



Jubilee Life May 2022

Issue 36

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

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

News



Scottish study on COVID-19 patients could change future heart and lung treatment

A ground-breaking study led by experts from NHS Golden Jubilee and the University of Glasgow into the effects of COVID-19 on Scottish patients in Intensive Care Units (ICUs) has confirmed evidence that the virus is associated with impaired function of the right side of the heart.

Specialists at NHS Golden Jubilee's University National Hospital say that these findings could play a vital role in not only saving the lives of COVID-19 patients, but for the care of potentially fatal heart and lung issues generally, as well as helping prepare for any possible future pandemic.

The first of its kind, the COVID-RV study aimed to help improve future care and outcomes for those most at risk from COVID-19, by gaining a better understanding of the impact the virus has on the sickest patients who require invasive ventilation.

The study, led by Dr Phil McCall and Dr Ben Shelley (cover image), was a massive collaboration across NHSScotland, and was carried out in 10 ICUs across the country, examining 121 critically ill patients who were receiving treatment on ventilators due to the impact of Coronavirus on their system.

The findings revealed that approximately 1 in 3 of the patients in the study showed evidence of abnormalities in the right side of the heart - the area that pumps blood to the lungs.



[Read the full story here.](#)

The article also featured on news programmes and hit the press and online headlines last week:

- [The Herald](#)
 - [STV](#)
 - [BBC](#)
 - [The National](#)
 - [Glasgow Times](#)
-

30th Anniversary Heart Failure Symposium

The Scottish National Advanced Heart Failure Service (SNAHFS) hosted a symposium to mark the 30th anniversary heart transplantation in Scotland.

The all-day event was held in the Golden Jubilee Conference Hotel on Thursday 5 May with a programme featuring some of the world's top cardiologists.

Topics included:

- **Memories of the first Glasgow heart transplant** - Professor David Richens, Nottingham

- **Update on heart transplantation in the UK and Scotland** - Dr Jane Cannon, NHS Golden Jubilee.
- **2021 ESC Guidelines on the management of heart failure: key updates** - Professor Roy Gardner, NHS Golden Jubilee.
- **Current state-of-the-art in short-term mechanical circulatory support** - Dr Vasilis Panoulas, Harefield Hospital, London. **Xenotransplantation: past, present and future** - Professor Chris McGregor, Professor of Surgery, Mayo Clinic, Rochester, Minnesota.
- **30 years in advanced heart failure** - Dr Jayan Parameshwar, Royal Papworth Hospital, Cambridge.
- **Donation after circulatory death (DCD) heart transplantation** - Mr Stephen Large, Royal Papworth Hospital, Cambridge.
- **Emerging therapies for heart failure: what is on the horizon?** - Professor John McMurray, University of Glasgow.
- **Patient discussion session** - Mr Geddes McLean, Dr Jonathan Dalzell, Dr John Sharp, Sr Lorraine Jerrett, Sr Julie Smith, Mr Hari Doshi, NHS Golden Jubilee.



1 - Professor David Richens

Well done to all the SNAHFS team on delivering such a successful event.



2 - Dr Jane Cannon



Recruitment events



With the continued expansion of our services, NHS Golden Jubilee is currently hosting a number of recruitment events!

In May we held our Nursing Recruitment and information Event at the Eye Centre.

The event gave those looking to join our workforce the opportunity to speak with our nursing teams to find out more about what roles are available, as well as interviews taking place the same day!

The event was very successful with 10 conditional offers made that day, with more interviews scheduled.

We will also be attending more external recruitment events throughout the year, including taking our stand to the RCN Congress at the SEC in Glasgow from 6 - 8 June, where we will be on hand to speak to prospective staff about opportunities available at NHS Golden Jubilee.

You can help us fill our new roles by sharing our recruitment posts on our social media pages:

[Facebook](#)

[Twitter](#)

You can also view our jobs activity on [LinkedIn](#)

High society for training meeting

This month we welcomed the British Society for Heart Failure (BSH) for their training meeting, 'The Heart Failure Multidisciplinary Team: Reconnecting in the Real World'.

The event was opened by our very own Consultant Cardiologist Professor Roy Gardner, who is Chair of BSH.

Speakers also included specialists from our Scottish National Advanced Heart Failure Service (SNAHFS) and Scottish Adult Congenital Cardiac Service (SACCS) teams.



