



# Jubilee Life **October 2022**

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*Issue 41*

*Welcome to the October 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



## New training programme will upskill Health Care Support Workers to help future NHS workforce

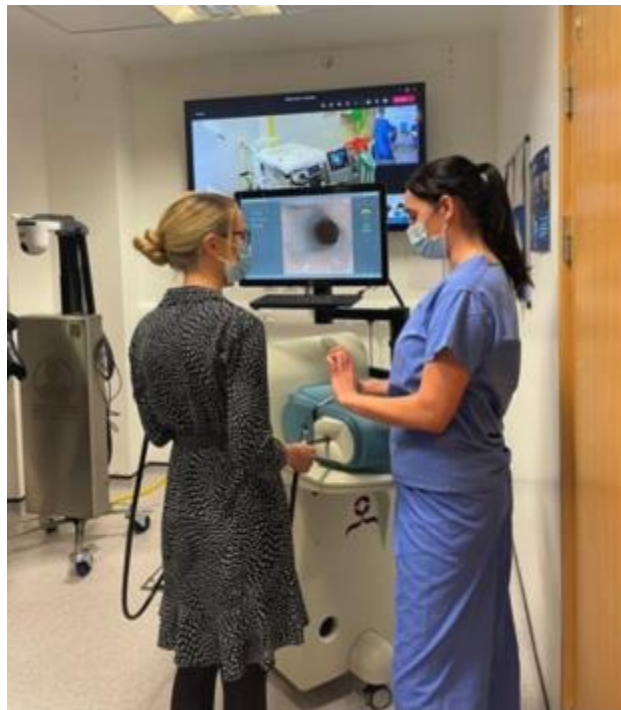
The NHS Scotland Academy are excited to have launched the the National Assistant Practitioner Endoscopy Training Programme, with 7 learners from 5 health boards across Scotland participating in the first block.

The programme will help to address workforce gaps by increasing the number of staff available across NHSScotland, making a vital difference to the care of thousands of patients in need of both diagnostic and therapeutic endoscopy procedures.

Developed by the Academy and Joint Advisory Group for Gastrointestinal Endoscopy (JAG), the programme delivers accelerated training to support a new career pathway from entry level Assistant to advanced Assistant Practitioner in endoscopy.

Learners will gain the skills and knowledge they need to fully assist Endoscopists and nursing staff during complex procedures, whilst also supporting the patient.

With the current staffing pressures across the NHS, this programme will contribute to current and future demands seen within endoscopy care.



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

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## Get Together at the Golden Jubilee Conference Hotel

The Golden Jubilee Conference Hotel has everything you need to get together and reconnect with colleagues and delegates this January with the New Year Together delegate package!

To help you kick-start 2023 the right way, we are offering exclusive health and wellbeing extras to your meeting or event at no extra charge. This includes:

- Unlimited coffee, offering a delicious range of blends and flavours, along with speciality teas.
- A complimentary, freshly made, Smoothie Shot on arrival.
- A “Make your own yoghurt” station during your mid-morning break.
- Fruit juice, water and fresh fruit.
- Our bespoke Brain Food Menu to supercharge your Networking Lunch.

Not only will you be supporting your delegates’ health and wellbeing, keeping them energised and engaged to get the most out of your event, you will also have full access to our state of the art facilities and dedicate support team.

As Scotland’s only NHS owned hotel, as a member of staff, you will have access to exclusive discounted rates.

### Melt the Ice Breaker

Why not also try our ice breaker with a difference? Awaken your delegates for the day ahead with our Yoga Ice-Breaker Session. Our experienced yoga teacher will get your creativity flowing with this guided yoga session, suitable for all levels.



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To find out more and to book, call 0141 951 6006 or [visit here](#).

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### **New Rapid Cancer Diagnostic Services will help detect cancer earlier**

The new Rapid Cancer Diagnostic Services are being established in NHS Lanarkshire and NHS Borders.

The programmes developed by the national Centre for Sustainable Delivery will help speed up cancer diagnosis through a new fast-track primary care route.

This builds on the 3 Rapid Cancer Diagnostic Services already in operation in NHS Ayrshire & Arran, Fife and Dumfries & Galloway, which have now seen hundreds of patients referred since they were first established in Spring 2021.

Data shows around 16% of referrals have gone on to be diagnosed with cancer, with around 20% receiving non-cancer diagnosis and many others being discharged or referred onto primary care for non-cancer related treatment.

NHS Lanarkshire and NHS Borders plan to establish a pathway which will see patients receive an outcome within 21 days from referral.



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[Click here to read more](#)

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### **Innovative cancer diagnostics help thousands across Scotland**

Over 7,500 Scottish patients are benefiting from 2 ground breaking diagnostic services that are helping them access cancer checks closer to home.

The colon capsule endoscopy (CCE) service and cytosponge means that patients can get scope results by simply swallowing capsules rather than using traditional scope methods and sedation.

In CCE, patients swallow a small PillCam that takes 50,000 pictures of the bowel as it passes through the digestive system, helping to identify early signs of cancer.

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

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



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*“Scotland has led the way for CCE in the United Kingdom.*

*“The service continues to innovate with plans for home delivery, Artificial Intelligent reading of images and ‘digital coaching’ of patients using phone applications.”*

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

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Cytosponge helps to identify important oesophageal conditions such as Barrett's oesophagus.

Cytosponge is a small capsule which is attached to a fine string. After swallowing, the capsule coating (vegetarian gelatin) dissolves in the stomach to release a small brush which, when removed, allows cell collection from the lining of the oesophagus (gullet or food-pipe). These cells are then analysed for abnormalities.

Supported by NHS Golden Jubilee's Centre for Sustainable Delivery (CfSD), both innovations are a collaborative between health, academia and industry and are available across NHS Scotland.

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[Click here for the full story](#)

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### **Chair wins Inspirational Leader Award**

Congratulations to our Chair, Susan Douglas-Scott, who won the Inspirational Leader category at the 4th Scottish Women's Awards this month.

The Scottish Women's Awards 2022 honoured the talent of female professionals across the country, commending women entrepreneurs, businesses and civil servants on their success and contribution to society.

These individuals were nominated by the public for a wide range of remarkable work carried out across Scotland.

This is an amazing accomplishment, and congratulations once again to Susan and all those nominated for the awards.



*1 - Susan Douglas-Scott*

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### **Caroline Lamb addresses Health and Social Care leaders**

At a national Urgent and Unscheduled Care National Learning event, Caroline Lamb, Chief Executive of NHSScotland and Director General Health and Social Care, delivered an opening keynote speech addressing challenges in the system ahead of winter.

In her address to NHS Chief Executives, Health and Social Care Chief Officers, directors and operational leads, Caroline acknowledged concern about pressures across the health and social care system and said that every effort was being made to maximise capacity and ensure resilience of services.

She recognised that staff have barely had time to draw breath between waves of COVID, but have nevertheless been working hard to reduce waiting lists. This is coupled with the highest levels of delayed discharge on record. The sustained pressure means that hospitals are full, with waits at A&E and for planned care being longer than anyone wants.



