



Jubilee Life **December 2022**

Issue 43

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

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



News



Team Jubilee are spreading Christmas Spirit

Our teams from all across the organisation have been getting into the Christmas spirit by raising funds, donating presents and warm clothing to local charities.

Continuing a tradition among Team Jubilee over the past several years of giving back to the local community over the festive season, staff from across the organisation have come together and generously donated over £430 to the West Dunbartonshire Community Foodshare.

At the request of the charity, the money raised was used to buy 20 warm winter jackets for children aged 3-12 years old.

Last year the local charity provided much needed Christmas gifts to over 1,000 children and young people, who otherwise would have gone without.







Key organiser and Divisional Administrator, Laura Morrison said: "The team have all been extremely generous this year."

"It is heart breaking to think that some kids will go without a Christmas present or winter jacket, but we hope our small contribution can help make Christmas a little brighter for some of the local community."

Many staff have also been gathering donations and contributing gifts to the Glasgow Spirit of Christmas Campaign, as well as the Clyde 1 Mission Christmas for Cash for Kids. This includes toys, books, toiletries, clothing and more, all of which will be gifted to children across the local community this Christmas.

Chief Executive of NHS Golden Jubilee, Gordon James, said: "I am absolutely delighted to see the incredible generosity which has been shown by so many of our team at NHS Golden Jubilee this holiday season."

"Every single member of Team Jubilee works tirelessly to support and care for patients from all across the country all year round, and it is absolutely remarkable to see them go the extra mile to care for our local community at this time on year."

Robotic milestone for Golden Jubilee

We are delighted to announce that we have now performed 1,000 robotic orthopaedic procedures as our team continues to provide pioneering treatment support patients across Scotland waiting for hip and knee replacements.

In November 2019, the Orthopaedic team marked a Scottish first by using a robot for routine total and partial knee replacement surgery, and have continued at a rapid pace to provide the highest possible standard of care for 1,000 patients across the country.

Compared to non-robotic surgery, our patients are benefitting from greater implant accuracy, reduced soft tissue damage and less blood loss.

The cutting-edge procedure is less invasive, resulting in reduced pain, shorter length of stay and an earlier return to normal activity.

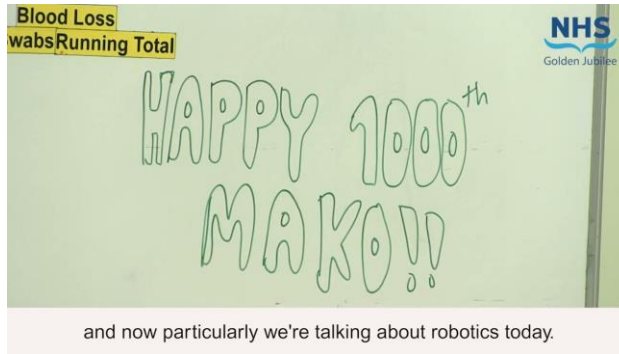
Robotic surgery also has the potential to have significant long term benefits to the NHS as a whole, by reducing the likelihood of patients requiring repeat joint replacements in later life, saving millions for NHSScotland in future years.



"It's a huge delight to see that we've reached the 1,000th patient milestone and this is an accomplishment I think we should all be very proud of."

"This has been a real team effort, from providing more preoperative imaging in Radiography to allow us to plan the cases, to the Patient Coordination Centre organising the appointments, the Theatre teams learning new equipment all the way to the Surgeons carrying out the procedures."

Chris Gee, Consultant Orthopaedic Surgeon



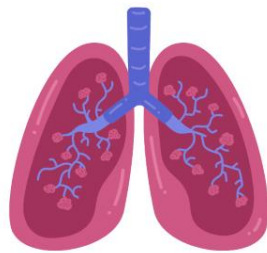
[View the full story on our website.](#)

Scotland's first national optimal cancer diagnostic pathway

The national Centre for Sustainable Delivery (CfSD) led NHS Scotland lung cancer diagnostic pathway has been published and is backed by £3M from the Scottish Government's Detect Cancer Earlier Programme.

This pathway will help ensure a faster process for patients, with timeframes for each step to enable a patient's diagnosis by day 21 after referral and treatment for most to start by day 42.

Lung cancer is Scotland's most common cancer with around 5,500 cases diagnosed each year.



£3 million
investment for
accelerated
lung cancer
diagnosis



[View the full story.](#)

Christmas at the Golden Jubilee Conference Hotel

There are some fantastic offers on sale at the Golden Jubilee Conference Hotel this winter. Whether you're looking to stay fit and healthy at the Centre for Health and Wellbeing, or treat your loved one to a relaxing spa day, we've got you covered.

Call 0141 951 5151 or email [Health and Wellbeing](mailto:HealthandWellbeing) to find out more!



Looking for that special gift?

Golden Jubilee Conference Hotel

Why not buy your loved one a 10 day pass for the Centre for Health and Wellbeing?

£50 for 10 individual visits.

To purchase 1 of these special passes, contact the Centre for Health and Wellbeing:

☎ 0141 951 5151

✉ healthandwellbeing@goldenjubilee.scot.nhs.uk

or drop into the Centre reception.

Please note: passes are for individual use only and cannot be shared between multiple people.



The advertisement features a blue and white winter-themed background with snowflake icons. On the left, three circular inset images show a spa treatment: a therapist preparing a table, a therapist massaging a client's back, and a client relaxing in a spa bed. The Golden Jubilee Conference Hotel logo is in the top right corner.

