



Jubilee Life **May 2023**

Issue 48

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

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



Bringing down the carbon footprint in the NHS

A programme to reduce the carbon footprint of NHS Scotland and enable more environmentally sustainable care, led by our Centre for Sustainable Delivery, has now been launched.

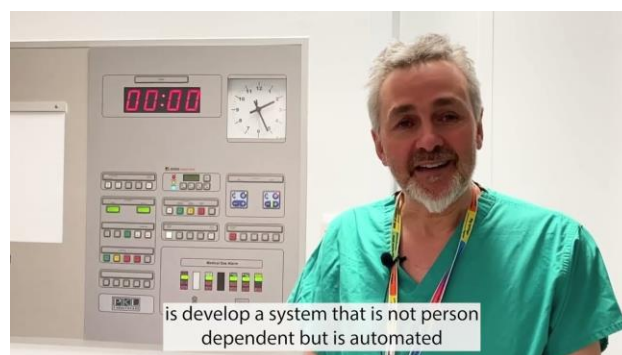
The National Green Theatres Programme will cut the emissions and waste typically generated in surgery, while maintaining the highest levels of patient safety and quality of care.

The first set of actions will help NHS Scotland meet its net zero target by 2040 and reduce carbon emissions by 7,100 tonnes of carbon dioxide, the equivalent 4,400 single passenger return flights from Glasgow to New York.

The programme features a number of measures, all of which can be made without impacting patient safety or standards of care, including:

- Removing anaesthetic gases from the supply chain.
- Moving away from single use instruments/consumables.
- Introducing waste segregation.
- Switching from pre-operative intravenous to oral paracetamol.

The programme is being rolled out across the country following a successful pilot in NHS Highland.



“The roll out of the Green Theatres Programme is a very positive step in the right direction to making our NHS net zero by 2040.”

“Our incredible NHS staff have worked tirelessly to develop a model that not only puts patients and their safety first, but will reduce our environmental impact.”

Maree Todd, Minister for Social Care, Mental Wellbeing and Sport

“Our patients always come first but it’s great that we are now making clinically safe patient care decisions with sustainability in mind.

"Theatres are high carbon and energy intensive areas that produce high volumes of waste, so reducing their environmental impact will make a positive difference toward achieving Scotland's net zero targets.

“We are working with our National Green Theatres Specialty Delivery Group and national partners to support Boards to implement these actions and are developing a Green Map to monitor progress.”

Dr Kenneth Barker, Centre for Sustainable Delivery (CfSD) Clinical Lead for the National Green Theatres Programme

For more, read our [press release](#) or visit our [green theatres web pages](#).

Introducing the Modernising Patient Pathways Programme

The Modernising Patient Pathways Programme (MPPP) is part of the Centre for Sustainable Delivery (CfSD).

The team have a national remit for delivering improvement and redesign in planned care across NHS Scotland.

The programme includes coordinating 14 Specialty Delivery Groups (SDG). These groups have nominated multi-disciplinary representation for all Health Boards providing services in a particular specialty, including Dermatology, Neurology and Gynaecology.

The Specialty Delivery Groups provide a space for clinically led discussion, making sure that redesign is led by the services themselves and provides an opportunity for sharing what is working to avoid duplication of effort. Key areas of focus include:

Processes:

- Active Clinical Referral Triage. This is where a senior clinical decision maker reviews referrals at the beginning of the patient’s wait to establish the best pathway.
- Discharge Patient Initiated Review. Rather than bringing patients in for non-value adding appointments, this allows patients to access secondary care as needed.

Pathways:

- This includes maximising the use of Enhanced Recovery After Surgery (ERAS) and Day Surgery pathways to benefit patients and minimise length of stay.

Workforce:

- Making sure we get the very best from staff of all professions and levels.

Innovation:

- Supporting innovations that are currently being tested in one area to become business as usual across Scotland in the future.

Measurement:

- Consistently measuring progress and outcomes to make sure MPPP is having the desired impact for patients across Scotland.



If you would like to find out more about the Modernising Patient Pathways Programme, please email gjnh.cfsdmpppsac@nhs.scot.

Meet the MPPP Team

Please meet the members of the MPPP Team (pictures in order of list appearance).

Laurence Keenan – National Associate Director

Laurence joined the Modernising Patient Pathways Programme in July 2022. With over 20 years' experience working across a variety of National Improvement Programmes within the NHS, Laurence brings a wealth of experience to CfSD.

Having worked across Clinical Governance, Analytics, Improvement Science, Capacity Planning, Modelling and performance, Laurence has a keen interest in using data to drive and evidence sustainable improvement and adopting new and innovative approaches wherever possible to achieve optimal patient and organisational outcomes.

Jamie Cochrane – Head of Programmes

Jamie is Head of Programmes for the Modernising Patient Pathways Programme at the Centre for Sustainable Delivery. The MPPP team have a responsibility to achieve the best planned care for Scotland by developing, innovating and improving effective 'Once for Scotland' Clinical Pathways.

The programme supports 14 Special Delivery Groups driving improvement in pathways, processes, workforce and innovation across NHS Scotland.

With over 25 years' experience working in healthcare improvement, Jamie has works across the Specialty Delivery Groups with a particular focus on Dermatology.

David A McDonald MBE – Head of Programmes

David transferred over to the national Centre for Sustainable Delivery's, Modernising Patient Pathways Programme from his role as National Improvement Advisor following working across a variety of National Improvement Programmes within the Scottish Government.

He had led a number of national clinical pathways to sustainable implementation and published widely on their success.

David is now one of the Head of Programmes and supports continual clinical engagement with improving service delivery and reducing variation in care across NHS Scotland.

Dr Lech Rymaszewski – Clinical Advisor

Dr Rymaszewski is a retired Consultant Orthopaedic Surgeon and now supports the redesigning of outpatient services based on Realistic Medicine principals, specifically Active Clinical Referral Triage (ACRT), opt in and Patient Initiated Return (PIR).

In 2010, Lech initiated and developed the "Virtual Fracture Clinic" – a patient-focused, clinician-led, safe and effective system. The Scottish Government has now promoted this model for over 10 years, and it has been extensively adopted in many UK and international units.

Rosanne Macqueen – National Improvement Advisor

A Nurse by profession, Rosanne specialised in perioperative practice for many years before moving into governance in 2012 and since then has worked in a number of roles across a variety of NHS Health Boards.

After joining the Service Reform team at the Scottish Government in 2018, Rosanne then became part of the Scottish Access Collaborative (SAC) in 2020 as Programme Manager for Bringing it Together (BiT)

Rosanne has been working as National Improvement Advisor in the MPPP team since 2022, providing support for the Cataract Sub – Special Delivery Group and Rheumatology Speciality Delivery Group.

Stephanie McNairney – National Improvement Advisor

After working in the private sector for several years, Stephanie joined the NHS in 2007, working in number of roles supporting and leading service development, planning, and governance across a range of health and social care services.

Stephanie has a strong belief that continuous improvement and shared learning are key to delivering safe, effective services, making sure people are equipped to make good decisions about patient care, and improving the lives of people across Scotland.

As National Improvement Advisor for the MPPP, Stephanie supports the Neurology, Vascular Surgery and General Surgery Specialities.

Katie Aitken – National Improvement Advisor

Katie works as part of the Modernising Patient Pathways Programme as a National Improvement Advisor. With more than 20 years' experience working as part of NHS Scotland, including 17 in service improvement, Katie brings a wealth of experience to the team.

In her role, Katie supports the Gynaecology and Urology Specialty Delivery Groups.

Kris Wright – National Improvement Advisor (data and measurement)

With an eclectic background, Kris has worked as a chef at the Sheraton, mended radios and radar in the Royal Nava and worked across Scotland on various telecommunication projects.

Now fully established in the healthcare, Kris uses his passion for numbers, patterns and analysis in his role as a National Improvement Advisor.

As someone with dyslexia and autism, Kris has developed a keen interest for data and patterns and uses these skills to carry out investigative analysis.

