



Jubilee Life **February 2023**

Issue 45

Welcome to the February 2023 edition of your monthly digital staff magazine.

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

News



Scottish First for JAG Accreditation

NHS Golden Jubilee has become the first NHS hospital in Scotland to be accredited by the Royal College of Physicians' Joint Advisory Group (JAG) on Gastrointestinal (GI) Endoscopy.

The JAG accreditation Global Rating Scale (GRS) for endoscopy is recognised internationally as a measure of excellence used to underpin all aspects of a high-quality endoscopy service including clinical quality, safety, patient experience, the environment and the workforce.



"I am pleased to see NHS Golden Jubilee recognised for their excellent endoscopy services, the first NHS hospital in Scotland to be accredited by the Royal College of Physicians' Joint Advisory Group (JAG)."

“This is an outstanding achievement and is testament to the high standard of service and hard work of staff at the hospital.”

Humza Yousaf, Health Secretary

GI endoscopy is a vital diagnostic procedure, which is needed by thousands of patients across NHS Scotland every year to help identify and treat a range of conditions, including some types of cancer, unexplained pain or inflammation, reflux disease and ulcers.

In addition to high quality, patient centred service delivery, and building on JAG accreditation, plans are in place to establish the NHS Scotland Academy, through its National Endoscopy Training Programme, as a centre for training excellence in endoscopy.

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

Team GBNI cyclist says new heart helps him honour late wife



A cyclist who is gearing up for this year's World Transplant Games in Perth, Australia says his new heart gave him the opportunity to be there for his late wife who had battled breast cancer.

Steve Donaldson is in training for his third Transplant Games thanks to a heart transplant he received at NHS Golden Jubilee 12 years ago.

The Transplant Coordination team are helping Steve's dream of competing in Perth at the Games from 15-21 April and have raised £988 so far from a fundraising sale and donations from staff.

The team is hoping to raise £1,000. So, if just 12 colleagues could spare £1 each to help them reach that target, they would be very grateful for any donations.



1 - Steve with members of the Transplant team at the bake sale

Steve said: "I'm amazed at the amount the Golden Jubilee have raised for me, I just hope I can do them proud. I would like to thank the whole team at the Golden Jubilee for all of their support."

[Read the full story](#)

If you would like to contribute, please contact Frances Gallacher in the Transplant Coordinators office, or at [Frances Gallacher](#).

UK Awards for Excellence in Organ and Tissue Donation and Transplantation

The Donation after Circulatory Death (DCD) Heart NORS Team at NHS Golden Jubilee have won the award for 'Excellence in Organ or Tissue Retrieval' in this year's NHS Blood and Transplant and British Transplantation Society Awards.

The winning teams included NHS Golden Jubilee, Royal Harefield, Wythenshawe and Royal Papworth.

The NHS Golden Jubilee team were up against an extremely competitive process and other nominations. The team have been recognised for their work in making DCD heart transplantation accessible to the transplant team here at NHS Golden Jubilee.

Congratulations to all the team!


Blood and Transplant


British
Transplantation
Society


Yes I donate
ORGAN DONATION

Air ambulance re-procurement consultation – last call for feedback!

The Scottish Ambulance Service's (SAS) air ambulance operation transfers patients to and from hospital from remote, rural and island communities. This also includes providing air ambulance services to support ScotSTAR retrieval teams.

The aircraft used by the Air Ambulance Service are provided as part of a managed contract that is due to expire. As part of the contract review process, SAS has launched a consultation and engagement exercise to gather feedback on this important service before air ambulance arrangements are renewed.

SAS is now in the final feedback stage of the consultation and engagement process and is encouraging anyone with views on its Air Ambulance Service to get in touch if they haven't done so already.



To contribute to the consultation, please email [Air Ambulance](#) by Friday 17 March.

A consultation and engagement report outlining progress so far is available [here](#).

Leading to Change survey

Research consultants Ekosgen are working with the Scottish Government on the Leading to Change programme and have launched a survey, which looks at the role of leadership across health, social care and social work sectors.

The survey also covers training, learning and development from employers, as well as focusing on the role of diversity and inclusion for leadership at all levels and potential barriers that may exist relating to training and leadership opportunities.

The survey requires input from all staffing levels, but is especially needing views and experiences from staff on band levels 2 to 4 and from people in minority ethnic groups.



The deadline for submissions is Friday 3 March 2023.

The survey should take no longer than 15 minutes to complete is entirely voluntary and your answers will be totally confidential.

Click [here](#) to access the survey.

Events



University of Strathclyde Health and Care Future Showcase

Colleagues from the University of Strathclyde will be visiting NHS Golden Jubilee for a special showcase event on Tuesday 14 March from 11am to 1.30pm.

The showcase will feature ongoing collaborations with NHS Golden Jubilee as well as case studies relevant to our organisation.

Following the presentations there will be an opportunity to network and discuss future potential collaborations over a light lunch.



To register for this event, please email [Comms](#) by Wednesday 8 March 2023.

[Click here to view the full programme.](#)

Research Collaboration event

Registration is open for staff to attend the University of Glasgow – NHS Golden Jubilee Research Collaboration event in March.

The event is an opportunity to learn more about the expertise and research interests, both at the University of Glasgow and at the Golden Jubilee, as well as to identify areas where collaboration might be developed and/or strengthened in the future.