Spa package offers for December

On sale 1 December to 31 December 2022

Like Mother, Like Daughter £50

- Adult 30 minute massage
- Child 15 minutes massage and 15 minutes facial

Twice as Nice £100

- 2 back, neck and shoulder massages
- 2 express facials
- 2 glasses of fizz

Just For Men £65

- Back, neck and shoulder massage
- Express facial
- Brow wax

Winter Warmer £65

- Full body hot stone massage
- Face and scalp massage (1 hour 30 minutes)

All About You £80

- 30 minute massage
- Express facial
- Gel nails and gel toes

To book, pop into the Centre for Health and Wellbeing or contact us on:

📞 0141 951 5151

✉ healthandwellbeing@goldenjubilee.scot.nhs.uk

Get together in 2023!

As a member of staff for the NHS or public sector, you can enjoy access to exclusive discounted rates for any event, meeting or conference booking.

Why not experience our January Delegate package?

With access to our health and wellbeing expertise at no extra cost!

Get Together

Golden Jubilee Conference Hotel

Kick-start 2023 the right way with our January Delegate package.

Reconnect with clients, colleagues and delegates in our state-of-the-art facilities, with exclusive access to our health and wellbeing expertise at no extra cost!

This is priced just **£30** per person and includes:

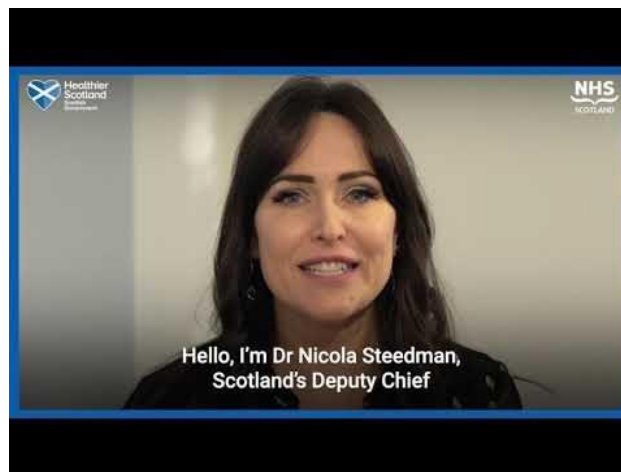
- Unlimited coffee from our machines, offering a delicious range of blends and flavours, along with speciality teas.
- A complimentary, freshly made, Smoothie Shot on arrival.
- A "Make your own yoghurt" station during your mid-morning break.
- Fruit juice, water and fresh fruit.
- Our bespoke Brain Food Menu to supercharge your networking lunch.
- Yoga Ice Breaker Session for all levels.

Call **0141 951 6006** to book today!

1 - c

Winter Vaccinations

If you are a health and social care worker and haven't yet had your winter vaccines, it's important you get them as soon as possible to protect yourself, colleagues, and those you care for. Watch the video with Dr Nicola Steedman.



Book an appointment at [NHS Inform](#) or check drop-in arrangements in your local area. Don't let your protection fade.

Festive foodies

The Catering team provided some festive foodie magic in the dining room last week as they served up Christmas lunches to staff, patients and visitors.

A turkey with all the trimmings dinner and a vegetarian option were popular during the lunch service on Tuesday 13 and Wednesday 14 December.



“The Christmas lunches were flying off the shelves and even though it was eggs-tremely busy, it was snow bother to my amazing staff who served up the Christmas spirit for everyone!”

Pamela Mailler, Head of Support Services

New strategy aims to increase diversity in volunteering

We marked International Day of the Volunteer by launching our ambitious new volunteer strategy which will provide more flexible opportunities and attract more diverse groups to volunteering.

Current roles will be reviewed and new roles developed to provide a range of options throughout the time of the strategy with the potential of extending beyond business hours and supporting young people to engage in volunteering in the NHS.

New opportunities will be developed for the Golden Jubilee University National Hospital Surgical Centre, opening in summer 2023, and volunteers will be offered free learning and development opportunities.

The Volunteer Strategy for 2023 to 2026 adopts the principles of the Scottish Government Framework for Volunteering and has been co-produced in collaboration and consultation with volunteers, staff and partner organisations.



“As we celebrate our 20th anniversary as part of the NHS Scotland family, it is right to look forward and shape what our volunteer service will look like in the years ahead.”

“The principal aim of the volunteer is to enhance the patient experience, which is why our Volunteer Strategy sets out an ambitious plan to deliver a person-centred volunteer service that will thrive as our organisation continues to expand in the coming years.”

“The Volunteer Strategy aims to be flexible and responsive to the growing and changing needs of NHS Golden Jubilee and our patients, support volunteers to move within and across services and to know that they are valued and appreciated.”

“By expanding the days and times that people can volunteer, we will reduce barriers to participation and increase the number and diversity of our volunteers.”

“This will ensure that our volunteers can continue to support our patients, their families and carers when using our services and ensure they feel valued as key members of Team Jubilee.”

Marcella Boyle, Non-Executive Director and Chair of the Volunteer Forum

Volunteers have provided a growing range of advisory and patient/family support services across the Golden Jubilee University National Hospital since 2004.

In partnership with our staff, Team Jubilee volunteers make a direct impact to the care we provide – supporting our patients, their families and carers to have a positive experience with the highest quality, safe, effective and person centred care.

[You can view the full story, with more from our volunteers, on our website.](#)

Annual accounts published

In accordance with the Financial Reporting Manual (FRM), our [annual accounts are now live on our website](#).

