



Jubilee Life **March 2022**

Issue 34

Welcome to the March 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



Rebekah scoops national award

A member of our Orthopaedic team has become the first in Scotland to win the prestigious Physician Associate (PA) of the Year award for going above and beyond to provide patients with high quality care.

Rebekah Meen has worked as part of Team Jubilee since graduating from university 3 years ago.

PAs are a new and pioneering role within the NHS with only 1 University in Scotland currently running the course.

As medically trained healthcare professionals, PAs work alongside doctors to perform various duties such as taking medical histories, performing examinations, diagnosing illnesses, analysing test results and developing management plans for patients.

Having previously studied anatomy for her undergraduate degree, Rebekah decided to go on and study an MSc in Physician Associate Studies.



“It’s a shock to get the award. To be the first person in Scotland named Physician Associate of the Year is a big honour.”

“I’m not sure anyone expects to be awarded for their work but it’s wonderful and humbling and it’s really nice to know that your colleagues value your contribution. It was an amazing pick-me-up at the end of what has been a tough year for everyone.”

Rebekah Meen

[Click here to read the full story](#)

The article also made the headlines on [The Daily Record](#) and [Clydebank Post](#) websites.

Home to the Scottish National Radiology Reporting Service

Following a successful pilot, we are now home to the Scottish National Radiology Reporting Service (SNRRS).

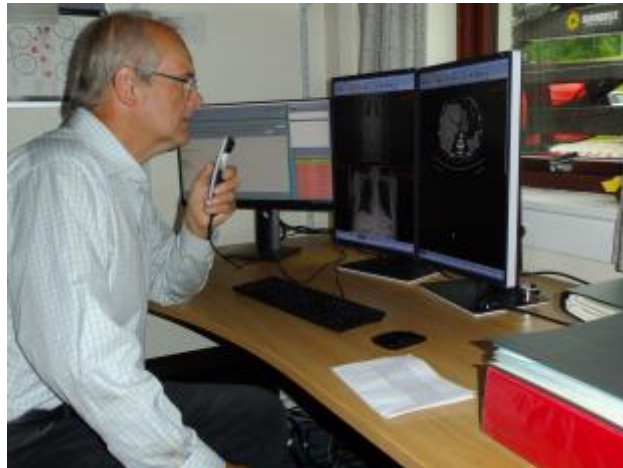
This service is Scotland's first ever internal reporting service that can be used by health boards across the country. SNRRS utilises existing consultant Radiologist and innovative technology to allow remote reporting on diagnostic images.

The success of the pilot has partly been down to innovative technology called Share+, which has now been rolled out across a number of health boards.

Since the pilot in July 2020, the service has:

- recruited 69 Consultant Radiologists
- reported over 105,000 patient exams for 11 NHS boards
- delivered 99% of reports within 5 working days

The Service will continue to expand and grow, benefitting more patients and health boards across Scotland.



[For the full story and more details, please click here](#)

Theatre refurbishments

Staff areas in the Theatres department are to undergo exciting new refurbishments to improve the changing and rest facilities.

Plans are under way to completely renovate the female and male changing rooms to ensure the best use of available space and provide better facilities, such as toilets and lockers.

This work will include using feedback from staff to ensure needs are met.

Rooms will also be upgraded with new paint and colours, as well as more tables and a range of comfortable chairs for the coffee rooms, to create more relaxing environments for staff to enjoy break periods.

More details will be reported once available.

For more information contact [Jennifer Haynes](#).

Phase 2 Surgical Centre update

Works on Phase 2 Surgical Centre continue. Over the last few months the number of sub-contractors on site has increased as the mechanical engineering works are progressing across all levels.

On Level 2 the steelwork is now complete and staff visiting the Surgical Admission and Endoscopy Units can get a clearer indication of the layout of the patient pods and procedure rooms.

There have been opportunities for staff groups to come on site and see how the design is progressing now that the majority of the partition work is complete.

Next steps will involve the connections between the new build and the Hospital, along with the refurbishment of departments to support the additional activity. The first of the refurbishments will be for additional Orthopaedic Outpatient Space on Level 1.

Dates for 'breakthrough' from the new building into departments on the current site will be published in the coming months.

We will continue to provide regular updates on the progress of our exciting expansion programme, so please check back regularly for more information.



2nd anniversary of Scotland's first lockdown

To mark the 2nd anniversary of Scotland's first lockdown, Cabinet Secretary, Humza Yousaf has sent us this video message expressing his gratitude to all staff working across health and social care for their ongoing resilience, determination and courage shown throughout the pandemic.

Caroline Lamb, NHSScotland Chief Executive and Director General for Health and Social Care, has also paid tribute to health and social care staff, saying the effort and sacrifices during the last two years have been "heroic".



1 - [Click image to play](#)

"Every person who works in health and social care deserves our heartfelt gratitude for what has been achieved."

Caroline Lamb

[Click here to read the full statement](#)

NHS Scotland Academy Community Pharmacy Programme

The NHS Scotland Academy Community Pharmacy training programme is supporting NHSScotland's recovery from the pandemic by improving access to healthcare in local communities.

Designed by NHS Education for Scotland (NES) in collaboration with Dundee Institute for Healthcare Simulation, the Community Pharmacy Programme delivers accelerated training to pharmacists across Scotland to equip them with the skills needed to assess, advise and treat patients for a range of minor illnesses and common clinical conditions.

The course teaches a mix of communication and practical skills that are delivered over 3.5 days, with the option to split these days if needed, making it far more accessible to working Pharmacists.