Claire Rush – National Improvement Advisor

Claire is the National Improvement Advisor for ear, nose and throat (ENT), Gastroenterology and General Surgery Sustainable Development Goals within the Modernising Patient Pathways Programme team.

Claire has worked in the public sector for over 20 years, with roles in management, policy development and implementation, quality and service improvement across NHS Scotland Health Boards and councils.

As part of her role, Claire also works with the Innovation Team at the Centre for Sustainable Delivery on the Digital Pre-Op Programme.

Margaret Wood – National Improvement Advisor

Having worked in the NHS for over 30 years, Margaret has gained a wealth of knowledge and skills through continuous learning.

She is passionate about the NHS and continues to strive to explore new opportunities and ideas that will greatly improve patient care.

Margaret currently provides support to the Orthopaedic Specialty Delivery Group after joining the Modernising Patient Pathways Programme in 2019.

Linda Sparks – National Improvement Advisor

A physiotherapist by profession, Linda has worked in a variety of settings before specialising in the management of musculoskeletal conditions and chronic pain.

Having undertaken improvement roles whilst working as a physiotherapist, Linda moved to a full time improvement work in 2016, first within the Scottish Government before transitioning to her role within the Modernising Patient Pathways Programme.

Linda is currently the National Improvement Advisor with the Respiratory Speciality Delivery Group and the Primary Care, Secondary Care Interface work stream.

Emma Whyte – Project Support Officer

Emma became part of the Centre for Sustainable Delivery in 2021 after working in digital media for a Scottish television company.

Since joining, Emma has been supporting the team working across various specialities and currently supports Cataract, General Surgery, Rheumatology, Symptomatic Breast and Heatmaps as well as the wider team.

Emma has also been key in organising the International Colon Capsule Endoscopy Conference for the past 2 years.

It has been said that Emma is ‘the backbone of MPPP’.

Kimberly Shields - Project Support Officer

Kimberly Shields has previously worked in the Scottish Government Whole System Patient Flow and Modern Outpatient Programmes.

She now plays a key role in providing programme support to the team coordinating a wide range of aspects of the Modernising Patient Pathways Programme of work.



1 - Laurence Keenan



2 - Jamie Cochrane



3 - David McDonald



4 - Lech Rymaszewski



5 - Rosanne Macqueen



6 - Stephanie McNairney



7 - Katie Aitken



8 - Kris Wright



9 - Claire Rush



10 - Margaret Wood



11 - Linda Sparks



12 - Emma Whyte

Trial helps determine underlying causes of angina

An intensive study into the treatment of angina has found that the use of tests for small blood vessel function in the heart clarify the underlying cause of the condition.

The trial was carried out with patients who had been referred to hospital by their GP for assessment of chest pain. Individuals who underwent a heart scan and had ruled out blocked heart arteries were then invited to join the study.

The trial showed that the common underlying cause of chest symptoms in angina sufferers was myocardial ischaemia with no obstructive arteries (INOCA)*, which wasn't diagnosed by a standard CT heart scan.

The diagnosis was clarified using tests of small vessels where INOCA was 4 times more likely, while 'normal' results were 50% less likely to detect small vessel disease.

The study, funded by the British Heart Foundation and the Chief Scientist Office of the Scottish Government and sponsored by the NHS Golden Jubilee, was carried out by heart specialists from the University of Glasgow and took place in 3 hospitals in NHS Scotland – the Golden Jubilee, Glasgow Royal Infirmary and Forth Valley Royal Hospital in Larbert, Falkirk.



“We assessed whether the addition of tests of small vessel function might change the diagnosis based on the CT scan and, if so, would changes in treatment lead to improvements of symptoms, health-related quality of life, satisfaction with care and onward referrals for medical care.

“In terms of clinical implications, the trial results show that use of these tests will help to answer what patients regularly ask - ‘What is the cause of my chest pain?’.

“We found that this approach led to improvements in treatment satisfaction, reduced unnecessary referrals for extra tests and helped to improve control of blood pressure.”

Professor Colin Berry, Cardiology Consultant at NHS Golden Jubilee and Chair in Cardiology and Imaging at the University of Glasgow



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

Whistleblowing: we're here to support you

At NHS Golden Jubilee, we take pride in creating an environment where you can all raise concerns about patient safety, malpractice and other forms of harm.

To support staff in understanding the process around Whistleblowing and how to raise concerns, the Independent National Whistleblowing Officer (INWO) are delighted to announce that a new range of resources have been created, co-produced by NHS staff and Health Board Representatives.

These resources include:

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- [A quick reference guide for managers and people receiving concerns](#)
 - [A checklist for managers and people raising concerns](#)
 - [A guide for HR teams on the differences between HR issues and whistleblowing](#)
 - [A guide to whistleblowing for anyone who wishes to raise a concern](#)
 - [A suite of materials to support training sessions for Confidential Contacts \(made up of 5 case studies\) - these are also available on \[TURAS learn\]\(#\).](#)
-

You can also access all these materials on the INWO [training, guidance and resources](#) section on their website.

Training Modules

Don't forget, all staff are strongly encouraged to complete the Whistleblowing training Modules on [Turas Learn](#).

These modules are:

- 'Whistleblowing: an overview' – this is aimed at all staff and will provide an overview of the whistleblowing process
- 'Whistleblowing: for line managers' – this is aimed at line managers or those who might receive whistleblowing and will give them the knowledge they need to help and support whistleblowers.
- 'Whistleblowing: for senior managers' – this will equip senior managers with the knowledge they need to help and support whistleblowers and to fulfil all the recording and reporting requirements of the Standards

Please note, you are only required to complete the module relevant to your role.

You can also learn more by watching this short video with our Whistleblowing Champion, Callum Blackburn.

As an independent and impartial role, Callum is a non-Executive Director at NHS Golden Jubilee, demonstrating our commitment to upholding these standards. You can find additional support and information here:

-
- [INWO Guidance and Resources](#)

- [STAFFnet](#)
 - [HR Connect](#)
-



Future learning survey

Our partners at the University of Strathclyde are looking for healthcare professionals to help them co-design the next generation of health and social care education.

The university is seeking to understand what learning is useful to support health careers and is asking colleagues from NHS Golden Jubilee to complete a survey with your views and ideas to help them shape the future of learning.



The survey takes between 10-12 minutes to complete and can be accessed [here](#).

We are most grateful for your support in shaping healthcare learning.

Elevator upgrades

As part of our ongoing upgrade works, Lifts 3 and 4 on the West Side of the Building are now out of use for approximately 6 months.

Signage is in place to direct patients and staff to the East lifts 5 and 6 for access to all floors. Managers are asked to please notify your departments of this temporary change.

If you work on Level 5 and are using lifts 5 and 6 for access, please use the open plan office for access from East to West.

Who cares if I use the stairs?

Staff are being encouraged to use the stairs whenever possible as the Service Lift is essential for some of Team Jubilee to carry out their roles, including:

- Stores staff delivering essential medical supplies to wards and theatres
- Porters cleaning clinical and general waste and delivering fresh linen
- Catering staff providing meals to patients
- Estates staff carrying equipment for maintenance work
- Contractors working behind the scenes to improve the overall site



For any enquiries, contact [Lisa Mackle](#).

Exit interview process

When employees leave NHS Golden Jubilee, they are offered the opportunity to meet with a member of the HR team for an exit interview.

Exit interviews are important as it allows the Board to gain more insight into the employees' experience of working within NHS Golden Jubilee, to help improve workplace culture, employee engagement and morale.

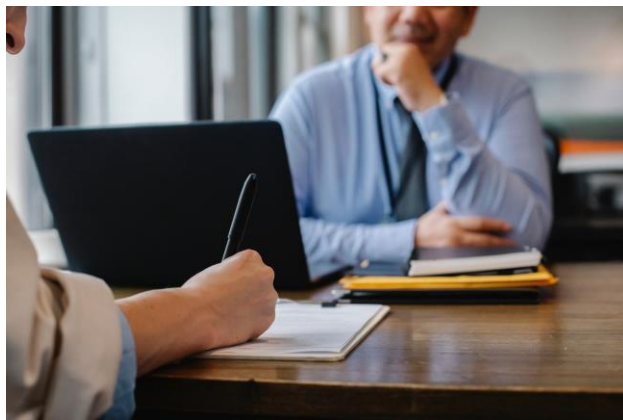
Starting earlier this month, exit interviews are now completed through the self-service portal on eESS. If employees would still like to meet with a member of the HR team for more in-depth discussion, they can request this as part of the electronic interview process.