The foreword from our Chair of the Board, Susan Douglas-Scott: “Similar to last year, resilience and flexibility have been a key feature during 2021/2022....we will continue to adapt and focus on providing high quality healthcare to our national population. Everything we do is made possible by our outstanding staff.”



December and January pay dates and public holidays

Staff who are paid monthly will be paid on Thursday 22 December, with the following pay date being Thursday 26 January 2023.

Public Holidays

The public holidays for 2023 have now been confirmed as the following dates:

- Friday 7 April 2023 – Good Friday
- Monday 10 April 2023 - Easter Monday
- Monday 1 May 2023 - May Day
- Monday 25 September 2023
- Monday 25 December 2023

- Tuesday 26 December 2023
- Monday 1 January 2024
- Tuesday 2 January 2024

Staff who have retained HCI contracts will receive an additional 2 public holidays as follows:

- Monday 29 May 2023 – Spring
- Monday 17 July 2023 - Glasgow Fair

People



New Chief Executive

We are delighted to announce that Gordon James has been appointed as our new Chief Executive.

Gordon, who has been the Golden Jubilee's Interim Chief Executive since the departure of Professor Jann Gardner, will start his substantive position immediately.

On his appointment, Gordon said: "NHS Golden Jubilee is an exceptional organisation and it is a privilege to be appointed as its new Chief Executive.



2 - Gordon James

"NHS Golden Jubilee's highly-skilled specialists and dedicated staff have helped thousands of patients, providing them with high quality care and a better quality of life after treatment.

“Its proven track record of health innovation, research and collaboration is internationally recognised and I look forward to working with colleagues, communities and partners to continue to develop new ways to support the current challenges within our health service.

“People are what make a great organisation, and I am very proud to be joining one that ensures that person centred care is at the heart of every discussion and decision.”

Gordon James brings more than 20 years' experience in the private and public sector, senior management and leadership experience to the role.

[For more information, visit our website.](#)

New Executive Director of Finance Michael Breen

We have welcomed Michael Breen as our new Director of Finance to Team Jubilee

Michael joins us from Ayrshire College, one of the largest colleges in Scotland, where he was a Vice Principal. He has worked in a variety of roles over the past 30 years and brings extensive leadership experience from leading public sector teams across finance, capital and digital.

Since 2019, Michael has also served as a Non-Executive Director on the Board of NHS Ayrshire & Arran, where he chaired the Audit and Risk Committee, held the role of Vice Chair of the Integration Joint Board for Health and Social Care Services and Chair of the Strategic Planning Group.



“I was a non-executive Board member at NHS Ayrshire and Arran for a number of years and obviously heard about the great work that the Golden Jubilee does, so when the post came up here I was very interested in the role, which was quite different to something in a territorial board.

“The portfolio and the good reputation of the Jubilee was very attractive for me to begin a new challenge.”

After leaving school, Michael went on to study Accountancy then worked in local government for over 10 years, whilst completing his training, building up his interest in public sector working and making a difference to the communities he served.

“I’ve always worked in the public sector in education, housing, statutory services and the likes of community planning and a lot of this has been about making a difference in communities, rather than just thinking about finance, so I very much hope I can continue that here.

“I am absolutely delighted to have joined NHS Golden Jubilee. I’ve been very impressed from the interactions I’ve had to date with a variety of staff, their dedication, the facilities, the values and the ambition of what the Board is trying to achieve. Nationally, it’s a very different organisation, but in a good way.

“We all recognise the challenges, but working together over the next few years to continue to deliver top class healthcare for the people of Scotland is something I’m very much looking forward to.”

Caring Elaine changing lives through volunteer role

Christmas is a time for giving, but one staff member embodies that spirit all year round.

Elaine Reid, who works as a Unit Coordinator, also volunteers her time as a Children’s Panel member helping young people in her native West Dunbartonshire.

The former nanny says she has a caring side that helps in her role here dealing with patients, as well as making life-changing decisions for children when required on a Panel.

As a Unit Coordinator Elaine, from Clydebank, helps patients check in and settle, liaises with Consultants to let them know what’s happening with their patients and ensures administration is all correct and follow-ups are done.

She worked in the Golden Jubilee’s COVID-19 drive-through testing centre as a healthcare support worker and, while it was under difficult circumstances, she misses the camaraderie between staff and patients that was created at the height of the pandemic.



“For me, I love the patient contact, like the chat and banter with patients. I’m very comfortable with them and want to make them feel comfortable while they are in here.”

“The best thing is just helping patients and visitors to the Golden Jubilee. I loved the interaction with the patients in the drive-through, I enjoyed making them feel at ease.”

“I used to be a nanny, so I have that caring side in me. I’m very patient with people and you really need to be in this job so it’s perfect for me.”

It was during the pandemic that Elaine became a Children’s Panel member after the virus affected her career plans, leaving her with some time on her hands.

After seeing an advert for the role, Elaine decided that this was the perfect opportunity to pursue something she had wanted to turn her hand to for a very long time.

As part of this, Elaine had to go through formal Academy training, learning to deal with complex issues and communicating these with empathy and compassion.

“You do learn a lot. You learn about resilience, adversities, the reasons why children are so resilient and also what gives them that resilience. These are all things that the Academy will help you to fully understand, such as the impact that childhood adversities can have on children, the long lasting trauma that these can cause and the resilience that children need to help them cope going forward.”

Anyone can report their concerns about a child/children/family. It can be as simple as a teacher noticing big changes and using their own initiative to act on that feeling of “something not quite right going on”, or seeing changes in a family. These are then brought to Social Work and eventually brought to a Panel if necessary for the children where additional support can be provided.