These courses will continue to be delivered by the NHS Scotland Academy.



[You can find the full story by clicking here to read the full story](#)

Maintaining our commitment to equality

This month, we were honoured with the Gold Employer Award by leading LGBTQ+ organisation, Stonewall.

Stonewall introduced the new Gold, Silver and Bronze award scheme to recognise and celebrate the different stages of LGBTQ+ inclusion shown by employers and highlight progress that has been made within organisations.

At NHS Golden Jubilee, we have taken a number of steps over the years to ensure we provide a safe and inclusive space for all of our staff and this awards highlights this success.

One element of inclusion here at NHS Golden Jubilee includes the re-launch of our LGBTQ+ staff network that is open to all staff who would like to join.



[Click here to read the full story](#)

Connect with our Diversity Network:

gjnh.ethnicminority@gjnh.scot.nhs.uk

gjnh.abilitynetwork@gjnh.scot.nhs.uk

Starting Salaries Guidance

The Board's current starting salaries guidance has now been updated to ensure that when a current member of staff moves to a training post in line with Annex 21 of Agenda for Change terms and conditions of service, they will not suffer a financial loss.

The guidance has been updated to apply protection of earnings on a marked time basis where appropriate until their training is completed. This will ensure that we will attract and retain our staff in the Board and will now be applied to all training posts (effective since Friday 4 March 2022).



The [guidance](#) has been updated and a new [proforma](#) has been developed for completion by department managers for advertising posts.

Both documents are available on HR Connect and the Policies and Procedures sharepoint site.

Voluntary Retirement and Re-employment Basis Policy

As we are aware from reporting through our annual Workforce Monitoring report, our workforce is continuing to get older, with retention and recruitment recognised as a risk for our Board.

This new policy has been developed to introduce a formal process that will be applied consistently for staff who wish to return to employment following retirement on age grounds or early retirement with actuarial reduction.

This should enable us to retain difficult to replace skills, along with invaluable knowledge and experience.

The [new policy](#) outlines the criteria and process that will apply in such situations with a decision being made based on service needs and workforce gaps.



The policy can be found on HR Connect and the Policies and Procedures sharepoint site.

Ukraine appeal

A massive £1585.13 has been raised in NHS Golden Jubilee to help the people of Ukraine who are currently in crisis.

The fundraising campaign was organised by Maeve Coleman and Laura Morrison who are overwhelmed by the generosity of donations and prizes, as well as the compassion shown by staff.

The money has been donated to the [British Red Cross](#), which has launched a humanitarian aid appeal.

A big thank you to Maeve and Laura, and all staff, who donated to raise such a large amount.

National aid effort

NHS National Services Scotland has donated over £1.6 million of health and care supplies for Ukraine, working in collaboration with the Scottish Government.

For more information and details on how individuals and community groups can respond, [click this link](#).

Ukraine aid support from NHS Scotland

NHS Scotland is committed to supporting Ukraine at this time of crisis and is supplying medical supplies and equipment to help address urgent needs identified by the Ukrainian Government.

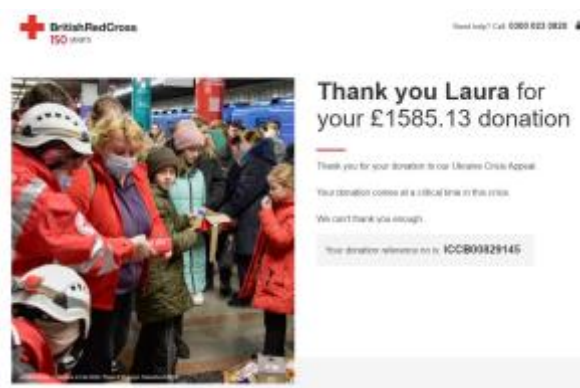
Through our NHS National Services Scotland (NSS) service NHSS mobilised quickly to compile over 500,000 emergency items, including wound dressings, bandages, hypodermic needles and oxygen masks, valued at about £2.9 million requested by Ukrainian Health Service.

Four planes containing these consignments of necessary medical equipment donated by NHS Scotland have departed and been successfully received in Ukraine, with further shipments being planned.

NHSS will continue to respond to support direct requests for medical needs from the Ukraine Health Ministry and to react quickly to the unfolding crisis. As an organisation we will endeavour to do whatever we can to support this period of uncertainty.

As relief agencies continue to respond to the situation the ask has now moved to funding support rather than physical items.

The Disaster Emergency Committee (DEC) has launched an appeal specifically for Ukraine.



Full details are available at [Ukraine Humanitarian Appeal - Disasters Emergency Committee](#).

People



Interim Deputy Chief Executive and Interim Executive Director of Operations



2 - Colin Neil and Lynne Ayton

We are happy to announce the appointment of 2 new executive Interim appointments which have been made in preparation for the retirement of our Director of Operations, June Rogers, in May.

Taking up a shadowing designated role from Friday 1 April, and stepping fully into the Interim roles from Monday 23 May, are:

- **Interim Deputy Chief Executive:** Director of Finance, Colin Neil
- **Interim Executive Director of Operations:** Director of Operations, Regional and National Medicine Division, Lynne Ayton

"I am sure you will all join me in congratulating Colin and Lynne. I am most grateful to you both for stepping forward to undertake these critical roles at such an important time for NHS Golden Jubilee."

Chief Executive, Jann Gardner

Maggie brings home silverware!



A massive well done to Senior Nurse Specialist Maggie Simpson of our Scottish Adult Congenital Cardiac Service (SACCS) who achieved Silver at the 2022 British Journal of Nursing Awards last week.