Event details

- Host: College of Medical, Veterinary and Life Sciences and the College of Science and Engineering.
- Date: Monday 20 March 2023
- Time: 10am-noon
- Location: Seminar Suite (237 B+C) ARC, University of Glasgow;
<https://www.gla.ac.uk/research/arc/>

The finalised agenda will be shared in the near future.

There will be space for a limited number of posters in the atrium, as well as time to chat/mingle after the meeting. Tea, coffee, juice and snacks will be provided.



University
of Glasgow

[Click this link to register](#)

Save the Date: International Colon Capsule Conference 2023

The second annual International Colon Capsule Conference will take place on Wednesday 26 April 2023 at the Royal College of Surgeons of Edinburgh.

The theme of this year's event is "Optimising Outcomes for Patients" with sessions on:

- Optimising outcomes in Colon Capsule Endoscopy (CCE)

- Updates from CCE programmes across the UK and beyond
- CCE and environmental sustainability.

The Conference is relevant to a wide range of individuals with a professional interest in the global application of colon capsule, including:

- CCE clinical leads
- CCE service managers
- Endoscopy and gastrointestinal nurses, gastroenterologists, general and colorectal surgeons, medical and surgical trainees
- Primary care nurses and doctors
- Scottish Government, CFSD and NHS England colleagues
- Industry partners
- Lay public and patient representatives
- International colleagues

Save the Date

International Colon Capsule Conference 2023
'Optimising Outcomes for Patients'

Wednesday 26 April 2023

The Royal College of Surgeons of Edinburgh

Conference themes which will form the focus of our sessions:

- Optimising outcomes in CCE
- Updates from CCE programmes across the UK and beyond
- CCE and environmental sustainability

CPD applied for #ScotCap #PillCam

Centre for Sustainable Delivery NHS SCOTLAND Medtronic THE ROYAL COLLEGE OF SURGEONS OF EDINBURGH NHS Golden Jubilee

Registration is not yet open, but please follow @NHSScotCfSD for regular updates.

People



Congenital Heart Defect Awareness Week

This month, the Scottish Adult Congenital Cardiac Service (SACCS) team produced a mixture of information and support for Congenital Heart Defect (CHD) Awareness Week from 6–12 February.

Their 'Meet the Team' graphics listing all the staff was liked and loved 264 times, with 42 comments and 58 shares on Facebook, showing what a popular team it is with patients.

Other graphics showed a CHD patient's typical journey, information about lifelong care, Infective Endocarditis symptoms, treatment and how to minimise risks, as well as key contacts, support patients can receive and support for the psychological impact of the disease.

Congenital Heart Defect Awareness Week 2023



Congenital Heart Disease: A lifelong condition



Reference: 2020 ESC Guidelines for the management of adult congenital heart disease.

Congenital Heart Defect Awareness Week 2023

Contacts

Who should I contact and when?

As a patient with congenital heart disease it can often feel overwhelming when you are unsure of who to ask for help. Below is a list of some important contact details that should help guide you.

If you need urgent medical attention, please call **999** or attend your **nearest A&E department**.

Out with GP working hours, if your symptoms are not life threatening but you think you need to access healthcare immediately, you can call NHS 24 on **111**. You will be assessed by a member of the team and advice given.

General health advice should be accessed via your GP. You can also access many treatments for minor ailments from your local pharmacy.

Dental advice should be sought through your dental practice.

NHS Golden Jubilee contacts

For advice and support regarding your congenital heart condition, the Clinical team can be contacted Monday-Friday from 9am-5pm.

All contact information can be found at: hospital.nhsgoldenjubilee.co.uk/a-z-services/scottish-adult-congenital-cardiac-service-saccs/saccs-team

Please remember that this is not an emergency line. The team will aim to return your call within 5 working days.

The link above includes contact details for:

- Information on dates of admission for procedures including intervention and surgery;
- SACCS secretaries;
- Clinic appointments and tests; and
- Psychology secretary.

Other helpful contacts

For advice on eligibility to drive, the DVLA can be contacted by phone on **0300 790 6806** or all information can be accessed at www.gov.uk.

Advice regarding financial support including benefits that you may be entitled to and can be provided by your local Citizen's Advice Bureau. Social Security Scotland can also be contacted on **0800 182 2222**.



David Rogers
Advanced Clinical Nurse
Specialist

#CHDAware

Congenital Heart Defect Awareness Week 2023

NHS
Golden Jubilee



Charities, support groups and resources

For some people, living with a congenital heart condition can be challenging at times and it is important that patients know how to access help and support when they need it.

A variety of online resources, support groups and charities can help, providing information ranging from helping you understand your heart condition and previous interventions, to accessing help with your mental health or finding ways to meet other people who also have a congenital heart condition.