3 - Professor Roy Gardner

“The focus of this meeting was the heart failure multidisciplinary team with expert input from anaesthetists, cardiologists, nurses, pharmacists, physiologists and psychologists.”

“I’d like to acknowledge the invaluable help and support of the Programme Committee and the Scottish Heart Failure Nurse Forum in co-hosting this meeting.”

Professor Roy Gardner

The BSH ‘Freedom from Heart Failure – The F Word’ campaign was set up to raise awareness of the condition and educate people on the symptoms of heart failure.



[Click here for more information](#)

Messaging apps

Apps including WhatsApp, Facebook Messenger and Skype allow people to message each other on a one to one or group basis.

Managers and staff are reminded that these messaging apps are not supported by the Board and are not appropriate forms of communicating in line with Board policies, e.g. absence management, information governance, data protection.

Therefore, although we recognise the advantages of using these messaging apps to communicate within teams, they should never be used for sharing patient and other confidential information.

Staff should be considering the use of Microsoft Teams for these types of communication rather than using an external unsupported platform. Microsoft Teams will allow users to set up appropriate channels for groups to manage communication such as managing staff rotas, discussing and sharing business information, to name a few. These groups will have to be managed appropriately in line with local guidance available on the staff intranet.

If teams decide to use the above unsupported messaging apps, these should only be used for transient minor communication to keep in touch with team members and not used for sharing patient information or important business information.

Group administrators of these apps are responsible for ensuring that:

- the group is used appropriately in line with NHS Golden Jubilee policies and relevant legislation
- membership is appropriate for the purpose of the conversation
- members recognise their information governance responsibilities – no identifiable information should be included
- content is monitored and issues acted upon immediately
- Regular deletion of the chat
- groups should be closed when there is no further need for them to remain open, and any concerns are voiced to attendees of the group and acted upon appropriately.

Please read our Digital and Social Media Policy for more information or speak to a member of the Communications team for advice.



Second edition of the NHS Scotland Academy Newsletter

The latest NHS Scotland Academy Newsletter is now available to view, keeping you up to date with all the latest developments, success stories and upcoming events.

In this edition we look at the continued success of our programmes such as the Preparation for Work in Health and Social Care Programme, which has now been accessed over 2,188 times!

This online resource works to provide essential knowledge to those starting out in their role in health and social care, as well as those thinking about joining the workforce.

This edition also includes an upcoming section, featuring the National NMS OSCE Preparation Programme that will support the Scottish Government's International Recruitment Strategy by helping International Nurses successfully complete their Nursing and Midwifery Council (NMC) Test of Competence and achieve their registration.



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

Additional case of monkeypox confirmed in Scotland

An additional case of monkeypox has been confirmed in Scotland. This latest case brings the total number of confirmed cases reported since 23 May to 4.

Public Health Scotland (PHS) has been working closely with NHS Boards and other partners to raise awareness of the disease and ensure services are ready to respond.

Monkeypox is a viral infection usually found in West and Central Africa. The West African strain that has been recently detected in the UK is generally a mild self-limiting illness, spread by very close contact with someone already infected and with symptoms of monkeypox. Most people recover within a few weeks.

[Click this link for more information](#)

People



June's final farewell after illustrious career

This month we bid a final, emotional farewell to our Director of Operations June Rogers.

June spent 30 years here, from watching the Hospital being built from her portable cabin office in the car park, to seeing it become part of the NHS and the world class organisation it is today.

June has been a driving force in our amazing development and has never stopped working to make our Hospital always aspire to be better and to offer the best possible service for those who need it.



"I would personally like to say a huge thank you to everyone at NHS Golden Jubilee who has given me love and support over the years. I will be forever grateful.

"I was overwhelmed with all the amazing comments, cards, good wishes and generous gifts I have received - all of which are very, very much appreciated. The Golden Jubilee is under my skin and in my heart, it's part of who I am, and it is the people who make it what it is.

"I am immensely proud to have been part of the Jubilee's history over all these years. I know everyone working here will continue to do an amazing job for the people of Scotland and I will always be its biggest supporter."

The whole of [#TeamJubilee](#) would like to say a heartfelt thank you for everything June has done for NHS Golden Jubilee over the years and we wish her all the best in her very well deserved retirement.

Congratulations June!



Joe Keenan - from law to spiritual care

From the Ministry, to criminal law, to spiritual care here at the Golden Jubilee. One thing has binded Joe Keenan's rich and varied career so far - caring for people!

