



Jubilee Life July 2022

Issue 38

Welcome to the July 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



NHS Golden Jubilee once again awarded highest Armed Forces badge of honour



NHS Golden Jubilee has once again lived up to its name by retaining the Defence Employer Recognition Scheme (ERS) Gold Award.

The ERS Gold Award is the highest badge of honour the Ministry of Defence (MoD) awards to employers who support those who serve, veterans and their families.

As a proud and committed supporter of the Armed Forces for 20 years, NHS Golden Jubilee continues to support military leavers, veterans, reservists, families and spouses and cadets who work for us.

Golden Jubilee University National Hospital Charge Nurse Stewart Bower served with the Argyll and Sutherland Highlanders for 5 years before retraining for a career in the NHS.



1 - Charge Nurse Stewart Bower

"The skills that you would bring from the Military, such as communications and leadership, are the same ones you need in the NHS."

"I started here in 2011 as a Nurse in Orthopaedics and moved on to being a Clinical Educator on a 2-year secondment, before becoming a Charge Nurse 2 years ago, so I've also had great career progression here."

Stewart Bower, NHS Golden Jubilee Charge Nurse



2 - Stewart with the Argyll and Sutherland Highlanders

[Click here for the full story](#)

Sarcoma Awareness Month - Cancer patient makes remarkable recovery after extraordinary operation

An extraordinary operation carried out at NHS Golden Jubilee during the COVID-19 pandemic to save a cancer sufferer's leg has been a resounding success.

Almost 2 years after patient Jan Ritson's shin bone was removed, sent to another hospital for radiation treatment and then re-inserted back into her leg during a 12-hour procedure, keen golfer Jan is getting back into the swing of normal life after her recovery period.



Patient Jan said: "Everything went extremely well. The teams were amazing and the care I received was second to none. I'm absolutely delighted with the whole process, and the staff were really superb in every respect. I feel that I'm a very, very lucky person and extremely lucky to still have my leg."



3 - Jan back on her feet following her recovery

NHS Golden Jubilee Chief Executive, Jann Gardner, said: “We are so pleased it has gone so well for Jan and this is down to the exceptional skill of all the teams involved in this extraordinary procedure.”



[Click this link to read the full story](#)

Intelligent Kindness and What Matters To You? – Tommy’s personal journey

Tommy Whitelaw, National Lead, Caring and Outreach Carer Voices



4 - Tommy Whitelaw

Tommy Whitelaw spent 20 years travelling the world in the music industry, but when he returned to Glasgow in 2007 life had changed dramatically due to his mother’s illness.

Tommy noticed small changes in his mum Joan and he gradually began caring for her until she was diagnosed with vascular dementia a year after his homecoming.

During this time she asked him not to leave her and Tommy kept his word. Life had changed.

Joan and Tommy struggled on together, understanding the dementia, the caring, and the isolation and loneliness as their world became smaller. In desperation and in crisis, Tommy reached out to get

more care but the help he and his mum needed wasn't readily available so he campaigned for more help for people living with dementia.

However, he was grateful to one District Nurse who visited at 10am every Friday and gave him and Joan advice and support (especially with personal care), and this changed their world.

Tommy, who is now the National Lead for Caring and Outreach for the Alliance Carer Voices network, said:

"It was my mum who taught me that people are kind and amazing and to never stop seeing it.

"I believe that it only takes one great nurse, care assistant or neighbour to make a difference. And no matter what your role and potential is, your ability to reach out, be respectful and show kindness has an enormous and positive impact on people."

Tommy's 'Intelligent Kindness and What Matters To You?' talk is all about showing healthcare workers they are valued by the people they care for and he brought it to NHS Golden Jubilee this month as part of the Health and Wellbeing Group's (HWG) July theme of 'Creating Connections'.

Tommy took staff on his personal journey from his experiences becoming a full-time carer overnight, to the obstacles and challenges he and his mum faced in isolation, to the interactions they had throughout their caring journey that made a difference to their health and wellbeing.

Sadly, Joan passed away in 2012, but her legacy lives on through Tommy's dedicated campaigning and speaking, inspiring individuals, families and healthcare professionals across Scotland.