Maggie was nominated in the Cardiovascular Nurse of the Year category for her significant contribution and dedication to improving the lives of cardiac patients, not only in Scotland but across the UK, and was one of three candidates for the prize.

Maggie has become an essential part of the SACCS team as a colleague, nurse, manager and educator and has developed countless learning materials for both staff and patients to help them better understand cardiac conditions.

With a key focus on women's health, Maggie has been a nurse and counsellor to hundreds of women with cardiac conditions who would like children or are pregnant, and was appointed the first Clinical Lead for Scottish Obstetric Cardiac Network, which she has used to develop pathways for the care of women.

Everyone at #TeamJubilee is so proud of you Maggie. You are an inspiration and credit to us and the healthcare profession.

"Maggie continually exceeds the role of a Specialist Nurse through her passion for Cardiology and passion for people, including using her spare time to develop materials such as infographics to help explain very complex data to patients.

"As part of multiple groups across the UK, such as Chair of the Scottish Heart Failure Nurse Forum, Council Member of the UK Maternal Cardiology Society, and Councillor of the British Society for Heart Failure, Maggie has positively impacted the lives of numerous patients and will continue to do so for years to come."

Consultant Cardiologist Niki Walker

From one frontline to another

Moving into 'Civvy Street' after a career in the Armed Forces isn't always an easy step for service men and women, but Charge Nurse Stewart Bower has made the transition seamlessly.

Stewart, from Dumbarton, always knew he heading into the Army as the Military path was one well trodden in his family with his dad serving in the Royal Green Jackets for 22 years, and his grandfather also serving before him.

He left Vale of Leven Academy at 15 years and 9 months of age and went into the Junior Leaders (Junior Soldier), Military Academy down in Newcastle.

A daunting adventure for someone so young, but Stewart was committed to the path he was on and embraced the challenge.



3 - Charge Nurse Stewart Bower

"When I look back now it feels like such a young age to be leaving home and doing that.

"I didn't leave school with particularly good grades. I was a typical boy, only interested in one subject which was physical education (PE) because I knew where I was going.

"All I needed to do was be able to run 10-15 miles and do it well, so I was always destined for the Infantry: it runs in my family. I was pretty much nurtured to go down that route."

Father of 2 Stewart passed and left after a year from Junior Leaders and went to 14 PARA for a secondment at Yorkhill before then moving into his regiment at Glencorse in Edinburgh. Once there, he did his 6-month adult training and earned his badge for the Argyll and Sutherland Highlanders, shortly after the first Gulf War.

He served just over 5 years with the Argylls in the UK and in Germany, working in the Regimental Police, looking after the soldiers who wound up in the battalion's prison.

"I was a super-fit guy then, we were the PT boys, 'the beasters'. We would punish you physically, and if you're good at that they keep you on doing that job, so I did that for quite a while.

"It was quite stable being in the Armed Forces job-wise, but I had 2 children and wanted to focus more on family life so I came out in 1997."



4 - Stewart is pictured 2nd from right back row

Stewart went back to studying and achieved an Honours degree in civil engineering from the University of Paisley - as it was known then - now University of the West of Scotland (UWS).

The 46-year-old then worked in construction for several years before the industry experienced a downturn and Stewart considered Nursing for the first time.

“My brother is a psychiatric nurse and I spoke to him about doing it, but I actually wanted to become a Radiologist at first.”

“I did my course at Glasgow Caledonian University, graduated in 2005, and I haven’t looked back since.”

“There weren’t many guys on the course, probably about only 6 of us from 300 nurses, but I always liked being different so that didn’t bother me at all, I never wanted to follow the normal path.”

“I was confident enough to go into adult Nursing. I don’t know how I managed to do my training on top of having a Bank job too, doing night shifts and training at Gartnavel then having to go to university in the morning was tough, but I did it.””

Stewart then began his career here at the Golden Jubilee in 2011 under the tutelage of 2 West Team Leader Jan Drain as a Nurse in Orthopaedics.

He moved on to become a Clinical Educator on a 2-year secondment setting up training programmes for new staff and graduates, before becoming a Charge Nurse just over a year ago.

“It’s amazing what you learn from this side of it in Nursing, it was very eye-opening and a great experience, and it was an easy transition for me into my Charge Nurse role.”

“I want to go on to be an Advanced Nurse Practitioner (ANP), that’s the next step for me, that’s the ambition now.

“I think the skills I need as a Nurse in the NHS are similar to the skills I learned in the Army. From such a young age I built up leadership skills and confidence.

“I’ve always had this military mindset, if you like. When I have a problem I approach it the same way I would have in the Military.

“I like to get jobs done and do them in a proper manner. Be right with people and communicate well. You have to be regimental to do the job right for yourself, your colleagues and, most of all, the patients.

“I would recommend for anyone coming out of the Military to consider any role within the NHS.

“The skills that you would bring from the Military are the same ones you need in the NHS. You come in with the confidence, leadership and communications traits and this job needs people like that to move it forward.

“I’ve also had great career progression here.”

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](#)
-

Labs team member donates kidney to save a stranger's life

A Biomedical Scientist working in our labs has told how she went the extra mile to give a complete stranger a better quality of life by donating 1 of her kidneys.

Tracey Jolliffe made the decision to become an altruistic non-directed donor in 2012.

Despite not knowing anyone who needed a kidney transplant, a news story prompted her to register her interest.

Living kidney donation plays a vital role in increasing donation and transplantation rates, with a kidney from a living donor generally offering the best outcomes for patients in need of a transplant.

