

# Jubilee Life **March 2024**



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## *Issue 58*

*Welcome to the **March 2024** edition of your monthly digital staff magazine.*

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

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## News



### **Speeding up cancer diagnoses**

More than one in ten patients seen by new cancer diagnostic services have been referred for cancer treatment, helping to speed up treatment and improve outcomes. Patients waited an average of 14 days from referral, to having cancer ruled in or out.

An evaluation report into Scotland's first Rapid Cancer Diagnostic Services (RCDS), published by the University of Strathclyde and the Centre for Sustainable Delivery (CfSD), found 11.9% of patients seen over the two year period were diagnosed with cancer.

Around 6% were given a pre-cancer diagnosis, meaning they require further monitoring in case a cancer develops, and the remainder were either given the all clear and referred back to primary care or diagnosed with other non-cancer conditions (41.1% and 40.7% respectively).

The Rapid Cancer Diagnostic Services, currently in place across five Health Board areas, were established to help speed up cancer diagnoses for patients with non-specific symptoms such as unexplained weight loss, persistent nausea or fatigue, where the GP has a concern of a malignancy.

Over the two-year evaluation period the services saw 2,489 patients, with more than 96% of them giving the service a positive satisfaction rating of eight out of 10 or more.



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*"Improving cancer services is a priority for the Scottish Government, as set out in our 10-year strategy published last year. This positive evaluation of Scotland's Rapid Cancer Diagnostic Service provides valuable insight into their role in achieving vital earlier cancer diagnoses and improving patient care.*

*"RCDSs reflect our commitment to enhancing equitable cancer services across NHS Scotland - this report has shown the pivotal role they can play in early cancer detection while delivering quality patient-centred care. As Scotland's cancer care continues to evolve, RCDSs stand as an essential component in improving outcomes."*

***Neil Gray, Health Secretary - visiting NHS Lanarkshire's RCDS at University Hospital Wishaw***

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

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## Life-saving heart procedure helps husband maintain care for beloved wife

A heart patient has thanked the team behind his life-saving procedure, which helps him continue caring for his beloved wife of 62 years.

Bill Cairns, 86, was the 1,000th patient to receive a Transcatheter Aortic Valve Implantation (TAVI) operation here at NHS Golden Jubilee.

The innovative service is for patients deemed high risk for conventional open heart surgery, normally due to advanced age or other health conditions, who require heart valve replacements for aortic stenosis.

TAVI is a less invasive alternative to surgery for aortic valve replacement and is routinely performed through blood vessels in the groin.

Former farm manager Mr Cairns, from Lochgilphead in Argyll and Bute, said he was becoming more breathless on his regular outdoor walks and decided to get his health checked as he was worried it would affect his ability to care for wife Pat.





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*“I don't understand how they get it in a vein, but they did and it couldn't have went smoother. I think it was done in 23 minutes or something like that, little or no time at all. And no pain!*”

*“And to be honest, if I hadn't been a carer for my wife, I might have just said, ‘oh, I'm fine, it's just old age’, but because of her I got I decided to do something about it. This means that I'm still here for her, so I can't thank everyone enough for that.”*

***Mr Cairns, former farm manager from Lochgilphead in Argyll and Bute***

*“So far the service has been very successful and we are delighted with the positive outcomes for our patients.*”

*“TAVI is a very good alternative to conventional open heart surgery for many people like Bill and you can see just how important it is to him and his family to be fit and healthy.”*

***Mitchell Lindsay, NHS Golden Jubilee Consultant Cardiologist***

*“NHS Golden Jubilee is always working in collaboration with other health boards to deliver a life-saving service for patients, investing in innovative ways to treat patients effectively, in a person-centred way.”*

***Professor Hany Eteiba, NHS Golden Jubilee Associate Medical Director***

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## **Implementation of Agenda For Change recommendations**

A new staff bulletin has been published about Agenda for Change.

This bulletin tells you about the recent announcement from the Cabinet Secretary for NHS Recovery, Health, and Social Care confirming a series of measures designed to modernise the NHS Scotland Agenda for Change (AfC) System.

Click on the green 'Go to this Sway' button below to read the bulletin.

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[Click this link for more information](#)

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## **Annual Leave – a statement from our Employee Director and our Director of People and Culture**

Our Board's Annual Leave policy aims to provide a uniform and equitable approach to the calculation of annual leave and bank holiday entitlements defined under Agenda for Change and in line the NHS Scotland policy.