Children's Heart Federation

A children's heart charity working with children and young people with health and educational needs due to acquired or congenital heart conditions:
www.chfed.org.uk/how-we-help/information-service/

The Scottish Association for Children with Heart Disorders

Registered charity run by parents whose own children have heart disorders:
www.youngheart.info



Little Hearts Matter

Charity for children, teenagers and adults with single ventricle hearts: www.lhm.org.uk

The Somerville Heart Foundation

UK- wide charity dedicated to supporting young people and adults born with all forms of heart conditions: www.sfhearts.org.uk

British Heart Foundation (BHF)

A UK organisation that directly support people with heart and circulatory disease and their families via resources and information, heart helpline and a number of innovative projects: www.bhf.org.uk

Max Appeal

Charity that provides support for patients with 22q11.2 deletion: www.maxappeal.org.uk

Marfans Trust

Supports those with Marfan syndrome and their families: www.marfantrust.org

Down's Syndrome Scotland

Supports patients with Down's Syndrome and their families:
www.dsscotland.org.uk

Over The Wall

Charity for children and young people with health challenges and disabilities:
www.otw.org.uk

More resources

sway.office.com/stRnnFCoHefB6xzuz



Sandra Jansz
Advanced Clinical Nurse
Specialist



#CHDAware

Congenital Heart Defect Awareness Week 2023

NHS
Golden Jubilee

Lifelong Care

“

Congenital heart disease (CHD) is the presence of a heart defect at birth. Around 1 in 125 babies are born with it, but people may be undiagnosed until they are adults.

When it is diagnosed, our patients are supported by a specialist SACCS team for the rest of their lives.

Support includes:

education on the condition; symptom management, and education for healthy lifestyle choices such as diet, exercise, smoking avoidance and safe alcohol intake.

Further support is given for:

family planning; undergoing surgery or another intervention; treating complications; anticipatory care planning; and end of life care.



Gemma Brown
Advanced Clinical
Nurse Specialist

#CHDAware

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Congenital Heart Defect Awareness Week 2023

NHS
Golden Jubilee

Psychological Impact



Having congenital heart disease (CHD) can be difficult and we know that people with CHD are more likely to experience mental health difficulties. You may find yourself worrying about the future, or feel different to others and feel that nobody quite understands.



Dr Deirdre Holly
Clinical Psychologist

There are things that can help:

Make sure you take some time to look after your mental health; this can include taking a nice bath, listening to music, practising mindfulness or simply doing something that you enjoy. Talking to others can also be helpful.

You can meet others with CHD at a Learning Café - you can help us make sure these meet your needs by completing our short survey:
www.surveymonkey.co.uk/r/T6K8GWS

Check out NHS Inform for some useful mental health information:
www.nhsinform.scot/mindtomind



Visit breathingspace.scot/ to access a free, confidential phone and web-based service for people in Scotland experiencing low mood, depression or anxiety.



#CHDAware

Congenital Heart Defect Awareness Week 2023



Infective Endocarditis

NHS
Golden Jubilee



What is Infective Endocarditis?

Infective Endocarditis is an infection of the heart, caused by bacteria entering into the blood and travelling to the heart. Endocarditis is rare, but the risk is higher in patients with congenital heart disease (CHD).

What are the common symptoms of endocarditis?

- Unexplained high temperature, fever or chills
- Night sweats
- Unintentional weight loss/loss of appetite
- Muscle and joint pain



Lynsey Paton
Advanced Clinical Nurse Specialist



How can I minimise my risk?

Maintain excellent dental hygiene. Visit your dentist at least twice per year and brush teeth twice daily. Check with your specialist team to see if you require antibiotics for some dental treatments.

Avoid piercings and tattoos - your skin is one of your protective barriers. Breaks in the skin can increase the risk of potential infection. It is also important to clean any cuts or grazes to prevent them becoming infected.

How is it treated?

Treatment involves a prolonged hospital stay and a long period of antibiotics. In some cases, surgery will be required to repair or replace any damaged structures of your heart.



Elaine Muirhead
Advanced Clinical Nurse Specialist



More information:
www.bhf.org.uk/information-support/conditions/endocarditis

#CHDAware

Congenital Heart Defect Awareness Week 2023



Meet the Team: Scottish Adult Congenital Cardiac Service (SACCS) Administration



Avril Long
Medical Secretary



Julie Shopp
Medical Secretary



Gavin McEwan
Booking Coordinator



Kirsty Kelly
Booking Coordinator



Sally Jolly
Waiting List Coordinator

Congenital Heart Defect Awareness Week 2023



Meet the Team:
Scottish Adult Congenital Cardiac Service (SACCS)
Medical



Dr Amanda Hunter



Dr Deirdrie Holly
Clinical Psychologist



Dr Gruschen Veldtman



Dr Hamish Walker



Dr Lorna Swan



Dr Niki Walker

Congenital Heart Defect Awareness Week 2023



Meet the Team: Scottish Adult Congenital Cardiac Service (SACCS) Nursing



Elaine Muirhead
Advanced Clinical Nurse
Specialist



Sandra Jansz
Advanced Clinical Nurse
Specialist



Gemma Brown
Advanced Clinical Nurse
Specialist



Lynsey Paton
Advanced Clinical Nurse
Specialist



David Rogers
Advanced Clinical Nurse
Specialist

Follow the hashtags #CHDAware #CHDAwarenessWeek #TeamJubilee on social media for more information.

Welcome to the team Deirdre!

We are delighted to welcome back Deirdre Doherty as the new Tissue Viability Nurse.

Deirdre has worked in Critical Care for over 10 years as part of NHS Golden Jubilee and spent time on secondment with the Tissue Viability team.

Deirdre has always had a passion for Tissue Viability issues and we are excited to have her working as part of the team!