Three Panel Members take part in each children's hearing, which can be held in person or virtual. The role of the Panel Member is to listen, and make legal decisions with and for infants, children and young people. They are there to ensure that the young person is at the heart of every decision taken – because every decision, no matter how big or small has an impact and Panel Members are appointed for a 3-year period.

“It can be challenging, but it's also rewarding, knowing that the decisions you make, ensure that the child/children are safe, protected and supported by their local authority.

“We are really short of Panel members, especially males, and we are always looking for more, but if you feel Scotland's children are worth it then I would certainly encourage people to get involved and give something back to children who really need it.”

Make a difference

Children's Hearings Scotland is looking for new Panel members to make a difference in the lives of young people. Applications are now closed to join the Children's Panel this year, but you can still register your interest for next year.

Panel Members take part in children's hearings and their role is to listen and make legal decisions with and for infants, children and young people.

Top quality training is provided for a nationally recognised qualification, which includes:

- Understanding the needs of and effectively communicating with children and young people
- Principles and practises within the children's hearings system, including law and procedure
- Chairing hearings
- Decision-making and protecting rights
- Leadership
- Teamwork
- Analytical thinking

You don't need to have a specific job, background or experience. What matters most is that you are a good listener, caring, compassionate, trustworthy and reliable, and you will be supporting children and young people in your local community.

For more information visit www.chscotland.gov.uk

Thanks for your service Lisa

Colleagues in our Learning and Organisational Development department said a fond farewell to Lisa Walsh, who has left for pastures new within NHSScotland.

Lisa was with us for just over 2 years, making a great contribution to her department and to the Health and Wellbeing group, leading the focus of many of the group's activities and strategy.



"I've really enjoyed my time here at NHS Golden Jubilee, working with some amazing, dedicated people and I will miss all my friends and colleagues very much. I wish everyone well in the future and a happy festive period."

Retirement – Ann Russell

Last month we said farewell to Administrator Ann Russell who has worked at part of NHS Golden Jubilee for over 13 years!

Having worked as part of #TeamJubilee for so long, Ann has many fond memories including supporting new starts and students in the team and bringing them in home baked treats!

Ann has made many long lasting friends and is looking forward to enjoying her well-earned retirement in her garden during sunny days, enjoying lunches out and spending time with her friends and family.

Enjoy your retirement Ann, you'll always be a part of Team Jubilee!



Val-You



NHS Golden Jubilee rolls out the Sunflower

Our staff Ability Network helped launch the Sunflower scheme across NHS Golden Jubilee ahead of International Day of Persons with Disabilities.

NHS Golden Jubilee the first Scottish Board to introduce the scheme across its entire organisation – providing extra support to patients, visitors and colleagues in the Hospital and Eye Centre, Research Institute and Hotel as well as in the NHS Scotland Academy and the national Centre for Sustainable Delivery.

The Sunflower exists to support those with non-visible disabilities such as autism, chronic pain, dementia, sight or hearing loss.

By choosing to wear the Sunflower as a lanyard, badge, ribbon, card or wristband, people with non-visible disabilities can discreetly let people around them know they have a non-visible disability and that they may need a helping hand, understanding, or simply more time.

Staff, patients and visitors can pick up lanyards and badges now from Hospital Reception. These will soon be available at Hotel Reception and in the Eye Centre.



3 - Mary MacIver from Western Isles was the first patient to receive a Sunflower Lanyard at NHS Golden Jubilee

“We launched the Ability Network last year to provide a support network for staff and raise awareness of disability and accessibility in the workplace.

“The Ability Network is delighted that NHS Golden Jubilee has shown its commitment to making our organisation as inclusive as possible by joining the Hidden Disabilities Sunflower network.

“People with long term conditions and disabilities can continue to contribute greatly in the workplace. Wearing the Sunflower is a way of discreetly letting our colleagues know that we may need help or support to fulfil our roles to the best of our abilities.”

Mary McAuley, Chair, Ability Network

How you can help

- Complete the Hidden Disabilities training modules that are available now in the Equality and Diversity section of LearnPro for all staff.
- Follow 4 simple steps if you see someone wearing the Sunflower
 1. Ask if you can help
 2. Be patient and kind
 3. Listen closely – do not ask about their hidden disability
 4. Show respect – do not judge or make assumptions

Did you know?

- 1 in 5 of the UK population has a disability, and 80% of these are hidden. That’s over 10 million people in the UK alone.
- 1 in 4 people will be affected by mental ill health in the course of their life.
- 7% of people with a disability use a wheelchair.
- 17% of people with a disability were born with it. That means the majority of people acquire it later in life.
- Not everyone with a visual disability wears glasses or uses a cane.
- Not everyone with a hearing disability wears a hearing aid.



in terms of their job.

4 - Board Chair Susan Douglas-Scott talks about the importance of joining the Sunflower network



within society

5 - Service Design and Equalities Lead Rob White

“We are delighted that NHS Golden Jubilee have joined the network and are ensuring that the Sunflower is recognised across the organisation. It is important that the NHS is accessible for all.

“Their commitment to disability inclusion is clear, and from the top down, that every staff member, patient or visitor with a non-visible disability will be met with an offer of support and understanding.”

Paul White, Chief Executive Officer, Hidden Disabilities Sunflower

Further information

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- [Visit the dedicated Sunflower Scheme page on Staffnet](#) for Teams backgrounds, email signatures and videos.
 - [Visit the Hidden Disabilities website.](#)
-

Meet our Ability Network Chair, Mary McAuley

Mary is our Cardiovascular Research Champion Support Manager here at NHS Golden Jubilee and recently took on the role of Chair of the Ability Network within the organisation.