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*Ms Lamb said: “These are whole system issues that require a whole system solution. Strong relationships and leadership at all levels across the health and care system will be essential in enabling our response.”*

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She told delegates that the Health and Social Care Winter Resilience Overview, launched on 4 October, described the actions being taken to deliver system improvements and build capacity for winter. The [Overview](#) sets out a list of priorities, jointly with COSLA, and is underpinned by £600 million in investment.

She reinforced the winter priorities as Primary Care, workforce and delayed discharge, adding:

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*She reinforced the winter priorities as Primary Care, workforce and delayed discharge, adding: “This winter, where clinically appropriate, we want to ensure that people receive care at home, or as close to home as possible. Our health and social care leaders are working with the BMA and Royal College of General Practitioners to increase accessibility to Primary Care and make sure that appointments with the most appropriate person – which might not always be a GP – could be made and treatment provided throughout winter.*



*"We want to see improved call wait times at NHS 24 and we are supporting the Scottish Ambulance Service with an additional investment of £45 million for an increased workforce."*

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In relation to workforce, Ms Lamb acknowledged that recruitment remains key to resilience, along with the retention and wellbeing of the existing workforce.

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*"To boost our NHS workforce, which has already grown by 8.9 per cent since December 2019, this winter we are making £7.98 million funding available to support NHS Boards in recruiting up to 750 additional nurses, midwives and allied health professionals from overseas. New 'Retire and Return' guidelines have been developed and power devolved to NHS Boards to utilise local flexibilities within NHS Pension arrangements."*

*"These changes build on wider support planned through our soon-to-be-launched Improving Staff Wellbeing and Workforce Cultures strategy and Leading to Change, our national leadership development programme."*

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Ms Lamb also reminded the audience that Ministers had written to Local Authority Leaders, NHS Board and Integrated Joint Boards (IJBs) earlier this month to seek assurance that all possible action was taken to deliver a reduction in patients delayed in hospital who no longer had a clinical need to be there.

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*"It is expected that NHS Boards, IJBs and local authorities will work collaboratively to ensure a whole system response," she said.*

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Ms Lamb also acknowledged that the fundamental ambitions for health and social care in Scotland remained unchanged:

- Everyone in Scotland is receiving the right care, at the right time, in the right place based on their individual circumstances and needs.
  - Prevention, early intervention, proactive care and good disease management keep people in Scotland healthy, active and independent.
  - Communities, third sector and the private and public sector work together to improve health and wellbeing and reduce health inequalities in local communities. While focus is on the immediate challenge, it is also important that there are plans for the future, working to reduce demand through improving the health and wellbeing of our population and also implementing the fundamental principles of the National Clinical Strategy, and Realistic Medicine.
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*Ms Lamb concluded: "Despite the considerable challenges we have faced in the last few years, I'm optimistic that by working collaboratively and with the continued commitment and dedication of*



*everyone in this room, we will not only recover but also innovate and redesign to deliver lasting reform for the future.”*

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### **Dr Ben Shelly promoted to Honorary Professor**

Dr Ben Shelly, Consultant Cardiothoracic Anaesthesia and Intensive Care here at NHS Golden Jubilee has been promoted to the role of Honorary Professor at the University of Glasgow for his ongoing work in Anaesthesia, Critical Care and Perioperative Medicine Research.

Ben was also awarded the British Oxygen Company (BOC) Chair of Anaesthesia Grant last year to fund his research into the incidence, impact and mechanisms of perioperative right ventricular dysfunction.

Dr Shelley has been at the forefront of ground breaking research that is set to change the way treatment is delivered to patients. This year, Ben was the chief investigator in the ground breaking Covid-RV study that found the disease to be associated with impaired function of the right side of the heart.

This important study could play a vital role in not only saving the lives of COVID-19 patients, but the care of potentially fatal heart and lung issues generally, as well as helping prepare for any possible future pandemic.

Ben continues to work to progress the work of Anaesthesia, Critical care and Perioperative Medicine Research Group as they seek to build a centre of excellence in this field.



*2 - Dr Ben Shelly*

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[Click here to read more about the BOC Chair of Anaesthesia Grant](#)

[Click here to read more about the COVID-RV study](#)

[STV News media coverage of COVID-RV](#)

## Cyber Awareness Month

This month has been Cyber Awareness Month - an opportunity to raise the profile of the importance of cyber security and the dangers of cybercrime. The campaign also highlights that it's everyone's responsibility to ensure cyber security is applied to their home and work online life.

Cyber Security is the term used to describe the controls implemented to protect our digital infrastructure from threats that would compromise the confidentiality, integrity and availability of our digital resources and requires a coordinated effort across the organisation to be effective.

Small changes, made by you, can make a big difference, such as:

- Password management
- How to recognise a suspicious email and what to do
- Learn about Phishing scams on emails and phone calls (this is where a scammer will pretend to be someone you know to gain confidential information).

**Cyber Security Awareness Month** 

Small changes, made by you, can make a big difference to your online security, such as:

- Password management.
- How to recognise a suspicious email and what to do.
- Learn about phishing scams on emails and phone calls (this is where a scammer will pretend to be someone you know to gain confidential information).

The National Cyber Security Centre (NCSC) is a fantastic resource to gain a better understanding of cyber security and what you can do to make your online life safer.

Scan the QR code on the right for further information.

#CyberSecurityAwarenessMonth @StaySafeOnline



The National Cyber Security Centre (NCSC) is a fantastic resource to gain a better understanding of cyber security and what you can do to make your online life safer.

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[Click this link for more information](#)

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A staff survey has also been running during October to gain a better understanding of awareness across the organisation on cyber security. We will use the results of this survey to help shape future cyber security awareness training and guidance for all NHS Golden Jubilee staff.

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*Please, take a few minutes to complete this survey by [clicking this link to access](#)*

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## **Black History Month**

October marks Black History Month in the UK, which recognises the contribution and achievements of those with African or Caribbean heritage. It's also an opportunity for people to learn more about the effects of racism and how to challenge negative stereotypes.

At NHS Golden Jubilee we value diversity and the rich heritage of our staff from different backgrounds and cultures.

We are passionately active in creating an inclusive workplace for all of our valued members of staff, as well as supporting anti-racist agendas. Racism has no place in this organisation, or society as a whole.

Steps we have taken to ensure our staff feel heard and valued:

- Established a staff Ethnic Minority (EM) network, which now has over 22 members, in which members contribute to consulting on policy, strategy and practice in relevant matters.
- We continue to deliver training to staff to deconstruct racism, by industry specialist Gillian Neish.
- In addition to our gender pay gap reporting, we now publish ethnicity pay gap reporting, so that we can be accountable at deconstructing systemic disadvantages.