Employees who do not readily have access to systems allowing them to access eESS will still have the opportunity to complete a paper based exit interview. Arrangements have been made locally with department managers.

Managers

When a member of your team is leaving the organisation, it is important you process their leaving details as soon as possible through eESS. This will ensure the employee has the opportunity to complete the exit interview process in advance of leaving but also ensure they are removed from payroll.

The employee will then receive an email to their recorded email address, inviting them to complete the exit interview process. Please ensure this is communicated within your teams.



A demonstration of the exit interview process on eESS can be accessed on [this link](#).

If you have any queries please contact a member of the HR team.

Upcoming events



Dementia Awareness Week

Dementia Awareness Week is running all this week and it gives us the opportunity to highlight and discuss the challenges and developments in dementia care.

It is also a chance to raise awareness of the increasing numbers of younger people who are impacted with a diagnosis of dementia.

Our new Dementia Lead Nurse, Con Gillespie, was at the stall at the west lifts between 29 May and 31 May giving out information and advice.

The stall will be there all week and will have information and support contact details if you have any concerns, issues or interest regarding dementia.



Email [Con Gillespie](#) for more information.

For additional information, help and support visit [Alzheimer Scotland](#).

Help us develop our People Strategy

NHS Golden Jubilee is developing a People Strategy to:

- build and develop our team in order to meet our organisation's goal,
- define our ambition for our people and detail how this will be delivered, and
- support the full workforce journey through areas such as workforce planning, staff engagement, wellbeing and employee development.

Our People Strategy is essential to:

- help us recruit and retain a workforce that will deliver our goals and responsibilities in healthcare and hospitality,
- let potential, new and existing employees know our approach to workforce in this organisation, and
- make decisions around where to invest time, resources and budget to enable us to be an exemplar employer.

Staff engagement sessions

Team Jubilee staff are invited along to a series of engagement sessions to help us shape our new People Strategy.

During the engagement sessions, staff will learn more about, and provide feedback on, the key elements the workforce journey.

We'll be using Slido to gather your feedback during these sessions. You can access [Slido](#) from any web browser on any web enabled device or via the free Slido app.

Sessions have been arranged on different days and times to support as many staff as possible to attend. The same information and questions will be asked at each session, so you only need to attend once.



Bookings close at 12pm the day before the session and can be made by emailing [Theo Richardson](#).

- *Saturday 3 June, 1pm - 2pm [Click here to join the meeting](#)*
 - *Monday 5 June, 10am - 11am [Click here to join the meeting](#)*
 - *Tuesday 6 June, 3pm - 4pm Boardroom*
 - *Thursday 8 June, 2pm - 3pm [Click here to join the meeting](#)*
-

All information relating to our People Strategy will be published on our [dedicated Staffnet page](#).

Nursing Recruitment Event: Friday 16 June 2023

On Friday 16 June we will be holding a recruitment event for General Surgery, Thoracic, Colorectal and Orthopaedics.

This is a fantastic opportunity to join Team Jubilee, by applying for one of our roles and being interviewed on the day, or even just come along to find out more about the rewarding careers on offer.



The event will take place in our Eye Centre from 1.30pm – 4.30pm. Apply today at: NHSGoldenJubilee.co.uk/Jobs

Save the Date - Scottish Right Heart Symposium and Advanced RV Echo Masterclass

A specialised meeting covering everything right heart and pulmonary circulation is being held on Friday 10 November in association with NHS Golden Jubilee and University of Glasgow.

An Advanced RV Echo Masterclass is also being held on Thursday 9 November.

The events, co-chaired by NHS Golden Jubilee's Professor Ben Shelley and Dr Phil McCall, bring together a multi-disciplinary team of experts covering:

- Clinical challenges
- Novel therapeutic techniques
- Clinical management
- Emerging assessment methods
- Cutting-edge basic science

For more information, contact [Jocelyn Barr](#), or call extension 4132.

Scottish Right Heart Symposium 2023  

and

Advanced RV Echo Masterclass

Save the Date
Friday 10 November 2023
Echo Masterclass Thursday 9 November 2023

A specialised meeting covering everything Right Heart and pulmonary circulation. Bringing together a multi-disciplinary team of experts covering:

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

For more information contact Jocelyn Barr:
Jocelyn.Barr@gjnh.scot.nhs.uk or 0141 951 4132
@GJanaeresearch

SACCS Transition Education Event

The Scottish Adult Congenital Cardiac Service (SACCS) is hosting an education event for patients and their families living with congenital heart disease who are approaching the time of transitioning their healthcare to adult services.

It's an opportunity for young patients, carers and families to meet the dedicated team and other young people born with a heart condition.

This year, the team is delighted to say that the event can be attended in person at the Golden Jubilee Conference Hotel, or on their virtual platform.

For those who attend in person there will be some fun and games on the night, chosen by the attendees.

Save the Date!

NHS
Golden Jubilee

SACCS Transition Education Event

Thursday 31 August 2023
6pm – 8.30pm

**Hybrid event - online and in-person at;
Golden Jubilee Conference Hotel**

The Scottish Adult Congenital Cardiac Service (SACCS) is hosting an education event for patients and their families living with congenital heart disease who are approaching the time of transitioning their healthcare to adult services.

For those who can attend in person there will be some fun and games, and we would like you to tell us what activities you'd like to do on the night.

Scan the QR code to choose.



NHS 4-Nations Golf Tournament

The Scottish Qualifying Event for the NHS 4-Nations Golf Tournament is being held on Monday 3 July at the Barrasie Links Course at Kilmarnock (Barassie) Golf Club.

The 4-Nations tournament brings together teams from Scotland, England, Wales and Northern Ireland, with this year's event being held in August.

Hosting the annual competition is the Hilton Belfast Templepatrick Golf and Country Club on Monday 14 and Tuesday 15 August.

Subject to guidance from the venue on the day, the Scottish Qualifying Event will run as follows:

- Tea, coffee and morning roll served at an allotted registration time
- Tee-off from an allocated tee-time in groups of up to x4 players
- 18 Holes on the Barassie Links Course
- Format: Stableford with Full Handicap (adjusted to Course Slope)

Entry is at the reduced cost of £90 per person.

In order to secure places with the venue, player registrations will close at midnight on Friday 9 June, with payment due at time of booking confirmation via BACS/Transfer to the following account:

- Account Name: F Fergusson
- Sort Code: 83-19-04
- Account Number 00681241
- Reference: First Initial and Surname



Once you have made this payment, please email [Fraser Fergusson](mailto:Fraser.Fergusson@kbgc.co.uk) giving the required information (i.e. Name, Organisation, Contact Mobile Number, email address and handicap).

Entries can cover multiple people in 1 email.

Please note: This will be considered as a contract with the venue where any call-offs within 7 days of the event will be liable to a charge if replacements cannot be found.

Visit www.kbgc.co.uk for further details.

All Scotland Pulmonary Hypertension Referral Network Meeting

On behalf of Dr Colin Church and the Scottish Pulmonary Vascular Unit (SPVU), we are delighted to invite you to the rePHerral: All Scotland Pulmonary Hypertension Referral Network Meeting 2023.

The face-to-face meeting will take place on Tuesday 13 June 2023 in the Golden Jubilee Conference Hotel.

The meeting is aimed at Consultants, Doctors, Echo Technicians and Specialist Nurses working across Respiratory, Cardiology and Rheumatology.

The meeting will focus on who to refer to the Scottish Pulmonary Vascular Unit (SPVU) and who should be investigated for pulmonary hypertension, most relevant to cardiologists, pulmonologists and Rheumatology, but all are welcome to attend.