This applies to all staff who are employed on Agenda for Change terms and conditions, including bank staff.

It is recognised that working within the health service can be stressful. Your annual leave entitlement ensures that you have adequate time away from work for rest and respite.

Every member of staff should use their annual leave within the holiday year. Carryover of leave (maximum 5 days) should only be by exception and in agreement with your manager.

Annual leave entitlement for full time staff:



1 - Laura Smith, Director of People and Culture

**Length of Service**

**Annual leave + General Public Holidays**

On appointment 27 days + 8 days (202.5 + 60 hours)

After 5 years' service 29 days + 8 days (217.5 + 60 hours)

After 10 years' service 33 days + 8 days (247.5 + 60 hours)

The leave entitlement is pro-rata for part-time staff.

Please ensure that you are planning and using your annual leave within the allocated year, as you may not be able to carryover unused leave.



2 - Jane Christie-Flight, Employee Director

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*Click here to read our [Annual Leave Policy](#).*

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## Health and Care (Staffing) Scotland Act

From Monday 1 April 2024, the [Health and Care \(Staffing\) \(Scotland\) Act](#) will officially be in place for all health boards across NHS Scotland.

This act, aims to support the delivery of high quality care and improved outcomes for patients by making sure that appropriate staffing and support is available at all times.

The Act places 10 duties on Health Boards which are aimed to support not only appropriate levels of staffing at all times, but help ensure there are robust systems for reporting, learning and supporting teams across the organisation an NHS Scotland as a whole

For the last several months, we have been engaging with key impacted areas throughout the Hospital, as well as promoting Real Time Staffing (RTS) Resources aimed to help services meet the requirements of this act when it comes into effect.

### Real Time Staffing Resources

RTS launched in February and are now live and available via [Turas](#).

Real Time Staffing Resources provide a consistent approach for teams to record their daily activity, acuity, actual staffing and what staffing they require (in their Professional Judgement), to be able to deliver safe and effective care.

They aim to help Health and Care services meet the requirement to assess real-time staffing and risk associated with the act when it comes into effect.

The Healthcare Staffing Programme Team works with workforce leads from each Scottish health board to make sure they have everything they require to meet the needs of the act.

Together we aim to ensure necessary training and support is available for all staff.



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*As we approach the roll-out date, if you feel you require any additional support, please contact Brenda Wilson by emailing [Brenda Wilson](#).*

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## Your new staff Intranet is coming soon!

The Communications and Marketing team will soon be launching a new staff intranet site to help staff access information and resources faster and easier.

Built on SharePoint Online, the new staff intranet will integrate with the Microsoft 365 suite of applications. You will be able to access the site online or through a mobile application using your existing 365 login.

The centralised hub will be managed by the Communications and Marketing team with departments empowered to take devolved responsibility for relevant 'spokes'.

The new site will provide:

- a central location for corporate communications, news, and publications,
- quick and easy access to information and resources staff need to access,
- shared branding and navigation with rolled up content and search functions, and
- data to help track usage of the site.

The Communications team would like to thank everyone who has helped shape the content and structure on the platform by sending in your ideas on:

- What's important to you on an Intranet site,
- What works well,
- What could be improved,
- What features you would like to see, and
- What features on our current site you think we no longer need.



### **Get your content ready for transfer**

We are currently prioritising the build of the main Communications Hub to go live by 2 April 2024. Only content which has been reviewed and updated so far will be transferred to the new site.

We will contact department managers, service leads and nominated representatives to help you set up any relevant spokes with relevant Role Based Access Controls and Standard Operating Procedures.



Thank you in advance for helping us develop and deliver this exciting new internal communications channel.

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## Healthcare Science Week 2024

Healthcare Science Week in March is an annual celebration of the amazing work of Healthcare Science professionals everywhere.

Over the last 75 years NHS healthcare science has played a vital role in the diagnosis, prevention and treatment of disease and the health of our nation.

The week is also an opportunity to showcase this work and inspire the scientific workforce of the future.

Here's what some of our healthcare science say about their work:

The infographic is titled "Healthcare Science Week" and "11 - 17 March 2024". It features the NHS Golden Jubilee logo. The text is organized into three sections: "What do you do in your role?", "What is your favourite thing about your role?", and "Why is NHS Golden Jubilee a good place to work?". A photo of Carol Campbell, a Biomedical Scientist in microbiology, is included in the bottom right corner of the infographic.