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*To join our EM network email [GJNH ethnic minority](#)*

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**Maximising our curriculum Beyond Inclusion and Diversity**

The NHS Education for Scotland (NES) Underrepresented Ethnic Minority Staff Network have recorded an hour in conversation with Professor Emerita Rowena Arshad CBE, FEIS. Rowena is an anti-racist activist and educator former Equal Opportunities Commissioner (Scotland) and first Dean of colour in a Scottish University.

Proff Emerita shares her thoughts on how to embed anti-discrimination in our work as inclusion is not enough. She touches on our responsibilities to ensure curriculum and pedagogy is anti-racist and inclusive as well as participant responsibility towards culture change and improving awareness at the point of service delivery.

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*[To view the full recording, please click on this link.](#)*

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### Whistleblowing Speak Up Week recording

A recording of a webinar on Trust and Transparency during Speak Up Week has been made available by the Independent National Whistleblowing Officer (INWO).

There is also a recording of a conversation between Rosemary Agnew (the Independent National Whistleblowing Officer) and Dr Jayne Chidgey-Clarke (the National Guardian) about the benefits of speaking up.



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*[Click here to view the webinar](#)*

*Anyone interested in receiving regular INWO news can sign up to receive updates [here](#).*

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### New hospital no smoking law

The Scottish Government has made it an offence to smoke within 15 metres of an NHS hospital building from 5 September 2022. This includes awnings, canopies or any other overhanging structure attached to the building.

The new legislation means anyone found lighting up within 15 metres of a hospital building could face a fixed penalty notice of £50 or a fine of up to £1,000 if the case goes to court.

Anyone found smoking should be asked to stop. Staff are asked to ensure they are familiar with the guidance to support this law and what it means for them.

This is the latest step in the Scottish Government's plan to create a tobacco free Scotland by 2034 and supports the voluntary smoke-free hospital grounds policy introduced in 2015.



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Visit [Scottish Government no smoking zones](#) for more information.

For any queries, and if staff need to report incidents, please contact [Security](#).

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## People



### Welcome to Carolynne O'Connor - our new Deputy Chief Executive and Director of Operations

We welcomed Carolynne O'Connor to Team Jubilee this month as she took up the dual post of Deputy Chief Executive and Director of Operations on 7 October.

## Working in nursing and senior management

ent roles for more than 30 years, Carolynne brings a wealth of experience in managing planned care, unplanned care, specialist services, strategic transformation and partnership working.

Immediately before joining NHS Golden Jubilee, Carolynne was Director of Operations at Lancashire & South Cumbria NHS Trust and began her long NHS career as a Student Nurse back in 1985 at Worcester Royal Infirmary.

She worked her way through the nursing ranks, moving into operational management around 25 years ago and has since worked across the UK from London and Leeds to Manchester, Lancashire and now Scotland.



3 - Carolynne O'Connor

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*She said: "I've managed all operational specialties from planned and unplanned care, specialised services such as maternity, laboratories, cardiothoracic and cardiology and surgical specialties.*

*"I am particularly interested in elective care so I was very keen to work at the Golden Jubilee. I've heard so much amazing feedback about the hospital, both from patients and people across healthcare.*

*"The Golden Jubilee is recognised for the excellent work delivered here.*

*"I was also attracted to the developments happening here, including the Phase 2 expansion, the Centre for Sustainable Delivery (CfSD) and the Academy.*

*“As Deputy Chief Executive I’m very excited to be forging partnerships outwith our organisation to strengthen our position within NHS Scotland in terms of what we do and deliver.”*

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Carolynne’s portfolio also includes the Hotel and she is looking forward to working with the teams at the Hotel to develop the Strategy for the future.

She is also a keen advocate for inclusivity and investment in staff wellbeing.

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*“I am very proactive and passionate about health improvement, staff wellbeing in particular, so I’m really keen to work with colleagues on this. The NHS is facing a huge workforce challenge, I want to ensure that Golden Jubilee remains a great place to work and my focus will be on investing in the staff we have as well as attracting staff to work here.*

*“I look forward to meeting staff over the next few months and am very happy to meet teams, attend team meetings to introduce myself.”*

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## **Welcome to Jennifer Pope - our new Deputy Director of Workforce**

This month we were delighted to welcome Jennifer Pope as our new Deputy Director of Workforce.

Jennifer has worked in Human Resources (HR) and workforce development for over 20 years in a variety of sectors, including Health and Social Care and Local Authorities.

For the last 7 years she has worked for NHS National Services Scotland (NSS) providing strategic HR advice and services across wide range of areas including the Central Legal Office, National Screening Division, NHSS Assure and National Procurement.

The remit of the role also included responsibility for Strategic planning, workforce planning and wellbeing across these Directorates.





4 - Jennifer Pope

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*Jennifer said: "I was attracted to applying for a role in the Golden Jubilee as I worked in another health board and I was aware of all the fantastic work, and the expansion that was taking place here at NHS Golden Jubilee.*

*"On a personal note, my son attends here as an adult heart patient and this has been a positive experience for him and for us as a family.*

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As Deputy Director of Workforce, Jennifer will be responsible for leading the HR, Recruitment and Occupational Health services.

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*Jennifer said: "The staff at Golden Jubilee are key to effective healthcare delivery and my role is to work with stakeholders, managers and trade unions to provide strategic and operational HR services across the Board.*

*"I'll also work closely with HR Director, Serena Barnett, to support the wider HR function, which I hope I can help continue to grow and deliver excellent services across the Golden Jubilee. I love to see people growing and being successful in their development and careers."*

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Jennifer is looking forward to helping take on the challenges of our exciting expansion programme, in terms of local and international recruitment as we grow over the next 9 months.

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*She said: "The team is linking in with colleges, schools and universities to address this and there are other initiatives across the organisation being put in place to support existing staff."*

*"I am really looking forward to working with staff and managers across the Golden Jubilee. I genuinely think it's a great hospital, with great people, who deliver great outcomes for the people of Scotland."*

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## **Sean is right on the Money(ball)**

Our Performance and Planning team is expert at helping us deliver top quality healthcare, but Security Officer Sean Strain is also a maestro at statistics and analysis.

In addition to keeping our site safe and secure here at NHS Golden Jubilee, Sean is also the First Team Performance Analyst at Greenock Morton Football Club.

If you've ever seen the hit 2011 Hollywood movie 'Moneyball', you'll know how important stats and analysis are for modern day sports teams.

In the film (starring Brad Pitt) the Oakland A's baseball club team go against conventional wisdom and use player statistics to sign players instead of buying the well known, big money stars.

And the formula worked a dream as they made the World Series with seemingly ordinary players, but ones whose stats showed they performed well within a team, rather than on an individual basis.

Sean's duties are very similar and he has worked at some of Scotland's biggest clubs in Hibernian and Hamilton Academicals in the country's Premier League, 'pitting' his wits against the big boys from Celtic, Rangers, Hearts and Aberdeen.

He has worked with household names like Neil Lennon, Brian Rice, Dougie Imrie, Martin Canning - now assistant at English Championship side Stoke City with Alex Neil - another former Accies manager.