Registration (accommodation not included) includes:

- Access to the conference
- Refreshments and lunch
- A certificate of attendance
- RCP CPD Accreditation

[Click this link to register](#)

[Click this link for the full meeting programme](#)

People



Meet our new Lead Nurse for Dementia, Con Gillespie

Con joins Team Jubilee after more than 30 years' working in the NHS, including his most recent role as Associate Chief Nurse at NHS Greater Glasgow & Clyde.

Con is now working part time at NHS Golden Jubilee as our new Lead Nurse for Dementia.



"In my role I want to promote and improve care for people with dementia who come through the hospital. I will provide an educator support role, developing education of staff and supporting patients in hospital with any care they need.

"I will be working to organise training programmes with specific staffing groups about aspects of dementia care.

"I am really looking forward to working as part of NHS Golden Jubilee, supporting staff and patients from across Scotland."

If you'd like to contact Con, please email [Con Gillespie](#).

Let's hear it for our nurses on International Nurses' Day

On May 12 we celebrated the outstanding work of nurses for International Nurses' Day across NHS Golden Jubilee as well as the NHS.

It is a fitting day to acknowledge their skills, care and compassion, making a remarkable difference to the lives of our patients each and every day.

We have scores of inspirational stories from our workforce, such as Eilish Cole, who was furloughed during the pandemic, before deciding she wanted to use her people skills and caring nature to look after those who needed it most.

Since then, Eilish has worked as part of [Team Jubilee](#) and is now enrolling at the Open University to become a fully qualified Registered Nurse.

Nurses in HDU – Nicola Neill, Katie Thomson, Paula Courtney and Katie McEwan - also celebrated the day by promoting wellness with a special wellness lucky dip and hydration station, while others spoke about their work and what makes them proud to be nurses so check out some of the comments on the graphics.

Let's hear it for all of our nurses, and those across the whole of the NHS.

Thank you for all that you do!





“

Coming together is the beginning, keeping together is progress, working together is success. ”

**Michelle Nicol, Leanne Heron,
Gemma O'Connor,
Ybone Mooney**

The difference nursing makes

#NursesDay



“

I look after my staff so they can look after the patients.

”

Evelyn Vanni
Senior Charge Nurse

The difference nursing makes

#NursesDay





As a nurse working in critical care, I always hope I can encourage and promote a quicker recovery from my patients, many of which are very sick. Supporting the family is also so important.

Jeethu Dominic ”

Critical Care Nurse

The difference nursing makes

#NursesDay



As an Orthopaedic Ward Nurse, my aim is to care for my patients safely with kindness, dignity and compassion. I support them through their surgery and hopefully a speedy recovery.

Nisha Thomas ”

Orthopaedic Ward Nurse

The difference nursing makes

#NursesDay





I enrolled myself on an introduction to adult care course during the pandemic and it's changed my life. I know if my mum was in hospital, I'd want someone like me to look after her. It's a brilliant feeling knowing I can make a difference.



Eilish Cole

Endoscopy Practitioner

The difference nursing makes

#NursesDay



When working in Theatre, I am very aware of the importance of teamwork to prioritise patient safety and professionalism.



Simy Joy

Theatre Nurse

The difference nursing makes

#NursesDay





Our patients are emergency cases. Providing them with the care and treatment they need so they can feel better is such a great feeling.

Nicola Wilson

Charge Nurse

The difference nursing makes

#NursesDay



The patients that come into our ward at CCU can often go from being very sick to well again. To be part of the team providing that care in a time of crisis is so rewarding. We can make such a difference to their lives by being a constant support.

Lucy Flaherty

Charge Nurse

The difference nursing makes

#NursesDay





Nurses' Day 2023
The difference nursing makes

Amutha Mercy
Registered Nurse

#NursesDay

The poster features the Royal College of Nursing logo, the NHS Golden Jubilee logo, and a circular inset photo of Amutha Mercy, a registered nurse, smiling. The background is blue with orange curved accents.



Nurses' Day 2023
The difference nursing makes

Nicola Neill
Katie Thomson
Paula Courtney
Katie McEwan

#NursesDay

The poster features the Royal College of Nursing logo, the NHS Golden Jubilee logo, and a circular inset photo of four nurses in blue scrubs standing together with a table of refreshments. The background is blue with orange curved accents.

Sore knees and blisters all worth it after Kilt Walk

Congratulations to the Golden Hearts team from our Cardiac Physiology department for completing the 23-mile Glasgow Kilt Walk earlier this month, raising more than £1,300 for MND Scotland.

The team say the sore knees and blisters were all worth it and would like to thank everyone for the generous donation so far.

Well done to everyone involved!





If you'd like to help them raise a little more, [visit here](#).

Happy ODP Day to our 'hidden' heroes

We also celebrated Operating Department Practitioners (ODP) Day this month. OPDs have a diverse range of skills across all main areas of theatre, including anaesthetics, scrub and recovery.

As highly skilled and valued member of Team Jubilee, ODPs are often our hidden heroes, so here's to all of them and the amazing job they do every day in our Theatres!



Val-You



Long Service Awards – applications open

Applications for our long service awards have re-opened!

In recognition of the commitment and loyalty of everyone who has made their career in the NHS, we are delighted to announce that applications for our Long Service Awards are now re-open.

Awards are available to any staff who have career service of 10 years and above in 5 year increments.

Congratulations to our most recent group of Long Service Award recipients who have a total of 185 years of NHS service between them.

Thank you for all that you do for Team Jubilee and NHS Scotland!

Name	Title	Years
Gordon James	Chief Executive	15
Nicki Hamer	Head of Corporate Governance and Board Secretary	15
Jonathan O'Reilly	Head of Quality Improvement	20
Leanne Fyfe	Clinical Nurse Manager	20
Sandie Scott	Director of Strategic Communications and Stakeholder Relations	20
Mark MacGregor	Medical Director	25
Anne Marie Cavanagh	Nurse Director	30
Elaine McIntosh	Patient Coordination Centre Manager	30







To find out more and to apply, visit [NHS Scotland: Long Service Awards](#).

Pride Month events

LGBT+ Network LGBTI Awareness Workshop

The NHS Golden Jubilee LGBT+ Network is hosting a LGBTI Awareness Workshop on Thursday 8 June from 11am – 12pm on MS Teams.

The workshop will broadly cover terms and definitions, social challenges facing LGBTI people, legal rights for LGBTI people, top tips and correct language and do's and don'ts for inclusion, ending with a Question and Answer session.

It is intended to help people gain a greater level of confidence and be less afraid of getting things wrong when dealing with, or supporting, LGBTI people.



[Click this link to register your interest](#)

Pub Quiz

To help celebrate Pride Month this June a Pub Quiz is being held in the Golden Jubilee Conference Hotel to show support for the LGBTQ+ community.

The quiz is on Friday 16 June from 7pm – 9pm, so grab some friends or loved ones and join us as our quiz master hosts a general knowledge quiz, with special LGBTQ+ themed rounds, as well as activities and games.

Taking place in a beautiful room next to the bar/restaurant, there's no better way to spend a Friday night!

[Click this link to register your interest in the event.](#)

Pride Walking Tour

From drag queens to lesbian witches, this 90-minute walking tour will take you around the key sights of Glasgow's LGBTQ+ past, present and future.

Hear stories of the well and lesser known venues, people and marches that have shaped Glasgow's queer culture and set us as one of the most LGBTQ+ friendly cities in the world.

After the tour there is the opportunity to join us in a local venue.

- **Date:** 18 June
- **Time:** 2pm and 4pm
- **Venue:** Central Glasgow

[Click this link to register your interest.](#)

MardiGla

Join colleagues from NHS Golden Jubilee and NHS Greater Glasgow and Clyde for this year's MardiGla – Glasgow's Pride parade on Saturday 15 July.

More details on the event to follow, but you can register your interest on the following link: [MS form](#)

More information: [Glasgow's Pride | Pride returns to Glasgow on Saturday 15th July 2023 \(mardigla.org\)](#)

Progress Pride Flag Raising

To help celebrate our commitment to all strands of equality across our organisation and beyond, NHS Golden Jubilee will be raising the new NHS Progress Pride Flag this week.