His talk aims to empower individuals across all roles and sectors to reflect on how they can make a difference through their practice by:

- Reflecting on how you can make a difference through your service provision and practice.
- Considering the principles of Intelligent Kindness on the importance of person-centred care and active listening across all roles and sectors.







<https://sway.office.com/EeFMqG0xpzoyaCUZ#content=QKnYRSr6EyHtfl>

5 - Click play on the image to view

“Tommy’s sessions were really inspirational and emotional and they were very well attended with 204 colleagues coming along.

“It’s all about person-centred care, which is something we provide to our patients, and Tommy’s story, his knowledge and his appreciation for healthcare workers really make you feel valued for the work you do, inspire you and educate you all at the same time.

“Also reminding us of the importance to show kindness to our colleagues and the impact that this can have on us personally and for our patients, customers or clients.

“We collected some feedback from attending staff on what matters to them and the feedback on Tommy’s sessions was very positive and will be useful when organising future events and learning what is important to their health and wellbeing.

“We’d like to say a very special thanks to Tommy for doing these sessions, Lisa Walsh, Nyree Anderson and colleagues from Learning and Development and the HWG for supporting the events.”

Health and Wellbeing Group Lead, Donna Akhal



6 - Feedback from staff on the What Matters to You wall

See more on the 'Creating Connections' theme in the Health and Wellbeing section!

NHS Scotland Academy launches national resource to help boost staff nursing numbers

The NHS Scotland Academy has launched 2 new resources to support nurses from outside the United Kingdom to work in Scotland.

The Academy has created the digital resources to support nurse educators delivering training for the Nursing and Midwifery Council (NMC) Test of Competence Objective Structured Clinical Examination (OSCE) and international nurse recruits undertaking the test.

Any nurse recruited from overseas must successfully complete the NMC Test of Competence OSCE before they can work in the NHS.

The 'NMC OSCE Preparation for Nurse Educators' resource provides the tools to enhance nurse educators' knowledge, confidence and capability to support international recruits preparing for their test.

The 'NMC OSCE Preparation for International Nurse Learners' resource helps nurses from outside the UK prepare to undertake their test through simulation-based learning programmes, skills rehearsal and non-technical learning such as communication and documenting care plans.



For the full story, [visit this link](#).

You can also access the learning resources can be accessed by [clicking here](#).

Preparing for Work in Health and Social Care

The NHS Scotland Academy is also supporting people to join the health and social care workforce, with more than 1,200 learners having now accessed the new 'Preparing for Work in Health and Social Care Programme'.

Launched in December 2021, the innovative new digital resource has been designed specifically to help support the NHSScotland recovery programme by supporting those who are new to roles in health and social care, along with those applying for the first time, to access useful resources and information to speed up their journey into their new career.

The resources are available digitally, anytime from any device and offer interactive learning experiences, including videos, educational modules and quizzes to test learner's knowledge.



[Click here to access the digital resources](#)

[Click here to read more](#)

NHS receives George Cross

Her Majesty The Queen has presented the George Cross to the NHS for 74 years of dedicated service.

The award for heroism was accepted by representatives of the NHS from Scotland, England, Wales and Northern Ireland in an audience at Windsor Castle.

Accepting the award on behalf of the health service in Scotland was NHS Scotland Chief Executive Caroline Lamb, and Eleanor Grand, a palliative care nurse specialist at University Hospital in Wishaw.



[Click here to read more](#)

People



New Director of National Elective Services

We are delighted to announce that Christine Divers has been appointed as our new Director of National Elective Services (NES) following an intensive competitive recruitment exercise.

Christine brings a wealth of experience to the role, having worked in public and private healthcare since 1987. She has held several roles since joining NHS Golden Jubilee in 1998, most recently as Deputy Director and Interim Director of NES.

The Executive and Senior Management Team look forward to continuing to work with Christine in this permanent post and please join us all in extending a heartfelt congratulations to Christine!



New Head of Clinical Risk and Governance

This month we welcomed Katie Bryant as Head of Clinical Risk and Governance.

Katie joined the NHS in 2005 after working for several years in the hospitality industry. To date, her roles within the NHS have spanned across health, safety and risk management.