**Healthcare Science Week**  
11 - 17 March 2024

**NHS Golden Jubilee**

**What do you do in your role?**  
Working in microbiology, I identify pathogenic bacteria in patients and provide our clinicians with the antibiotics needed for the specific bacteria. I have also been involved in COVID testing.

**What is your favourite thing about your role?**  
Knowing that what I do helps the patients recover. I also really enjoy listening to my senior colleagues explain situations to me as they have so much knowledge.

**Why is NHS Golden Jubilee a good place to work?**  
I worked as a Medical Secretary for over 20 years. I was always curious about how the scientists identified conditions and treatments so I started a science degree through the Open University and looked into working in the laboratories. I now work in my first post as a qualified Biomedical Scientist at the age of 50! You're never too old to get into science.

**Carol Campbell**  
Biomedical Scientist in microbiology

3 - Carol Campbell

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***Carol Campbell, Biomedical Scientist in Microbiology:***

*“Working in microbiology I identify pathogenic bacteria in patients and provide our clinicians with the antibiotics needed for the specific bacteria. I have also been involved in Covid testing.*”

*“Knowing that what I do helps the patients recover.”*

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# Healthcare Science Week

NHS  
Golden Jubilee

11 - 17 March 2024



## What do you do in your role?

I provide whole lifecycle medical device management including maintenance, repair, replacement and technical guidance on all medical devices used at NHS Golden Jubilee.

We aim to minimise the impact of maintenance activities on clinical workflow. It's really rewarding to see the services run with little to no disruption.

## Why is NHS Golden Jubilee a good place to work?

The Golden Jubilee is a great place to work because all departments work together to provide the best care for every patient.

Clinical Engineering is a great role for anyone technically minded that wants to help in a clinical setting. Every day is different and the role is both challenging and rewarding.



## Martin Blair

Senior Specialist Clinical Engineer and Quality Manager

4 - Martin Blair

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*Martin Blair, Senior Specialist Clinical Engineer and Quality Manager:*

*“Clinical engineering is a great role for anyone technically minded that wants to help in a clinical setting. Every day is different and the role is both challenging and rewarding.”*

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# Healthcare Science Week

NHS  
Golden Jubilee

11 - 17 March 2024



## What do you do in your role?

I work as part of a highly specialised team providing care to help diagnose and treat patients with known or suspected heart disease. Our patients include those who have had heart attacks, blocked arteries and congenital heart problems.

## What is your favourite thing about your role?

My favourite thing is the fact that I can work with patients, providing them with the best care and helping make a difference to their lives.

## Why is NHS Golden Jubilee a good place to work?

It is an absolute dream to work here and I am so glad I had the chance to move here from South Africa. There are amazing people from across the world working here and you can literally feel the passion when walking into the Hospital. It's like a family, always there for you, providing excellent care and treatment for patients.



## Yolandi Pieterse

Specialist Cardiac Physiologist

5 - Yolandi Pieterse

# Healthcare Science Week



11 - 17 March 2024



## What do you do in your role?

I am part of a small team who provide 24-hour laboratory services 365-days a year! I work within clinical biochemistry, performing biochemistry analysis on patient blood samples from clinics, wards and emergency units like high dependency and intensive care.

## What is your favourite thing about your role?

I really enjoy multi-tasking and the diversity of my day. My shifts are never the same. I also really enjoy working in a friendly environment.

## Why is NHS Golden Jubilee a good place to work?

The Golden Jubilee provides a friendly working environment and staff are consistently encouraged to take part in in-house events such as seminars and webinars.

The laboratory at NHS Golden Jubilee works closely with Glasgow Caledonian University, and some students studying Biomedical Science often get the opportunity to come and work with us for their placement.



## Lindsay Houston

Specialist Biomedical Scientist

6 - Lindsay Houston

# Healthcare Science Week



11 - 17 March 2024



## What do you do in your role?

My Job is to perform the servicing and repair of a wide range of electro-medical devices and I attend calls to theatres to fix equipment needed for surgery.

## What is your favourite thing about your role?

No 2 days are the same and I get to work on a wide range of equipment, using a broad spectrum of engineering principles.

## Why is NHS Golden Jubilee a good place to work?

There is so much high-end equipment here, and I get to gain a lot of experience across it all.

A career in Medical Physics is very rewarding and will suit an engineering graduate who likes to work with their hands and enjoys variety in their job. It is great to quickly see the impact of your work, from ensuring infusion pumps deliver the correct amount of drug to allowing a surgery to continue if there is a problem with a machine mid-case.



