a new blog with fantastic advice and tips that will help you if you're tired or overwhelmed.

[Click this link to view](#)

Jubilee Active Blogs

Occupational Health Physiotherapists David Longhurst and Kathryn Wales write regular blogs full of great advice and tips on how to keep fit, healthy and active in a sustainable way that suits your lifestyle and abilities.



[Click this link to access the blogs](#)

Mindfulness training

The ability to be present and mindful — to stay focused intentionally without passing judgment — is a 21st-century skill.

As most of us have experienced first-hand, stress and anxiety can take a significant toll on the mind and body.

As part of our Health and Wellbeing strategy, we are inviting staff to join our second Mindfulness course, Zen Minds.

The Zen Minds programme offers eight first class, practical mindfulness sessions, which will benefit both your professional and personal lives. It will allow you to refocus, re-evaluate and re-emerge stronger to tackle the year ahead with greater resilience and a more positive outlook.

Each week Martin Stepek will join you for a live mindfulness session which will include guided meditations, a talk from Martin followed by a question and answer session with a final short practice to end the session.

Topics include:

- An Introduction to Mindfulness
- Building Resilience; Managing Change
- Dealing with Stress and Anxiety
- Developing Focus and Clear Thinking
- Mindfulness for Happiness
- Getting a Good Night's Sleep
- Managing Mood Swings



5 - The first cohort of staff to complete the training

Feedback from staff on the course

"Despite also reading books I have not got into the way of practicing Mindfulness every day. I also liked the idea of doing something with my NHSGJ colleagues and getting to know them."

"I have a keen interest in Mindfulness and welcomed the opportunity for some additional supported training. I was interested to see how this would work being delivered over teams and was pleasantly surprised."

"The first thing I noticed when I attended the first Ten for Zen meeting, was how calming Martin's voice was. As he talked us through our first practice, it was easy to concentrate on our breath and his voice. There were external noises, but I acknowledged they were there, without focusing on them. I found the wisdom of his words reassuring and what he explained to us, week on week (with a different theme every week) so relatable. I would reflect on his words following each week's teaching and practice. I began to spend 5 minutes each morning at work just breathing and 'being', prior to starting my work."

If you would like to get involved and be zen like your colleagues, training will take place every Thursday until 24 March from 5.30pm to 6.30pm via MS Teams.

Contact Spiritual Care Lead [Tosh Lynch](#) for more information.

Events



Interactive Cardiology Conference

The Royal College of Physicians and Surgeons will hold its 10th Anniversary Interactive Cardiology Conference on Friday 11 March 2022.

Hosted by Conference Director Professor Hany Eteiba, the morning sessions will provide a comprehensive overview on COVID-19 in the UK, its cardiovascular complications and examine the risk of Long COVID.



For more information and to book your place, [please click here](#).

Getting the most from life with congenital heart disease

Two leading congenital heart disease (CHD) charities are joining forces to provide support for adults with CHD on Saturday 12 March 2022.

Little Hearts Matter, a single ventricle charity, and the Somerville Heart Foundation, an adult CHD charity, are hosting an open day with the theme 'Getting the Most from Life'.

Adults with complex CHD will have the opportunity to engage with expert healthcare professionals as well as get support from other people living with CHD.

Dr Lorna Swan and Senior Nurse Specialist Maggie Simpson from the Scottish Adult Congenital Cardiac Services (SACCS) will be supporting at the event, providing advice on navigating life with complex heart disease, as well as sex, relationships and pregnancy.



6 - Dr Lorna Swan (left) and Senior Nurse Specialist Maggie Simpson

[Click this link for more information on the event](#)

Date set for first Colon Capsule Endoscopy International Conference

The first Colon Capsule Endoscopy (CCE) International Conference will take place on Thursday 21 April 2022.

A hybrid event co-hosted by the Centre for Sustainable Delivery (CfSD) and the Royal College of Surgeons of Edinburgh (RCSE), sponsored by Medtronic, will take place both virtually and in person from the Royal College of Surgeons Offices in Edinburgh and Birmingham, and will bring together world renowned experts to share the latest developments in CCE technology, best practice and exciting developments for the future.

The day will offer a very varied programme, covering emerging evidence of the benefits of CCE from around the world, sharing lessons learned from our Scottish roll-out and examining future developments, delivery methods and the use of artificial intelligence.



[Click this link to read more.](#)

Registration is open now to attend online and in person, with a [full agenda available here.](#)

Learning and Organisational Development



Learning and Organisational Development update

The latest [Learning and Organisational Development](#) update has details of current training opportunities, including:

- **An Introduction to Self-Care and Resilience:** This free, online workshop is delivered by the Kinharvie Institute and aims to give you a greater appreciation of what self-care is and why you need to take time to invest in yourself.
- **New e-Learning Module – Reducing the Risks of Violence and Aggression:** This module has been designed to provide learners with a foundation level of training and education in reducing the risk of violence and aggression within NHS Golden Jubilee.

Full details of these courses and many more in the coming months can be found by logging onto [eESS](#).

The Social side



What's happening on our social media pages

Facebook:

This month we celebrated International Day of Women and Girls in Science. We took to social media to showcase just some of the amazing women working in science at NHS Golden Jubilee.