She gained 2 years' experience in education after taking a role as Deputy Head of Health and Safety at the University of the West of Scotland, before returning to NHS Ayrshire & Arran in 2016 as Risk Manager. This role also included management of the Unplanned Activities (UNPACS) service where she developed good relationships with the team here at NHS Golden Jubilee.

She has a wealth of experience in risk management and governance, and is currently working towards completion of her MSc in Human Factors and Ergonomics.



"In July 2021, I took up a role managing a team of consultants across the UK and Ireland with NatWest bank, but I was keen to continue my journey within the NHS and I'm absolutely delighted to have joined the team here at NHS Golden Jubilee.

"I will be working hard to continue and develop the existing good work in the management of clinical risk and governance, as well as proactively working with colleagues to identify improvement areas for the organisation."

Katie Bryant, Head of Clinical Risk and Governance

Jane makes her voice heard for staff



From being part of the team which carried out Scotland's first heart transplant, to Employee Director, Jane Christie-Flight has made a significant contribution during a 37-year NHS career.

Jane has been reappointed as our Employee Director for the fourth 4-year term - a post she will have held for 16 years when her current period of office ends in 2026.

As Employee Director, Jane is the voice of staff at Board level, ensuring NHS Golden Jubilee delivers against the best standards for staff.

"Initially the role was part-time release, but as we've grown, so has the role requirements and it's now a full-time post over the 4-year term.

"I have a raft of roles as Employee Director. I'm still a union rep and the Branch Secretary for the Golden Jubilee branch of Unite the Union, as well as being Chair of the staff-side committee and a Non-Executive member of the Golden Jubilee Board.

"I sit on all of the senior and governance meetings and committees which take place. My role at these meetings is to be the staff voice, championing staff governance, making sure the organisation involves staff in decisions, making sure training is available and that staff know what's going on and that they have a safe working environment.

"Colleagues joke that I'd attend the opening of an envelope, because I do sit in on a lot of meetings!

"But it's really about making sure the Golden Jubilee delivers against the best standards for staff, but it's also about being the staff voice at Board level, holding Executive Directors to account for performance, not just around staff governance, but around everything."

Jane Christie-Flight, Employee Director

Jane started in the NHS in 1985 at the age of 17, straight from school, and began life as a Student Cardiac Physiologist in the Western Infirmary in Glasgow for her first 5 years.

In 1990 she moved to the Glasgow Royal Infirmary and worked for 10 years as a Perfusionist, where she was part of the team which carried out the first-ever heart transplants in Scotland, along with a few others who now work for NHS Golden Jubilee.

"Myself and John Hughes, were the Perfusionists on call that night, then Steven Barclay, also a Golden Jubilee employee, and myself were in the team for the second one too.

"After 10 years I then moved back to the Western Infirmary where I also worked in the Sick Kids unit. I was there until the Heart and Lung migration to Jubilee in 2008.

"I'd been a union rep in Glasgow since 2003 before carrying that work on here as a staff-side rep and I was then elected as Employee Director when Carole Anderson stood down in 2010."

Jane sits on all of our governance committees and the Charity Board of Trustees, Remuneration Committee, Endowments Sub-Committee, and the Volunteer Forum.

"I'm here to ensure that the Golden Jubilee engages properly with staff.

"For example, if we were bringing in a new service, which we've done often, I would be sitting round the table asking, 'who are you engaging with, are all the stakeholders involved?', or, 'you'll have to change this as it's not in employee terms and conditions'.

"I'm also the staff-side lead for Agenda for Change Job Evaluation and I have led on a lot of HR policy development, which I really enjoy doing – I do like a wee policy or process, or terms of reference, which people like to tease me about too!"

Trying to make NHS Golden Jubilee a better place for her colleagues is what gives Jane job satisfaction.

"One of the things I love about my job is that fact I get to try and make the Golden Jubilee a better place to work for everyone, which can be quite challenging at times, especially at this moment in time.

"It's also about making it a place people want to come and work and that people are treated fairly, which is always a constant challenge no matter where you work. We have to make sure staff health and wellbeing are included in everything we do."

Partnership Working and our Partnership Forum

Partnership is not just about good employee relations - it is about trust, integrity and openness and working together across all of our activities in the health service.