The ceremony will take place outside the Hotel entrance on Friday 2 June at 11am and we are encouraging all staff who can make it along to attend and show your support for the LGBTQ+ community.

Colleagues who signed the Pride Badge Pledge are asked to attend and wear your badge – with pride – on the day and, if you'd like to wear something colourful for the occasion, then please do so.

Through our LGBT+ Network, NHS Golden Jubilee has a range of help, advice and support available to all members of staff.



Staff Networks

We currently have 7 staff diversity Networks, with plans to establish more issue-based forums throughout 2023 and beyond.

All Networks have initially been set up and are supported by the Diversity and Inclusion Team, but it is not our Network: it's yours.

We hope that the Networks will be led by staff, for staff. We are always looking for ways members can run the Network and make something meaningful out of it.

Each Network is a part of organisational structure, with a seat at the table at the Board's Diversity and Inclusion group. This means that your views are heard, and your subject-matter expertise is recognised.

Networks are open to all staff, volunteers and allies based within the hospital community.

An employer for everyone



Staff Networks

Led by staff for staff

- Based around protected characteristics and specialist interests.
- Confidential space to support each other and share lived experience.
- Open to Team Jubilee staff, volunteers and allies.
- Protected time to attend meetings and participate in activities.

Scan the QR code to find out more about our Staff Networks.



GJNH.staffnetworks@gjnh.scot.nhs.uk



[Click this link for more information on our Staff Networks](#)

[Click this link to find out more information about, and our commitment to, Equality and Diversity](#)

iMatter: Managers – action required by 23 June

The iMatter 2023 survey will go live on Monday 26 June. Before then, we need your support as a manager to ensure your team members get access to the questionnaire.

Stage 1: Team Confirmation 29 May – 23 June

In the week commencing Monday 29 May, those identified as managers for the iMatter cycle will receive a link from Webropol which will allow you to access the system with your existing login details, or to create an account if you are new to the system.

If you don't receive your link, please remember to check your 'junk' email, just in case. If you still don't have a link, please get in touch with Nyree Anderson or Carly Robertson at the contact details below.

- You are asked to check that your team members are correct and add, delete and amend as necessary.
- You should also confirm how your team members want to complete the questionnaire – by email, SMS or paper – and include the relevant contact details in the system.

The iMatter team, Nyree - iMatter Operational Lead, and Carly - iMatter Board Administrator, will contact managers by Wednesday 31 May with a step by step guide to Team Confirmation.

We are also holding drop-in sessions for managers where you can learn more about Team Confirmation and iMatter in general. No need to book, just drop in to a session that suits you:

Tuesday 30 May, 10am -10.45am [Click here to join the meeting](#)

Tuesday 30 May, 3pm-3.45pm [Click here to join the meeting](#)

Wednesday 31 May, 9am-9.45am [Click here to join the meeting](#)

Monday 5 June, 11am-11.45am [Click here to join the meeting](#)

Monday 5 June, 4pm-4.45pm [Click here to join the meeting](#)

Thursday 8 June, 8.30am-9.15am [Click here to join the meeting](#)

Friday 9 June, 1.30pm-2.15pm [Click here to join the meeting](#)

Tuesday 13 June, 11.30am -12.15pm [Click here to join the meeting](#)

Wednesday 14 June, 12.30pm-1.15pm [Click here to join the meeting](#)

Monday 19 June, 10.30am -11.15am [Click here to join the meeting](#)

Thursday 22 June, 10am-10.45am [Click here to join the meeting](#)

More information around iMatter, including updates on progress following on from last year's survey results, will be coming the weeks ahead, so please check back regularly in eDigest, Staff Bulletins and Jubilee Life.



If you have any questions or would prefer to talk to us one to one, please get in touch with [Nyree Anderson](#) or [Carly Robertson](#).

Comments about you!

Jean Thomson - Fantastic hospital , had both hips replaced there and had the best care ever from every single member of staff Thankyou everyone.

Liz Taylor - Absolutely amazing hospital.

Arlene Reid - This hospital truly goes above and beyond for patients and relatives too! Had major surgery at the jubilee last sept...Every member of staff were amazing I'm very grateful.

Patricia Tricia Hughes - I totally agree with her My open heart surgery was done in 2017.

Georgia Sommerville - I also agree, I had my open heart surgery 2017 and it saved my life. Couldn't be more thankful

Catherine Christie - I came home from Golden Jubilee yesterday after knee replacement surgery and every single member of staff deserves a medal. I was treated with the utmost care and attention from going in to leaving and everything in between, well done Golden Jubilee fabulous hospital.

Jeanette McNairn - I was at the jubilee hospital 3 years ago getting my hip replacement done and the staff in the operating department were really nice,even when I got put into recovery they were there all the time very pleasant staff.

Alistair Jamieson - I had a double hip replacement about 8 years ago. First class hospital with brilliant staff.

“

A relative of mine had major surgery and aftercare recently. He was treated by Mr Thomas, who demonstrated excellent knowledge, skills and experience from talking about the procedure, performing the surgery and checking on progress daily.

My relative and our family were treated with compassion and kept well informed at every stage in High Dependency Unit 3 and in the thoracic ward.

The team including anaesthetists, nurses, healthcare support workers and physios all did a great job.

”

Family member of patient



“

I underwent a colonoscopy procedure at NHS Golden Jubilee in April and wanted to compliment the hospital and the staff on my experience during my 3 hours there. From the welcome at the endoscopy reception, to the preparation and gowning up, every aspect of the procedure was explained and my mind was put at ease. The 2 consultants were amazing, as was the nurse who accompanied me. After the procedure, in the recovery suite, I was again put at ease and made so welcome. The staff are all doing amazing work. ”

Alastair Rigg

Colonoscopy patient



“

After a blackout which lasted about 1 minute, I was informed that I had a serious heart murmur. I was transferred to NHS Golden Jubilee where, after having an angiogram, I was advised by Dr Doshi, Consultant Cardiothoracic Surgeon, that my aortic valve was severely damaged and would require to be replaced. The operation was successfully completed in June 2022. Throughout this journey I have been thoroughly impressed by the dedication and professionalism of all the NHS staff - medical, nursing, dental, domestic, ambulance and rehab staff involved in my treatment and recuperation. They are all a credit to their profession.

Heart surgery patient

”



“

A relative of mine had major surgery and aftercare recently. He was treated by Mr Thomas, who demonstrated excellent knowledge, skills and experience from talking about the procedure, performing the surgery and checking on progress daily.

My relative and our family were treated with compassion and kept well informed at every stage in High Dependency Unit 3 and in the thoracic ward.

The team including anaesthetists, nurses, healthcare support workers and physios all did a great job.

”

Family member of patient



I have recently returned home from having a left total knee replacement at NHS Golden Jubilee. Everyone from the Theatre team, to the recovery team and all the staff in ward 2 West were professional and compassionate. I felt safe in their hands and very well cared for. It was obvious how busy everyone was but the sense of teamwork and pride in their work was obvious to all. Nothing was too much trouble for the team. Thank you to everyone involved, you really made me feel comfortable and started my recovery in the best possible way.

Sheona

Knee surgery patient



“



I attended a colonoscopy procedure at NHS Golden Jubilee. The whole experience went like clockwork. All the medical staff I came into contact with were of the highest possible standard, a credit to themselves and the Hospital. I can't find an appropriate word to relate how I feel, except possibly - 'outstanding.' Thank you all for your professionalism.

”

Tommy

Colonoscopy patient



Nurses' Day comments:

Diane Lee Hannah - I work in mental health nursing but I've also been a patient in CCU in the golden jubilee and the staff do an amazing job x

Lynne Pllu - Absolute amazing team, do a fantastic job x

Lynn Martin - Wonderful team CCU!!!

Salik Ahmed Memon - Very hard working and dedicated team of CCU.

Fiona Green - Love working alongside these lovely ladies and of course, all my nursing colleagues in the Jubilee.