2 - Deirdre Doherty

Deirdre can be contacted via the Tissue Viability extension 5259 or at [Deirdre Doherty](#)

Farewell: Therese Rolwich



This month we said a very fond farewell to Clinical Nurse Manager, Therese Rolwich as she began her well-earned retirement after more than 40 years working in the NHS!

“Therese is one of our well loved and respected Clinical Nurse Managers and we wish her every happiness in her retirement. She was a treasure.”

Jane Rodman, Head of Nursing

Enjoy your retirement Therese, you'll always be part of #TeamJubilee

Val-You



Our People Awards – Nominees and Finalists

We are delighted to announce our nominees and finalists for the NHS Golden Jubilee Our People Awards 2022/2023, which will be held in-person for the first time in 3 years on Wednesday 1 March in the Auditorium of the Golden Jubilee Conference Hotel.

Finalists have already received their invitations and we are looking forward to welcoming colleagues from across our organisation as we celebrate all of your dedication and tireless work to support patients across Scotland.



Our public nomination campaign welcomed more than 90 nominations this year and each one showcases the caring professionalism and appreciation of your work, serving the people of Scotland as a proud and unique NHS Board.

[Click this link to discover all of the nominees and finalists](#)

Finalists



Our People Awards
2022/2023

Rising Star Award Finalists:

- Andrew Hall
- Ilkin Kasmani
- Nathan Mackie
- Nicole Sweeney

The graphic features a blue and white color scheme with several large, stylized stars of varying sizes and orientations scattered across the background. The text is centered and uses a clean, sans-serif font.



Our People Awards
2022/2023

Unsung Hero Award Finalists:

- David Kelty
- Elizabeth Beck
- Margaret Gall

The graphic features a blue and white color scheme with several large, stylized stars of varying sizes and orientations scattered across the background. The text is centered and uses a clean, sans-serif font.



Our People Awards 2022/2023

Collaboration Award Finalists:

- Carolyn Chalmers
 - Clinical Educators
 - Orthopaedic
Department
- 
- 



Our People Awards 2022/2023

Top Team Award Finalists:

- Clinical Laboratories
 - Learning and Organisational
Development
 - Radiology
- 
- 

Our People Awards 2022/2023

Sustainability Award Finalists:

- Carolyn Chalmers
- Clinical Educators

Our People Awards 2022/2023

Support Worker Award Finalists:

- Anaesthetic Assistants
- COVID drive through team
- Orthopaedic Secretaries

Our People Awards 2022/2023

Volunteer Award Finalists:

- Allan Stewart
- Pastoral Care Volunteers

Our People Awards 2022/2023

Care and Compassion Award Finalists:

- Christopher O'Meara
- Elaine Muirhead
- Lesley Barclay and Karen Watson



Our People Awards 2022/2023

Leader of the Year Award Finalists:

- 
- Denis Flanagan
 - Evelyn Vanni
 - Lynn Angus
- 



Our People Awards 2022/2023

Chair Award for Living Our Values Finalists:

- 
- Fred Picard
 - Rachael McCreddie
 - Stephen McGeever
 - Tilda McCrimmon
- 



Our People Awards
2022/2023

Innovation Award Finalists:

- Julie Bryson
- Nick Ohly
- OBERD Team

The graphic features a blue and white color scheme with several stylized stars of varying sizes scattered around the text. The background has a subtle pattern of dots and a wavy blue line at the top.



Our People Awards
2022/2023

Chief Executive Excellence Finalists:

- JAG Accreditation Team
- Scottish National Radiology Reporting Service

The graphic features a blue and white color scheme with several stylized stars of varying sizes scattered around the text. The background has a subtle pattern of dots and a wavy blue line at the top.

LGBT+ History Month

LGBT+ History month takes place every year from 1 – 28 February to celebrate the contribution that Lesbian, gay, bisexual, trans and people with other identities have made to society over recent years.

NHS Golden Jubilee is committed to being a safe space for the LGBT+ community. In order to further this vision, we are keen to promote and expand the membership of our LGBT+ network.

LGBT+ Network Chair, Rob White, talks about the role of the Network within the organisation and how you can get involved to help shape the diversity and inclusion agenda at NHSGJ.



3 - Rob White

“The LGBT+ Staff Network was relaunched in 2022, and we aim to provide a welcoming environment in which members can feel empowered, visible, safe, and proud to be themselves.”

By joining the network, members will have the opportunity to:

- Meet regularly for networking and social events
- Support one another within the organisation by providing a safe space for the discussion of LGBT+ issues
- Inform NHSGJ senior leaders with respect to LGBT+ Equality & Diversity
- Distribute information about relevant LGBT+ events within and outwith the organisation

“The network is for all NHS Golden Jubilee staff and Volunteers who identify as lesbian, gay, bisexual or transgender, queer or questioning. Our + sign represents gender identities and sexual orientations not included in the term LGBT and ensures we will always be inclusive of everyone in our community.”

Why should people get involved?

By joining the Network, you will have the chance to be part of a community that will help shape the future of LGBT+ inclusion at the Golden Jubilee.

The Network forms an integral part of our Diversity and Inclusion strategy and reports into the Diversity and Inclusion group on an 8-weekly basis. We are ambitious with our intentions to create an energetic, collective voice to promote positive change and enhance the visibility of LGBT+ activities across the organisation.