It embraces the core values of fairness and consistency that are central to the Workforce strategy, along with commitment to partnership working. It is also about the practical issues that affect people's daily working lives and our working practices must reflect this.

What is Partnership Working?

The purpose of partnership working is about harnessing the potential of staff at all levels so that they:

- are involved in the decision-making process
- have access to information
- have the opportunity to make their views known about organisational changes that may affect them.

This principle is based on the firm belief that an investment in staff is an investment in patient care.



About the Partnership Forum

Our Partnership Forum provides staff, through their trade unions and professional organisations, a forum to influence the work of our organisation.

It is jointly chaired by the Employee Director, Jane Christie-Flight, and the Chief Executive, Jann Gardner, who are members of the Board. This ensures that staff views have a direct route into the work of the Board, and that the trades unions and professional organisations have a similar voice.

The Forum consists of representatives of recognised trade unions/professional bodies, and executive directors/senior managers representing a wide range of clinical and non-clinical services. They work together on a partnership basis to support the organisation in moving forward.

Work of the Partnership Forum

The Forum is involved in a number of initiatives that impact on staff. In the past year, it has been involved in:

- implementation of the Whistleblowing Standards
- roll-out of iMatter
- developing and reviewing policies that affect staff

The Forum plays a key role in the development of the Board's strategic direction. In the past year, the Forum has continued its oversight of:

- Recovery Plans
- Hospital Expansion
- Health and Wellbeing Delivery Plan
- Staff Governance Delivery Plan
- Staff Governance Monitoring
- Financial Plan
- Equality Outcomes and Mainstreaming report
- Workforce Plans

Another key role of the Forum is to ensure that the Board is meeting the requirements of NHSScotland's Staff Governance Standard. In this capacity, it monitors sickness absence figures and trends, interventions, mandatory training compliance and eKSF figures.

Further information

[Click here to read the Partnership Forum 2021/22 Annual Report on Staffnet.](#)

*For further information or advice on partnership working, please contact our Employee Director Jane Christie-Flight on extension **5822** or email Jane.Christie-Flight@gjnh.scot.nhs.uk.*

Human Resources Policies

All policies that affect staff are regularly reviewed with the Partnership Forum forum to ensure that they reflect best practice in Human Resources, are compliant with legislation and support our organisational Values.

A number of these were originally Partnership Information Network (PIN) policies, which form part of staff terms and conditions and were agreed through the national partnership structures with the expectation that they were implemented locally.

At the Scottish Workforce and Staff Governance (SWAG) Committee in summer 2017, it was agreed that there was a clear rationale for moving to a single policy position – Once for Scotland, and a programme of work commenced to review all PIN policies. This work was paused as a direct result of COVID-19, with only a small number of policies having been completed so far. This work will continue once the pressures across the health system in Scotland have reduced.

All of the Once for Scotland policies and supporting documents can be found at workforce.nhs.scot, and include:

- *Attendance policy*

 - *Bullying and Harassment policy*

 - *Capability policy*

 - *Conduct policy*

 - *Grievance policy*

 - *Whistleblowing policy*
-

All of the PIN policies and our local Human Resources policies can be found on [HR Connect](#).

Equality Impact Assessment

All of our policies and procedures have been assessed and screened for equality impact.

Further information

For further information or advice on any of our Human Resources policies, contact:

Employee Director [Jane Christie-Flight](#), or Workforce Manager [Gillian Gall](#).

Want to feature in this section?



If you, or one of your colleagues, have an interesting tale to tell, whether this be something you do at work or at home, let us know so we can tell that story in your staff magazine.

It could be anything from weird or wonderful hobbies, life achievements or what you think makes your job great to something that will just wow colleagues when they read it - we'd like to hear from you.

Contact [Comms](#) with your details.

Val-You



Scottish Health Awards 2022 – nominate your colleagues and teams!

There are just a few weeks left to get your nominations in for the Scottish Health Awards 2022! These awards give you the chance to celebrate the achievements of the unsung heroes working in health and social care.

Staff in Team Jubilee are the biggest asset we have as healthcare providers to the people of Scotland and we all know how hard we have worked over these past 2 years, which have been unprecedented.