Pamela Sharp - All nurses and staff on Orthopaedic wards brilliant. Words cannot express my gratitude when I had my knee replacement operation February 2022 so thankful am I. You all deserve gold stars.

InVOLved



Volunteer Focus - Julie Scanlan

Name: Julie Scanlan

Age: 41

Where do you live?: Clydebank

Employment status (retired, student, looking for employment):

I am a full-time student and also work part-time.

What are your hobbies and interests other than volunteering?

Walking, yoga, swimming, reading.

Volunteer role details – role title; department; duties:

I work in Pastoral Care Support on Friday mornings supporting patient wellbeing and spiritual care.

What made you decide to volunteer with NHS Golden Jubilee?

To help others and gain experience working in the NHS.

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

Helping to support patient wellbeing during what is a difficult time in their lives.

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

Yes, patients are very grateful for the visit, especially if they do not have visitors. Staff also appreciate what we do as we help with patients who can be struggling mentally, spiritually and emotionally.

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

Volunteering has allowed me to meet some very interesting patients from all over the world, which is brilliant.

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

Volunteering is very rewarding, both personally and for patients needing additional support.



Volunteer Week – Celebrate and Inspire

This year's theme for Volunteer Week is Celebrate and Inspire And the service is delighted to be hosting the first in-person event since 2019 on Wednesday 7 June from 12pm – 3pm.

Volunteers from all departments and specialties will come together to celebrate their achievements and work and learn about the roles of other colleagues.

Volunteer Week runs from 1-7 June every year, and it is our time to thank the many people who generously dedicate themselves and their time to help outpatients, visitors and staff during their work or visits to NHS Golden Jubilee.

Volunteer Services Manager, Maureen Franks, said: "During the COVID-19 pandemic the only volunteer service at the hospital was in The Eye Centre with our Welcome/Self Check-In Guides.



Volunteer Week Event 2023
Wednesday 7 June
The Innovation Suite
12pm-3pm

“I am delighted that volunteer services have gradually returned and we now have 8 different volunteer roles within the Hospital, but we are appealing for volunteers for the Phase 2 expansion, which opens at the end of the year.

“If any colleagues would like to volunteer, or knows someone who would benefit from spending 3 hours each week to volunteer in the Hospital, please ask them to get in touch.

“We are so grateful for our volunteers who come from all walks of life to share their enthusiasm to make all of our days better.”

Janet French has been a Pastoral Care Volunteer (since August 2022)

Janet was previously a member of staff in NHS Golden Jubilee for 14 years and always wanted to volunteer.

She said: “I would recommend volunteering to anyone as it is very rewarding.”

For more information contact [Maureen Franks](#).

Our volunteers are also now wearing a new uniform while on duty (see image).



Health and Wellbeing



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

Mental Health Awareness Week 2023

Mental Health Awareness Week took place this month and the Health and Wellbeing Group would like to remind staff that looking after yourself whilst looking after others is critical to your own good mental and physical health.

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

Anxiety is the theme of Mental Health Awareness Week this year. It is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, but anxiety can be made easier to manage.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem.

[Click this link to find out more](#)



Next month's theme is 'What Matters to You', focusing activities around the annual What Matters to You Day on Tuesday 6 June.

Staff Health and Wellbeing Web Hub

NHS Golden Jubilee also has a [Staff Health and Wellbeing Web Hub](#) that can help you access advice, knowledge and vital support when you need it most, and/or to maintain a healthy lifestyle.

TimeforTalking

We have a new, free mental health support service for all NHS Golden Jubilee staff to provide further support for mental health issues.

The new service – TimeforTalking – will work alongside the current range of health and wellbeing support available through NHS Golden Jubilee, both internally and externally.

TimeforTalking is a specialist psychological wellbeing and therapy organisation dedicated to psychological resilience and positive mental health.

The service provides support and assistance for you via the telephone, online or through face-to-face counselling to offer confidential help when you are not sure where to turn.

It's simple to create an account to get started on the TimeforTalking app or website. Once on the homepage, click Log In and enter some details and it's done.

The app and website also have great resources through tips and advice, a blog, videos and podcasts as well as additional resources to improve and maintain good health and wellbeing.

[Click this link for more information](#)

Mental Health First Aiders

We also have Mental Health First Aiders (MHFAs) who are a point of contact for staff who may feel stressed, overwhelmed or have other mental health issues.

NHS Golden Jubilee is committed to assist all staff who may be experiencing mental health issues, however big or small, and providing the right support and advice whenever it is needed.

[Click this link for more information](#)

Help in a Crisis

We are currently living through uncertain times, which can leave you feeling confused, stressed or worried. It's important to know that support is available and that you reach out to get help and support when you need it.

If you need to talk to someone, you can contact the following free and confidential support services:

NHS 24 Mental Health Hub on 111: Available to contacts 24 hours a day, 365 days a year by calling 111.

Breathing Space by calling 0800 83 85 87: This confidential service is available to contact at the following times:

Weekdays: Monday - Thursday 6pm to 2am

Weekend: Friday 6pm - Monday 6am

Samaritans by calling 116 123 or emailing jo@samaritans.org: available 24 hours a day, 365 days a year.

Our staff pantry – a communal food store created for you, by you

At NHS Golden Jubilee our staff have always looked after their colleagues, and in uncertain times have relied on each other for support.

The new Staff Pantry, launched by our Health and Wellbeing Group's Financial and Social Wellbeing Sub Group, is a communal food store created for you, by you, and is available to all staff who need it.

This initiative is fully supported by the Board of NHS Golden Jubilee and is part of our commitment to staff health and wellbeing.

If you would like to donate to the Pantry, food donations would be preferred, however, all kinds of donations are most welcome.

Where is it and who is it for?

The Staff Pantry is for all Team Jubilee colleagues and volunteers.

It is located next to the Staff Side office on Level 1 (behind the shop) and is accessible 24 hours a day.

There are many reasons why you might use it. This includes, but is not limited to:

- Unexpected change in working day
- Left cash/card at home
- Run out of something at home and not able to get to the shops
- Run out of money until pay day

What types of items are in the Staff Pantry?

The Staff Pantry only contains non-perishable food and essential items such as:

- Tinned soup, meat, fish, vegetables and fruit
- Tinned or dried lentils, beans and pulses
- Dried pasta, rice and soup
- Biscuits
- Long life milk and juice
- Toilet paper
- Toothpaste
- Shower gel
- Shampoo
- Deodorant

Do I need to pay for anything I take?

No. But if you are able to do so, please feel free to donate at a later date.

Who is funding it and how can I support it?

The initial pantry stock has been purchased by the NHS Golden Jubilee Branch of Unite the Union. Members of the NHS Golden Jubilee Board, Health and Wellbeing Group and other Team Jubilee colleagues have also donated some supplies for the launch of this initiative.

Anyone can donate non-perishable items from the list above by placing them in the donation boxes in the pantry.

What will happen to any unused items?

The pilot will run for 6 months and, if it is regularly used with a genuine benefit to staff, the pantry will become a permanent resource for all colleagues. Any surplus items would be donated to West Dunbartonshire Food Bank if required following the pilot.



For more information contact Employee Director [Jane Chrisite-Flight](#).

Health and Wellbeing appointments

As part of Occupational Health's workplace health promotion day on Wednesday 14 June 2023, the team is excited to invite employees to the department for a Health and Wellbeing Appointment.

Colleagues will be offering height, weight, blood pressure, cholesterol and blood glucose checks, as well as providing information on how to keep healthy and active.

As an organisation we are passionate about raising awareness around the importance of knowing your health numbers and making lifestyle choices that can improve your overall health.

Staff are required to book appointments to attend by contacting extension 5435.



The 30-minute appointments are available to book between the following times:

-
- *Session 1: 9.30am – 11.30am*
 - *Session 2: 1.30pm - 3.30pm*
-

Spiritual Care Mindfulness Programme

As part of Spiritual Care's contribution to the Health and Wellbeing Strategy at NHS Golden Jubilee, the team have created the Mindfulness Programme.

The Mindfulness Programme offers practical mindfulness sessions that benefit both professional and personal lives. This allows us to refocus, re-evaluate and re-emerge stronger, with greater resilience and a more positive outlook.