The Ability Network is for all staff within the Golden Jubilee with impairments, long-term health conditions or visible and invisible disabilities. The network provides a space for members to share experiences, provide peer support and get involved in organisational policies and education.

The Ability Network was established to support people with a range of requirements and adaptations and to support those with disabilities and long-term health conditions.

The group also focuses on helping managers understand what requirements and adaptations may be needed for staff, as well as raising awareness and education for the protected characteristics.



“When I joined the Golden Jubilee 2 years ago, I was recovering from eye cancer and living with the effects of treatment and surgery. I lost the sight in my left eye as a result and although you would not be able to tell by looking at me, I have been left with a visual impairment. I live my life everyday coping with the changes in my vision and need to be mindful of the adaptations I require for work and everyday life.”

Mary worked with her line manager, Occupational Health and Procurement teams. This allowed her to be assessed and supported with enhanced IT facilities.

"I can come to work every day and feel comfortable and capable to carry out my job.

"In my experience when you acquire a health problem which causes a significant change in your abilities adapting to the changes can bring a lot of stress to overcome the changes and challenges.

"The worry that you can't work and contribute to society because of something that affects your ability to do your job 100% can leave you with confidence issues."

The Ability Network can help people with peer support to help build that confidence to give help sign post individuals with practical help and guidance.

Meeting every 2 months, the Ability Network has been running for over a year and the number of members continues to grow. Heading in to 2023, the group will start to be hosted in a face to face environment, and will be focusing on what the main priorities are for the network and how these can best be implemented.

The network links with NHS Golden Jubilee's overall strategy for Diversity and Inclusion and is helping to enhance the already growing number of policies in place to support those with disabilities.

"We are very positive about people's abilities within the Golden Jubilee and we have great support from our executive team. They want to help make sure that every employee in the organisation matters and that they will support you with what you need to do your job."

Our plans for the ability network over the next year include developing informal educational sessions for all staff where they can learn more about those working and living with long-term conditions and disabilities.

"I understand it's a big thing for people to come out and say, I do have a long term condition or I have a health problem that causes me to have an issue at work and I need help. That can sometimes be the first hurdle.

"If you've been thinking about joining the Network and would like to know more, you can speak to me directly or you can also email the ability network."

The Network recently launched neurodiversity training which aims to raise peoples understanding about how to support colleagues who may have cognitive issues, as well as the very successful Diversity 2 training which now has a long waiting list for spaces.

For more information, or to join the Network, email [Mary Macauley](#) or [Ability Network](#)

We're committed to carers

A growing number of people are having to play a dual role in balancing their jobs with their caring responsibilities.

A recent survey showed that an increasing number of NHS staff are working carers who also provide unpaid care and support to a family member or friend. Many of these individuals aged between 45 and 64, so most likely among the most skilled and experienced staff.

If you are drawn into a caring role you may face challenges trying to balance your caring responsibilities with your job. As a result, you might feel that you have to reduce your working hours, take time off work or even decide to give up work entirely.

Within NHS Golden Jubilee we recognise the importance of having carer friendly employment practices and policies to help you remain in work, or to encourage individuals to join us.

By enabling you to continue in employment we are not only supporting your financial and mental wellbeing but importantly also retaining your valuable skills in the organisation.

Our new Carers Guide and Policy are now in place, and provide information and guidance for staff and managers on ways to support carers, both of which are available on HR Connect.

As an organisation, we are also now working to join the Scottish Government Carers Positive scheme, with more information on this being issued in the coming weeks.



For more information visit our [carers page on Staffnet](#).

Women's Network

NHS Golden Jubilee's Women's Network has now been established. This network will provide a forum for staff who identify as female to focus on issues that impact on them in the workplace i.e. breastfeeding facilities, menopause, menstrual health. This Network will look at how to address challenges or even raise awareness of the impact of these issues.

During our first meeting the group agreed that its initial focus should be the on reviewing the provision of breast feeding facilities in the board and planning is underway for us to have our first Menopause Café in early 2023.



If any staff are interested in joining the network or just want more information about it, contact the Network at:

womensnetwork@gjnh.scot.nhs.uk

Comments about you!

Care opinion Scotland – Arriving at the Golden Jubilee hospital, the level of excellent care continued and we are very grateful to all the staff in the Cath Lab and the Coronary Care Unit. Everyone who assisted my husband was knowledgeable, friendly, and extremely helpful. Well done NHS Scotland –your service is second to none! Thank you everyone involved.

Care opinion Scotland Adam 2022 – I was admitted to the Golden Jubilee Hospital in October for surgery the following day: It was for a quintuple heart bypass. It was performed successfully and I suffered no obvious adverse consequences as a result. I was to spend another week at the hospital, during which I received exemplary care, compassion and understanding of the discomfort I experienced post op, from every member of staff.

Care opinion Scotland - In November 2022 I was endeavoring to pick up the fallen leaves in my garden, when I developed severe pain across my chest. I was having a Heart Attack. The ambulance arrived very quickly and I was 'Blue Lighted' to the Golden Jubilee hospital in Clydebank, Glasgow, and taken straight to the operating table where a Stent was inserted. The service, the quickness and obviously the expertise was absolutely marvellous. The personal attention given to me in the Coronary Care Unit was amazing, absolutely 'Top Drawer'. I got home tired, full of pills and with instructions of what not to do etc. I could not fault anybody. My sincere thanks to all at the Golden Jubilee.