Joe began his career studying Latin (with Greek) at Durham University in the early 80s, before going on to study philosophy and theology in preparation for ministry.

After 17 years of ministry, Joe suddenly felt the need for a change and when someone suggested an accelerated law degree, he decided that it was the most exciting option.

In 2010 he studied law at Glasgow University and from then practiced law.



"I ended up working with a large commercial law firm, I trained with them then got a job, which was great, I loved it and the people were lovely."

“Then after a few years I moved to a high street firm in Glasgow again with great colleagues and for the last 6 or 7 years I’ve worked as a civil and criminal court lawyer.”

Joe Keenan

One quiet morning, while Joe was having his coffee and preparing for the day ahead, he started to think about how fulfilled he had been in his previous life, particularly how he had been able to help people.

“I was thinking, ‘it would be lovely to be able to do that again somewhere’, but I just put it to the back of my mind for the time being and went to work.”

Later that same day as he was leaving prison after visiting clients, his wife, Claire, phoned to tell him about a vacancy for a Chaplain in the NHS.

Although ultimately he wasn’t offered the job, the interview panel saw promise and he was offered a part-time position in Spiritual Care in Hairmyres, while continuing to practice law.

“It was through this role that I realised that this is what I wanted to do full time.”

After 3 years of working in NHS Lanarkshire, Joe now serves as Chaplain to our patients and staff, after joining the Spiritual Care team in February of this year. This is part of our ongoing investment in not only supporting the health and wellbeing of Team Jubilee, but being able to offer increased pastoral support for patients, visitors and staff.

Along with Tosh Lynch, Spiritual Care Lead, Joe provides confidential comfort and support to those who are facing difficult situations, such as living with illness or facing bereavement.

The role also gives pastoral and spiritual care to all patients, visitors and staff, whatever their views, faiths or philosophies of life. Our spiritual care team is here to provide a compassionate, non-judgmental listening ear for everyone, without exception.

Speaking of his new appointment, Joe said: “I am absolutely delighted to become part of this inclusive community at NHS Golden Jubilee.

“The Hospital provides holistic care to all patients. Chaplains offer spiritual and emotional support for the wellbeing of everyone involved in the Hospital in whatever way we can.

“Sometimes when patients are at their lowest, it can help to have someone to listen and offer support and comfort. Being entrusted to listen to a fellow human being’s story compassionately and with reverence is an honour and I feel very privileged to be undertaking this role.

“Just having someone to think things through with; someone with the time to listen sometimes makes all the difference. We offer patients, and our staff, that chance to get some time and space with a person who, with empathy and unconditional positive regard, helps them to articulate what matters to them.”

If you need support or would like more information, please contact [Joe Keenan](#) or [Tosh Lynch](#), Spiritual Care Lead.

Outstanding Outpatient Team complete Casting Course

Huge congratulations to our Outpatient staff members Kirsty Duncan, Lindsay Gourlay, Jackie Walker and Angela Wiseman for completing their Casting Course and achieving all the necessary competencies.

The team worked exceptionally hard and are now fully skilled in cast application, adaptation and removal which will be a great asset to the upcoming expansion of Orthopaedic outpatients and service at NHS Golden Jubilee.





Val-You



International Nurses' Day 2022

This month we celebrated the incredible nurses who work here at NHS Golden Jubilee and across the NHS by highlighting just some of the work they do.

Over 21 of our nurses took part in the #HereforLife campaign, which focused on showcasing the amazing work carried out by nurses across the UK.

International Nurses' Day



Here for life



My name is Cammy Murray, I am a Senior Charge Nurse in Ward 3 West Thoracic. My responsibilities include leading the nursing team to ensure our patient group are cared for in a safe, effective and person centred way whilst in for their Lung Surgery. I am Cammy and I am #HereforLife.

Cammy



Here for life



I am Antonia, I work as a nurse in the transplant unit and a clinical nurse specialist for the Scottish Adult Congenital Cardiac Service team. I take pride in knowing our patients at the Golden Jubilee receive the highest level of patient centred care. I am #HereforLife

Antonia



Inspired patient creates digital art

Retired art teacher and patient at NHS Golden Jubilee, John MacTaggart, has created a digital piece of art as a thank you to Team Jubilee staff for giving him a new lease of life.