There are 2 routes to living kidney donation – directed donation, where a friend, relative or partner donates to a loved one, and non-directed altruistic donation, which involves a person donating to a stranger.

Tracey shared her story to mark World Kidney Day on Thursday 10 March.



5 - Click Play to watch

"I didn't realise you could make a donations until I read a story about it in a magazine and I thought it was a good thing to do.

"I thought it was a good way to give something back.

"I'd always thought it was something you could only do for family, so I started to look into it and do some research.

"There are a lot of tests involved, different scans, blood tests, the whole process takes about 9 months. Every time I had a test the surgeons would check that I was still happy to go ahead, which I understand as it is a big procedure.

"Recovery was much better than I anticipated. You are definitely prepared for what it could be like.

"It was during this time that I discovered the charity Give a Kidney and I now act as Ambassador for them. Helping to spread awareness of the fact that you can be a non-directed, living donor.

"The more I read into it, the more I realised the benefits of it

I would encourage anyone who's think about it to make enquiries, to actually look into it.

"It's an amazing thing to do, if I had a spare kidney I'd do it again, definitely."

Tracey Jolliffe

Living donation is an exceptional gift and, although Scotland has an opt out system of organ and tissue donation, living kidney donation continues to play a vital part in improving transplant numbers, so more lives can be saved and transformed.

[Click this link for more information on organ donation in Scotland](#)

Celebrations for Chris

There were celebrations last week in the Pharmacy department as Chris Carlin officially became a registered Pharmacy Technician.

Chris, who has recently successfully completed a 2-year part-time Pharmacy Technician (PTPT) programme, was appointed to B4 Technician fixed term 1-year post.

Chris won the Rising Star Award at the Staff Awards in November and is an asset to the Pharmacy team and the whole of #TeamJubilee.

Chris, pictured in his new uniform, would like to say a huge thank you to all involved in his training.

The Pharmacy team is committed to career progression and development of staff and looks forward to welcoming 2 new PTPT Technical Apprentices to the team later this year.

Congratulations, Chris!



6 - Chris Carlin

Saying goodbyes - retirements and moving on



Elaine Cameron

This month we also said a fond farewell to Elaine Cameron, who has served as one of our non-executive Directors since 2020, and playing a key role in helping steering our organisation strategy as we continue to provide person-centred care for people all across Scotland.

On behalf of the entire Board and all of us at NHS Golden Jubilee, thank you Elaine.



7 - Elaine Cameron

Shona Paterson

We said an emotional farewell to Senior Charge Nurse Shona Paterson after 18 years with us.

Shona worked in our Post-Anaesthetic Care Unit (PACU) and had worked as part of the NHS in Scotland for a total of 22 years.

Shona said: "I have loved working here with my amazing colleagues and I will miss them and my work so much. I would like to thank everyone throughout the years for all of their love, friendship and support."

On behalf of everyone at the Golden Jubilee, we want to say thank you Shona, and wish you all the best in your retirement!



8 - Shona Paterson

Lesley Evans

We said a fond farewell to Theatre Nurse Lesley as she said goodbye to Team Jubilee after nearly 20 years' service.

Lesley qualified as a nurse in 1988 and became an incredibly supportive and important member of the PACU team.

Lots of friends, colleagues and patients posted on social media to wish Lesley a very happy retirement.



9 - Lesley Evans

Isabel MacDonald

Theatre Team Leader, Isabel MacDonald also retired after a 37 year career in the NHS as a Theatre Nurse. Working in many specialties throughout her career, Isabel has been instrumental in implementing the Thoracic Robotic programme here at NHS Golden Jubilee.

Isabel will be greatly missed by all her colleagues and patients.



10 - Isabel MacDonald

Pamela Parkinson

We also wished Senior Physiotherapist Pamela Parkinson good luck as she moved on from NHS Golden Jubilee to a new role in Women's Health Physiotherapy.

Having been a part of Team Jubilee for 14 years, the team will certainly miss Pamela's bubbly personality.



11 - Pamela Parkinson

Thank you for your service Shona, Lesley, Isabel and Pam - you'll always be part of #TeamJubilee!

Claire London-bound for Half Marathon

Post-Anaesthetic Care Unit (PACU) Nurse Claire Maguire is running the London Half Marathon for a cause very close to her heart.

Claire, who completed the full London Marathon last year, will be donning her running gear once more at the global event on 3 April to raise funds for Young Lives vs Cancer (previously CLIC Sargent), which cares for her son Lewis who has leukaemia.



12 - Claire Maguire

"I just want to give something back to the people who have taken such great care of my son Lewis. The work they do for young people and their families is just absolutely amazing."

Claire Maguire

[Click here to contact Claire for more information](#)

Val-You



Comments about you!



13 - What patients and the public have been saying online

Marti Cameron: Great Staff at NHS Golden Jubilee big thanks for my treatment getting hip replacement!

Pauline Neeson: Big thank you to the Cardiology Department for taking great care of my husband Gibb on Wednesday. He is doing great.

Tracey Nimbley: Big thanks to NHS Golden Jubilee for looking after my husband when he had his quadruple bypass you do a fantastic job and he is going back to work next week and is doing great

Pauline Kane: Massive thank you for looking after my husband you all did a magnificent job.

Moira Fyfe: (On Rebekah Meen's award) That's great! I remember Rebekah's (Meen) kindness in my aftercare when in Golden Jubilee. I was lucky to get my knee operation in Feb 2020 - just before the lockdown period.