The Spiritual Care team are delighted to present our Mindfulness Programme participants with their certificate of completion.



“When I began my role at NHS Golden Jubilee, I was keen to introduce a mindfulness course for staff as part of the Health and Wellbeing Strategy.

“Part of this plan included finding staff who were keen to be trained in delivering the course as well, and now there are 4 of including 2 nurses.

“The experience of the pandemic has disorientated many of us, we seek space to process the enormity of it, and creating these spaces for staff to step is so important for their wellbeing.”

Tosh Lynch, Spiritual Care Lead

“I had a fantastic experience at the Mindfulness course which was ideally timed for me because I had finished work by that time. I certainly have been practicing it since then and I feel it has helped me a great deal.”

“Excellent resource delivered by 2 excellent individuals, the course is not only fun, but very meaningful and provokes your everyday thinking.”

“I have now started an online mindfulness course and will try practice every work day.”

“This course is excellent I would highly recommend it to others as I felt I gained a lot from it. All the team leading it were exceptional, thanks to all of them, 10 out of 10 for the presentation.”

Feedback from participants

If you would like more information, email [Tosh Lynch](#) or [Joe Keenan](#).

Garden of Reflection

Now that the warmer weather is here, make sure to take some time to yourself and visit our Garden of Reflection.

Opened last year, our Garden of Reflection is a dedicated quiet space and continues our commitment to supporting the health and wellbeing of all of our staff, patients and visitors.

Located opposite the Spiritual Care Centre on Level 1, the Garden has been designed specifically to create a peaceful and rejuvenating space where you can sit, contemplate and take a break from the everyday hustle and bustle.

The Garden was partially funded through donations to Captain Sir Tom Moore’s NHS Charities Together fundraiser, with support from Kier Construction, our expansion Principle Supply Chain Partner.



Opening hours are 8am to 7pm, so please pay a visit, and enjoy!

Gambling awareness and support

Most people are aware of gambling through the lottery, on sports or on casino games. However, some people can also develop a problem gambling through investments and trading or spending money in mobile or online games.

Often people don't recognise that these are also a type of gambling and struggle to acknowledge that they have lost control.

Gambling can result in strained relationships with family, friends and colleagues; can cause severe debts and homelessness; and additionally it can cause health problems for both the gambler and their family including stress, anxiety and depression.

Signs of problem gambling

If you think you might have a gambling problem, help is available.

To start, answer these 10 questions with 'yes' or 'no':

- Do you spend a lot of time thinking about gambling?
- Are you spending more money on gambling as time goes on?
- Have you ever tried to stop gambling, or cut down on or control your gambling, and not been able to?
- Do you get restless or irritable if you try to cut down on gambling?
- Do you gamble to escape from difficulties in your life, or to cheer yourself up?
- Do you keep playing after losing money to try to win it back – often called 'chasing losses'?
- Have you lied to other people about how much time or money you've spent gambling, or how much you've lost?
- Have you ever stolen money to fund gambling?
- Has gambling affected your job, relationships, or home life?
- Do you ask other people to lend you money when you've lost money through gambling?

If you've answered yes:

To 1 question: you might have a problem, and it would be a good idea to seek help.

To 3 questions: gambling probably feels like it's a problem, and you should seek help.

To 5 or more questions: it's likely gambling feels like it's affecting every part of your life. You should get help as soon as possible.



Help and Support

There are a lot of ways to access help with problem gambling.

There's also support available if you have a loved one with a gambling problem.

Within Golden Jubilee, you can speak to your manager or Occupational Health.

The TimeforTalking service provides flexible support through face-to-face, online and telephone sessions and the Client Support team is available to help you and answer any questions.

Simply use one of the contact options below to get started:

*Phone: **0330 202 0283***

Website: [Timefortalking](https://www.timefortalking.com)

Gamblers Anonymous Scotland has meetings every day, and is free to attend. The meetings are informal and friendly, and there are currently around 70 meetings held in Scotland every day. Gamblers Anonymous also has a 24-hour helpline you can phone on 0370 050 8881.

[Visit the Gamblers Anonymous Scotland website](https://www.gamblersanonymous.org.uk)

If you have a loved one with a gambling problem, support is available from Gam-Anon Scotland. The organisation has supportive, confidential meetings that are separate from Gamblers Anonymous meetings. You can also phone the Gam-Anon 24-hour helpline on 0370 050 8881.

[Visit the Gam-Anon website](#)

Walk this May for National Walking Month

May is National Walking Month and the Health and Wellbeing Group organised daily walks for staff between Monday 22 May and Friday 26 May.

The 30-minute lunchtime staff strolls were a great way for all colleagues to improve their health and stay connected to friends and staff from other departments in NHS Golden Jubilee.

Due to the success of the walks – routes included from the NHS Golden Jubilee site to the Titan crane, as well as along the Forth and Clyde Canal – the group is now considering making the walks a permanent activity for staff.

Walking is free, flexible and fun and is proven to bring us huge benefits for our health and wellbeing. It can also help us feel less lonely and isolated and is a better source of travel for the environment.

The walks will help Golden Jubilee colleagues get active during their shifts and boost energy levels for the day.









If you'd like to take part in the lunchtime walks on a regular basis, please register your interest by emailing [Scott McAngus](mailto:Scott.McAngus).

Living Streets

Walking campaigners Living Streets have created 20 tips to help you fit 20 minutes of walking into your day. From inviting friends and family for a walk to taking a post-work stroll, how many Try 20 tips can you do?

Top 20 tips

1. [Invite friends and family for a walk](#)
2. [A walking meeting](#)
3. [Let nature guide you](#)
4. [Walk to and from work](#)
5. [Get snappy](#)
6. [Transform your street](#)
7. [Walk to the shops](#)
8. [Scavenger hunt](#)
9. [Have an adventure](#)
10. [Let the kids lead the way](#)
11. [Get creative](#)

12. [Treat yourself](#)
13. [Get picking](#)
14. [Evening stroll](#)
15. [A mindful meander](#)
16. [Walk the rainbow](#)
17. [Prepare for the weather](#)
18. [Reach out](#)
19. [Power walk to the finish](#)
20. [Share your highlights](#)

Visit [Living Streets](#) for more information.

Wellbeing Times

The June 2023 issue of Wellbeing Times magazine from our mental health support partners TimeforTalking is out now.

It features:

- Gardening tips
- Hayfever tips
- Food recipes
- Eco and fitness advice
- Awareness days



[Click this link to read](#)

Staff Wellbeing Hub – share your ideas

Continuing our commitment to support staff wellbeing, NHS Golden Jubilee will be opening a staff wellbeing hub. This will be a physical space that will be accessible to all staff and volunteers and provide a calming environment for relaxation as well as providing access to a range of resources and services.

We would like to know what resources and services you think should be available from the Wellbeing Hub.

It is important that the Hub reflects your requirements so please let us know by submitting your feedback at the link below:



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 here to access the form](#)

Learning and Organisational Development



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

Reasonable Adjustments Learning Sessions

Are you a line manager or supervisor?

Do you want to learn more about reasonable adjustments, what you need to do and how?

The Business Disability Forum, the leading business membership organisation in disability inclusion, is delivering several sessions throughout the summer aimed at line managers and supervisors across health and social care.

The learning sessions will aim to help you:

- Understand the legal responsibilities of your organisation - a line manager working within health and social care

- Develop knowledge of disability including the social model of disability
- Understand disability in the workplace, including neurodiversity
- Learn how to identify and remove barriers by making reasonable adjustments in the workplace
- Identify how you can ensure a holistic approach promoting best practice in your organisation
- Know where to go for more information and support

Each session will last 2 hours and will be delivered via MS Teams. There is a maximum of 20 participants per session to allow time and space for discussion.

Sessions will take place on the following dates:

- Tuesday 27 June
- Wednesday 16 August
- Thursday 24 August
- Tuesday 5 September



For further information and to book a place please visit [Turas Learn](#). Please note, you need to log in to Turas to be able to book on a session.