Julie Cherry - A message of thanks for Mr Sarungi and his team. I had a knee replacement in the hospital back in June, and I just wanted to give you an update. This week I completed #walk1500miles2022 challenge, 800 of them on my new knee which is fantastic and am over the moon. Still got a few issues e.g struggling to get off the ground when camping but awaiting physio to help with this. Merry Christmas and thank you!

Barra Maclean - Good day to all your wonderful staff. I just wanted to post a wee note of thanks to all who make your Hospital work as a caring, considerate well-oiled machine. I had a hip replacement five weeks ago and I cannot praise your staff enough. Everyone from the receptionists to the surgical team were superb and a credit to their profession. Thank you all so much for what you have done for me, it is truly appreciated. I wish you all the very, very best in the future. Thank you.

Katie White - Hello... I just wanted to say...I was in today for an EP procedure and I just wanted to say a big THANK YOU to all the staff in 2C, CDU and Cath labs. Everyone was so attentive - Helen, Emma, Anne, Katy, Claire, Cathy and Jade (student nurse) Dr Connelly - I can't remember everyone's names but I can certainly remember how genuinely kind, friendly, open and professional everyone was. Including Reception. I felt very well looked after from the minute I arrived to the minute I left. Thank you.



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

Health and Wellbeing





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

Staff Health and Wellbeing Hub

Our Staff Health and Wellbeing Web Hub on our [NHS Golden Jubilee website](#) brings resources together in one easily accessible place for colleagues, whether you are at work or at home, when you need it.

We have a range of sources of help and advice in place that you can access for your physical, mental or financial and social health.

Take care of yourself while you care for others.



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

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

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

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



Employee Assistance Programme

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

Links to sections

Employee Assistance Programme (EAP)

Help in a Crisis

Physical Health

Mental Health

Financial Health

Social Health

Events Calendar

News and Blogs

Staff Activities

Group details

Step into Christmas Together challenge – Week 1 update

Week 1 of the challenge has gone great with almost 3,000km covered by 10 teams, with 1 solo walker completing 77% of her target already.

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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>

National Wellbeing Hub

We spend our days caring for others but sometimes we're not good at asking for help ourselves.

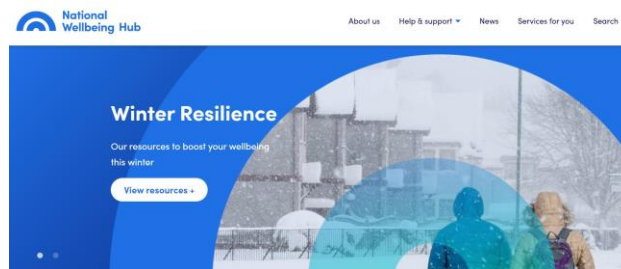
The National Wellbeing Hub is a place full of ideas on how to stay well with advice, lived experiences, information and expert guidance to help healthcare workers manage when you need help.

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.

Each month, the Hub will focus on a different area of wellbeing, with the focus this December being on Winter Resilience.

Eat well, exercise, socialise, sleep well – we all know what we should be doing to maintain our wellbeing. We also know it's rarely that easy – we all have challenges to overcome when it comes to staying well.

On the hub you'll find resources aimed at helping you boost your wellbeing during the winter months, as well as a few that might help you manage some of the challenges along the way.



[Click this link to visit the Wellbeing Hub.](#)

Help Yourself Stay Healthy with a bit of healthy know how

NHS Golden Jubilee are supporting NHS Scotland's national winter health campaign to highlight the importance of including health as part of their festive preparations.

The 'Healthy Know How' campaign provides tips and advice on how to safely manage common ailments at home, without having to seek

health advice unless it is urgent or an emergency. The campaign is fronted by Billy, with appearances from his son and pet cat Pumpkin and uses advertising, PR, and social media to remind people to prepare for their health this winter.

Healthy know how tips to keep well this winter include:

- Know how to stay on top of prescriptions. Order only what is needed and in plenty of time before the festive holidays.
- Know how to be prepared for common illnesses and ensure that medicines are to hand, at home.
- Know how to check symptoms if you do become unwell. NHS Inform's symptom checkers can give you all the health advice you need online and help you to get the right care, in the right place.

NHS 24's Associate Clinical Director, Dr John McAnaw, said: "Planning ahead can help ensure that coughs, colds, and minor ailments don't become a big problem for you and your family over winter. Having some remedies in the house is a good idea and knowing where to get help if someone does become unwell is also important so it's good to know your GP and pharmacy opening times over the holidays.



There is lots of health information online at [NHS Inform](#) including symptom-checkers so you can check symptoms and decide what to do next."

We are proud to support the Healthy Know How campaign in partnership with NHS 24 and NHS Scotland.

General advice and information on how to stay healthy this winter can be found at [NHS Inform winter](#).

Jubilee Active

In this month's Jubilee Active Blog, Occupational Health Physiotherapist David Longhurst reflects on the year gone by, which saw him play badminton for Scotland, and looks forward to the new year ahead with tips and advice on how to keep healthy.



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

Learning and Organisational Development



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

Change Toolkit and Guide

As a national board, supporting our colleagues from all across NHSScotland, we are delighted to announce the launch of our new Change Toolkit and Introduction to Change Guide.

These new resources, along with supporting workshops in the coming weeks, are designed to help support our team through a period of exciting expansion and change.

For full details and training dates visit the [sway](#) below.

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Health, Safety and Security Monthly Matters



December 2022

Each month the Health, Safety and Security (HSS) team bring you a monthly update which focuses on a specific work place requirement. This aims to provide a healthy working environment, promote a positive safety culture and ensure legal compliance in all areas of NHS Golden Jubilee.