## Connor Doherty

Specialist Clinical Engineer

7 - Connor Doherty

[Click here for more information.](#)

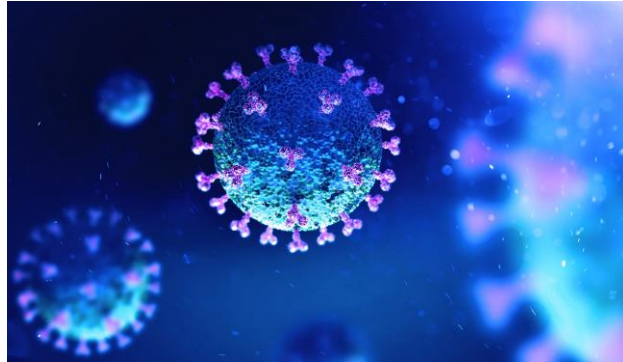
Use the hashtag #HealthcareScienceWeek on social media to find out more!

## Removal of temporary COVID-19 special leave

To assist staff and the NHS through the Covid-19 pandemic, a series of temporary policies and variations to standard terms and conditions were put in place.

In light of the revision to national COVID-19 testing on August 2023, the Special Leave provision has been reviewed and will now be removed.

From Monday 1 April 2024, any staff absent with COVID-19 related symptoms will be treated in line with all other sickness absences.



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*For more information, visit [Removal of temporary COVID special leave](#).*

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## Car Parking

At NHS Golden Jubilee, we are fortunate to have the benefit of free onsite parking for staff, patients and visitors.

Work is currently ongoing on new ways to improve and support access to parking and transport for staff from all across the site, however in the meantime we all have a responsibility to park in appropriate and authorised spaces and areas **only**.

We know at times this can be challenging, and may cause frustration, but this is absolutely vital for the health, safety and security of all staff, visitors and patients who need to access our site.

In particular, patient and disabled spaces must **only** be used by appropriate individuals: lack of these facilities can make what is possibly already a very stressful and emotional day for those using our services worse, impacting their entire journey at NHS Golden Jubilee.

We can all do our bit to support this by doing the following:

### Never

- Park vehicles on walkways or pedestrian areas.
- Park vehicles within restricted loading and goods areas.

- Park vehicles on any access or circulation routes.
- Use a patient or disabled space if this is not appropriate.

### Always

- Follow instruction given by your Security, Health and Safety colleagues.
- Park in designated parking bays.
- Leave disabled parking bays vacant for those who have a genuine need for those spaces.

We will have more updates on what we are doing to support you in the coming weeks and months, and we thank you all in advance for your support and cooperation.



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## People

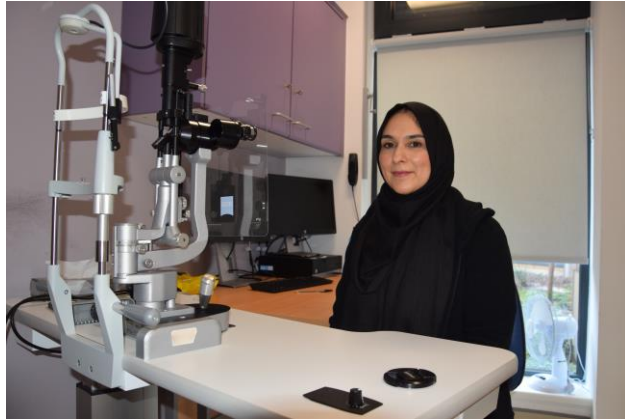


### Optometrist Isma is a sight for sore eyes in homeland

A Senior Optometrist from Team Jubilee has thanked her generous colleagues in the Eye Centre for raising a massive amount of money for the sight charity she runs.

Isma Tahir began visiting the stunningly beautiful Hindu Kush mountain range in the Himalayas in northern Pakistan in 2018, where husband Sid Khan is from. Now, she returns each year to provide eye care for villagers in some of the remotest parts of the world.

Her love of languages took her there, but her passion for sight keeps her going back to care for people who struggle to receive the basic eye care they need.



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*Isma said: "I love languages and wanted to learn Urdu and one of my husband's little cousins was helping teach me.*

*"There was a sign in the distance that I couldn't read in Urdu and he would normally jump in and help me, but he was screwing his eyes up and couldn't read it for a very different reason to me.*

*"The next time I went I took my equipment with me and examined his eyes. Then the family. Then the neighbourhood, then the whole village, then the next village and the next after that.*

*"In future trips I found myself examining in schools and orphanages, so it just got bigger and bigger. There's 26 million people in Pakistan who think they are blind, but all they need are glasses or cataract treatment."*

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Isma and her team go further and further north into the famous mountain range each visit, reaching more and more people to offer villagers vital eye care which can turn their lives around.