“Before being admitted for an angioplasty at NHS Golden Jubilee, Consultant Cardiologist Dr Richard Good and Interventional Cardiology Research Nurse, Louise McIlchere, had a conversation with me to explain the damage to my arteries from bifurcation lesions.

“Louise used the analogy of a tree trunk, and this image remained with me.”

“I was photographing some old, gnarled trees and when I saw a dying birch, scarred with deformities and disease, it made me think about the endurance and determination it had taken to survive!”

John MacTaggart



Inspired by Nurse Louise’s analogy and the presentation of the trees, John designed his digital drawing.

“I had been wanting to thank Dr Good and his wonderful team for some time and the opportunity to link this medical metaphor to an artistic analogy in a drawing was too good to miss.

“This was my way of saying thank you for their intervention, which has given me a new lease of life.

“I am so grateful to Dr Good and all the team at NHS Golden Jubilee who have added life to my years. I am forever in their debt.”

Comments about you!



4 - What patients and the public have been saying online

Comments from National Receptionist Day

Pamela Sharp: Excellent reception staff so helpful x

Shirley Cryans: Fantastic team

Ali Forbes: Wonderful team. Cardiology department appreciate you

Carol Agnew: Receptionists are always so pleasant and helpful. A credit to the hospital.

Jane Shiels: Transplant Coordinators couldn't do the job without you. We really appreciate everything you do.

Irene Crawford: These guys are the very best in the business ... nothing is ever too much trouble they are the front line and the start of a friendly and caring journey - they are 'simply the best'

Comments from Nurses' Day

Geddes Mclean: Absolute gem of a nurse , Toni along with the rest of the team in NSD are such a special and fantastic group of people who's care was above and beyond during my many stays in NSD.

Marie Coyle Robertson: Thank you for everything, Toni, you were a wee star when I was in NSD ward, along with all the rest of the team

Ally H Kerr: Thank you will never be enough to Toni (Docherty) and all the nurses & Drs in NSD who looked after my sister and I after transplant. Also all the people we have met on this journey our very own heart family. You are all Earth Angels xx

Mary Williamson: Thoracic ward are so lucky to have a clinical educator like Margaret (Hart)! She is fantastic at what she does x

Christina Scott: I was so supported by Margaret during my time at the GJNH - she is so wonderful and an absolute incredible support too all xxx

Elene Chresaphi: You do a fantastic job Cammy (Murray), it's a pleasure to work in the thoracic ward such a great team

Jacqui Gorman: Great nurse, remember him from ward 1 at HM. The thoracic team were fab even then

Sandra Donaldson: Lovely Jane (Rodman) - a caring and genuine person who is no doubt an asset to the Nursing Profession x

Lindsay Robertson: Brilliant Jane. What a nurse you are

Mary Fran Robertson: Jane you're a 1st class professional clinician, also a beautiful person x x

Team comments

Donna Cook: I owe my life to this team they saved my life after I suffered a cardiac arrest I was an inpatient in CCU. They went above and beyond not just for me but for my family as well. We will be forever grateful to them all. Also ICU as well a bunch of angels all of them x x

Kathleen Chambers: Amazing team (CCU) x

Maire Flaherty: top team... you guys are all amazing x x

Graham Kidd: Brilliant well done. I owe my life to you guys

Suzanne McCabe: My husband suffered an OHCA in January this year and the care and attention not only him as the patient but us as a family received from the nurses in ICU, CC and HDU was absolutely amazing. We can never thank you all enough for the job you all do

Graham Manuel: NHS Golden Jubilee great hospital & great staff

Health and Wellbeing





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

May theme - Focus on Women's Health

Menopause support

Use of the word “menopause” can instantly cause sniggering with jokes made about hot-flushes and of the need for fans but we know it’s not a laughing matter for many women. For some women it can also have a major impact on all aspects of their life, both working and personal, with symptoms including:

- Hot flushes
- Palpitations
- Fatigue
- Sleep disturbance
- Night sweats
- Skin irritation
- Irritability
- Mood disturbances
- Poor concentration
- The need for more toilet breaks

The average age for women to experience the menopause in the UK is 51. However, it typically can occur between the ages of 45 and 58 and, in rare cases, the menopause can happen before the age of 40.

Scotland is the first country in the UK to have a [Women's Health Plan](#), which outlines ambitious improvement and change in areas including menopause, heart health, menstrual health including endometriosis, and sexual health.