Support Workforce Online Learning Week – Booking now

NHS Education for Scotland (NES) invites you to take part in the second Support Workforce Online Learning Week from Monday 2 to Friday 6 October 2023.

The programme provides an opportunity to:

- Spend time on learning dedicated to your needs and requests
- Hear what's going on and join interactive learning sessions

- Take time to reflect and celebrate your achievements over the last year
- Network with colleagues

NES will be hosting bite sized sessions on a range of topics to help your learning and development in your current role and support you taking any next steps.

The programme is aimed at:

- Support workforce across all health boards and health and social care partnerships working in nursing, midwifery, allied health, business and administration, estates and facilities, primary care teams and independent sectors
- Whilst the primary audience is the support workforce, those who line manage or directly support the learning and development of support workforce colleagues are welcome, however the support workforce will be allocated places on a priority basis



For further details and to register, [click here](#).

The Social side



Star Wars Day – May the 4th Be With You!

We used Star Wars Day to help us with our 'Need to postpone, just Phone' campaign saying:

'Unfortunately, we don't have the telepathic powers of 'The Force', so if you can't make an appointment, that's ok, just let us know by telephone and we will re-schedule. '

This is the way: 0141 951 5000

Follow the hashtags - [#Maythe4thBeWithYou](#) [#ServingScotland](#)



King's Coronation

We congratulated King Charles III and Her Majesty the Queen Consort on their coronation this month.

We hope everyone celebrating around the country had a wonderful day as we marked this historic occasion.

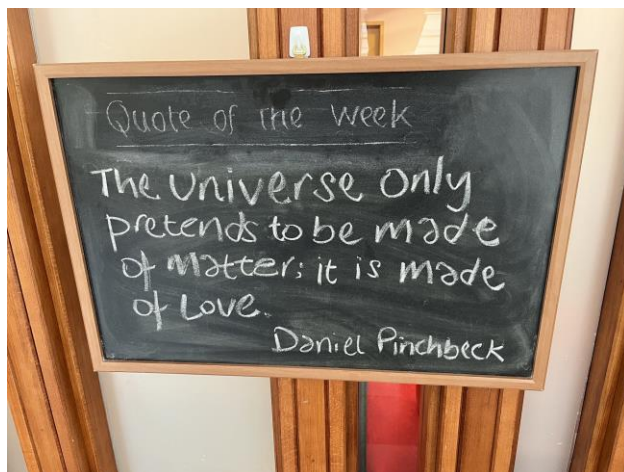


Quote of the Week

One of the Spiritual Care team's weekly quotes of the week:

'The universe only pretends to be made of matter; it is made of love.'

– Daniel Pinchbeck

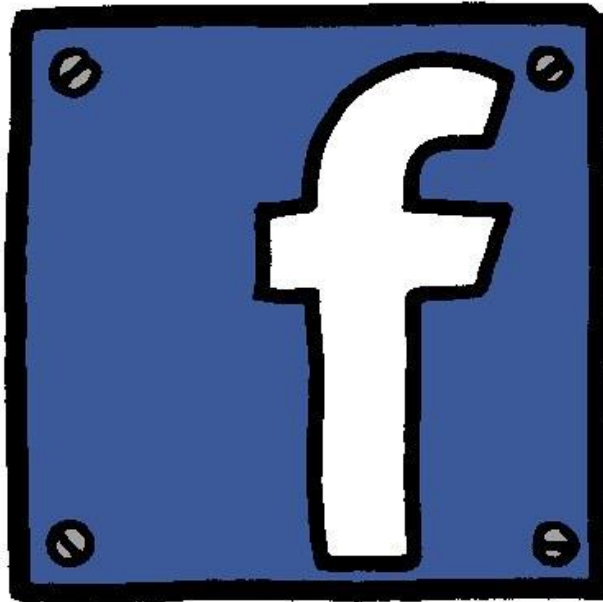


What's happening on our social media pages

Facebook:

Over on Facebook we showcased our event to mark National Day for Staff Networks by hosting our very own Staff Networks event!

We heard from our Network leads across the organisation about the valuable contribution they make towards fostering an inclusive workplace culture.



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

Twitter:

One of our top Twitter posts this month came on International Day Against Homophobia, Biphobia and Transphobia (IDAHOBIT), saying: "Let's stand together against homophobia, biphobia and transphobia. Everyone deserves to be treated with respect, regardless of their sexual orientation or gender identity."

NHS
Golden Jubilee

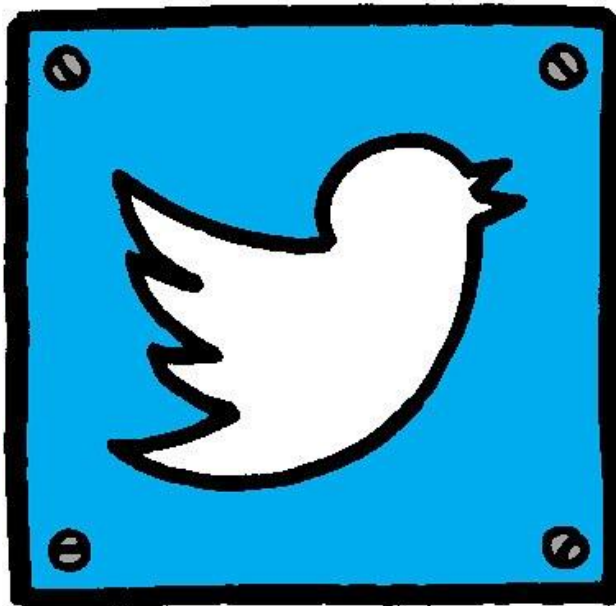
“ As Transphobia is currently on the rise within the UK, this day is extremely important for our community as we remind ourselves of the challenges that we have faced up until this point, and what we face in the present day. Unity within the community is of the utmost importance as we must continue to challenge all types of discrimination, which includes Homophobia, Transphobia and Biphobia.

Being part of the LGBT+ Network at NHS Golden Jubilee has given me a safe space to connect with staff across the hospital within my community. It is an amazing platform for championing both diversity and inclusion, but also gives ourselves within the network an opportunity to openly discuss our own personal experiences with discrimination.

Our community's voice will continue to be heard and no one should ever have to experience this. ”

Martin Cardno
Project Support Officer

INTERNATIONAL DAY
AGAINST HOMOPHOBIA,
TRANSPHOBIA & BIPHOBIA



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

LinkedIn:

Our LinkedIn followers celebrated the success of our Hospital becoming the first NHS Scotland health board to carry out more than 100 orthopaedic joint replacements with the pioneering ROSA robot.



YouTube:

Claire O'Donoghue very kindly took time out of her day to talk about her experiences here at NHS Golden Jubilee when she was in for treatment, and she was glowing in her praise for the amazing care she received.





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

Scottish Government News



More investment in Hospital at Home

The Scottish Government has allocated a further £3.6 million to Hospital at Home to support more than 150 extra virtual beds.

Hospital at Home can provide a safe, patient-centred alternative to an acute hospital admission. It provides a better outcome for the patient, who receives treatment in the safety and comfort of their own home, as well as reducing pressure on hospital sites.

The investment for 2023-2024 will increase patients managed through Hospital at Home by 50%.

[Click here to read more](#)

Facemask guidance update

People in health and social care settings are no longer advised to wear facemasks.

As of Tuesday 16 May, the guidance has returned to pre-pandemic, meaning the use of masks will be based on clinical needs, based on infection prevention and control advice.

“Due to the success of vaccines in protecting people, and the availability of treatments, now is the right time to revise the advice on wearing masks in health and social care settings and return to – pre-pandemic guidance.

“We recognise that some staff may have concerns around the withdrawal of this guidance and would expect organisations to undertake individual occupational health assessments and risk assessments as appropriate.”

Alex McMahon, Chief Nursing Officer

[Click here to read more](#)

New pay offer for junior doctors

Junior doctors across Scotland have now been offered a 14.5% pay uplift over a 2 year period (2022-2024) following negotiations with BMA Scotland.

[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 16 June 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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