Carol Ross: Absolutely brilliant team. Well deserved young lady. I'll be at clinic on Tuesday. I'm so very grateful.

Janice Black: Had the pleasure of meeting Carolyn when I volunteered at the jubilee lovely lady.

Emma Collins: What a team!

Volunteer Sensory Care Service

Our Volunteer Sensory Care Service is now back up and running and patients are once again feeling the benefits.

The service resumed on 1 March to provide support to patients with hearing loss and give advice to support patients with other sensory impairments.

Over just 3 visits Allan Stewart, a Volunteer since 2014, has been able to help 25 patients.



14 - Volunteer Allan Stewart

"I'd just like to thank staff for a wonderful welcome which was quite emotional, I must say."

Allan Stewart

"We've had great support from staff, especially from 3 West Senior Charge Nurse Cammy Murray, who has supported the Volunteers to ensure that they returned to see patients on the wards while complying with Covid-19 restrictions."

"This is an invaluable service provided by our Sensory Care Volunteers and one that patients value very much."

Maureen Franks, Volunteer Services Manager

Members of staff who wish to make a referral for the Volunteer Sensory Care Service, please contact [Maureen Franks](#) or call Maureen on extension 5423.

International Women's Day

This month we celebrated International Women's Day with the theme #BreakTheBias.

Members of our staff joined West Dunbartonshire Council to mark the occasion with a flag raising at Solidarity Plaza in Clydebank.

Some of our staff also celebrated the day by showing their dedication and commitment to challenging gender stereotypes, discrimination and bias against women.

Thank you to all the incredible women who work here at NHS Golden Jubilee!



Health and Wellbeing



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

Eat Well, Feel Well

The Health and Wellbeing Group is promoting tips, advice and support around the theme 'Eat Well, Feel Well' during the month of March.

Do you have a healthy food recipe that is delicious and easy to make?

The group is asking staff to submit healthy recipes, which can be shared on the [Staff Health and Wellbeing Web Hub](#) on our website, and on site, so other colleagues can use.

Lentil soup recipe

Senior Medical Staffing and Workforce Information Advisor, David Wilson from HR, has shared his lentil soup recipe, which is now on the [Staff Activities page of the Web Hub](#).



[Click this link to view's David's recipe](#)

You can send your recipe for a healthy meal to [Scott McAnus](#).

Monthly themes for 2022

April: Exercise Relieves Stress

May: Focus on Women's Health

June: Focus on Men's Health

July: Healthy Connections

August: Nourish your body

September: Active Travel and saving money

October: Work, life balance

November: Good Mental Health

December: Get Fit for Christmas (Step Challenge)

Poultry Day - free salad

Free healthy salads were given away free with dishes in the Dining Area for Poultry Day on Friday 18 March as part of the Eat Well, Feel Well health promotion scheme for March.

We hope colleagues who received one enjoyed it and more healthy promotions will be on throughout the year.

If you are looking to eat healthier and lose weight, NHS Inform has a brilliant 12 Week Weight Management Programme, which will help you Eat Well, Feel Well and work towards a healthier weight.

This programme has been designed for adults with a body mass index (BMI) of 25 or above, who want to be a healthier weight.

You shouldn't follow this programme if you're under 18 years of age, pregnant or in a healthy weight range.

This could be the start of something amazing for you!



[Click here to view the programme](#)

Free tea and coffee

The Scottish Government have issued all health boards with additional funding to support staff practical wellbeing needs.

Following discussion with the Health and Wellbeing Group, it was agreed that the funding should be used to provide tea and coffee supplies to staff, to be available in rest areas, and the first month's supply is now available.

If your department hasn't received, or picked up your supply from Catering, staff collecting it should do so between 10am – 11am or 3pm – 4pm on the day of collection to avoid busy periods.

Taking a break and stepping away from your work is important and we hope that these supplies help you to relax and unwind. We encourage you all to have a cuppa and a chat with a colleague.



Nutrition and Hydration Week

This month we marked Nutrition and Hydration week and our Health and Wellbeing Group shared information about eating healthier.

We highlighted five 'food myths' on our social media pages to help people break down barriers that may prevent them from consuming a more calorie-controlled diet.

Food myths:

- #1 Skipping meals will save calories – this just makes you more hungry.
- #2 You're not allowed to eat treats - We all need a treat now and then.
- #3 You can't snack - Oh yes you can!
- #4 Carbs are fattening - Just choose the right types and portions sizes.

- #5 Certain foods help you burn fat - No, they don't!

View our infographics to see why these myths are misleading.



Myth #1

Skipping meals will save calories

Skipping meals can make you feel tired and hungry, meaning you'll be more likely to reach for high-fat, high-calorie snacks, or compensate with bigger meals when you do eat. It's harder to make a healthy choice when you are very hungry.

#NHW2022
@NHWeek

NHS
Golden Jubilee



Myth #2

You're not allowed treats

Depriving yourself of all the foods you enjoy won't work and banning certain foods often makes us want to eat them even more. You'll eventually give into temptation and abandon your efforts and this can lead to feelings of guilt and failure. Remember, one slip does not have to mean failure and there's no harm in allowing yourself a treat now and again.

#NHW2022
@NHWeek

NHS
Golden Jubilee

Photo: rawpixel.com from Pexels



Myth #3

You can't snack

Planning healthy snacks between meals can help you to control your appetite.

Fruit, vegetables, crudité's, unsalted nuts and seeds and dairy foods such as yogurt are great choices.