However, colleagues have continued to provide world class care throughout all of the challenges we have faced during this pandemic, and we want to make sure people know about the dedicated, professional and outstanding work you have done.

This is why we are asking you to look around and ask:



-
- *Did any of my colleagues do something that made someone's life better while they were in our care?*
 - *Did a colleague do something that changed how my team/organisation works for the better?*
 - *Did they do something simple, but effective, that managed to accomplish both of these things?*
 - *Is my colleague and friend the best at what they do?*
 - *Has one of my colleagues or team gone the extra mile for someone?*
 - *Is my team or department the best there is?*
-

If you answered 'yes' to any of these questions then please submit a nomination in the Scottish Health Awards 2022 to make sure they receive the recognition they deserve!

There are 16 categories to choose from and the awards ceremony will be held on 3 November 2022 at the O2 Academy in Edinburgh.

You can nominate in multiple categories, for a colleague or for your own team, and it's not about being arrogant or big-headed - it's about being proud of what you and your teams and colleagues accomplish every day - being the best at what you do in the whole of NHSScotland.



Nominations close on Sunday 21 August, so be sure to get yours in! To find out more and to nominate, visit [Scottish Health Awards](https://scottishhealthawards.com).

Our Awards 2022

We are excited to announce that nominations for our own awards will be coming soon!

Every year, our awards give staff the opportunity to nominate a person or team who they feel has really gone above and beyond for NHS Golden Jubilee and our patients.

Keep an eye out for more information in the coming weeks!



Comments about you!



7 - What patients and the public have been saying online.

Jean Dineley: Golden jubilee is amazing would love to see them get the award. Had two knee replacements there and it gave me a new lease of life.

Katie Waterson Cairns: Fantastic hospital - my late husband was there for 8 months and the care he received and the support I was given was the best ever - we got married whilst he was in hospital and the staff went above and beyond to make our day special.

Hazel Cowe: Brilliant team of people who gave me the best of care for my knee transplant.

Marie Coyle Robertson: The best health care team in Scotland.

Elma Robertson: I was in the Jubilee eye department yesterday for a cataract procedure. Everyone was so friendly and helpful. I didn't feel a thing and couldn't believe how quickly and smoothly it all

went. Thanks to all involved especially Kate who held my hand throughout. Hope her fingers have gone back to normal. Not nervous now about my next eye"s turn.

Helen Gunn: Great treatment when I had an MRI done Excellent staff.

Maureen Mitchell: My husband has just been discharged today from his 2nd hip replacement surgery. Outstanding care and treatment from the moment he went in till the moment the porter Stevie wheeled him out to our car. My 56 year old husband has his life back now. Thanks so much to the wonderful Mr Green and his team in ward 2 west. Life changers!

Patricia Tricia Hughes: Amazing hospital.

Mary Anderson: Excellent hospital - 5 stars.

John Keenan: Best of the Best. Amazing people for top to the bottom, God bless life savers.

Jean Beardsley: Fabulous hospital professional and caring

Evelyn Baird: Wonderful hospital with amazing staff.

Jean Beardsley: Best hospital in Scotland.

These are just a selection of comments, to view more, make sure you are following NHS Golden Jubilee on Facebook, Twitter and LinkedIn!

You can also view more patient comments in our dedicated album by [clicking here](#).

Health and Wellbeing



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

Creating Connections

The Health and Wellbeing Group (HWG) has been promoting the theme of ‘Creating Connections’ for the month of July through a series of events and activities.

Part of the campaign is to encourage teams to focus on creating connections during one of their regular team meetings, or a dedicated timeslot, to grab a cuppa and take some time to find out what matters to you and create connections.

The HWG has also created a slide deck to help support this with some conversation prompts (examples below):



8 - Team meeting health and wellbeing conversation prompt



9 - Team meeting health and wellbeing conversation prompt



10 - Team meeting health and wellbeing conversation prompt



11 - Team meeting health and wellbeing conversation prompt

If you haven't already, please take the time to grab a cuppa and have this chat with your team. [Click here to view the slide deck](#)

Re-connecting over tea and coffee

The Conservatory reverted back to its former use for a tea and coffee get-together on 18 July to give staff the chance to enjoy and cuppa and blether.





