

# Jubilee Life **August** 2022



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## Issue 39

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

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

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## News



### Long Service Awards

#### **Catering staff celebrating 275 years' of service**

At our very first Long Service awards we celebrated 275 years' worth of dedication to the NHS by colleagues in the Catering department.

The awards acknowledge the commitment and loyalty of our long serving staff, who are NHS Golden Jubilee's most prized asset.



*1 - Iain Keown - 10 years' service*



*2 - Pamela Mailler - 10 years' service*



3 - Tracy Walker - 10 years' service



4 - Christopher Fuller - 15 years' service





5 - Morag McMillan - 15 years' service



6 - Peter Ralston - 15 years' service



7 - Sandra Newton - 15 years' service



8 - Elaine Gallagher - 20 years' service



9 - Martin Mitchell - 20 years' service

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*“Everything we do is only possible because of the incredible hard work, dedication and passion of our staff. These awards give us the opportunity to say thank you, and recognise your devotion to the NHS.*

*“This is our first Long Service Award Ceremony and we’re delighted it is with you, our Catering team.*

*“With over 275 years’ service between you this is a team that has continually gone above and beyond to serve our patients, staff, visitors and families with delicious, healthy and nutritional food within a balanced menu that really contributes to our patients overall recovery and wellbeing.”*

***Susan Douglas-Scott, Chair of NHS Golden Jubilee***

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The longest serving member of staff in Catering is John McCrann, who received his 25 years badge for 28 years of service.



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*“Thank you to John for being such a loyal and important member of the team, and congratulations and a huge thank you to all of our Long Service Award recipients.*”

*“It was a pleasure to celebrate you all in person. You are not only a credit to NHS Golden Jubilee, you are a credit to your profession, the NHS and Scotland.*”

*“Thank you for being part of Team Jubilee.”*

***Jann Gardner, Chief Executive***

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## **Innovation, Expansion and Education**

It was a busy day of visits last Friday, 26 August, at the Golden Jubilee as we welcomed Chief Executive of NHSScotland Caroline Lamb, West Dunbartonshire MP Martin Docherty-Hughes and MSP Marie McNair, as well as our partners from the University of Strathclyde.



Our skilled Hospital staff, along with colleagues from the Centre for Sustainable Delivery (CfSD) and NHSScotland Academy gave our guests a first hand look at just some of the ways we are providing quality care and speeding up waiting times for the patients of Scotland through our services.



This included demonstrations of our orthopaedic Mako and colorectal Da Vinci robots, before our Academy and CfSD staff showcased how students are trained using an endoscopy simulator, finishing off with a tour of our Phase 2 Surgical Centre expansion ahead of its opening next year.

Check out our short video message from Caroline Lamb, along with some pictures from the visit.

We would also like to thank all staff who were involved in the visits, for all their help and support throughout the day!

















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### Winter flu and COVID-19 booster vaccinations

NHS Golden Jubilee has arranged staff vaccination clinics in line with advice from the Joint Committee on Vaccination and Immunisation (JCVI).

The main aim of the winter vaccination programme is to increase protection against flu and COVID-19 for those at highest risk. Vaccination is the best way to help protect you as well as ensuring our vulnerable patients gain the greatest possible protection against flu and COVID-19.

As a result, the JCVI recommends all **frontline healthcare workers** are eligible for vaccination.

Frontline healthcare workers are those who have frequent face-to-face contact with patients.

Qualifying roles within our Hospital include:

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- *Allied health professionals and allied health professional clinical support workers, including physiotherapists, radiographers and audiologists.*
    - *Associated clinical support staff and independent contractors.*
      - *Coronavirus vaccinators and vaccination centre staff.*
        - *Doctors.*
        - *Healthcare students.*
        - *Hospital-based laboratory staff.*
  - *Non-clinical staff who may have social contacts with patients but are not directly involved in patient care, including receptionists, ward clerks, porters and housekeepers.*
    - *Pharmacists and pharmacy technicians.*
  - *Registered nurses and midwives, including healthcare and midwifery support workers.*
  - *Volunteers assisting clinically extremely vulnerable individuals, e.g. transport to and from vaccination centres (Coronavirus vaccine only). [Click here for a full list of eligible roles](#)*
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***If you do not fall into one of these categories, please do not attempt to book your COVID-19 vaccination.***

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### **Why are non-frontline healthcare workers not eligible for both vaccines?**

The main aim of the winter vaccination programme is to increase protection against flu and COVID-19 for those at highest risk. Those who don't have face to face contact with vulnerable patients do not

need a COVID-19 vaccine at this time. Non-frontline healthcare workers are not eligible because of their job role, but they may be eligible due to their age, health condition or circumstance.