This December, the focus is on Fire Safety.

Remember, the fire and building regulations provide strict controls on fire spread and combustibility on surfaces of stairs, corridors and ceilings.

While we know you will all want to celebrate Christmas, these requirements **must not be ignored**. In fact, with decorations and increased risk of fire, it is more important than ever that they are implemented correctly.

Festive decorations – what you need to know

Help us make Christmas at the Golden Jubilee as safe and special as possible for all staff and patients over the festive season.

It is really important to strike a balance between providing a festive atmosphere and meeting the requirements for fire safety.

Prohibited

Natural Christmas Trees are not permitted at the Golden Jubilee as they are a significant fire risk. They dry out quickly in the building's warm atmosphere and when this happens can propagate fire rapidly.

Candles or any other type of burners are not permitted. Not only are they an obvious fire risk but smoke from these items is likely to cause an unwanted fire alarm activation.

Decorations can burn easily and must be located away from heat and ignition sources such as light fittings, heaters and electrical equipment.

Acceptable:

Artificial Christmas Trees are permitted, but these must be labelled or marked 'Fire Retardant' and may be located in offices, receptions and areas **not** forming part of the Means of Escape (Fire exits, corridors, stairways etc.)

Festive lights are permitted if they have been manufactured in accordance with BS EN 60598 and are PAT tested.

Displays must never be located in escape routes, protected corridors, staircases or lobbies.

Decorations which are combustible, should not be strung over corridors and stair ceilings.

If you are a line manager

- Ensure that all decorations and displays have been risk assessed by a suitably competent risk assessor within the department.
- Ensure all electrical decorations, including lights, have been visually inspected by Estates Department and are displaying a tested/checked label – **before use**.
- Implement an effective ***closedown procedure*** which includes switching off electrical decorations each evening.
- Ensure all staff are aware of their responsibilities under the Fire Safety Policy.

Call to action

Where not already done so, send the local fire arrangements to Health and Safety for central storage by Wednesday 21 December 2022.

Links

[Policies and Guidelines](#)

[Fire Safety Policy](#)

[Local Fire Arrangements Template - non-clinical areas](#) [Local Fire Arrangements Template - clinical areas](#)

[Health and Safety email](#)

The Social side



What's happening on our social media pages

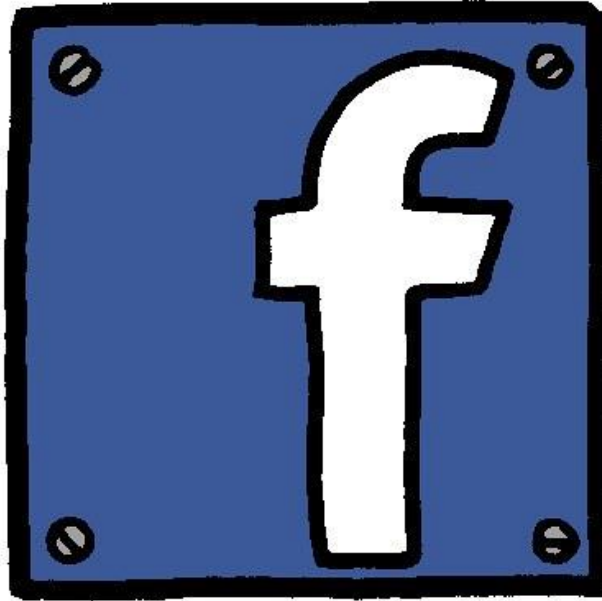
Facebook:

Phone to postpone

We have been making our patients aware of the importance of calling to let us know if they cannot make an appointment. Failing to attend general surgery appointments costs us £27,000 a year.

[View post](#)

A vertical poster with a light purple background. At the top right is the NHS logo with 'Golden Jubilee' underneath. The main text is in large, bold, dark blue letters: 'If you need to postpone... pick up the phone.' To the right of this text is a photograph of a woman with short red hair talking on a mobile phone. At the bottom, there is a dark blue gradient box containing white text: 'Patients failing to attend general surgery appointments costs NHS Golden Jubilee over £27,000 per year. If you cannot attend, please tell us as soon as possible so that we can give your appointment to someone else on the waiting list. To cancel or reschedule your appointment, call 0141 951 5266.'



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

Twitter:

With contagious winter infections prominent at this time of year, it's important we keep our patients safe. If you are feeling unwell with flu or norovirus symptoms, please follow appropriate guidance.

[View full post](#)

Stopping the spread of flu and norovirus this winter

NHS
Golden Jubilee

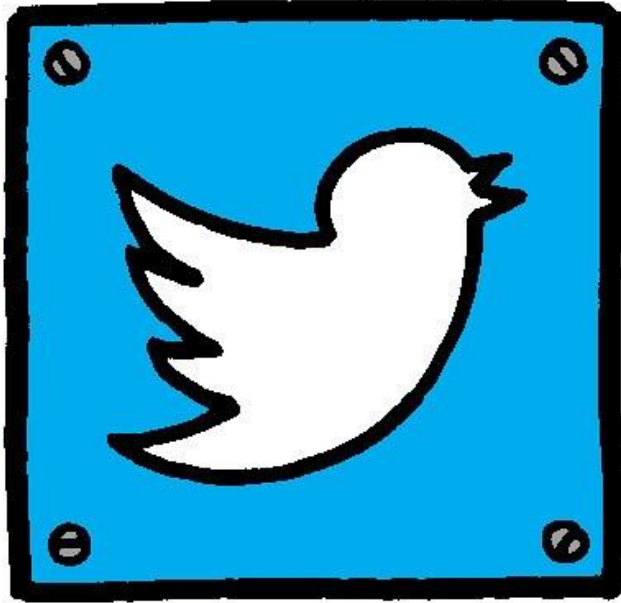
Help us protect our patients from highly contagious winter infections such as flu and norovirus this winter.