The Network has recently joined forces with NHS Greater Glasgow and Clyde LGBTQ+ forum to collaborate on joined-up activities, including social meet-ups and guest speaker events. We will soon be commencing plans for the 2023 Mardi Gla Pride March on 15 July 2023 in Glasgow.

We'll keep you posted with further updates on this.

To get involved in the network, email gjn.lgbtstaff@gjn.scot.nhs.uk

Spiritual Care religious statements

As we move in to March our notable dates started at the beginning of the calendar year with World Religion Day on 15 January, Holocaust Memorial Day on 27 January and, over the course of the next few months, notable dates also include, the Season of Lent for Christians, Maha Shivaratri for Hindus and Ramadan for Muslims.

Throughout the year religion and beliefs celebrated also includes pagan festivals, World Humanist Day and World Spirituality Day.

There is a rich kaleidoscope of religion and belief throughout the year and we would love to hear from you if you are a part of that. Small statements like. 'The time of Lent for me is...' or 'The time of Ramadan for me is...'

We plan to display these statements across the Spiritual Care Centre and anonymise them if that is your preference.



Please email [Spiritual Care](#) if you'd like your statement displayed.

Long Service Awards

This month we celebrated more of our long serving staff from across our Hospital and Hotel.

With over 200 years' service between all of this month's recipients, we know our organisation wouldn't be the same without them!

Congratulations and thank you to you all.

Long Service Awards will be reopening to new applications in April.



4 - Christine McGuinness



5 - Lorraine Alexander



6 - Frances Hand



7 - Karen Ackland



8 - Fiona Stevenson



9 - Jane Christie-Flight



10 - Katrina Black



11 - Jackie Wales

Comments about you!

Wendy Fraser - Very many thanks for giving me my new life that, so far, is integrating well with the rest of me. Harry, from the nursing staff in Ward 2 West, the physios, occupational therapists, and not forgetting Neil Talbot, my anaesthetist. Thank you for all the good care and attention to detail during the operation itself and also, of course, the aftercare, which was super.

Thank you for everything you do!

Irene Murray - Wonderful people!

Margaret McWilliam - A wonderful team, my heart warrior is now a cardiac thoracic nurse in ARI.

Davy K Watters - Great team and well looked after when I am there from Edinburgh.

Lynn Crawford - An amazing team, we have so much to thank you for x.

Jo MacFadyen - The most wonderful team I've ever been under the care of. Thank you for everything you do for me and all patients. You are all fabulous.

Lisa Brown - Fantastic team and amazing at what they do, been looking after my daughter for 4 years now. Can't thank them enough.

Alisdair Hillis - Amazing team carrying out vital work.

Terrie Bell - Amazing team looking after Robert for past 16yrs and still looking after but also made sure I was OK when I was with Robert in hotel on my own.

Anne Churchill - Thank you for everything you do. I will be forever grateful for all that you have done for me. The best team in the world.

Katie McKenzie - Can't thank them enough.

Yvonne Henderson - All amazing and very caring xx

Linda Barnes - Saved my life, no words great enough to say how grateful I am. THANK YOU!!

Jim McGonigle - Mr Kirk the respiratory specialist and his team deserve a medal I will be forever in there debt.



InVOLved



Volunteer Focus

Name: Allan Stewart.

Age: 76.

Where do you live?: Bishopton, Glasgow.

Employment status:

Retired.

What are your hobbies and interests other than volunteering?

Golf and going to the gym.

Volunteer role details?

I work in the Sensory Care department, fixing patients' hearing aids by re-tubing and supplying new batteries.

What made you decide to volunteer with NHS Golden Jubilee?

After being a patient at the Golden Jubilee I decided I wanted to give something back to the NHS.

What gives you the most pleasure from volunteering at NHS Golden Jubilee?

Learning from fellow Volunteer Jim Woods (now retired) and making a difference to deaf and hard of hearing patients.

Do you think you make a difference for patients and staff in your role?

Yes. Last week I received a 'thank you' letter from a patient so I know it made a difference to them, and I have previously received a Volunteer award in 2015.

Do you have any memorable, funny or interesting stories from volunteering here?

While I was attending to a patient I could not find her hearing aids, however, I then found her teeth in the hearing aid pouch and her hearing aids in her glasses case, which we both found really funny at the time.

If you were to give your younger self some advice, what would it be?

Stay healthy, so you don't become a patient.

What would you say to anyone who is thinking of volunteering with us?

Volunteering is very rewarding and keeps your brain active.



12 - Volunteer Allan Stewart

Health and Wellbeing



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

Monthly themes

The Health and Wellbeing Group has established monthly themes to focus activities and events on for colleagues.

The group's aim is to help staff develop and maintain good health and wellbeing for both your working and personal lives in a sustainable way that can fit in with your lifestyle, expectations and abilities.

February's theme was 'Kindness' and colleagues were encouraged to do something kind for someone on Random Acts of Kindness Day on Friday 17 February and we had a couple of lovely examples, which made a difference to people's days:

Linda McGrouther – UCO, Coronary Care Unit 1, said: "I was called a star today because I had (as part of my job role) gotten a file for one of the Nurse Practitioners. That made me feel good!"

Karen Turner – UCO, Cardiac Day Unit, sent this message: "Hope you all are having a great Friday. If you are struggling today, you've got this, it's almost the weekend. Whoop! Hope you all have a wonderful time, whatever you have planned."