The 25-year-old, from Faifley, gained a First Class Honours degree in International Sports Management from Glasgow Caledonian University, giving him career options in sports business, finance, marketing, community development and volunteering, management and events among other specialties within the industry.



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*Sean said: "One of my passions has always been football and when I was at university I managed to get a job working for Hibernian FC as a recruitment analyst in the scouting department, helping to recruit players for the first team.*

*"I worked with players like (Scotland international and Premiership star) John McGinn, whom I actually knew as his mum taught me at school.*

*"The job itself involves a multitude of things. Sometimes you're liaising with the manager, then you've got recruitment analysis, opposition analysis, video analysis.*

*"I have experience now in doing all 3 of these things under the performance analysis umbrella. At Hibs it was recruitment analysis which involved scouting players, going to games and compiling reports on players.*

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*“I was there for a year doing that and then went to Camp America in the summer in Nebraska, which was fantastic, and then I came back to Scotland.”*

*“I do around 10 hours a week at Greenock Morton, watching the game from the weekend. I’ll report on the things we did well in the game, things that need to be worked on, individual player performances, feeding this back to the manager.”*

*“I’ll also watch the opposition teams we are playing next and make up a report on them about their strengths and weaknesses, formations, their star players and statistics like expected goals. Some managers are really into the stats, but some are not.”*

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Not surprisingly, Moneyball is Sean's favourite film, and he's hoping to have a similar impact within sport using his niche, statistical analysis talents.

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*He said: "When I came back from America I went to Hamilton Academicals and worked in recruitment and performance analysis, video and opposition for 4 years, doing all the first team games, home and away."*

*"To do the performance analysis effectively you have to know your own team inside out, know the opposition teams inside out too, right down to the numbers their players are wearing."*

*"You've also got to look at the height of opposition players, what kind of shape are they, are they fast, these types of things. This helps you match up your own players against them at the likes of set pieces where you will have one of your players marking someone of a similar height."*

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After leaving Hamilton, where he enjoyed the highs of his club playing at Celtic Park, Ibrox, and beating Aberdeen up at Pittodrie, he worked for the Major League Soccer (MLS) team Houston Dynamos, carrying out recruitment analysis from home through his Camp America connections, feeding reports back to them.

Sean is now balancing his Greenock Morton duties with his full-time 'day job' here at NHS Golden Jubilee here and part-time at the football club, and enjoys both.

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*He added: "I'm balancing things quite well at Morton at the moment. I have a lot of connections in football now too, so my network is enhancing my qualifications and experience and I'm hoping it leads to bigger things in that respect."*

*"I've worked in Procurement and in the Hotel here and it's a great place to work with brilliant colleagues who've always supported me."*

*“I think that’s the key to our success here at the Golden Jubilee, and like in Moneyball, everyone does their job well and that’s what makes the team work.*

*“If I had to analyse the work rate and production of staff at the Golden Jubilee, I think we would definitely be top of the xPts table!”*

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### **Fond farewell to Maggie**

This month we said farewell and good luck to SACCS Nurse Specialist, Maggie Simpson.

Maggie has been with us for the last 10 years, playing a central role to the Cardiac Obstetric Team and has developed numerous resources including a maternal resuscitation course.

Maggie’s passion for people really shines through in her work and with her determination she has achieved great millstones, including becoming the first Clinical Lead for the Scottish Obstetric Cardiac Network.

Maggie continues her studies at the University of Edinburgh Medical School and we hope to see her back in the Hospital working soon!

Patients and staff will miss you Maggie, best of luck on your new adventure.





*5 - Maggie (left) with colleagues*

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### **Matthew's top lip will be hip this Movember**

Security Officer Matthew Lester will be taking part in the annual Movember campaign by becoming a Mo Bro and growing a moustache to raise awareness of men's health issues.

He's also raising money for the Men Matter Scotland charity in Drumchapel.

Matthew will be shaving off his beloved beard and going for a 'handlebar' moustache on November 1, before changing the moustache style every week to keep his top lip hip for the month.

Men Matter Scotland promotes wellbeing to help prevent suicide among men by supporting men's mental health, improving men's quality of life and providing a platform for connections.

The charity runs weekly group sessions and activities and offers confidential peer-to-peer session as well as referrals for expert intervention when men are in distress.



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*Visit [Men Matter Scotland](#) for more information.*

*If you'd like to join Matthew in growing some facial hair to make a difference, contact [Matthew Lester](#).*

*If you'd like to support Matthew's fundraising efforts, you can do so [here](#).*

*Good luck Matthew!*

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### **Thanks for your service Dave**

Last week colleagues said goodbye to Medical Records legend Dave Kelty, who retired after 11 years with Team Jubilee.

Dave said: "I've loved working here, made lots of friends and will miss everyone."

All the best in your retirement Dave, you'll be missed too.



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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.



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Contact [Comms](#) with your details.

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## Allied Health Professionals (AHP) Day

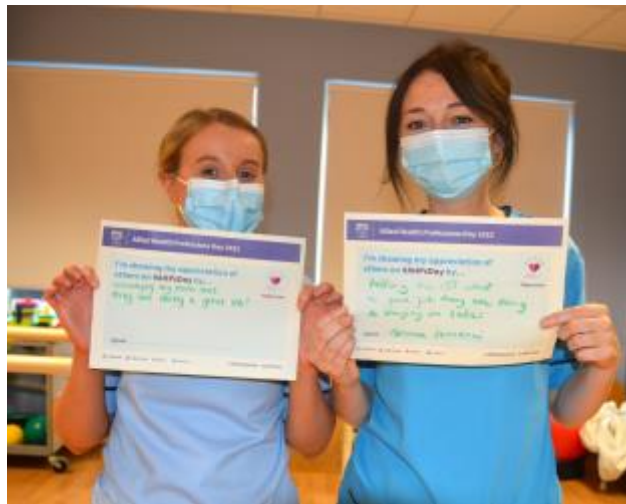


### AHP day - 14 October 2022

On 14 October we celebrated AHP Day, which allowed us to say thank you to all of our AHPs across the NHS, and gave them the chance to highlight their skills and achievements.

In this month's edition, learn a little bit more about the range of AHPs we have across our organisation, and hear what they have to say about their role and their appreciation of what others do as part of #TeamJubilee.

Follow on social: #AHPsDay2022 #TeamJubilee



















## Kathryn and David, Occupational Health Physiotherapists

AHP day also recognises our our Occupational Health Physiotherapists, Kathryn Wales and David Longhurst are a key part of #TeamJubilee, providing physiotherapy for all staff, while also supporting healthy and active lifestyles.



6 - Kathryn and David

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*David said: "We encourage our staff to get active. We provide rapid access specialist physiotherapy for all staff members and we listen to what matters to you."*

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As well as being an Occupational Health Physiotherapist, Kathryn is also an Advanced Practice Physiotherapist.