#NHW2022
@NHWeek



Myth #4

Carbs are fattening

Gram for gram, carbohydrate has less than half the calories of fat. Keep an eye on your portion sizes and choose the right types of carbohydrate. Opt for wholegrains like oats, brown rice and wholemeal bread and pasta rather than white versions or sugary food and drinks.

Watch out for high-calorie additions too: fillings and toppings commonly added, such as creamy sauces on pasta and butter or cheese on baked potatoes.

#NHW2022
@NHWeek





Follow these hashtags and account online for more information:

NHS Golden Jubilee [Facebook](#) and [Twitter](#)

[#NutritionAndHydrationWeek](#)

[#TeamJubilee](#)

[#NHWeek2022](#)

[#Wellbeing](#)

[@NHWeek](#)

30-Day Stress Busting Challenge

Want to know how stressed you are, and how to combat stress?

Our 30-Day Stress Busting Challenge, adapted from Stress Management Society, encourages you to pick one action each for your Physical, Mental and Emotional wellbeing to carry out every day during the month of April.

It takes 30 days to turn actions into habits and you can also try and add actions for your social and spiritual wellness. The challenge will maximise your chances of turning useful knowledge and techniques into positive behavioural change.

[*View the challenge and download the Hints and Tips for what you can do over the month.*](#)

You can also download a calendar for the month to keep track of your progress on the [*Staff Health and Wellbeing Web Hub.*](#)



Volunteers wanted

As part of the Health and Wellbeing Group's theme of 'Exercise Relieves Stress' for the month of April, the group is looking for anyone taking on this challenge to record and report their progress.

The group would like to monitor stress levels among colleagues for health and wellbeing purposes and, if necessary, help staff receive any additional support they may need.

For more information, or if you are taking part and would like to monitor your results with the Health and Wellbeing Group, contact [Sharon Docherty](#), or call Sharon on extension 5436.

If you feel you need additional help on stress management or mental health issues, visit the [Mental Health page](#) on the Web Hub.

Staff blog - Little changes making a big difference, by Scott McAngus

For the Eat Well Feel Well theme this month, Communications Officer Scott McAngus has written a blog about his weight loss due to healthier eating and being more active, without changing his lifestyle too much.

He's determined to fit into a shirt he's not worn for over 2 years again!



15 - The shirt Scott wants to fit into again

[Click here to read the blog](#)

Jubilee Active Blog - 'Happy Hybrids'

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.

For March, Kathryn's blog focuses on how to become a 'Happy Hybrid' - using working from home as a way to improve your health and wellbeing and it is a brilliant read!



[Click this link to access the latest blog](#)

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

Hybrid working workshops

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

- 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 Staff Health and Wellbeing Web Hub on NHSgoldenjubilee.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.



[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 - Supporting positive mental health and wellbeing through compassionate leadership

During the pandemic, many within the Health and Social Care workforce have been asked to learn new skills, work in different settings, on their own or with new team members and to utilise alternative approaches to how they would usually deliver care.



[Click here to read more](#)

Gym memberships

NHS Golden Jubilee has a range of cheaper gym memberships available for all staff.

Visit the [Physical Health page](#) of the [Staff Health and Wellbeing Web Hub](#) for more information on what's available to see what would suit you.



Available memberships:

-
- [Hotel Centre for Health and Wellbeing](#)
 - [Glasgow Club](#)
 - [West Dunbartonshire Leisure Corporate Membership \(WDLCM\)](#)
 - [WDLCM Application form](#)
-

Events



Date set for first Colon Capsule Endoscopy International Conference

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

The hybrid event will be co-hosted by the Centre for Sustainable Delivery (CfSD) and the Royal College of Surgeons of Edinburgh (RCSE), sponsored by Medtronic.

It 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.



Registration Open

**Colon Capsule Endoscopy
International Conference 2022**

21 April 2022

The Royal College of Surgeons of Edinburgh

Hybrid event with physical meetings in Birmingham and Edinburgh.

To register visit rcsed.ac.uk/CCE-conference
or scan the QR code on the right

CPD applied for
#ScotCap #PillCam

Centre for Sustainable Delivery | NHS SCOTLAND | Medtronic | THE ROYAL COLLEGE OF SURGEONS OF EDINBURGH | NHS Golden Jubilee

[Click this link for more information](#)

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

Scottish Cardiac Society Spring Hybrid Event 2022

The Scottish Cardiac Society (SCS) Spring meeting is a hybrid event this year at the Royal College of Physicians of Edinburgh and Online, on Wednesday 4 May 2022.

The event will focus on issues surrounding women's cardiac health and care. All delegates are welcome to attend the conference either virtually or in person and SCS members are eligible for discounted rates.

Funds are available to assist SCS members with reasonable travel expenses for 2 SCS meetings each year.

Contact [Scottish Cardiac Society](#) for more details.

To register your place and for more details about the event visit, [click this link](#).

Save the date – SNAHFS symposium

The Scottish National Advanced Heart Failure Service (SNAHFS) 30-year symposium is taking place on 5 May 2022 in the Golden Jubilee Conference Hotel.

Programme (still to be finalised) includes:



-
- *2021 European Society of Cardiology (ESC) Heart Failure guidelines review*
 - *Scottish and UK advanced Heart Failure update*
 - *Keynote lecture on xenotransplantation*
 - *Mechanical circulatory support for cardiogenic shock*
 - *Patient experience of the transplant and left ventricular assist device (LVAD) pathway*
 - *Update on donation after circulatory death (DCD) heart transplantation*
-

Learning and Organisational Development



Learning and Organisational Development update

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

- **The Coaching Approach Workshop:** This workshop will support you to learn a coaching framework and reflect on the skills required to facilitate coaching conversations in the workplace.
- **Hybrid Working:** We are excited to be working with the World of Work Project to offer workshops that focus on hybrid working, sharing best practice and making the most of the new(ish) ways of working our teams may be finding themselves in!