[Click here for a full list of who's eligible for the flu and COVID-19 vaccines this winter](#)

**How can you book your joint flu and COVID vaccine appointment?** Joint vaccination clinics will take place from Monday 5 to Friday 9 September. You can also use the links below to book for your flu vaccine, even if you are not eligible for the COVID-19 vaccination.

Appointments are available from 9am, with the last appointments of the day at 3.45pm.

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*Click the link for the day you want to book an appointment:*

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- *Monday 5 September - <https://link.webpolsurveys.com/EP/BEFC2547881A76C6>*
  - *Tuesday 6 September - <https://link.webpolsurveys.com/EP/47E63A7DD94A3D88>*
  - *Wednesday 7 September - <https://link.webpolsurveys.com/EP/98BCD7CF85BBBCDD>*
  - *Thursday 8 September - <https://link.webpolsurveys.com/EP/08F51FA763420BEC>*
  - *Friday 9 September - <https://link.webpolsurveys.com/EP/94F29478288AAC51>*
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#### ***Further information***

[Click here to download important information about the flu and COVID vaccines leaflet](#)

[Click here to download the 'what to expect after immunisation leaflet](#)

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### **National Ultrasound Training Programme to aid NHSScotland Recovery**

An innovative training collaboration will play a vital role in supporting the NHSScotland Radiology Recovery Plan by significantly boosting ultrasound training numbers across the country.

The ambitious project is a pioneering collaboration between the NHS Scotland Academy, the Scottish Radiology Transformation Programme, Scottish Government and Glasgow Caledonian University.

Learners taking part in the programme will be provided with dedicated mentorship and practical support out with their current roles, facilitating additional training opportunities without impacting health boards staffing levels.

Dedicated training lists with clinical experts will facilitate protected training opportunities for trainees to integrate theory and practice and develop clinical competence.

Caroline Handley, our Diagnostics Service Manager, said: "The demand for ultrasound examinations currently exceeds capacity across NHSScotland.

"The establishment of a National Ultrasound Training Programme is a really exciting new approach for training sonographers. This new venture will ensure practical training is available to those who need it without interrupting existing ultrasound services."



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[Read the full story](#)

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## Scottish first as meniscal transplant performed at Golden Jubilee

Surgeons from our Orthopaedic team have performed the first meniscal transplant on a patient in Scotland.

The team performed the innovative keyhole procedure and implanted donor cartilage into the patient's knee.

It is hoped the option of transplant will transform patient care for those in need, by offering the procedure at NHS Golden Jubilee.

Suitable for certain younger patients, meniscal transplants have the potential to significantly improve the quality of life for people who suffer from persistent pain in their knee due to damaging or losing their meniscus.

To conduct this transplantation, surgeons sourced a matching deceased donor meniscal graft from the United States. Using a camera as a guide, the new cartilage is implanted through a keyhole procedure under general anaesthetic.





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[Read the full story here](#)

*The story also hit the headlines in the following media and publications:*

[STV News](#)

[The Times](#)

[Physio Update](#)

[Clydebank Post](#)

[New Medical Life Sciences](#)

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## Nominations for Our People Awards are now open

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*Make sure your team and colleagues get the recognition they deserve by telling us why they are great!*

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Each year, this event recognises your incredible efforts and the inspirational work you carry out for people all across Scotland. Patients, visitors and staff have the opportunity to nominate a member of staff, team or volunteer, who has gone above and beyond across 12 different categories.

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.

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

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- *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 did both these things?*
      - *Is my colleague and friend the best at what they do?*
    - *Has one of my colleagues or team went 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 Our People Awards this year to ensure your colleague, friend or team receives the recognition they deserve.

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 do - being the best at what you do in the whole of NHS Scotland.

**Full details can be found by clicking on the Sway:**

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Embed://<iframe width="760px" height="500px"
src="https://sway.office.com/s/fn3V3YnkRHY6gkwd/embed" frameborder="0" marginheight="0"
marginwidth="0" max-width="100%" sandbox="allow-forms allow-modals allow-orientation-lock allow-
popups allow-same-origin allow-scripts" scrolling="no" style="border: none; max-width: 100%; max-
height: 100vh" allowfullscreen mozallowfullscreen msallowfullscreen webkitallowfullscreen></iframe>
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### Fire alarm procedure reminder

The fire alarm was activated on Thursday 25 August afternoon on Level 1. Thank you to all staff who co-operated in the evacuation.