7 - Kathryn

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*"I do a lot from vetting, assessing, diagnosing, listing for surgery and performing postop reviews.*

*"I also work alongside our orthopaedic consultants providing shared clinical care and excellent patient satisfaction."*

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## Radiographers

Radiographers are part of a multi-disciplinary team (MDT).

As part of your clinical care, there is a 95% chance patients will meet a radiographer during their pathway, and sometimes more than once! AHP Day was the perfect opportunity to learn a little more about the team.



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## Patsy Trainor, Plain Film Radiology Lead

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*“As a radiographer my role involves doing plain film radiography for both in and outpatient referrals, going to thoracic, cardiac and orthopaedic theatre, and performing mobile imaging throughout the hospital as required. I also provide imaging in MRI, CT, DEXA and Cath lab intervention.*”

*“My key roles within the department are to justify and perform Radiographic examinations and provide a high quality diagnostic imaging service. This has to be carried out whilst giving the best direct quality of care to my patients from across the whole of Scotland.*”

*“Clinical placements for undergraduate radiographers are also carried out within the department. When students are with us, I ensure they are supervised well, and get the best possible hands on training possible.*”

*“I also act as one of the departmental Radiation Protection Supervisors (RPS). As an RPS I ensure that any work performed with ionising radiation is done in compliance with the Ionising Radiation Regulations (IRR17) and Ionising Radiation Medical Exposure Regulations (IRMER17) and the local rules required by the regulations.*”

*“It is a pleasure and rewarding job role, by ensuring patients receive the support and care they deserve from their NHS.”*”

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## Val-You



### Long Service Awards



Our Long Service Awards continued this month with some of our wonderful nursing staff being recognised for their long service.

This particular group has over 480 years' service between them and we can't wait to make our way round more of our incredible long serving staff over the next few months.

Keep an eye out for the next lot of applications for the Long Service Awards.







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### Schwartz Rounds success

This month's Schwartz Round had a focus on 'What I did today that made me feel proud' and was once again a very successful and beneficial session for staff.

A panel of 3 took to the floor to talk about a time in their role they felt proud. The theme of 'teamwork' emerged as being one of the most important elements in all stories shared.

The Schwartz Rounds give staff from all disciplines, clinical and non-clinical, the chance to take part in group reflective practice to discuss the emotional and social aspects of working in healthcare.

The date and theme for November's Schwartz Round will be announced soon, so keep a look out for that!



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## Request for iMatter team stories

### Do you have a team story you are willing to share?

iMatter is the national staff experience continuous improvement tool, designed with staff in NHSScotland to help individuals, teams and Health Boards understand and improve staff experience.

One of the most important parts of the iMatter process is the Action Planning stage.

It is during this stage that you, along with your team, review the iMatter report and identify areas that you would like to celebrate and also agree which areas that you would like to improve upon.

The report is just a starting point though and you shouldn't get too hung up on the colours and scores. The important part is that you have a meaningful discussion with your team.

This process is repeated by all teams annually, however, it is important that these actions are kept live and that progress is made to achieve them over the year. And by reviewing what is working well and what is not working so well each year, iMatter allows us to foster an environment of continuous improvement.

Please take the time to fully engage with the iMatter process and play an active part in improving staff experience.

We are also asking teams to come forward and share their story. Are you a team that wants to showcase your journey? Tell us how your team action planned, or what your team's one small thing you agreed on to help improve things?



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[Click here to read our guide to help write your story.](#)

Please submit your draft story to our [Learning and Organisational Development team.](#)

We haven't been able to nominate a team story for the national report or website since 2019, so we want to change that this year and share some of the great examples from Team Jubilee.

To see all of these, [click here.](#)

We are excited to be sharing The Board's team story shortly. In the meantime, you can view our previous team stories from the Hotel, Pharmacy and 3 East Nursing by clicking on the links below.

- 
- [Hotel Services team](#)
  - [Pharmacy Team](#)
  - [2 East Nursing Team](#)
-

## Comments about you!



*8 - What patients and the public have been saying online.*

**Linda Barnes:** I'm a regular visitor to the radiology department and the team at the Jubilee always put me at ease. Thank you for your care and professionalism. First class!

**Marie Coyle Robertson:** AHP Day. The backbone of the NHS, thank you to you all

**Janice Black:** Well done to everyone for your dedication to the NHS especially in these trying times.

**Patricia Crane:** Wonderful hospital and amazing surgeon and team staff

**Allan Kirton-vaughan:** The hospital is really well run. The doctors are second to none, nurses are fantastic and every member of staff from those providing catering to the cleaners. They could not be more professional in their approach to their job. I stayed for 2 weeks and can hand on heart say thank you to all staff.

**Alison Thomson:** Yes they are the best!x

**George Dunn:** Couldn't agree more. Thank you.

**Ms CJ:** The nurses that helped look after me were wonderful!

**Argyll Boy:** I was admitted to ward 3 East at the Golden Jubilee in late August and was scheduled for triple bypass surgery the next day. I owe Senior Practitioner Kirsten and Mr Mahmood a lifetime of thanks, but I would also like to thank all member of staff within Ward 3A for their professionalism, kindness and attention to detail. Everyone from nursing staff, ancillary staff and physios have my admiration and heartfelt thanks. I wish all ward staff the very best for the future and would ask my sincere thanks to the surgical team for a job very well done.

**Jane Thomson:** I would like to say thank you to Mr Changulani and team for the wonderful care I received when I had a total right hip replacement done in May and was home the next day. I then received my left hip replacement in August, Mr Picard and team performed the surgery and I was in the

hospital for a bit longer. Everyone treated me with such care and compassion and made sure I was comfortable and pain was under control. Thank you everyone.

**Jean Thomson:** I would like to say thank you to all the staff who looked after me when I had my right hip replacement surgery and was able to go home the next day. I am so very grateful.

## 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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### Menstrual Health and Menopause at Work national survey

Women make up 79% of the workforce in NHS Scotland and represent a vital source of skill, experience and talent that helps the healthcare sector in Scotland support the nation.

Researchers are now considering how we can support them in turn through exploring NHSScotland employees' experiences and thoughts about menstrual health and menopause at work.

To mark International Menopause Day this month, we are encouraging all NHS Golden Jubilee staff who are women or people who menstruate or experience menopause to complete a nationwide survey about their experiences.

The research is led by the University of Glasgow in collaboration with the Scottish Government and the Health and Social Care Alliance Scotland. It is the first nationwide survey to consider how healthcare employees view the relationship between both menstrual health or menopause and work.

For many, the experience of menstrual health or menopausal transition have little or no impact on their work. Others find creative ways to negotiate moments when they experience disruptive effects due to symptoms. For some, it can shape their whole careers or a portion of their working lives.

The importance of work as impacting how employees experience menstrual health and menopause has already been noted in policy and practice both nationally and internationally. The UK Government recently published the [concluding report by the All Party Parliamentary Group on Menopause](#). Elsewhere, in Spain, recent proposals to consider workplace menstrual leave have been met with significant debate about how to support women.