In the run-up to Random Acts of Kindness Day, 350 staff were treated to free soup and a roll in the Golden Bistro to spread some happiness, while staff working at night received some free confectionary.



March theme

The theme for March is Eat Good, Feel Good and the Health and Wellbeing Group will focus activities and messages around Nutrition and Hydration Week from 13 – 19 March so look out for the details of what's on in upcoming eDigests.

New calendar

A new calendar of Health and Wellbeing themes will also be published in April for the year ahead.

Breathing for Stress course

Did you know that the everyday stress and anxieties we face can change the way we breath and, in turn, make us feel even more stressed and anxious?

We are delighted to be working with Andy Marr of [Active CBT](#) to offer the 'Breathing for Stress' course.

This introductory level course will introduce participants to some practical breathing exercises and techniques to help us better manage stressful situations.

The course will run on MS Teams over 4 sessions, each lasting 1 hour.

You must be able to attend all four sessions to maximise the benefits of the course.



Group 1 – Tuesdays, 11am – 12pm

Week 1 - 14 March

Week 2 - 21 March

Week 3 - 28 March

Week 4 - 18 April

Group 2 – Thursdays, 3pm – 4pm

Week 1 - 16 March

Week 2 - 23 March

Week 3 - 30 March

Week 4 - 20 April

Places will be offered on a first come first served basis.

To book, please contact [Sandra Hill](#) stating your preferred group.

Help for parents

If you're finding it hard to make ends meet and the thought of applying for benefits or taking that first step into work is overwhelming, Parent Club can help.

The good news is there is lots of help available - and Parent Club can guide you to someone you can talk to about applying for benefits and, gaining skills, finding work or childcare.

Benefits and grants you could be entitled to

Knowing where to begin with benefits and one-off payments you're entitled to can be stressful. You might also think you're not eligible for any additional financial support, but it's always worth checking as you may be surprised. Help is available to guide you to a trusted advisor who can help you find out about all the benefits and payments available to you and your family.

Finding a job that works for your family

The thought of finding a job can feel overwhelming, especially if you're looking for something that fits around childcare. Whether you've been out of the workplace for a while, and or worried that your skills are out of date, or this might be your first time looking for a job, and you don't know where to start. Whatever your situation, you don't have to do it on your own, as there are lots of support services in your local area to help you and get you job ready.

Looking after your mental health

Worrying about money can take its toll on your mental health, and if you feel like everything is getting too much, it's important to remember that you're not alone and there is support out there. Parent Club has tips to help you look after your mental health and places you can go to find support.



To find out more about benefits and employment support, take that first step and visit parentclub.scot/money-work.

Staff Health and Wellbeing Hub

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

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

Take care of yourself while you care for others.



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

National Wellbeing Hub

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

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

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

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, 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.](#)

Coaching for Wellbeing

Coaching for wellbeing was initially created to support colleagues facing challenges resulting from the pandemic.

As the winter pressures continue to impact people across the system, NHS Education for Scotland in partnership with Know You More, are inviting colleagues to focus on their own wellbeing through **free** coaching support. Sometimes, after all, you need to slow down to speed up.

Is Coaching for you? For more information, visit the Sway for details.

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Jubilee Active Blog - Let's get proactive on Musculoskeletal (MSK) problems

The first Jubilee Active Blog of 2023 promotes the Occupational Health Physiotherapy service and talks about Musculoskeletal (MSK) problems.

These are issues with the body's muscle or other soft tissues, bones or joints, as well as some nerve pains.

According to the Health and Safety Executive (HSE), there has been an increase in MSK disorders, notably due to the COVID-19 pandemic confining many people to their homes, reducing opportunities for exercise, therefore encouraging sedentary behaviour.

Clinical Specialist Occupational Health Physiotherapist, Kathryn Wales, gives her expert advice on how to avoid and manage MSK risks.



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

Learning and Organisational Development



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

Meaningful Appraisal Conversations

“How are you doing?” It sounds like a simple question, but how often do you ask that question to your staff, or when was the last time you were asked that from your manager?

Everyone should feel supported in the role that they do, and simply asking, ‘How are you doing?’ plays an important part in our own wellbeing and gives us the chance to build connection and trust.

Appraisal conversations are a great opportunity to discuss how you’re doing. Not only that, it’s an opportunity to reflect and discuss your performance, career aspirations and development needs. All Agenda for Change staff should have an appraisal at least once a year.

To support staff and managers to have more meaningful appraisal conversations and to get the most from your appraisal, we’re holding drop-in sessions – everything from what to talk about to how to use the Turas system.

So if you're new to the organisation or just need a bit of a refresher, please join us! No need to pre-register.

For managers and reviewers:

- *Thursday 16 March, 10am – 11am, MS Teams: [Click here to join the meeting](#)*
 - *Tuesday 9 May, 12.30pm – 13.30pm, MS Teams: [Click here to join the meeting](#)*
-

For staff (reviewees)

- *Tuesday 28 February, 10am – 11am, Ms Teams: [Click here to join the meeting](#)*
 - *Wednesday 12 April, 1pm – 2pm: Training Room 5, Golden Jubilee Research Institute*
-

Look out for more dates throughout the year.