Staff are reminded of the following procedures which are in place in the event of a fire alarm:

- The assembly point at the front of the Hospital is opposite the Eye Centre. All staff and visitors should assemble away from the main entrance doors to allow access to the Scottish Fire and Rescue Service.
- Please ensure that the ambulance entrance is not used as a fire exit, and is kept clear at all times.
- Our Fire Team are on hand to ensure a timely response to the fire signal and safe evacuation of staff and visitors. Ensure you are following their instructions at all times.
- Do not re-enter the building until you are instructed to do so by the fire team.





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*If you have any questions regarding evacuation or the fire arrangements in general, please visit the [Fire Safety Policy](#), or contact [Health & Safety](#)*

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## Organ Donation



### **Family scale highest height to say thanks for ‘gift of life’**

The family of one of our transplant patients have scaled the UK's highest peak, to raise money for NHS Golden Jubilee and thank our team for their mother's care following her heart transplant!

Jenna Cochrane, her partner Shannon Morrison, brother Ian and friends John McAllister, Lisa Boyle and Stuart Mullen climbed Ben Nevis in Fort William and raised £1,645 from their adventure.

The money will go to our heart failure service, where their mum Pearl (Margaret) Thompson received her heart transplant.

Pearl (57) was diagnosed with cardiomyopathy in 2019 following bouts of breathlessness and was placed on the heart transplant list 2 years later.



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*“At first we thought my mum’s symptoms were down to her having pleurisy, but then she was diagnosed with cardiomyopathy and had to have a pacemaker fitted.*

*“She only had that for 6 months before she went on the transplant list and she was very lucky to receive a heart not long after that, so we are all extremely grateful.*

*“We wanted to give something back for the amazing care my mum received at the Golden Jubilee and to show our gratitude to the donor and their family whose choice has given my mum the gift of life.*

*“We would like to thank everyone who has helped our family on our journey and those who generously donated for our climb.”*

***Jenna Cochrane***

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10 - Jenna Cochrane, Ian Cochrane, John McAllister, Lisa Boyle, Stuart Mullen, Shannon Morrison.

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*“We would like to thank Jenna and her family for this extremely generous donation.*

*“We understand that being in hospital is a stressful time for patients and their families and donations like this are used to improve their hospital experience. It helps us continue to make a real difference to the lives of other patients and families through person-centred care.”*

*Euan Darroch, Senior heart failure nurse and ward manager*

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*11 - Shannon Morrison, Lisa Boyle, Pearl Thompson, Carter Cochrane, Jenna Cochrane, Amiya Cochrane, Ian Cochrane, John McAllister.*

### **Don't Leave Your Loved Ones in Doubt**

This donation comes at the same time that a new campaign is underway to encourage more people to record their decision on the NHS Organ Donor Register and tell their loved ones too.

Specialist Nurse for Organ Donation, Alison Mitchell, who speaks to potential donor families following the death of a loved one, is urging people to ensure their families know about their organ donation decision.

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## Organ and Tissue Donation - Don't Leave Your Loved Ones In Doubt



If you've made your organ and tissue donation decision, tell your family and friends.

Because if your loved ones know your decision, it'll make it easier for them to ensure it is honoured.

A new campaign is underway to highlight the choices people have under Scotland's opt out system of organ and tissue donation, to encourage more people to record their decision on the NHS Organ Donor Register and tell their loved ones too.

Everyone aged 16 or over has a choice – to be an organ and tissue donor, or to opt out.

If you choose to do nothing, then it will be assumed you agree to donate certain organs and tissue for transplantation, unless you are in a group for whom the opt out system doesn't apply, or if donation would be against your views.

Only 1% of people will die in a way that makes organ donation possible, which is usually in a hospital intensive care unit. There may also be opportunities to donate tissue such as heart valves, tendons and corneas, from within a hospital setting.

If you've made your decision, make it known.

Don't Leave Your Loved Ones in Doubt.

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*"Please tell your family and friends about your organ donation decision because if your loved ones know about your decision, it will make it easier for them to ensure it is honoured."*

*"Only 1% of people will die in a way that makes organ donation possible, which is usually in a hospital intensive care unit (ICU). There may also be opportunities to donate tissue such as heart valves, tendons and corneas, from within a hospital setting. If you've made your decision, please make it known."*

***Alison Mitchell, Specialist Nurse for Organ Donation***

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*You can register your donation decision and find out more at [www.organdonation.scot](http://www.organdonation.scot) or call 0300 123 23 23.*

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### **Race for Recipients**

From Saturday 17 – 25 September 2022, Race for Recipients are inviting our staff to join the National Race for Recipients 2022 challenge.