Current evidence on menopause support emphasises how workplace cultures and line manager support can significantly offset symptoms in some cases. However, it is vital to understand how these may vary across different occupations, teams or locations in an organisation.

This is also important for menstrual health at work, although at present there are very few large -scale studies that ask employees how they feel or think about the relationship between work and their own menstrual health.



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[Click this link to complete the survey](#)

*The survey is running until 15 November. Paper copies of the survey are also available by texting or WhatsApp **07507 863828**, or emailing [mipo@glasgow.ac.uk](mailto:mipo@glasgow.ac.uk), along with your name, home address and indicating if you would like to answer questions on the menopause or menstrual health.*

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## Menopause eLearning module

NHS Education for Scotland have a Menopause awareness eLearning module available to provide information and guidance for anyone affected by the menopause, including colleagues, managers, friends and family.

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To access the TURAS module, visit <https://learn.nes.nhs.scot/37879>

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## Real world project management webinar - menopause

The webinar 'Understanding the menopause and women's health matters' is taking place tomorrow (Thursday) 20 October from 1pm – 2pm. This webinar is run by the association for project management and will cover a range of topics including, statistics, the importance of our mental health, useful tips and more.

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To book into this free webinar, visit [Real world project management webinar - Understanding the menopause and women's health matters \(apm.org.uk\)](https://www.apm.org.uk/webinars/real-world-project-management-webinar-understanding-the-menopause-and-womens-health-matters)

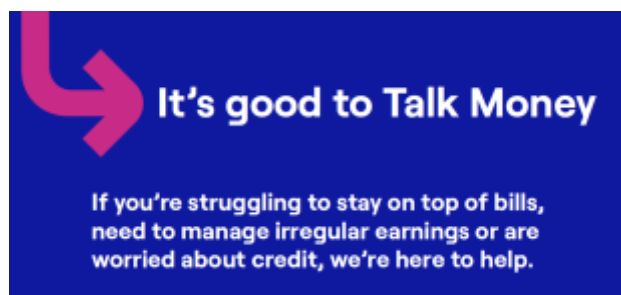
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## MoneyHelper advice

An HM Government website has been set up to offer advice for anyone struggling to stay on top of bills, needing to manage irregular earnings, or worried about credit.

MoneyHelper has a range of free expert tools and guidance to find a way through difficult financial situations.



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[Click this link for more information](#)

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## Spiritual Care Sanctuary activity review

The Sanctuary in the Spiritual Care department has been running activities throughout the week since July.

The activities are currently under review as some are better attended than others and the department would like users' feedback for future planning.

If you have attended any of the day activities, or would like to in the future, Spiritual Care would appreciate your views within a survey that will take a few minutes to complete.



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[Click this link to fill in the survey](#)

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## World Mental Health Day

Monday 10 October was the annual World Mental Health Day and is an opportunity for everyone to recognise the importance of, and how to maintain, good mental health.

NHS Golden Jubilee's Health and Wellbeing Group has a dedicated [Mental Health sub-group](#) which champions advice and support for all staff.

The [Staff Health and Wellbeing Web Hub](#) features a range of support available for staff, including the [Employee Assistance Programme \(EAP\)](#) by AXA Health.

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 facing mental health difficulties and are not sure where to turn.

**Employee Assistance Programme (EAP)**

NHS Golden Jubilee

**Supporting you when the everyday doesn't go to plan**

NHS Golden Jubilee staff have free access to the Employee Assistance Programme (EAP) to provide further support for mental health, financial and legal issues.

The EAP, provided by AXA Health, features 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.

For further details, scan the QR code to visit the EAP section of our website.

For more help and resources, visit the NHS Golden Jubilee Staff Health and Wellbeing Web Hub by scanning the QR code.

Download the AXA Health App by scanning the QR code.

or visit [nhs.uk/goldenjubilee.co.uk/working-us/supporting-our-staff-health-and-wellbeing-hub](http://nhs.uk/goldenjubilee.co.uk/working-us/supporting-our-staff-health-and-wellbeing-hub)

Information is also available at [www.axahealthsupported.co.uk](http://www.axahealthsupported.co.uk)

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*[Click this link for login details](#) for the mental wellbeing section of the [AXA Health website](#), which has excellent resources you can access free of charge.*

*[Click this link for more information on World Mental Health Day](#)*

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## **Jubilee Active Blog**

Occupational Health Physiotherapist Kathryn Wales talks in-depth about back pain in the latest [#JubileeActive](#) Blog for the month of October.

If you suffer from back pain, or would like to know more about the common issue, the blog is must-read for you.



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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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## **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.



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[Click this link to go to the Staff Health and Wellbeing Hub.](#)

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## 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.



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[Click here to access the Hub](#)

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## Events



### Scottish Right Heart Symposium

The Scottish Right Heart Symposium will 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.

**Save the Date**  

**Scottish Right Heart Symposium**

Golden Jubilee Conference Hotel,  
Clydebank

**Tuesday 8 November 2022**

The Scottish Right Heart Symposium will be a specialised meeting covering everything Right Heart and pulmonary circulation. It will bring together a multi-disciplinary team of experts and will cover:

- clinical challenges,
- novel therapeutic techniques,
- clinical management,
- emerging assessment methods and;
- cutting-edge basic science.

 Jocelyn.Barr@gjh.scot.nhs.uk  
 0141 951 4132  
 @GJanesresearch

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

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### Bullying symposium

The Chief Registrars of NHS Golden Jubilee are hosting a 'Stronger Together: Bullying and Harassment Symposium' next month.

The event will feature speakers:

- Mr Simon Fleming (trauma and orthopaedic trainee and campaigner, London);

- Miss Roshana Mehdiان-Staffell (trauma and orthopaedic Registrar and campaigner, London);
- Mr David O'Regan (Consultant Cardiothoracic Surgeon, Leeds); and
- Dr Carrie McRea-Routray (Sports and Exercise Medicine Consultant, Scotland).

The symposium aims to give attendees further knowledge on what constitutes bullying and harassment, discuss what it means to be an ally, learn from professional athletes about overcoming adversity and develop practical strategies to tackle bullying/harassment as a victim/witness.



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*It is being held in the Golden Jubilee Conference Hotel on 15 November from 10.30am - 4pm.*

*[Click this link to register.](#)*

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## Bereavement conference

NHS Education for Scotland (NES) is hosting a bereavement education conference on Thursday 24 November 2022 titled, 'Exploring bereavement from a new perspective'.

It is a free, one-day virtual event aimed at all health and social care staff who come into contact with people when they are bereaved.

Further information and short pre-recorded video clips from speakers are available on the NES events website.

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*[Click this link to register.](#) Deadline for registration is Thursday 3 November.*

*[Click this link for more information on the NES Events website.](#)*

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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.

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

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### New Resilience Framework

As part of the NHS Golden Jubilee's Health and Wellbeing Strategy, we are introducing a resilience framework to support all of our staff in gaining an understanding of resilience and how it can be maintained and supported.