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*Isma said: "We go into villages and do eye screening, setting up and seeing around 500 people per day and we're hoping to see around 2,000 people on our next trip, 50% of whom will need glasses and about 10% will need cataract surgery, which costs £40 per eye.*

*“Treating cataracts is my passion. I now have a local team on the ground in Pakistan and this April we are taking our first-ever volunteers from the UK along to help out.*

*“We also have surgeons travelling up north on a 10-hour journey, on dirt track roads, up into the mountains.*

*“We’re hoping to get students involved and open it up to people who wouldn’t normally get the opportunity to travel to such breathtaking areas.*

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Isma's dedication extends beyond providing immediate care; she aims to establish sustainable models and educational initiatives to ensure long-term impact.

The team's trips were initially funded through family and friends, before Isma wanted transparency for her donors and set up Sight Relief as a formal charity 2021.

Her recent fundraiser was in the Eye Centre and raised a massive £1,150 thanks to the generosity of all her colleagues - who also help perform 30% of Scotland's cataract surgeries each year - a testament to their support and dedication to the cause.

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*Isma added: “The money was raised through a raffle in the department, along with a massive bake sale with food like pakora and samosas made by my parents.*

*“I have to thank Josie Turnbull especially for all the hard work and prizes she brought in, she was absolutely amazing.*

*“What was raised can fund more than 25 cataract surgeries so I just want to say thank you to everyone in the whole Eye Centre, I’m so overwhelmed by everyone’s support.”*

*If you’d like to find out more about Isma’s charity or donate money to help people receive life-changing eye treatment, visit [www.sight-relief.org](http://www.sight-relief.org).*

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## Martyn Gall – new Principal Pharmacist

This month colleagues welcomed Martyn Gall as our Principal Pharmacist after being part of Team Jubilee for almost 9 years.

Martyn graduated with his Pharmacy degree from University of Strathclyde in 1999, doing his pre-registration year with Boots before registering as a Pharmacist and working with the well-known high street brand for around 18 months.

He then began his NHS career at Glasgow Royal Infirmary as a Junior Pharmacist and moved on to the medical wards there in a more senior role before working in the intensive care unit (ICU).

After 5 years at the Royal Infirmary Martyn moved to the Southern General in 2007, again working in intensive and critical care for over 8 years, before joining the Jubilee family in 2015, working in intensive care and overseeing the Cardiothoracic wards.

Martyn's roles have gradually become senior through the years, working on important projects that help us deliver person-centred care to our patients.



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*Martyn said: "Over the years I've taken on more responsibility within the functioning of the department, as well as being involved in more projects and increasing my skills and knowledge."*

*"In this new role I'll be providing senior Pharmacy input to the Heart and Lung Division (HL and D), but I'll still be doing work in ICU and managing other day-to-day tasks in the department."*

*"It's a great place to work, you get to know who everyone is and I've had better career development opportunities here than I would have elsewhere."*

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Martyn, originally from Clydebank but now living in Paisley with wife Carrie – who incidentally is also part of Team Jubilee as a Nurse in our Cath Labs.

They met at the Royal Infirmary and now have 2 daughters together.



Please join us in wishing Martyn all the best in his new role!

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## CfSD programme announces new National Clinical Lead

The Centre for Sustainable Delivery is delighted to announce our new National Clinical Lead for Unscheduled Care.

Dr Shobhan Thakore MBChB FRCS (EM) FRCES joins us on a part-time basis balancing his commitments with his roles as Consultant in Emergency Medicine, NHS Tayside and Clinical Lead for the Scottish Quality and Safety Fellowship Programme, NHS Education for Scotland (NES).

Dr Thakore has been an Emergency Medicine Consultant in NHS Tayside since 2003, having spent 8 years as Clinical Lead of the service, preceding 5 years as Associate Medical Director for Quality Management.

He worked with the improvement team in Tayside providing support to the Board Medical Director and other executive officers across a wide portfolio spanning unscheduled care, planned care, mental health and cancer care.

For the last 8 years, Dr Thakore has been Clinical Lead for the Scottish Quality and Safety Fellowship (SQSF) programme.