Physical and hybrid working restrictions required during the Coronavirus pandemic has meant less interaction and the event was organised to give staff a chance to re-connect with colleagues and friends.

The get-together was well attended on a beautiful sunny day.

Many thanks to Catering and Hotel staff and to Joanne Sadler and Scott McAngus for hosting the event.

Future plans

- An outdoor Picnic and Games Day is being planned to celebrate our 20th anniversary as an NHS Board and to help staff re-connect and have some fun. The event will include a game of rounders between 2 teams of 10, table tennis, beat the goalie, football, a skipping challenge and Frisbees. Look out for more details soon.
- Later in the year, the HWG will be engaging with staff to ask your views about the health and wellbeing support, services and resources on offer here at NHS Golden Jubilee through the likes of focus groups, 1-2-1 interviews and a survey.
- There will also be future opportunities to come along to Tommy Whitelaw's inspirational What Matters to You and Intelligent Kindness talks.
- 2 sessions are being arranged for Wednesday 28 September, along with a What Matters to You stand on the day for engagement with staff, specifically around health and wellbeing issues.

Other plans include a monthly kindness connection cafe/meet-up. More information to follow in the coming weeks.

Finally, a big thank you and welcome to the staff members who noted an interest to join the Creating Conditions sub group of the HWG while at the tea and coffee event and Tommy's talks.

Anyone wishing to join this sub group, please contact Organisational Development Consultant [Lisa Walsh](#).

A-Z signposting list

A quick A-Z list of health and wellbeing resources available to NHS Golden Jubilee staff – locally and nationally – is now on Staffnet.

The A-Z has links to the Employment Assistance Programme to access free support, Confidential Contacts, the Cycle 2 Work Scheme, reduced gym memberships, benefits such as the Blue Light Card and national resources.



A – Z Health and Wellbeing signposting document



Resource	How to access / who to contact	Type
Blue Light Card	Create an account and buy your Blue Light Card (£4.99 for 2 years for access to our great range of exclusive offers) Click here to create a new blue light card account	App
Breathing Space	Call 0800 83 85 87 (weekdays: Monday - Thursday 6pm to 2am and weekends: Friday 6pm - Monday 6am) Click here to access information at Breathing Space	National Helpline
Clear your head	Clear your head is a National Charity that signposts to services of help, advice to help and tips to look after your mental health. Click here for information on more support	Website
Daylight	Click here to access a digital, science-backed anxiety improvement programme which can help you control feelings of worry and anxiety Quick reference guide: Quick guide to accessing Daylight	Online Programme

[Click here to go to the list](#)

Menopause sessions

The Scottish Government have been working with Close the Gap and The ALLIANCE to develop menopause and workplace webinars.

The ALLIANCE 'Menopause and the workplace' webinar is taking place on Wednesday 24 August from 11am – 12pm on Zoom* and will explore menopause in the context of the workplace. This will include good practice and procedures to ensuring that those experiencing menopause can continue to work comfortably.

The 1-hour webinar will provide those experiencing menopause – or anyone who would like to know more – with the opportunity to pose questions to, and have a dialogue with, a panel of experts.



[Click the link below for details on how to register:](#)

[Menopause and the workplace webinar](#)

*Zoom is not accessible on the NHS Golden Jubilee network. A personal device such as a mobile phone can be used.

More details on the Close the Gap webinar to follow.

Spiritual Care Network

Looking for more members

Help the Spiritual Care and Wellbeing department to widen the lens of to ensure continued delivery of a service that is relevant to the whole hospital community and be a part of promoting the importance of spirituality within the context of holistic care.

The Spiritual Care Network is the fourth group formed (Ethnic Minority, LGBT+ and Ability Networks) based on the protected characteristics of the Equality Act 2010 and reporting to the Diversity and Inclusion Group.

One of the core values of the NHS Spiritual Care Policy is to address the fundamental human need to have a sense of peace, security, and hope, particularly in the context of injury, illness, or loss. In its broadest sense 'spirituality' includes whatever gives a person meaning, worth, self-esteem, and value. This includes, atheistic, agnostic, and humanistic understandings of the meaning of life, everyone is, in some way, spiritual; but most people are not religious.