The challenge aims to raise awareness of organ donation, encourage people to make their decision regarding organ donation and to sign up to the register.

Participants can choose from running, walking, cycling, swimming and any other exercise to achieve the targets set.



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*To find out more and to sign up, visit [www.RaceForRecipients.com](http://www.RaceForRecipients.com)*

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### **People**





## Welcome to our new Board member

Cabinet Secretary for Health and Social Care, Humza Yousof MSP announced the appointment of Mr Steven Wallace as a Member of our Board last week.

Steven Wallace is currently the Chief Financial Officer for the University of Strathclyde with experience and executive responsibility for the development and delivery of significant capital projects.

At a time of expansion for NHS Golden Jubilee, Steven will bring expertise to provide governance oversight and to help inform and shape the work of our Board.



12 - Steven Wallace

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*On his appointment, Steven said: "I feel extremely privileged to be joining NHS Golden Jubilee at such an important time in its 20 year history."*

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

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## Year of adventure ahead for Housekeepers

Housekeepers Marcus Hanlon and Olivia Koyle are getting ready to embark on a year of adventure, taking the skills and experiences they have gained as part of Team Jubilee with them around the world.

Marcus, a 20-year-old Law, Politics and International Relations Student at the University of Strathclyde and Olivia Knoyle, a 19-year-old Spanish Student at the University of Glasgow, are hanging up their gloves as they prepare for a year of working, learning and living in Europe.

As bank housekeepers, Marcus and Olivia work across the Hospital, from the wards and guest areas to the operating rooms.



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*Marcus: "We both really enjoy our jobs here, we get to experience working throughout the entire Hospital and with our shifts being so flexible, we can do this whilst being full time at University."*

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At NHS Golden Jubilee, we are committed to supporting young people and doing everything possible to support their career and development. Working as part of our team, while studying full time at University, the pair have gained extensive experiences and life skills which will continue to serve them as they immerse themselves in European culture.

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*Marcus: "Working here has helped me to adapt to challenging situations and understand how best to structure, plan and manage all the tasks that I am given. It's really taught us the fundamentals of what it means to work in a team and prepare for whatever our roles will be next."*

*Olivia: "When you're working here you feel part of a big community, everyone knows each other, not just in housekeeping but everyone from across the Hospital too."*

*Marcus: "You definitely feel valued and can see the impact you can make, especially when working on the wards and speaking to patients."*

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Both Marcus and Olivia worked throughout the pandemic which allowed them to experience first-hand the difficulties faced by staff and patients.

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*Marcus: "Now patients' families can come and see them, but during the pandemic sometimes we were one of the very few people they were able to speak to in person and that really made a difference. The 15 to 20 minutes a day you're in cleaning their room was a chance for them to vent or talk, even if it was just about Coronation Street the night before, it was really nice to know we could help make their time here a bit more normal".*

*Olivia: "If I'm on the wards at the weekend a lot of patients will say this place is amazing and then list all the staff that have looked after them, whether it's people taking them for an X-ray, cleaners etc., they always say how great this place is and it's lovely to feel like part of that."*

*Olivia: "As part of my compulsory year abroad I am going to work in Murcia, Spain. I applied through the British Council to work as an English language assistant so I'll be helping the kids with their English and I'm really looking forward to it. I leave here in October and will be there until the start of June next year."*

*Marcus: "I applied to do a semester abroad through the Erasmus programme, this is the last year UK students can do this so thought I should take the chance. I am going to Aix-en-Provence in France, which is about half an hour from Marseille. I start studying there in September, so very soon!"*

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Both Housekeepers have big plans for when they finish their degrees, with Olivia planning to undertake her Postgraduate Degree to become a high school teacher and Marcus planning a life in EU law and International Politics.

The Hospital will be sad to see Marcus and Olivia go as they embark on their new adventures, but they will always be part of Team Jubilee.

Bon voyage!

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## **Carol seeking to improve patient care in new role**

Senior Charge Nurse Carol McEwan is our new Lead Nurse for IV Fluid Therapy and Hydration in patients.

Carol, who is based in Intensive Care Unit (ICU) 1, takes over the Scottish Government-funded position, which will run until March next year as NHS Golden Jubilee plays its part in a national, wide-reaching improvement project.

Carol will be working throughout the Hospital to support teams in clinical areas in her new role, which will monitor patients' fluid status in a bid to improve outcomes for them and NHSScotland.