This programme trains clinicians and managers of clinical services from Scotland, Northern Ireland, Denmark, Norway and further afield to become improvement leaders with knowledge of QI, design thinking and human factors approaches.



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*"I am delighted to be joining the National Unscheduled Care team. I have seen first-hand the challenges that exist in the system and how these impact on patients, families and colleagues from the community, through emergency departments and into specialty wards.*

*“However, I have also seen what can be achieved if people across that system can come together and drive change that ensures we see the right people in the right place at the right time.*

*“I am looking forward to working with the national team to help build a network across NHS Boards to share knowledge, data and change ideas so that we can deliver the best care to people requiring urgent access to healthcare advice, support and treatment.”*

**Dr Thakore**

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The National Unscheduled Care Programme facilitates the collaborative and development and delivery of evidence-based improvement programmes that reflect best practice.

The programme consists of 5 clinically-led portfolios of work:

- Community Urgent Care
- Flow Navigation (FN)
- Hospital at Home
- Front Door Medicine
- Optimising Flow It is designed to remove waits, delays and duplication and support the delivery of Right Care in the Right Place, as well as to improve the Unscheduled Care experience for patients and staff alike.

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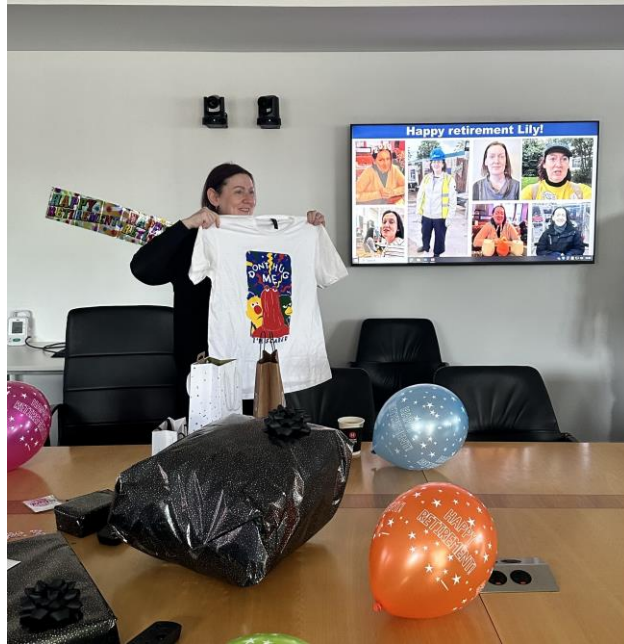
## All the best Lily



After nearly 20 years of service to NHS Golden Jubilee, we say the fondest farewell to Assistant Director of Finance, Lily Bryson in her retirement.

Over the years Lily has been instrumental to many of our capital projects from the transfer of the heart and lung services in 2008 right through to our latest expansion. She has also been heavily involved in the finance side of innovation and research.

Thank you for your service Lily. You will be missed and will always be part of Team Jubilee.



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### Heather retires after 30 years' NHS service

Colleagues in our Eye Centre said farewell to Nurse Heather Hannan, who has retired after 30 years' service in the NHS.

Heather began her long career as a Pharmacy Assistant before moving into Medical Records and then training to become a Nurse.

She has been a scrub nurse for many years, based in the Vale of Leven District Hospital in Alexandria initially and then she starting in the Eye Centre in 2020.

Colleagues say the biggest thing they'll miss about her is her chat and stories, and Heather is looking forward to just taking her time with everything and not having to rush to do things on her days off.

Sounds like a great plan Heather.

Thank you for your service and all the best in your retirement, you'll be missed and will always be part of Team Jubilee.



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### **Scottish Apprenticeship Week – NHS Scotland Academy**

NHS Scotland Academy are proud to support the development and access routes to work in the health and social care sector, especially during Scottish Apprenticeship Week.

This year the Academy shared Jamie's story, a Simulation Technician from NHS Forth Valley who undertook an apprenticeship. Jamie decided to apply for an apprenticeship within the NHS after a spell of not knowing what career direction he wanted to take.

[Click here to watch Jamie's Story](#)





## International Women's Day 2024

This year we celebrated International Women's Day with the theme of Inspiring Inclusion.

We are lucky enough to have a workforce packed with inspirational women, each committed to delivering high quality, person centred care to people from across Scotland.

We are proud to offer our Women's Network, which is open to any NHS Golden Jubilee staff members or volunteers who identify as female.

The Network provides a forum to focus on issues that impact on women in the workplace e.g. breastfeeding facilities, menopause, menstrual health. The Network looks at how we can address challenges or even raise awareness of the impact of these issues.