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

The Social side



Gleneagles Hotel vouchers up for grabs - who will be the lucky winner?

NHS Golden Jubilee has 2 overnight stays for 2 at the luxury Gleneagles Hotel to give away to 2 lucky colleagues in April.

The vouchers are courtesy of the company's 'Our Turn to Care' voucher offer for healthcare workers as a thank-you for our work during the COVID pandemic.

The 2 winners of the overnight stays and breakfast for 2 will be chosen at random from our entire workforce and will be announced by the end of March.

If you are one of the lucky winners, T&Cs apply for using the vouchers, including:

- Vouchers based on 2 people sharing a Manor Double or Twin room for one night, with breakfast included
- Vouchers valid until 31 August 2022, with no extensions possible
- Complimentary travel is available on request to the Hotel if travelling by rail
- There is unlimited use of the leisure facilities at The Club
- Valid NHS or occupation identification must be shown on arrival, alongside the original voucher. No photocopies will be accepted.

We would like to thank the Gleneagles Hotel for this most generous gift, which will be a well deserved break for the lucky winners.

Good luck everyone!



Team Golden Hearts put their best foot forward

Members of our Cardiac Physiology team are getting fit and raising money for charity by doing this year's Kiltwalk.

Organised by Catherine Garrioch, Team Golden Hearts will be raising money for Ronald McDonald House, which provides accommodation for families with children in hospital.



“We decided we wanted to take part in the Kiltwalk and because Ronald McDonald House had been so good to a member of our team when their baby was in hospital, we thought it would be great to raise the money for them as a thank you.

“We’re looking forward to it, it’s a great way to get a bit fitter and it’ll bring the team even closer together.”

Catherine Garrioch







Ronald McDonald House ™ Glasgow

Golden Hearts



£1,014
RAISED





The Kiltwalk will return to Glasgow on Sunday, 24 April and Team Golden Hearts hope supporters will get involved to raise money for the charity.

Once again, Sir Tom Hunter will be topping up all funds raised by an incredible 50 per cent.

The team have now managed to hit their target of £1,000 but there's still time to donate if you can. If you would like to help the team raise even more money for Ronald McDonald House you can by visiting their [JustGiving page](#).

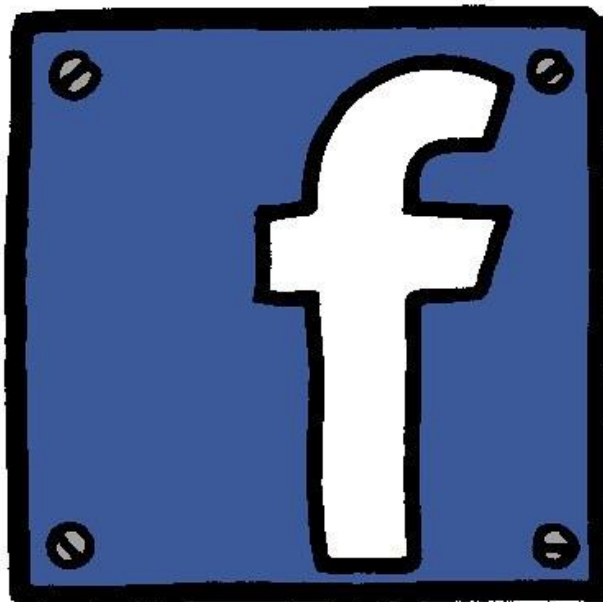
What's happening on our social media pages

Facebook:

As a recognised Gold Employer, On Zero Discrimination Day we highlighted the importance of putting equality, dignity and respect at the heart of everything we do!

Discrimination of any kind has no place within our organisation.

[Click here to view the post](#)



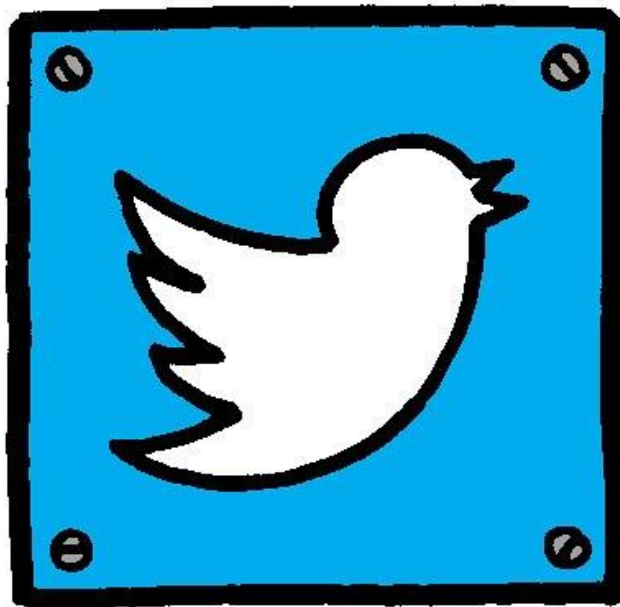
16 - [Click here to access our Facebook page](#)

Twitter:

This month we celebrated Overseas NHS Workers Day and Employee Appreciation Day!

We took to our social pages to spread the word about our fantastic staff here at Team Jubilee and to show our appreciation for all their hard work, commitment and dedication to healthcare.