Current definitions on spiritual and religious care: Spiritual Care is usually given in a one-to-one relationship, is completely person-centred and makes no assumptions about personal conviction or life orientation. Religious care is given in the context of shared religious beliefs, values, liturgies and lifestyle of a faith community (Scottish Government [2009] Spiritual Care and Chaplaincy).



If you are interested or would like more information, contact Spiritual Care Lead, Tosh Lynch: tosh.lynch2@ginh.scot.nhs.uk

Daily activity in the Sanctuary



Join us if you can in the Sanctuary space for a 15-minute daily activity in the Sanctuary space during the week, every day starting at 12.15pm. This is part of our continued commitment to the Health and Wellbeing Strategy, to support and help improve on the mental health of staff. We do hope you can come and join us during one of these activities.

Comments and suggestions (e.g. topic and timing) on the service are always welcome – email [Tosh Lynch](mailto:Tosh.Lynch) with your thoughts.



12 - Chaplain Joe Keenan

Reminder: The Sanctuary is available 24/7 for everyone as a place of intentional quiet to come and pray, meditate, reflect or to read the literature that is available.

Chaplains are on site Monday to Friday, from 9am to 8pm (subject to availability e.g. annual leave).

Chaplains can be contacted directly via pager number 0318 to reduce waiting time for patients.

Day	Activity	Time
Monday	TGI Monday	12.15pm - 12.30pm
Tuesday	Mindfulness	
Wednesday	Mindful Music	
Thursday	Meditation	
Friday	Breathe in to the weekend	

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.



[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



NRS Cardiovascular Research Showcase Event



NRS Cardiovascular Research Network are hosting a research showcase event on Wednesday 5 October 2022. This event will provide a platform for cardiovascular research conducted by researchers and research teams across NHSScotland.

[Click here to register](#)

Learning and Organisational Development



Learning and Organisational Development update

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

The Social side



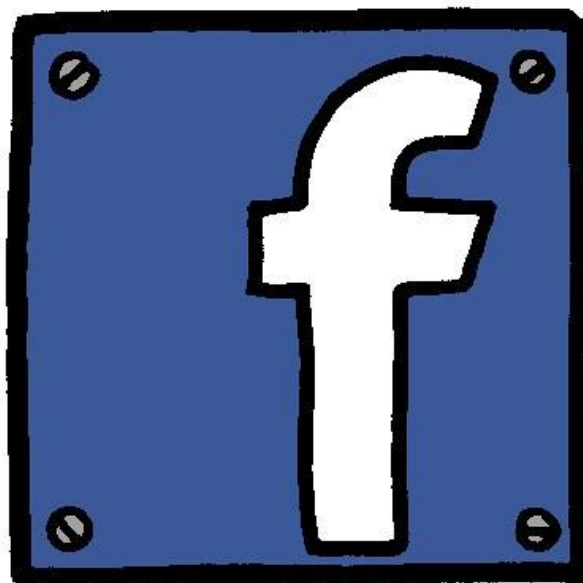
What's happening on our social media pages

Facebook:

This month, 3 July, marked 14 years since Her Majesty The Queen and His Royal Highness The Duke of Edinburgh officially opened our heart and lung service!

The Centre has evolved into one of the UKs largest heart and lung centres, carrying out over 150,000 cardiology heart and lung surgeries!

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



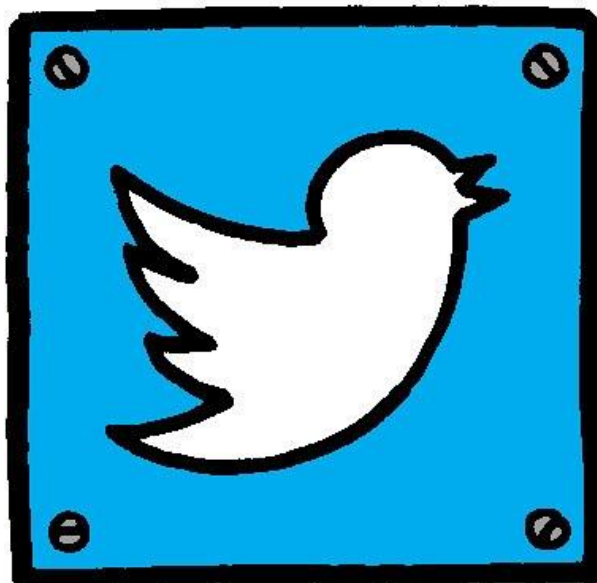
13 - [Click here to access our Facebook page](#)