**International Women's Day 2024** NHS Golden Jubilee

**#InspireInclusion** Friday 8 March 2024

“ This year's theme highlights the crucial role of inclusion in achieving gender equality. Inspire Inclusion encourages everyone to recognise the unique perspectives and contributions of women from all walks of life, including those from marginalised communities.

Within NHS Golden Jubilee we are committed to ensuring that we have an inclusive workplace. Our Women's Network strives to raise awareness of women's issues and creates a supportive environment.

In recent weeks a new Menopause and Menstrual Health policy was approved, we have also signed up to the Pregnancy Loss Pledge and have introduced free period products across the site in our female staff toilets.

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**Jane Christie-Flight**  
Employee Director and Women's Network Lead

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*If you would like to join, or to find out more, email [Womens health](#).*

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## Neurodiversity Celebration Week

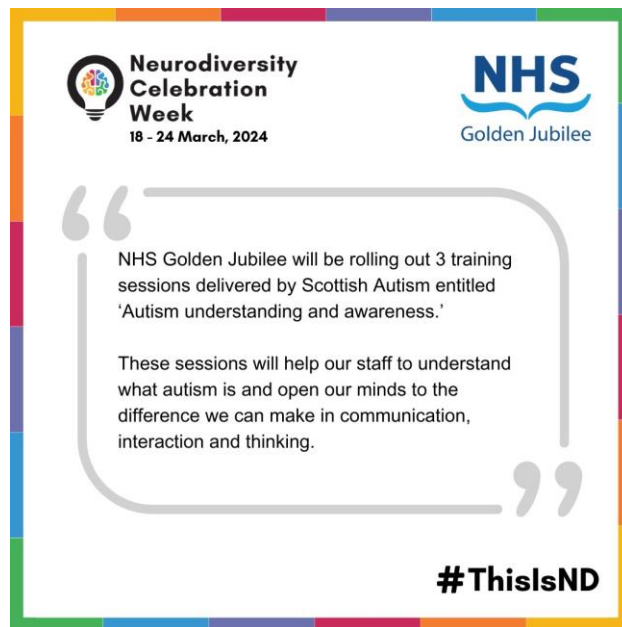
This month we marked Neurodiversity Celebration Week. At NHS Golden Jubilee, we strive to provide our staff with the support they need to effectively communicate and create an inclusive space for our neurodivergent colleagues and patients.

That is why we will be rolling out training sessions delivered by Scottish Autism, with a key focus on 'Autism understanding and awareness'.

This training will include a 4 hour workshop where participants will explore the developmental differences an autistic person may have, as well as thinking about how this developmental profile might influence communication.

The training will empower staff to challenge and develop their awareness and communication skills.

Keep an eye out for training dates soon!



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## Comments about you!

**Sharon Jardine** - I totally agree 100%. The best team there is, I wouldn't be here now if it wasn't for the amazing staff and knowledge x

**Diane Lee Hannah** - Totally agree. The cardiology team are amazing. SACCS nurses always available to answer any questions and reassure you. Consultants, theatre team, ward staff are all fantastic. My care and treatment has always been the very best xx

**Dorothy McGhee** - I was in there almost 10 years ago and they were all wonderful. So grateful for all they did for me.

**Liz Taylor** - Absolutely amazing hospital

**Sarah Tilbury** - Mr Green was my surgeon too ... such a brilliant surgeon who gave me a new lease of life ..can't thank him or the hospital enough x

**Ann McGee** - They do have amazing staff in the hospital

**Jim McGonigle** - Professor Kirk should be on the honours list without a doubt very kind man

**Jean Beardsley** - 1 knee if I could guarantee being referred back there would have the second done in a heartbeat

**Cinders Mcg** - This is the Best Hospital out there, every member of staff are Amazing, first class xx

**Mary Macaulay** - Brilliant Hospital Thank you everyone especially Herv and his team x

“

 NHS  
Golden Jubilee

Five weeks ago Dr Green gave me a 'new hip'. I would like to convey my thanks and gratitude to you and the Orthopaedic team for making this possible and for all the care and attention I received.

It is wonderful to be free of the severe pre-op pain and to feel straighter and taller already.

With grateful thanks!

”

 Hip replacement patient

“

 NHS  
Golden Jubilee

**Life changing operation**

I was originally receiving the greatest treatment for cancer of my left lung , I got half the lung out and went back to theatre to have the lung fully removed.