[Click here to view the post](#)



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

YouTube:

This month Non executive Karen Kelly gave her feedback on the recent Anaesthetics and Critical Care Board walkthrough.

These walkthrough videos highlight individual departments and the essential work they do here at Team Jubilee.



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

LinkedIn:

This month marked 2 years since the World Health Organisation declared COVID-19 a pandemic. It has been a long and tough journey on all of us but through these tough times we have experienced and seen the best of everyone too.

We highlighted our incredible staff through our timeline. This shows how they adapted and stepped up to keep caring for patients across the country.

[Click here to view the post](#)



Social Media Posts

Job Vacancies

We are currently advertising for our new Deputy Chief Executive and Director of Operations on all our social media channels. Remember, if there is a role you are advertising that you would like shared across our social channels, please contact the communications team at [Comms](#).

[View post here](#)

At NHS Golden Jubilee...

NHS
Golden Jubilee

LEADERSHIP

our leaders innovate and collaborate

Deputy Chief Executive and Director of Operations
Executive Grade E: £85,966 - £112,401 Full Time Permanent

NHS Golden Jubilee is a world leading health institution, providing care through collaboration for Scotland's patients since 2002. We are committed to continuous improvement to ensure high quality, sustainable, person centred and effective services.

We are looking for an enthusiastic, decisive, engaging, adaptable and reliable Deputy Chief Executive and Director of Operations to provide Executive Board level leadership for our range of clinical and non-clinical services.

NHS Golden Jubilee has a national portfolio and the Chief Executive is accountable for the Golden Jubilee National Hospital, the Centre for Sustainable Delivery, NHS Scotland Academy, Golden Jubilee Research Institute and the Golden Jubilee Conference Hotel.

We are proud of our diverse workforce and encourage applications from all sections of the community. This post will include working from home as part of hybrid working practice but will require regular, weekly, on site working at the Golden Jubilee National Hospital.

More information is available within our job pack. To obtain an application pack please visit our website nhsgoldenjubilee.co.uk.

Alternatively, email recruitment@gjnh.scot.nhs.uk or contact the recruitment hotline free on 0800 0283 946.

For an informal discussion please contact Jaim Gardner, Chief Executive, NHS Golden Jubilee at jaim.gardner@gjnh.scot.nhs.uk.

#TeamJubilee

Clear your head

We know life can sometimes feel overwhelming, that's why we like to remind our staff, visitors and patients that taking time for the things we love can really help clear your head.

Whether that be going for a walk or spending time with loved ones!

[View the post here](#)



No Smoking Day

In March we marked No Smoking Day by sharing some 'Stopping smoking myths'! Many believe that they are 'too far gone' or not capable of quitting smoking, but we know that with the right tools you can start your new smoke free life!

Visit [NHS Inform](#) for more information.

[Click here to view the post](#)

No Smoking Day

Stopping smoking myths

'The damage is done'
It's never too late to stop smoking. As soon as you quit, your body will begin to repair itself.

'I'll put on weight'
Not everyone who quits smoking will gain weight. It's the decisions you make around what you eat and how active you are that will affect your weight.

'I'll get stressed'
Despite this popular myth it's been proven that non-smokers usually have lower stress levels than smokers.

QUIT YOUR WAY
with our support

Quit Your Way Scotland can help you make a plan to stop smoking in a way that suits you.

nhsinform.scot



Scottish Government News



Public to participate in decisions on health and climate change

Openness, transparency and citizen participation are at the heart of a new National Action Plan to strengthen co-operation between government and wider society.

Scotland's Open Government Action Plan 2021-25, has been drawn up with Scotland's Open Government Network - a coalition of citizens and civil society organisations.

It will focus on involving people in decisions on making data open and accessible across key areas of government and understanding how public finances work.

It will also allow people to participate in decision making on tackling the climate emergency and improving health and social care.

[Click here to read more](#)

Producers will pay for the environmental costs of packaging

Major reforms to tackle excess packaging and boost recycling rates have been published.

Under UK-wide plans, producers will be responsible for the waste created by their products, ensuring that more packaging is made recyclable or reusable.

Fees will be weighted, with producers paying more for packaging that is harder to reuse or recycle.

This will encourage businesses to use less packaging and to make sure what they do use is either recyclable or reusable.

The fees will help fund improved local recycling collections of packaging waste from households.

Larger coffee shops, fast food chains and others who sell drinks in disposable paper cups will have to provide a dedicated bin to collect and recycle these from 2024.

[Click here to read more](#)

Investing in food and drink sector

Food and drink businesses across Scotland will benefit from a share of more than £7.3 million to increase production, expand storage facilities and purchase new equipment.

A total of 29 businesses, large and small, will receive grants ranging from £1,047 to £1.4m from the Food Processing, Marketing and Cooperation (FPMC) grant scheme.

Projects include new processing equipment to increase production of healthier, low calorie dairy products, upgraded vegetable processing facilities and expanded storage capacity.

[Click here to read more](#)

Spring rollout of boosters begins

Spring booster jabs are being offered to those aged 75 and over and people at highest risk of severe COVID-19 disease.

To protect these groups a spring booster dose will be offered at least 24 weeks after the last vaccine dose.

[Click here to read more](#)

National Radiotherapy Plan for Scotland

The National Radiotherapy Plan for Scotland will see a £1.5 million investment in specialised radiotherapy treatment.

This includes funding to increase the availability of Stereotactic ablative radiotherapy (SABR), a precise form of high dose radiotherapy generally used on small, well-defined tumours, which requires fewer sessions.

[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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