If you would like to arrange a session for your team, or need 1-2-1 support, please contact GJNHLAndODInfo@qjnh.scot.nhs.uk

Scottish Quality and Safety Fellowship – Cohort 15

The Fellowship is open to healthcare staff who currently undertake clinical practice and have a direct influence on improving the delivery of safe patient care, as well as staff in clinical professions who do not currently deliver hands-on care but do have a role in improving patient care or safety.

The Fellowship has been developed in partnership with NHS Education for Scotland, Healthcare Improvement Scotland, and NHS Scotland Boards. It is aimed at a variety of professionals involved in the delivery of healthcare and is made up of distance learning, coaching and focused residential workshops covering:

- Improvement theory, methods and tools
- Human factors and ergonomics
- Service design methods

- Leadership for change
- Person-centred care

The programme is built around a series of residential courses, and other educational and networking events. All Fellows are expected to undertake a real-world improvement project whilst on the programme with their clinical teams. They will also have the opportunity to network with colleagues in the UK and abroad during a trip to an international forum and a personal study trip.

The [application pack](#) is available now on the NHS Education for Scotland website.

Key dates for your diary

- Friday 24 March 2023 – Applications close
- Week commencing 26 June 2023 – Interviews with shortlisted candidates

Further information

The [SQSF programme page](#) on the QI Zone website has more details on the programme aims, objectives and learning outcomes. The site also includes posters from previous SQSF graduates describing their improvement projects and key learning from the programme.

Informal enquiries about the Fellowship can be made to: [Sally Peacock, Senior Officer, NHS Education for Scotland](#).

Health, Safety and Security Monthly Matters



Monthly Matters: your monthly focus on what matters to you

Why am I seeing this?

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 February the focus is on Manual Handling.

The Manual Handling Operations Regulations apply to a wide range of activities, including lifting, lowering, pushing, pulling and carrying.

“Manual handling operations mean any transporting or supporting of a load (including lifting, putting down, pushing, pulling, carrying or moving) by hand or by bodily force.”

More than a quarter of reported injuries relate to the handling of goods and materials. Manual handling is one of the key health and safety concerns in the workplace as almost every organisation in any sector will have some form of manual handling activities being carried out on a daily basis.

The **Manual Handling Operations Regulations** require that employees should be given information on:

- Recognition of risk
- Risk assessment including consideration of the following factors; task, individual capability, load, environment and other factors
- Safe working systems
- Use of equipment

In summary, manual handling training should be provided:

- On recruitment
- When identified risks change, and
- Repeated where appropriate.

Employers are required to monitor and review the effectiveness of training within the workplace. This means regular supervision of staff activities to ensure the risks are minimised.

NHS Golden Jubilee has adopted ‘The Scottish Manual Handling Passport Scheme’ and this identifies minimum standards for manual handling and a curriculum for foundation (induction) training that will enable the transfer of training between participating organisations.

If you are a line manager

- Undertake generic and detailed risk assessment of the work activities and equipment and review/update as necessary. Templates available on STAFFnet.
 - Ensure new staff complete the mandatory Manual Handling Training module on LearnPro.
 - Ensure new staff complete an Induction Record. This will identify previous training and any additional training needs that are required, or not.
 - Book staff directly onto Induction and Update courses using eESS.
 - Familiarise yourself with the training videos on STAFFnet.
 - Contact the Manual Handling Lead to organise bespoke training sessions for your teams as required.
 - Ensure all manual handling incidents are reported via Datix and fully investigated.
-

More information

[Policies and Guidelines](#)

[Manual Handling Policy](#)

[Load handling induction record](#)

[Patient handling induction checklist](#)

[Load Handling Training Dates](#)

For more information, visit the [Health, Safety and Security Staffnet page](#).

The Social side

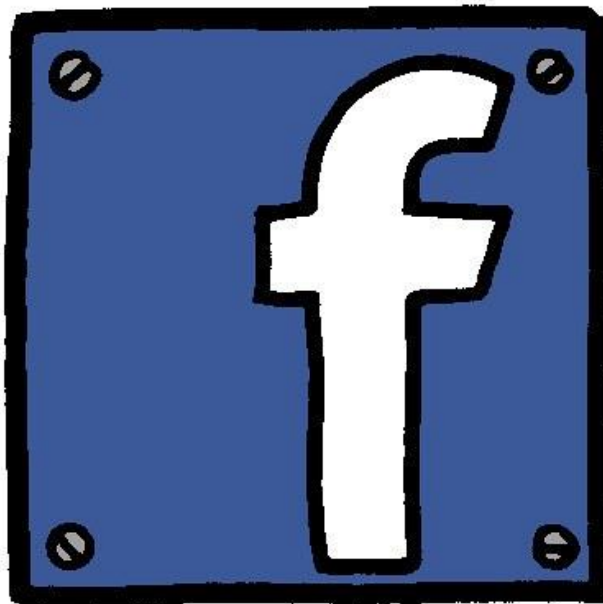


What's happening on our social media pages

Facebook:

Our nursing and recruitment teams were at the RCNi Nursing Careers and Jobs Fair this month inspiring the next generation of nurses with the fantastic opportunities available here at NHS Golden Jubilee.

[Click here to view the post](#)



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

Twitter:

This month we celebrated International Day of Women and Girls in Science.