How can I help?

If you are feeling unwell with flu-like symptoms, including sore throat, diarrhoea or vomiting:

- Do not visit the hospital until you have been free of symptoms for 48 hours
- If your symptoms persist contact NHS 24 for further advice
- If you have an urgent appointment or it is essential to visit a friend or relative, speak to the department manager or ward senior charge nurse first
- Wash and dry your hands often and thoroughly with soap and warm water, especially after using the bathroom and before touching food
- If you live in the same household as someone with symptoms of norovirus or flu and feel your visit to the hospital is necessary, please ensure you wear a FRSM face mask while visiting
- Use and discard of tissues when you sneeze and blow your nose. Wash your hands thoroughly after





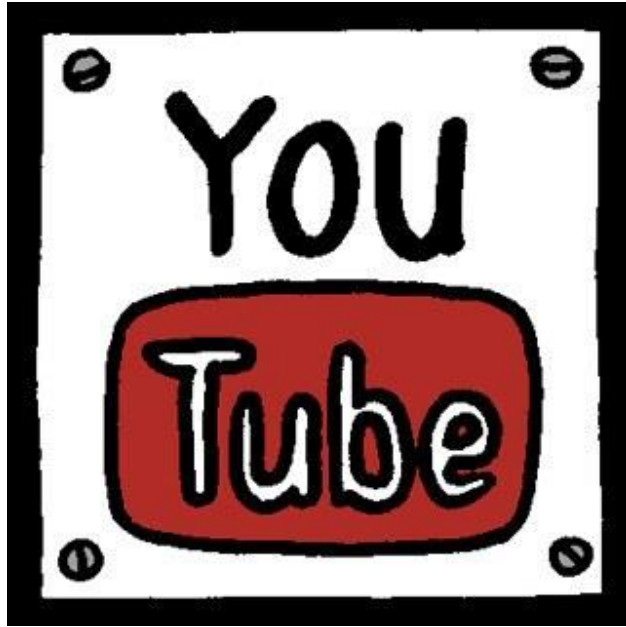
8 - [Click here to access our Twitter page](#)

YouTube:

Our YouTube viewers enjoyed a walkthrough of Phase One of our expansion programme.

[View the video](#)





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

LinkedIn:

Support continued for our staff raising awareness during World Antimicrobial Week last month. Many took part in fun buzz sessions where they tested their knowledge and even won some prizes!

[View full post](#)





Scottish Government News



Two years of Covid-19 vaccines

More than 14.9 million doses of the COVID-19 vaccination have been administered in Scotland since the first jab was given 2 years ago.

Thousands of volunteers signed up to help NHS staff, mass vaccination centres were rapidly assembled in major cities and mobile units toured the country.

This rapid deployment meant a million Scots were jabbed within three months – averting 27,656 deaths, according to the World Health Organisation, which noted Scotland’s quick uptake.

[View the full story](#)

World's first online HIV prevention service

People at risk of contracting HIV will find it easier to get pills to prevent infection as the world's first online clinic is set to be developed next year.

The pilot could make it possible for participants to order medication to prevent HIV from the comfort of their own homes.

The online clinic will mean people can test at home and manage their medication without needing to attend a specialist clinic – freeing up more time for complex cases and easing pressure on the NHS.

[View the full story](#)

Boost for long COVID support advice line

Thousands more people living with COVID will find it easier to get help as the Scottish Government boosts funding for an advice line.

Chest Heart & Stroke Scotland (CHSS) has been awarded £157,000 to continue offering expert advice on how to manage long COVID symptoms such as fatigue and breathlessness.

The service is helping ease winter pressure on the NHS by enabling people to speak directly to healthcare practitioners from the comfort of their own homes/

The charity will recruit extra staff to ensure more people can speak to a trained nurse who can offer practical support for anyone struggling with the long-term effects of COVID.

[View the full story](#)

National Care Services

The National Care Service (NCS) - a new vision for the future of social care everyone should have access to the same high quality community health and social care support, regardless of where they live in Scotland.

[The Independent Review of Adult Social Care](#) (Feeley Review) recommended a reform of social care in Scotland and a strengthening of national accountability for social care support. In June 2022, the Scottish Government introduced the National Care Service (Scotland) Bill.

The Bill allows Scottish Ministers to transfer social care responsibility from local authorities to a new, national service.

The creation of the NCS will ensure a consistently high standard of service for those accessing care and support and will ensure that the social work and social care workforce are valued.

Rewarding and valuing the workforce will be at the heart of building a workforce that is fit for the future, to deliver the best possible service for the people of Scotland.

Local care boards will be set up to plan and commission community health and social care services, with standards set and checked by Ministers.

The design of the NCS will have equality, dignity and human rights embedded throughout and will empower people to make the choices that are right for them.



You can find out more [here](#).

Contact



Jubilee Life copy deadlines

If you'd like an article or information in the next edition of Jubilee Life, please submit your copy by Friday 13 January to be included in our next edition.

While consideration will be given to late submissions due to timings of events, if copy is received after the deadline date, articles may not be included.

Please send your Jubilee Life submissions to [Comms](#).

We want to hear from you

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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