In NHS Golden Jubilee we know that that 75% of our workforce is female and of that approximately 33% are over the age of 45, so the menopause may well be impacting the lives of a larger number of staff.

To support affected staff through any challenges brought on by the debilitating condition, the Board has developed a [Menopause Policy](#).

The policy provides help for employees who raise menopausal issues, not only for the individuals experiencing the menopause, but also for those who may be affected indirectly, such as managers, colleagues, partners and family members.



Jubilee Active Blog - Looking after yourself through life's stages



Occupational Health Physiotherapists David Longhurst and Kathryn Wales (pictured above) 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.

This month's blog by Kathryn is part of this month's theme - Focus on Women's Health - and covers a range of topics in-depth from bone density, menopause and physical activity to pregnancy and calcium.

She answers her own question of why her mum always said she and her 3 siblings “ruined her teeth” and offers some great advice on how to look after yourself through various life stages.

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

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

***Next month:** The blog by David Longhurst is for the June Health and Wellbeing theme of 'Focus on Men's Health', titled "Man" ageing well, and features advice on how you can beat the dreaded "man flu", so worth a read just for that!*



As always, if you have any questions or are just looking for advice, please do not hesitate to get in touch with us using the details below.

Together, let's all get #JubileeActive

Kathryn Wales and David Longhurst - Occupational Health Physiotherapy Team

Rehabilitation department, Level Two

Extension 5121.

Employee Assistance Programme (EAP) app

A new free app for the Employee Assistance Programme (EAP) has been launched.

The health and wellbeing platform is another way to access the free mental health support available for all NHS Golden Jubilee staff through the EAP, provided by the AXA Health app.

The EAP provides support and assistance for you via the telephone, online or through face-to-face counselling to offer confidential help when you are not sure where to turn.

The programme works alongside the current support available within the organisation, both internally and externally.

You can download the app – named AXA Health – and provided by AXA Health LTD, from the app store on your device (Google Play, App Store) and use your work email to set up an account.

App setup:

Enter email address and then validation code sent to your email address

Enter various details asked for

When you get to 'Enter healthcare plan number/Don't have a healthcare plan' - click on 'Don't have a healthcare plan'

You'll then be asked for an Access Code.

Visit this [Staffnet page](#) for the Code



See how the app works on the following link: [AXA Health Update 'Emma' \(vimeo.com\)](#)

Support

It is importance to access support at an early point whether that's for ourselves, a colleague, friend or family member. Whether it is a little thing or a life-changing event, there is always someone to talk to no matter what life throws at you, 24 hours a day, 365 days a year.

Visit the [Staff Health and Wellbeing Hub](#) on our website for more information on all support available to staff.

EAP information is also available at www.axabesupported.co.uk.

For any further details, please contact Occupational Health Clinical Lead, [Sharon Docherty](#).

Supporting staff's financial wellbeing

In recent months there has been a lot of news coverage about the impact of EU Withdrawal, COVID-19 and war in Ukraine on the cost of living within the UK.

In March 2022 the Consumer Price Inflation was sitting at 6.2%, but this is expected to rise to 8% before the end of the year.

The annual inflation rate in the UK shot up to 9% in April – the highest level since 1982 – and is expected to rise further with the energy cap due to rise again and food and fuel costs remaining high, squeezing living standards.

As a result, we know that there will be staff who have now been pushed into fuel and/or food poverty and, even where this is not the case, finances for us all will have been seriously impacted by these increases, resulting in a much reduced disposable income.

There is help and advice available from a number of sources, including on our [Staff Health and Wellbeing Hub](#). In addition, if you are struggling you should consider having a confidential conversation with your line manager if you are looking to identify opportunities for additional hours.

If you are struggling to afford to buy food, there are community food banks that can help. You would normally need a referral to a food bank and your nearest [Citizens Advice in West Dunbartonshire](#) will assist with this.

The [Trussell Trust](#) also provides information on your local Food Banks.

We have recently launched the [Employee Assistance Programme](#) (EAP), which can offer information and advice on money issues.