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*“Every health board in Scotland has funding for one medical lead and one nursing lead for this project and I will be working with Consultant Cardiothoracic Anaesthetist, Dr David Reid.*

*“The job will be reviewing how we manage patient hydration status and their fluid balance – how do we know if they are drinking enough? Do they have too much fluid on board, or are they dehydrated?*

*“According to research, this has a correlation with length of stay and long term complications after major surgery so it’s about looking to manage hydration in a patient extremely well to prevent these problems.”*

***Carol McEwan***

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Carol has been at the Jubilee since 2008 when she moved over with the heart and lung services from the Glasgow Royal Infirmary (GRI).

She qualified as a Nurse over 15 years ago and began here as a Staff Nurse and moving on to become a Charge Nurse and then Senior Charge Nurse with a secondment as an Assistant Clinical Educator.

The Lead Nurse for IV Fluids is also a secondment and dedicated Carol has often “dabbled” in educational roles to enhance her skills and knowledge, whilst passing on her skills and experience to other staff.

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*"This new role will help me to diversify my skills I'll still be doing my Senior Charge Nurse duties half of the time throughout the duration of the project, so I'll still be in my substantive post and they will compliment each other very well.*

*"I'm looking forward to this challenge, and hopefully through this process we can find new ways of working that will improve patient care even further."*

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### **Thank you Colin!**

This month we said a fond farewell to Colin Neil who was our Finance Director for the past 3 years.

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*"It has been a genuine privilege working here and it is going to be strange not coming back in here on Monday mornings.*

*"The last 2 years have been so challenging, but the achievements through it all show how brilliant the people are who make NHS Golden Jubilee the amazing place that it is."*

### **Colin Neil**

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Good luck in your new challenge Colin, we will miss you and you will always be part of Team Jubilee.

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### **Researchers raising cash for cancer**

The Research Institute will be raising money for Macmillan Cancer Support by taking part in the World's Biggest Coffee Morning on Thursday 29 September.

The team will be hosting a Coffee and Cake morning from 10am – 11.30am in the Staff Hub.



There will be a raffle and other small gifts available to purchase with all money raised going to Macmillan.



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*If you'd like to donate any baked goods or would like more information, please contact [Mary McAuley](#).*

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### 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



### Artistic patient shows his thanks through creations

Many thanks to the very artistic James Findlay Farmer who took the time to create a thank you 'menu' for our Catering team to show his appreciation of their food skills and person-centred care while he was with us as a patient.

James also made a big banner for our staff in 4 East about his experience and thanking them for the top class care he received there.

Both departments are absolutely thrilled with their thoughtful gifts and everyone had a smile thanks to James's kindness.





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The Scottish Public Pensions Agency



Scottish Public Pensions Agency  
Buidheann Peinnseanan Poblach na h-Alba

13 - SPPA

The Scottish Public Pensions Agency annual statements are now available to view on their website.

You can view these by visiting their website, and logging in at the following link:  
<https://pensions.gov.scot/online-services>

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### Comments about you!



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

"I wish to express my thanks to the staff of NHS Golden Jubilee Hospital for my recent catheter ablation for atrial fibrillation which took place in your Cardiology Department on Tuesday 28 June. Dr Dobson, his team and the nursing staff were excellent both in terms of preparation and procedure. This followed by a period of after care in his ward which was first class. It has been about three weeks since the operation and to date I have had no recurrence of atrial fibrillation so I remain optimistic that I can return to a full life." **James Strong**

"I was admitted to the Jubilee last year for test which revealed that I have a condition called Pulmonary Hypertension. From the porters, nursing staff to consultants I could not fault them. Each and every one of them are truly special, gifted people. I will always be forever grateful. Thank you Team Jubilee." **Samantha Kilgour**

"Just home from having hip surgery at the Golden Jubilee. The experience was one of brilliance. Every member of staff was just so professional. My Surgeon Mr Picard deserves a gold medal as I can assure you that wasn't easy. From the bottom of my heart I thank each and every one of you!" **Gordon Munro**

"I had a very good experience at the Golden Jubilee. My surgeon Mr Munro and nursing staff were wonderful. I can't fault it. Thank you for everything." **Roberta Jones**

"Cannot thank this Hospital enough. They went above and beyond for my son who wasn't even a patient when we had a medical emergency." **Lorna Sweeney**


"I would like to say a big thank you to all the pre assessment staff at in Orthopaedics. Firstly, you are made welcome by the receptionists, all the staff are always helpful, polite and friendly. I would like to say a special thank you to Karen, she was absolutely brilliant, she phoned me or messaged me with updates once a week, so again 5 stars to you all!" **George Bruce**