We heard from our Head of Laboratories, Jackie Wales. Back when Jackie was starting her training in the 1980's, she had to travel to the south coast of England due to limited opportunities in the field.

Now Jackie works alongside many dedicated and talented women in her team and across the entire organisation!

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

International Day of Women and Girls in Science

NHS
Golden Jubilee

11 February 2023



I have been a Biomedical Scientist for more than 35 years and I have been lucky enough to enjoy every post I have held from Trainee to my current position as Head of Laboratories here at NHS Golden Jubilee.

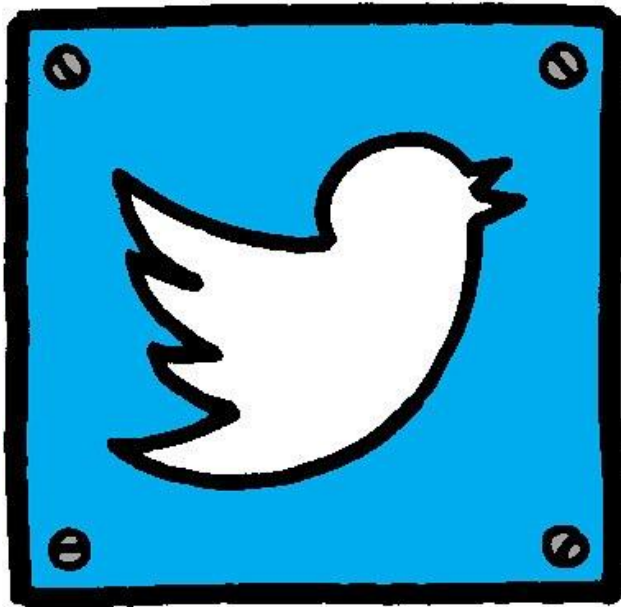
The laboratory service involves a team of highly talented Biomedical Scientists and support staff, many of which are women, who provide an essential diagnostic service to the Hospital.

It is a privilege to lead this team on a daily basis.

Jackie Wales
Head of Laboratories



#WomeninScience #TeamJubilee

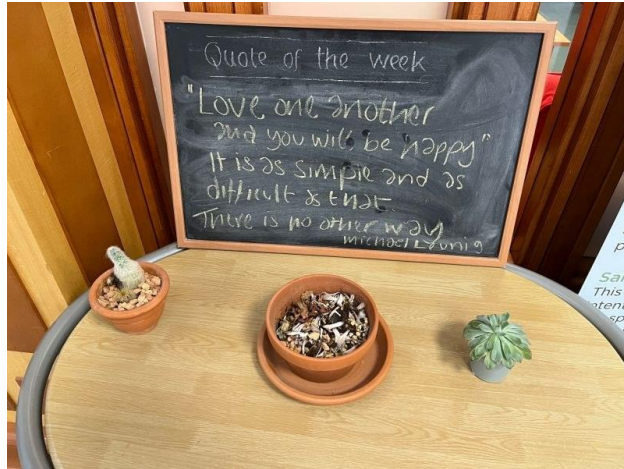


14 - [Click here to access our Twitter page](#)

LinkedIn:

Our Spiritual Care team inspired us with this simple, but effective, quote of the week.

[Click here to view full post](#)



YouTube:

[#timetotalkday](#)

Retired Nurse and [#TeamJubilee](#) Pastoral Care Volunteer Janet French helps patients by offering conversation and someone to listen to when they are feeling anxious, or just want to chat.

Find out more about our Spiritual Care Strategy: <https://bit.ly/40o9CrJ>

[#mentalhealth](#)



sometimes that I have something to offer to them,



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

Scottish Government News



Safer driving campaign

Fatigue is a contributory factor in crashes which kill or seriously injure around 50 people every year in Scotland.

In 2020, fatigue was a contributing factor in 3% of fatalities, however, experts estimate that the real figure is much higher, with up to 20 per cent of all collisions involving driver fatigue.

Sleep related collisions are around 50% more likely to result in death or serious injury as they tend to be higher-speed collisions.

To tackle the serious issue of driver fatigue, the Scottish Government and Road Safety Scotland (part of Transport Scotland) are running a campaign with a clear message for all drivers – **Driving Tired Kills.**

You can't fight sleep. If you feel tired while driving, stop for a coffee and have a rest.

Plan ahead to avoid driving tired and take regular breaks.



For more information, visit [here](#).

Nursing and Midwifery Taskforce

An expert group has been set up to improve working conditions for nurses and boost workforce numbers.

Chaired by the Health Secretary, the Nursing and Midwifery Taskforce will include recognised nursing and midwifery workforce experts, alongside academia, NHS and Scottish Government representatives. The Royal College of Nursing and the Royal College of Midwives will also be represented, among others.

Among other issues, the Taskforce will consider: building exemplary workforce cultures; addressing operational barriers; and improving working conditions, facilities and learning opportunities.

[Click here to read more](#)

Winter pressures on health and social care

The Scottish Government's resilience committee has met to discuss the challenges facing health and social care this winter.

The meeting focussed on hospital occupancy, and the measures being taken to reduce levels of delayed discharge and to find care placements and packages for those clinically fit to leave hospital.

[Click here to read more](#)

Jubilee Life copy deadline



If you'd like an article or information in the next edition of Jubilee Life, please submit your copy by Friday 17 March 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](#).

Contact us

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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