Additionally, there are a number of external resources available including:

- *The [British Gas Energy Trust](#) provides two funds that may be able to help those in debt write-off their energy bills - even if they are not a British Gas customer. However, before you can apply to the Trust for financial support, it stipulates that you should have already contacted your energy supplier, Local Money Advice Agency, or an online debt and money advisor such as [Citizens Advice Scotland](#), [StepChange](#) or [Turn2Us](#) for help and advice.*
- *[Citizens Advice Scotland](#) provides free, independent, confidential and impartial advice and is available to everyone.*
- *[StepChange](#) provides comprehensive debt advice service. They help people with debt problems take back control of their finances and their lives.*

- [Turn2Us](#) helps people in financial need gain access to welfare benefits, charitable grants and other financial help online, by phone and face-to-face through their partner organisations.
 - [Money Helper](#) brings together the support and services of three UK government-backed financial guidance providers: the Money Advice Service, the Pensions Advisory Service and Pension Wise.
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There are also factsheets available to help you manage your utility bills:

- [UK Government – Energy bills rebate factsheet](#)
 - [OFGEM – Getting help if you can't afford your energy bills](#)
-

If you are considering trying to lower your energy bills by making your home more energy efficient, [Home Energy Scotland](#) can provide advice on how to do this and information on what funding may be available to you.

To find the cheapest petrol/diesel prices, there are a number of websites that tell you where the nearest garage is with the best prices:

[Gocompare petrol prices](#)

[confused.com](#)

[petrolprices.com](#)

Free Bus travel for under 22-year-olds

Did you know that the Scottish Government have extended the National Entitlement Card Scheme?

If you are under 22 years of age you can apply for a card which entitles you to free bus travel.

The scheme will give you free travel on any bus in any part of Scotland on registered bus services. You can even travel on buses outside the area you live in using your card. Only a few services, such as premium-fare night buses and City Sightseeing buses, will not accept the card.

Contact the bus company before you travel if you are unsure.



More information about the scheme is available [here](#)

Centre for Health and Wellbeing

The Golden Jubilee Conference Hotel Centre for Health and Wellbeing is available to all staff, guests and visitors.

Featuring a 15-metre heated indoor pool, Aroma sauna, steam room, whirlpool and gym, these facilities are perfect for those looking for a healthier lifestyle.

“Having a healthy workforce is vital to delivering excellent care to patients. At the Centre for Health and Wellbeing, we provide a safe, welcoming and high quality space that can be easily accessed at the hotel side of the building.

“Anyone who joins our Centre will have access to a qualified fitness instructor who will work with you to achieve your fitness goals with a personalised fitness programme free of charge.

“We are now offering all of our NHS staff a special discounted rate of £25 per month or £3.50 pay as you go, if you’d like to know more about our services or how to sign up, please call 0141 951 5151.”

Stephen McGeever, Hotel Guest Experience Manager

Staff Health and Wellbeing Hub

Our Staff Health and Wellbeing Web Hub on our [NHS Golden Jubilee website](#) 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.



Welcome to our new Health and Wellbeing Web Hub for all NHS Golden Jubilee staff and volunteers.

These pages contain national and local resources and links and support whether you are working from home or on site.

Your welfare is extremely important to us and we are committed to supporting you to maximise your health and wellbeing, both professionally and personally.

To achieve this, we have a holistic approach that supports you to achieve and maintain good physical and mental health. This approach also supports you with managing social and financial aspects of your life, which can impact on physical and mental health, as part of our Health and Wellbeing Strategy.



Employee Assistance Programme

[Click this link to go to the Staff Health and Wellbeing 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.

The Hub has brilliant resources to help relieve stress and other mental health issues, including blogs and podcasts on exhaustion, low mood and tips on how to improve sleep.



[Click here to access the Hub](#)

Events



Tommy's Talk – Kindness and What Matters To You

As part of the 'Creating Connections' theme for July, the Health and Wellbeing Group is excited to have Tommy Whitelaw from Alliance visit NHS Golden Jubilee to deliver his 1-hour talk on 'Kindness and What Matters to you'.

There is no need to book, you can turn up on the day to hear this emotional journey, which helps give healthcare workers perspective and value to the work you do.



All staff are welcome to attend the sessions on:

- *Thursday 7 July 2022, 8.30am/12pm/3pm * - Training room 4, Research Institute*
 - *Friday 8 July 2022, 12pm/3pm/6pm * - Training room 4, Research Institute*
 - *Monday 11 July 2022, 10am/1pm/4pm * - Training room 4, Research Institute*

 - *Thursday 21 July 2022, 10am/2pm - Virtual via MS Teams*
-

**Staff are invited to drop in and chat, grab a drink and a biscuit throughout the day (out with the 1-hour talk slots).*

Learning and Organisational Development



Learning and Organisational Development update

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

iMatter will go live in June: Managers your role is ensuring that your staff understand the benefits of participating in the questionnaire and the action planning. L+OD are offering a number of opportunities to raise awareness, promote and educate.