"Best Hospital I have ever been in, not only in the UK but the world, and I have seen a good few in my time being ex forces. The standards they uphold in this Hospital in second to none. If all NHS Hospitals could keep up to this standard we would have the best hospitals in the world. The cardiologists, doctors, nurses and staff always aim to keep you smiling even though you are in a seriously bad way. Nurses go above and beyond for you. I have to personally mention the nurses and doctors in NSD and Intensive Care 2 for getting me through my time with heart failure. If anyone has to attend this hospital I can guarantee you are in exceptional hands. Number 1 in the UK." **Shaun Kemp**

**NHS**  
Golden Jubilee

"I wish to express my thanks to the staff of NHS Golden Jubilee Hospital for my recent catheter ablation for atrial fibrillation which took place in your Cardiology Department on Tuesday 28 June. Dr Dobson, his team and the nursing staff were excellent both in terms of preparation and procedure. This was followed by a period of after care in his ward which was first class. It has been about three weeks since the operation and to date I have had no recurrence of atrial fibrillation so I remain optimistic that I can return to a full life."

**James Strong**  
Cardiology Patient



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## Health and Wellbeing





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

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## Home Energy Scotland webinars

With many of us facing rising fuel bills, Home Energy Scotland have designed an online workshop to help you look after your energy bills.

Friendly advisors will talk you through:

- Understanding the Price Cap
- How you can reduce your energy bills
- The savings you'll benefit from by making simple changes to the way you use energy at home
- How you can put these practical tips into practice

The interactive sessions last 30 minutes, with the chance to ask the advisors questions, will be held on:

- **Thursday 15 September at 10:30am – 11am and 2pm – 2.30pm**



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[Click here to register](#)

*Home Energy Scotland is funded by the Scottish Government and provides free, impartial advice to help people in Scotland lower their energy bills and keep warm at home.*

### **Prize draw**

*There is also a free prize draw for a hamper, which includes a smart watch, reusable water bottle and coffee mug, an eco-laundry egg, reusable straws, bamboo toothbrushes and shampoo bar.*

[Click this link to enter](#)

*The winner will be announced on Facebook at: [@HomeEnergyScotlandSC](#)*

*Good luck!*

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### **Jubilee Active Blog**

There are so many benefits for you by cycling to work, which Occupational Physiotherapist Kathryn Wales talks about in the latest Jubilee Active blog.

She even gets a 'natural high' from it!

The blog coincided with Cycle to Work Day on August 4 and highlights the many great aspects of cycling such as de-stressing, taking in the sights, staying healthy and saving money in the process.

What other motivation do you need?



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

*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 2, extension 5121.*

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## Volunteering – benefits for you

It can be hard to find time to volunteer with the busy lives that we lead between family and work. However, the benefits of volunteering can be enormous. While volunteering offers vital help to people in need, worthwhile causes, and the community, the benefits can be even greater for you.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. Giving in even simple ways can help those in need and improve your health and happiness.

### **Benefits of volunteering:**

- Volunteering connects you to others
- You can make new friends and contacts
- It increases your social skills

### **Volunteering is good for your mind and body:**

- helps counteract the effects of stress, anger, and anxiety
- combats depression
- makes you happy
- increases self-confidence
- provides a sense of purpose
- helps you stay physically healthy

### **Volunteering can advance your career:**

- Teaching you valuable job skills
- Gaining career experience

Volunteering also brings fun and fulfilment to your life.

Within NHS Golden Jubilee we have a number of staff who support local young people through MCR Pathways, a charity that has been supporting care-experienced young people and those who have experienced disadvantage, since 2007.

MCR recruits and trains volunteer mentors who are matched with a like-minded young person that shares similar personality traits, hobbies or career aspirations.

Mentors meet with their young person at their school for just one hour per week and the difference this encouraging relationship makes is life-changing.



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For more information [watch MCR's online info session](#) or follow [@MCRPathways](#) on social media for more info.

If it is a different opportunity that you're looking for, or even just more information about volunteering there are other resources, visit [VolunteerScotland](#).

Volunteer Scotland is the national centre for volunteering and has opportunities around [Scotland](#).

The [NHS Scotland Global Citizenship Programme](#) aims to increase NHS Scotland's global health contribution, by making it easier for all NHS staff to participate in global citizenship, both here in Scotland and overseas, through the provision of guidance, co-ordination and support.

You'll also find volunteering opportunities advertised through your local council.