We are delighted to be working with Robertson Cooper, renowned specialists in workplace wellbeing, to offer Personal Resilience Workshops.

The Personal Resilience Workshops are open to all staff. These will explore what resilience is and how we can build and maintain this during times of adversity and to recover effectively from setbacks.



During this workshop you will learn about the critical strategies that are used to build resilience and how these can be applied to you:

- What is resilience? And importantly, what resilience is not.
- Exploring the participant's natural preferences when it comes to using the resilience strategies they will learn
- Building resilience using 4 resilience strategies of:
  - Confidence
  - Social support; and
  - Purposefulness
  - Making commitments to build your resilience.



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*Look out for more information in the coming days. Dates and times are listed below and places can be book on eESS.*

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- ***Tuesday 22 November 2022, 9.30am - 12.30pm on Microsoft Teams: [Click here to book.](#)***
  - ***Wednesday 25 January 2023, 9.30am - 12.30pm, Classroom session: [Click here to book.](#)***
  - ***Tuesday 7 March 2023, 1.30pm - 4.30pm on Microsoft Teams: [Click here to book.](#)***
-

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## Leading to Change – National Leadership Development Offerings

### Leadership Live Online Access - funded 1-year subscription

NHS Education Scotland has teamed up with HULT Ashridge to invite leaders from all levels, all roles and all areas of the wider system to explore their online development platform, Leadership Live. Leadership Live is a digital education platform with extensive content developed and curated by Hult Ashridge faculty of practitioners and thought leaders.

The fully funded one-year subscription is on offer to anyone working in the wider Social Work, Social Care and Health system in Scotland, including those in the Third and Voluntary sectors. Subscription numbers are limited (only 200 licenses) and applications are open until 6pm on Monday 7 November.



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[Click this link to apply.](#)

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### Leading to Change Community Events

These sessions allow you to hear from a wide range of speakers and join national colleagues to discuss various topics.

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*There are three upcoming digital community events available to sign up for:*

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- **Resilience in pressured and challenging times:** Thursday 17 November, 11.45am – 1.30pm - [Click to register](#)
  - **Having challenging conversations with respect:** Tuesday 22 November, 12.30pm - 2pm - [Click to register](#) Find out more at the [Leading to Change events page.](#)
- 

### Leading to Change Diversity Coffee Connect Programme

Leading to Change Diversity Coffee Connect Programme is a networking scheme designed to connect individuals from across our health and care system that would not normally come into contact.

Leading to change has been developed in collaboration with stakeholder in social work, social care and health and is being delivered jointly with NHS Education for Scotland.

They are seeking to have conversations that can help improve culture change and generate understanding of all our differences, one conversation at a time.

Coffee Connect will take place on a monthly basis via Microsoft Teams.

Each session will have a theme that looks at various equality, diversity and inclusion topics that align to the monthly Leading Change quality blog.

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*Each session will have a different theme which looks at various equality, diversity and inclusion topics that align to the monthly [Leading to Change equality blog](#).*

*The upcoming sessions are:*

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- **Diversity Coffee Connect Session 1 – Authenticity:** Thursday 3 November, 12.30pm – 1.30pm - [Click to register](#)
  - **Diversity Coffee Connect Session 2 – Resilience with Compassion:** Thursday 8 December, 12.30pm-1.30pm - [Click to register](#)
  - **Diversity Coffee Connect Session 3 – Why is it challenging to have a conversation about race?:** Thursday 12 January, 12.30pm – 1.30pm - [Click to register](#)
- 

*Find out more at the [Leading to Change Diversity Coffee Connect Programme page](#).*

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## The Social side



Halloween fun at NHS Golden Jubilee







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## What's happening on our social media pages

Facebook:

### Global Handwashing day

The COVID-19 pandemic highlighted further the importance of handwashing.

October marked Global Handwashing Day, a global advocacy day dedicated to increasing awareness and understanding about the importance of handwashing with soaps as an effective and affordable way to prevent diseases and saved lives.

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



**Global Handwashing Day**

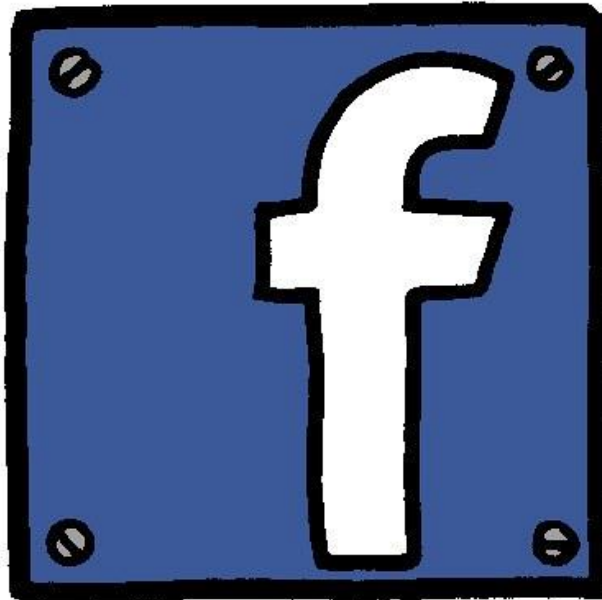
**NHS**  
Golden Jubilee

The COVID-19 Pandemic highlighted further the importance of handwashing. Now more than ever, as things begin to get back to normal it's important to continue our increased handwashing every day to help keep other illnesses at bay and reduce the spread of infection.

Clean hands are safe hands.

**Hannah Driscoll**  
Prevention and Control of Infection Nurse

#GlobalHandwashingDay @handwashingday



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

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**Twitter:**

In October we marked Restart A Heart day.

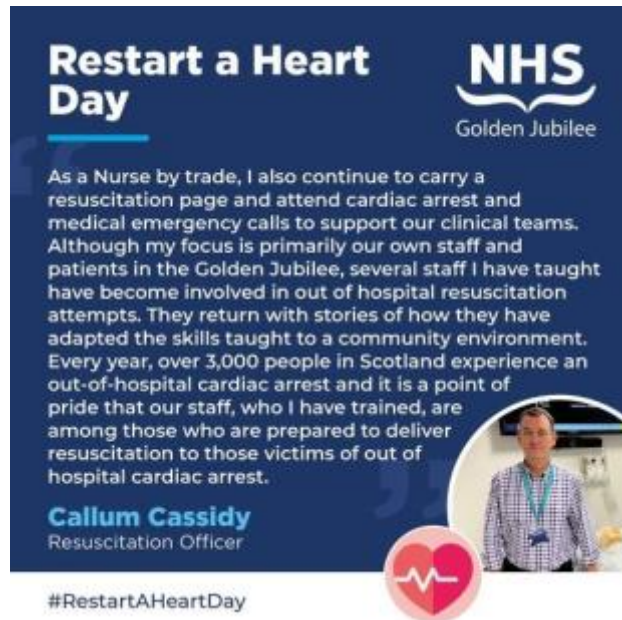


This day is designed to highlight what to do when someone collapses and stops breathing.