Register for a free IT course: We are seeking notes of interest in a fully funded ICDL course offered through the flexible workforce development fund and working with Glasgow Clyde College and the University of the Highlands and Islands.



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

The Social side



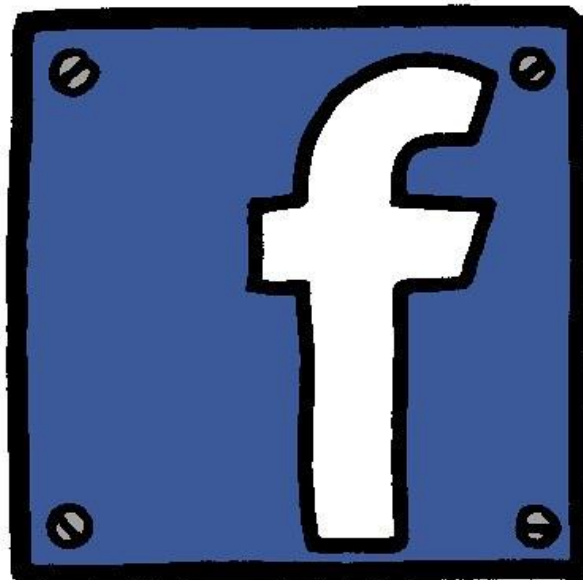
What's happening on our social media pages

Facebook:

This month we celebrated ODP day! Our Operating Department Practitioners have a diverse range of skills across all main areas of theatre, including anaesthetics, scrub and recovery.

OFPs are just some of the highly skilled and hidden heroes of #TeamJubilee and we salute you!

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

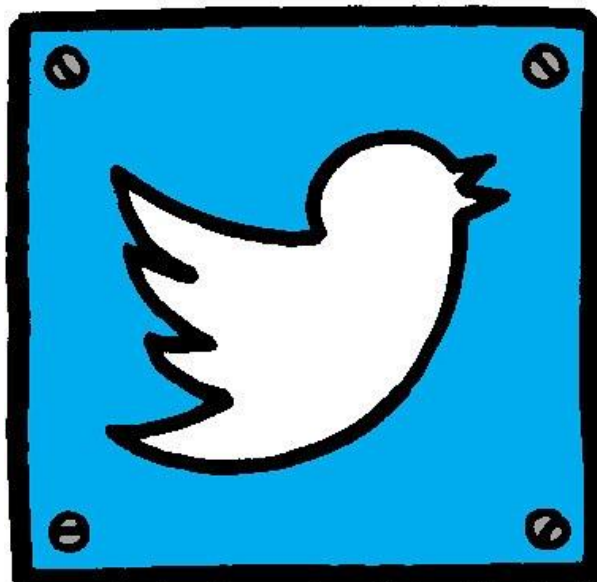


5 - [Click here to access our Facebook page](#)

Twitter:

We also celebrated National Receptionist Day this month, with many taking to social media to say a huge thank you to our wonderful receptionist here at #TeamJubilee who are always on hand to help our patients, visitors and staff.

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

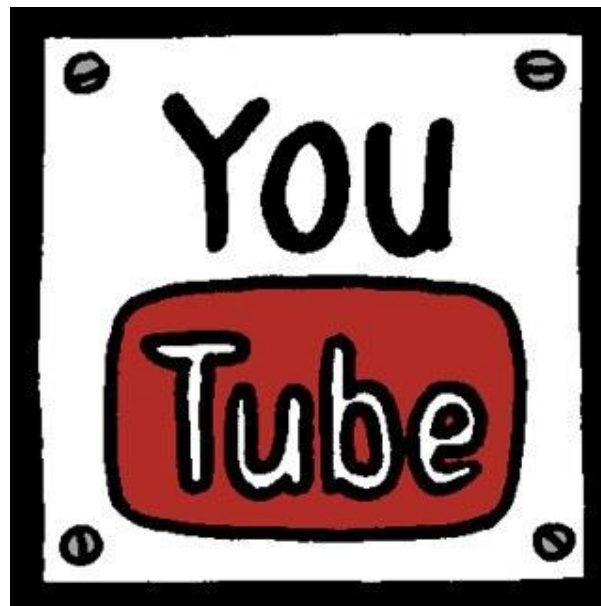


6 - [Click here to access our Twitter page](#)

YouTube:

8 May marked deaf awareness week. Clinical educator, Lynn Wilson sat down with us to share her experience of working as a partially deaf woman here at NHS Golden Jubilee.