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## Sanctuary Activity

You can give yourself breathing space from your busy life and join colleagues for a Sanctuary Activity every weekday in the Spiritual Care and Wellbeing Centre:

Day	Activity	Time
Monday	TGI Monday	12.15pm to 12.30pm and 2pm to 2.15pm
Tuesday	Mindfulness	
Wednesday	Mindful Music	
Thursday	Meditation	
Friday	Breathe in to the weekend	

## Spiritual Care and Wellbeing Centre

Please come and visit our centre, step in to some quiet time:

**Spiritual Care Reception:** an informal and relaxed space to pause and sit quietly. You are invited to write in our book of reflection, prayers and thoughts; place a name on our memory tree of someone special to you.

**Sanctuary:** This is a room of intentional quiet. A small reflective space with access to comfortable seating and access to literature. This room is set up so that more than one person can come in to the space.

**Prayer Room:** The Prayer Room is a small area for people of religion to pray or connect with their faith. It is open for people of all faiths and is directly opposite an ablutions room, which may be important to people from specific faith traditions.

**Chaplains:** We offer a confidential space if you would like to speak with a Chaplain who can be contacted in advance on extension 5060 or page 0318.

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## Interfaith Week

The Spiritual Care service is looking for colleagues to speak to them about what spiritual, religious or philosophical belief means to you for Interfaith Week 2022.

The week is running from 13 – 20 November and the service would like to hear from staff about their beliefs to help them improve the service.

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*“From a spiritual care perspective there is a rich tapestry of spiritual, religious and philosophical belief within our hospital community.*

*“Our first invitation was to our Chair, Susan Douglas-Scott, who spoke to us about Humanism and Spirituality. We would like to hear from you, our staff, to know what spiritual, religious or philosophical belief means to you.*

*“We don’t always talk about it, and it may be one factor in our resilience, but we would like your help to help us to continue with the wonderful work we do here.”*

***Tosh Lynch, Spiritual Care Lead***

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15 - Chaplains Joe Keenan (left) and Tosh Lynch

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Anyone interested should contact [Tosh Lynch](#).

***Further resources:***

[NHS Education for Scotland](#)

[Scottish Interfaith Week](#)

[Interfaith Scotland](#)

[Interfaith Glasgow](#)



16 - Susan Douglas-Scott chats about Humanism

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## Events



### Remote and Rural Festival of Learning

The Remote and Rural Festival of Learning is being held in Portree, Isle of Skye.

This event will bring together health and social care professionals, as well as community members to deliver a diverse range of transdisciplinary and multiagency models of health and social care, practice, education, training, and digital innovation.

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*Registration closes 2 September 2022.*

*For further information, please email [events@nes.scot.nhs.uk](mailto:events@nes.scot.nhs.uk)*

*[Click here to register](#)*

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### NHS Project Futures Compass 22.2 Event

This 1-day online event is taking place on Wednesday 7 September and is an opportunity to discover and discuss the latest ideas, initiatives and opportunities in the world of Digital and Data Project Delivery.

There's a great line-up of speakers who will be sharing their knowledge, expertise and guidance on a range of topics including interactive sessions.

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*If you have attended one of these events before – you already have access to the platform so you can log back on by [clicking this link](#).*

*Or, you can register for the event by [clicking this link](#).*

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### National Research Scotland (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.



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[Click here to register](#)

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### Revised date for the Scottish Right Heart Symposium

The Scottish Right Heart Symposium will now take place on Tuesday 8 November 2022 in the Golden Jubilee Conference Hotel.

This will be a specialised meeting covering all things Right Heart and pulmonary circulation, bringing together a multi-disciplinary team of experts.

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*Call 0141 951 4132 to find out more, or email [Jocelyn Barr](mailto:Jocelyn.Barr).*

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### Learning and Organisational Development



#### Learning and Organisational Development update

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

- Do you want to become more self-aware? Our ‘Self-Awareness with DiSC’ course is aimed at all staff – at any level and any department. The highly interactive and fun session uses the DiSC profiling tool to focus on the 4 major categories of communication styles that affect how you may interpret the world around you.
- Challenging conversations for managers: We are offering a course to increase your confidence and skills in dealing with difficult conversations and is aimed at people managers and supervisors.

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

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## The Social side



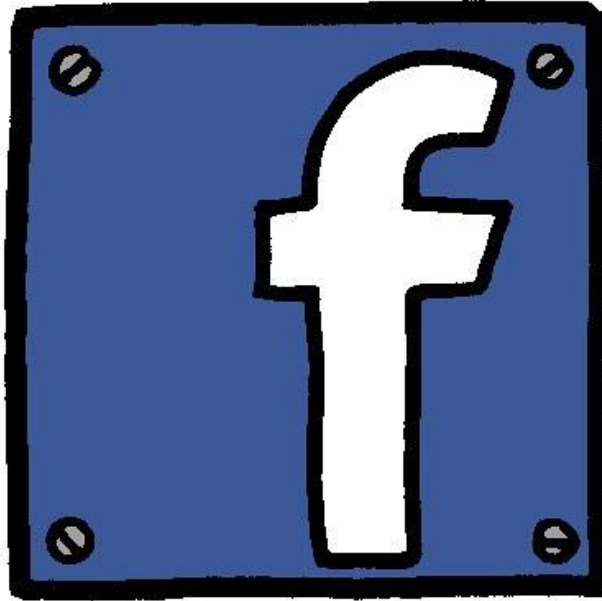
### What's happening on our social media pages