Resuscitation Officer, Callum Cassidy provides support to our clinical teams when someone requires resuscitation. He shared an important message with us.

[Click here to find out more about CPR](#)

[Click here to view the post](#)



**Restart a Heart Day**

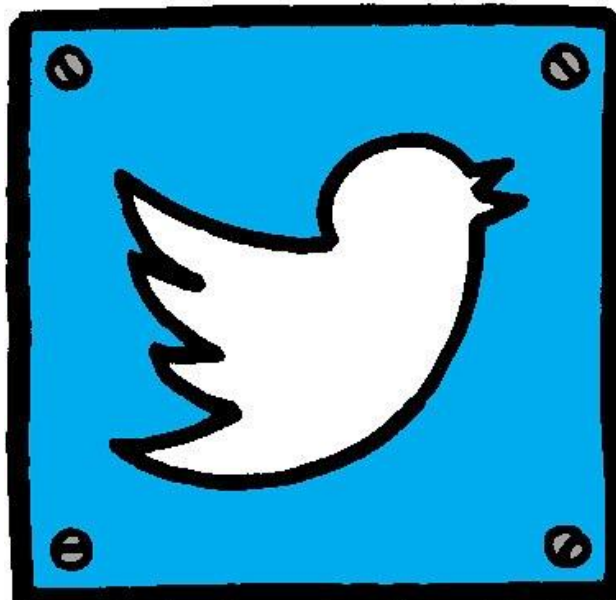
**NHS**  
Golden Jubilee

As a Nurse by trade, I also continue to carry a resuscitation page and attend cardiac arrest and medical emergency calls to support our clinical teams. Although my focus is primarily our own staff and patients in the Golden Jubilee, several staff I have taught have become involved in out of hospital resuscitation attempts. They return with stories of how they have adapted the skills taught to a community environment. Every year, over 3,000 people in Scotland experience an out-of-hospital cardiac arrest and it is a point of pride that our staff, who I have trained, are among those who are prepared to deliver resuscitation to those victims of out of hospital cardiac arrest.

**Callum Cassidy**  
Resuscitation Officer

#RestartAHeartDay

The poster features a dark blue background with white text. On the right side, there is a circular inset photo of Callum Cassidy, a man in a white lab coat and a blue lanyard. Below the photo is a pink heart icon with a white ECG line. The NHS logo and 'Golden Jubilee' text are in the top right corner.



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

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YouTube:

As part of Speak Up Week we heard from our Whistleblowing Champion, Callum Blackburn.

We are proud to encourage an environment where employees can raise concerns about patient safety, malpractice and other forms of harm.



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

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**LinkedIn:**

As we continue to expand our services, we are hosting a number of recruitment events.

Our most recent Nursing recruitment event was held in our eye centre and more will be announced in the coming weeks!

[Click here to view the post](#)



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### Social Media Posts

#### Emergency services day:

Our emergency services do an incredibly demanding and difficult job.

This month we said thank you for their continued hard work and support on Emergency Services Day.

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



### **World Anaesthesia Day:**

To mark World Anaesthesia Day, we celebrated the teamwork and skills of those who work in this vital service.

Without teamwork, clinicians aren't able to provide the necessary level of patient care and safety they need.

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

[Click here to watch the Anaesthetics and Critical Care Board Walkthrough](#)



### **National Coming out Day:**

We are committed to creating an inclusive work environment where staff, patients, visitors and guests are treated with dignity and respect, with their diversity being recognised and valued.

We took to social media to show our support for #NationalComingOutDay, in support of individuals being able to freely live as themselves.

To join our ability network: email [Ability network](#)

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



### **Dyslexia Awareness Week:**

We took the opportunity on Dyslexia Awareness Week to assure those who may be nervous about a career in the NHS that we offer a supportive and accommodating work environment for all.

Corporate learning and education lead, Nyree Anderson, shared a quote with us to highlight this.

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

Dyslexia Awareness  
Week  
03 - 09 October



"At NHS Golden Jubilee we recognise the value neurodiversity can bring to our organisation and are proud to support staff with learning difficulties"

Nyree Anderson  
Corporate Learning and Education Lead

## **Scottish Government News**



### **New approach to reducing suicide in Scotland**

Suicide prevention will be ramped up as the Government at COSLA publish a 10-year strategy to tackle the factors and inequalities that can lead to suicide.

The Scottish Government will fund the Scottish Recovery Network as part of the initial 3 year action plan.

The new approach will help people at the earliest possible opportunity and aim to reduce the number of suicides - ensuing issues such as poverty, debt, and addiction include measures to address suicide.

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[Click here to read more](#)

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### **Number of hospital operations increases**

The number of planned operations carried out in August was the largest monthly total since the start of the COVID 19 pandemic, according to Public Health Scotland.

21,218 operations were performed, at an average of 684 every day – an increase of 19% on the previous month.

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[Click here to read more](#)

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### **Preparing the NHS for winter**

More than £600 million has been provided to support the health and care system through the winter.

The additional funding will help to provide the recruitment of 1,000 additional staff, including 750 nurses, midwives and allied health professionals from overseas as well as 250 support staff across acute primary care and mental health.

Funding will also go towards supporting the Scottish Ambulance Service, health and social care partnerships and more.

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[Click here to read more](#)

[Click here to read the Winter Resilience Overview 2022 - 23](#)

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### **Patient Safety Commissioner Bill published**

The Patient Safety Commissioner's remit will cover all healthcare providers operating in Scotland.

Bringing together patient feedback and safety data shared by NHS boards and Healthcare Improvement Scotland to identify concerns and recommend actions.

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[Click here to read more](#)

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### **More than 1.3 million winter vaccines delivered**

Over a million vaccines have been delivered to protect against the latest strains of flu and COVID 19 to help relieve pressure on the NHS during winter.

The next groups in line for their vaccines – over 65s and those at high-risk – are being given a scheduled appointment and 50-64 year olds will soon be invited to book an appointment. Anyone who has missed an appointment can reschedule through the NHS inform online booking portal.

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[Click here to read more](#)

[Click here to rearrange or opt-out of your vaccination appointment](#)

[Click here for more information on winter vaccines](#)

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### **Planned care waiting times – significant progress**

The number of people waiting 2 years for a scheduled hospital appointment has significantly reduced.

Figures show that by the end of September, 60% (18 out of 30) of all inpatient specialities had fewer than 10 patients waiting over 2 years for treatment.

The Scottish Government is working closely with Health Boards to clear remaining waits, with specific focus on specialities and areas where there are larger amounts of people waiting.

This includes maximising and re-allocating NHS Golden Jubilee capacity, a new mobile operating theatre at Stracathro and the development of a new Urology Hub in Fife. New National Treatment Centres opening in NHS Fife, Forth Valley and Highland next year will also create additional capacity in orthopaedics.

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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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