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



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

LinkedIn:

Some of our NHS Golden Jubilee Cardiologists were representing #TeamJubilee at the EuroPCR Interventional Cardiovascular Medicine Conference in Paris this month.

The team shared their extensive experience in a joint session with the Belgium National Interventional Group.

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



Social Media Posts

Clinical Trials Day

20 May marked Clinical Trials Day! Clinical trials are medical research studies involving patient volunteers, which are carried out to find better ways to prevent, diagnose or treat disease. To mark with day we showcased some of the important work our Research Department does.

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



International Day against Homophobia, Biphobia and Transphobia (IDAHOBIT)

To mark this year's IDAHOBIT we heard from both Project Officer, Brynley Pearlstone and Director of Quality, Innovation and People, Gareth Adkins about the importance of NHS Golden Jubilee being a place where everyone can be themselves.

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



Mental Health Awareness Week

May marked Mental Health Awareness week and the theme this year was Loneliness.

Due to COVID and other factors, many have been left feeling isolated and lonely. We encourage everyone to create and build meaningful connections with friends, family, colleagues and your wider community.

Together we can help everyone feel less alone.

If you are struggling Mental Health UK has a wide range of resources that can help you both personally and at work.

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



International Drone Day

We showcased some fantastic footage of NHS Golden Jubilee on international drone day!

Go up, up and away with a bird's eye view of our fantastic Hospital.

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



Dying Matters Week

Our Healthcare Chaplain, Joe Keenan sat down with us to discuss the role the Spiritual Care department provides to patients, families, loved ones and staff to ensure they have a listening ear and compassion when they need it most.

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



Heart Failure Awareness Week

Recognising the symptoms of heart failure early can lead to earlier diagnosis and access to treatment.

We took to social to spread awareness about the symptoms of heart failure.

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



Thoughtful delivery from Glasgow Clyde College students

Nurses in our Critical Care team received some very thoughtful gifts from students.

The wellness pamper baskets that included handwritten letter of encouragement and thanks, were delivered from aspiring nurses at Glasgow Clyde College to say thank you to our Critical Care nurses for their dedication and hard work.

Well-deserved team!

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



Eid Mubarak

At the start of May we wished all of our patients, staff, family and friends who were celebrating Eid al Fitr happiness and health!

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



Scottish Government News



Annual Health checks for all people with learning disabilities

Health boards are to share £2 million to deliver annual health checks for all people with learning disabilities.

This new service will help to address health inequalities and ensure that people in this group are able to have any health issues identified and treated as quickly as possible.

[Click here to read more](#)

£3 million awarded to long COVID projects

Projects to improve the care and support available for people with long COVID are to benefit from an initial £3 million of Scottish Government funding.

This funding will be provided for board to introduce care co-ordinator roles, extra resource to support patient-centred assessment, including a multi-disciplinary assessment service, and additional capacity for community rehabilitation to support people with issues affecting their day-to-day quality of life.

[Click here to read more](#)

Hospital at home

A further £3.6 million is being made available to support the expansion of Hospital at Home services, with the aim of doubling current capacity by the end of 2022.

The purpose of the service is to reduce hospital admissions for elderly patients by providing treatments in the comfort and familiarity of their own home.

Services such as an intravenous drip or oxygen supply can now be provided at home rather than in a hospital.

[Click here to read more](#)

New 'stay at home' guidance published

As of 1 May the public health advice was changes to a 'stay at home' message replacing self-isolation for people who have symptoms or have tested positive for COVID-19.

People who have symptoms of COVID-19 and who have a fever or are too unwell to carry out normal activities are asked to 'stay at home' and no longer have to take a PCR test.

Although testing for the general population ended on 30 April, testing still remains available to certain groups of people including, health and social care workers, care home and hospital visitors, patient groups eligible for treatment, hospital patients, unpaid carers and people in prison.

[Click here to read more](#)

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