#### Facebook:

This month we said a huge congratulations to one of our heart transplant patients, Steve Donaldson who finished 2nd in the cycling road race and 4th in the time trial at this year's British Transplant Games in Leeds.

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





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

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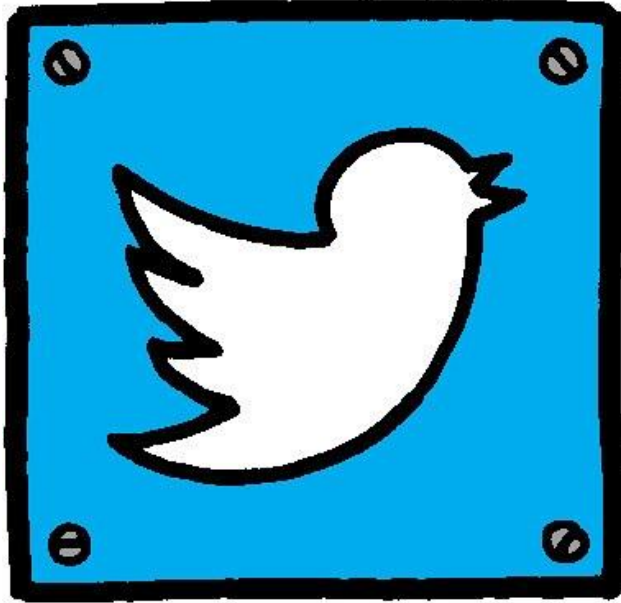
**Twitter:**

Patients were keen to get involved in our Research Departments latest project that aims to describe the outcomes of thoracic and aortic surgical procedures within the Scottish population.

Anyone who is interested in taking part or finding out more can email [Research](#)

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





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

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**YouTube:**

This month we experienced what it's like to be part of our Medical Physics team!

The team shared what it's like to be part of their team and the vital service they provide to our Hospital.







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

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#### **LinkedIn:**

This month we celebrated young people across the world with International Youth Day 2022!

As a Gold Investors in Young People employer, we are proud to offer placements, volunteer and work experience opportunities to our young people.

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





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## Social Media Posts

### No Wrong Path!

With school students across Scotland receiving their exam results this month, we took to social to remind everyone that there is #NoWrongPath to a successful career in healthcare!

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



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## Recruitment

As our services continue to grow so do our teams. We want to attract the best people to join our team so we ask that staff share comment and like our recruitment posts on social media.

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



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## Scottish Government News



### National strategy for NHS eco-sustainability

A new national strategy, aiming to make the NHS environmentally sustainable, has been launched.

The NHS Scotland Climate Emergency and Sustainability Strategy targets 5 crucial areas for achieving net-zero:

1. Buildings – ensure well insulated, efficient and using renewable heating systems
2. Travel – low emission, electric vehicles and making it easier for staff, patients and visitors to travel to NHS sites by public transport or bicycle
3. Goods and services – cutting emission in the supply chain, reducing the goods and materials used as well as reducing the use of single use instruments
4. Care – Reduce the use of emissions from medicines such as metered dose inhalers or anaesthetic gases
5. Communities – how to support communities to adapt to climate change and encourage them to make sure of the greenspace in hospital grounds

The reports will be published annually from next year.

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[Click here to read more and to download the report](#)

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### **Improving cancer waiting times**

Cancer patients are set for faster access to treatment as an additional £10 million has been allocated to help improve waiting times.

The money will be shared among health boards to boost the number of operations available, creating new clinics, and upskilling new staff to speed up the delivery of endoscopy, radiology and chemotherapy treatment.

This is part of the Scottish Government's £114.5 million National Cancer Plan which aims to support patients and delivering equal access to care across the country.

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[Click here to read more](#)

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### **Scotland's winter vaccination programme gets underway**

People aged 65 and over as well as frontline health and social care staff will be first in line for a winter booster jab to protect the most vulnerable from COVID-19 and ease the pressure on hospitals.

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[Click here to read more](#)

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## **Contact**



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*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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