Twitter:

This month we marked 74th Anniversary of the NHS! Over the years the NHS has continually adapted and responded to meet the needs of the people of Scotland.

[Click here to learn more about the NHS and its Scottish roots](#)

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

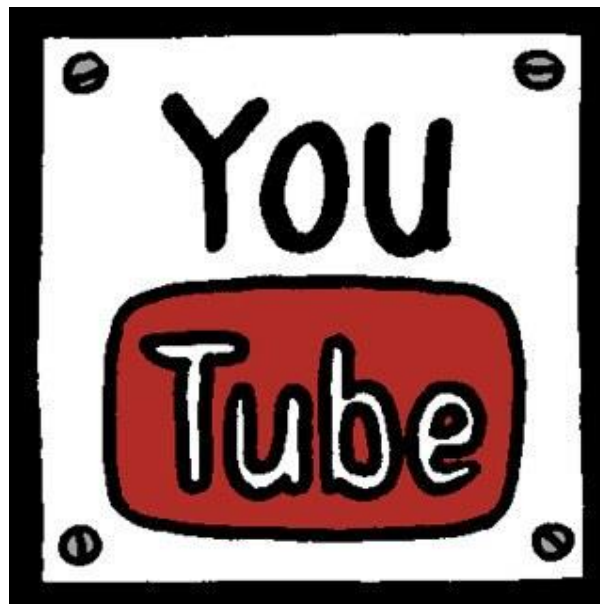


14 - [Click here to access our Twitter page](#)

YouTube:

This month Expansion Development Nurse, Amy Louise Harkins, sat down with us to talk about her journey here at NHS Golden Jubilee and what she's looking forward to when phase 2 is complete!

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



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

LinkedIn:

We love hearing feedback from patients about the fantastic work carried out by team Jubilee.

We took to LinkedIn to share a lovely message from a Colonoscopy patient.

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



Social Media Posts

Eid Ul Adha Mubarak

In July we sent best wishes to all of our patients, staff, families and friends who were celebrating Eid Ul Adha.

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



Disability Awareness Day

At NHS Golden Jubilee, we champion disability rights, working closely with Glasgow Centre for Inclusive Living to take trainees from their Equality Academy graduate scheme and provide them access to careers within the NHS.

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



Scottish Government News



Pay increase for medical and dental staff

NHS medical and dental staff will be awarded a 4.5% pay increase for this year backdated to 1 April 2022. This is for all NHSScotland medical and dental staff, general medical practitioners and general dental practitioners.

The pay rise comes following recommendations by the independent Doctors and Dentists Pay Review Body (DDRB) of an annual pay uplift of 4.5% which has been accepted by the Scottish Government.

[Click here to read more](#)

Making healthier food choices

The Scottish Government's consultation seeks views on restricting the promotion of confectionery, cakes, crisps, savoury snacks and sugary soft drinks at checkouts and front of store, and on multi-buy discounts.

This aims to reduce the health harms associated with poor diet and higher weight.

The consultation will assess what impact the proposed restrictions would have on businesses and public health, including on health inequalities. It will run for 12 weeks to 23 September 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](#).

Embed://<iframe width="640px" height="480px" src="https://forms.office.com/Pages/ResponsePage.aspx?id=veDvEDCgykuAnLXmdF5JmpDbFJSoEo5KlnC

fG5ho_1lUNjRFVVMYtUyWVBOMkJGSFFZMUZNRkNCSiQIQCN0PWcu&embed=true" frameborder="0" marginwidth="0" marginheight="0" style="border: none; max-width:100%; max-height:100vh" allowfullscreen webkitallowfullscreen mozallowfullscreen msallowfullscreen></iframe>