[Click here to view the full post](#)



International Day of Women and Girls in Science



@Girls4SDGs
#WomenInScience4SDGs

Hollie Leonard

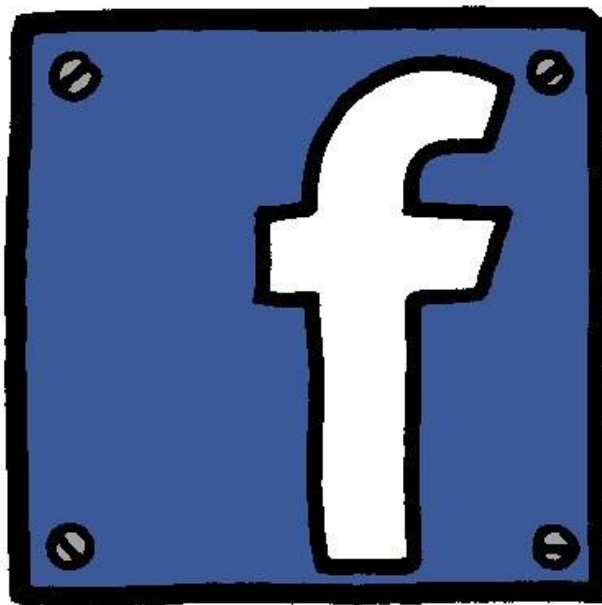
Motion
Analysis Lab
Co-ordinator

www.nhsgoldenjubilee.co.uk

As a physiotherapist working in joint arthroplasty research, an area of care and research which is often male dominated, I think I bring a different perspective.

I feel very lucky to have the opportunity to work with patients who volunteer their time to take part in research studies which will ultimately help future patients.

I think science is about pushing the boundaries of what we know, and I find it exciting to work in a setting where you can see advances in science and technology making a direct positive impact on patient care and outcomes.

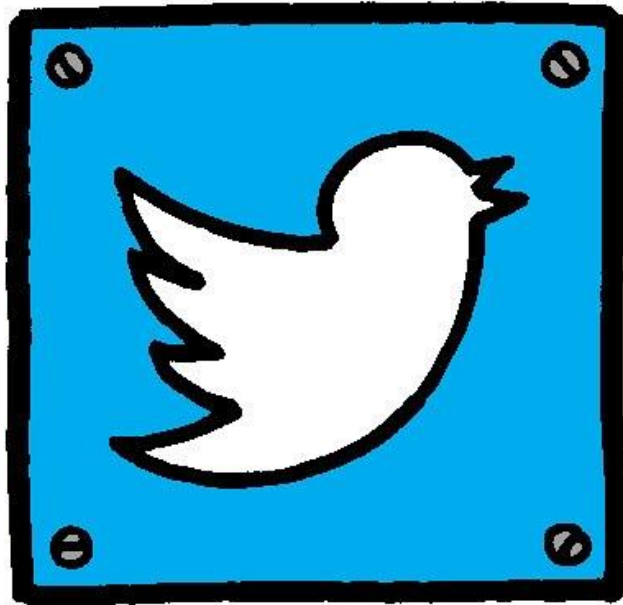


7 - [Click here to access our Facebook page](#)

Twitter:

Pulmonary Hypertension is high blood pressure in the blood vessels that supply the lungs. NHS Golden Jubilee patient, Carole Anne, shared her experience of living with the condition and how it has impacted her life.

[Click here to view the full post](#)



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

YouTube:

At the end of last month, we looked at just some of the work that goes on with the Quality, Performance, Planning and Programmes teams here at NHS Golden Jubilee.

[Click here to view the video](#)





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

LinkedIn: Whilst we celebrated LGBT+ History month, we also highlighted the amazing 195 (and counting) members of staff that have signed the NHS Scotland Pride Badge and Pride Pledge.

[Click here to view the full post](#)





Social Media Posts

World Cancer Day:

This month marked World Cancer Day. As part of this day, we shared the importance of prevention, detection and treatment.

The success of the Colon Capsule Endoscopy (CCE) is helping to make the detection process more comfortable for patients.

[Click here to view the full post](#)



Time to Talk Day:

Time to talk day is the nation's biggest mental health conversation.

At NHS Golden Jubilee, we know how important it is to have conversations about mental health.

We are encouraging friends, families, communities and colleagues to come together to talk, listen and change lives.

[Click here to view the full post](#)



Chinese New Year (Lunar New Year):

This year is the Year of the Tiger. On 1 February, we wished all our patients, visitors, staff and friends around the world a very safe and prosperous year!

[Click here to view the full post](#)



Research outreach:

Our Research team are looking for healthy volunteers to take part in a study that compares the data from health individuals with patients in our hip and knee studies.

[Click here to view the full post](#)



Scottish Government News



Protection for health boards continues

The Coronavirus (Discretionary Compensation for Self-isolation) (Scotland) Bill will ensure Health Boards continue to have a choice, rather than be under a duty, to provide compensation to anyone asked to self-isolate due to COVID-19.

The existing support for those isolating to prevent further transmission of the virus will remain available through the Self-Isolation Support Grant associated support services.

[Click here to read more](#)

15 million milestone reached for Coronavirus tests

More than 15 million COVID-19 PCR tests have now been carried out in Scotland since testing began, nearly two years ago.

The tests, which include those carried out by NHSScotland at the three NHS regional hubs set up around Scotland and the network of Health Board diagnostic labs, have now reached 15,092,074 (as of 4/02/2022)

[Click here to read more](#)

Contact



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

If you would like to comment on any of the issues featured, please send your comments to [Comms](#) or complete the feedback form.

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