I encountered several complications and my consultant in Aberdeen referred me to Professor Kirk and Miss Whitely, who performed an operation that not only saved my life, but has given me a far better quality of life than I had expected .

My family and myself are so extremely grateful to both Professor Kirk and Miss Whitely for their outstanding abilities and dedication to saving lives they are truly amazing people who have given me so many opportunities in life that I could have missed.

Mr Kahlii, my consultant in Aberdeen, has always gone above and beyond and he and Miss Whitely are a credit to Professor Kirk's mentoring.

Cardio thoracic Scotland have the most amazing team to be found.

Thank you so very much there is no words to convey my gratitude.

”

 Lung surgery patient

“



On 7 February, I went through unexpected open heart surgery to fit a mechanical aortic valve and repair some damaged arteries. Basically to save my life.

From the first member of the team I met through to the nurses, doctors and surgeons, I can only say they were nothing but outstanding. Very professional, caring and kind.

I am now 4 weeks into my recovery and making amazing progress and my family and I can only thank the whole cardiac team at NHS Golden Jubilee for giving me my second chance of a long life.

”



**Andrew Murray**

Cardiology patient

I had a hip replacement on 2 March and returned home on 3 March



The treatment I received was gold standard. Every member of staff was professional, pleasant and welcoming. Mr Picard and his team were excellent and my treatment has been first class.

I wanted to thank everyone for the care I was given and to highlight the wonderful team you have in orthopaedics.

Thank you so much.



**Ann Clements**

Hip replacement patient

## Events





## Dementia Strategy launch

The launch of our new dementia strategy on 4 March in the Boardroom was well attended and provided a great platform to outline our collective aims and objectives for patient care.

It has been a very busy and exciting few weeks as we have seen the launch of the strategy and celebrated World Delirium Awareness Day.

The strategy aims to ensure any person with dementia, or anyone who experiences an episode of cognitive impairment, can expect committed, compassionate person-centred care that focuses on their individual needs at all times when attending anywhere in NHS Golden Jubilee.





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*“The strategy also promises to build and develop a support structure of staff who are skilled and knowledgeable in delivering care with additional provision of expert advice from myself and our Dementia Champions.*”

*“Our activities around World Delirium Awareness Day on 13 March sought to highlight the human impact caused by this distressing and debilitating illness.*”

*“Our displays around the hospital and the drop-in education sessions aimed to promote the importance of prevention, early detection and responsive management of care for any person who is at risk or experiences an episode of delirium.*”

*“The established multi-disciplinary hospital Delirium Group is providing a positive dynamic in addressing core standards of delirium care, as well as optimising development in care within a quality improvement structure.”*

**Con Gillespie, Dementia Lead Nurse**

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There are several areas of focus being pursued within the group, including:

- standardising cognitive impairment assessment
- supporting 'stress and distress' experienced
- developing our own guideline to help ensure consistent, standardised delivery of excellent care
- supporting local improvement projects

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*Anyone interested in joining the Dementia or Delirium hospital groups, or would like to discuss or share any ideas, please contact Dementia Lead Nurse [Con Gillespie](#).*

*Con is looking forward to hearing from you!*

*[Click here to access the NHS Golden Jubilee Dementia Strategy](#)*

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## **Health Service Journal (HSJ) awards**

Entries for the HSJ Awards are now open!

As the most esteemed accolade of healthcare service excellence in the UK, this is your opportunity to highlight individuals, teams and projects you feel have achieved excellence.

Entries will be reviewed against the following criteria:

- **Ambition** – The challenge and context within which your project, person or organisation is set alongside your goals and targets whether quantitative or qualitative
- **Outcome** – The benefits realised from the point of view of patients, organisation, leadership, value creation, efficiencies and cost
- **Spread** – The dissemination of your success in terms of how your work has been picked up and replicated elsewhere
- **Value** – The creation of value from the point of view of patient satisfaction and experience, reduction in bureaucracy, time saved for staff at any level
- **Involvement** – The stakeholders buy-in and contribution toward the project initiatives and outcomes. How have the relevant staff, patients and partnerships worked together to realise the success?

With 26 categories to choose from and an abundance of talent, dedication and innovation within NHS Golden Jubilee, we encourage you to recognise your efforts with a nomination(s) in these awards.



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*Deadline for entries is Friday 31 May.*

*[Click this link for more information](#)*

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### **Free Knockhill Racing days**

Knockhill Racing Circuit in Fife is offering NHS staff free entry on race days coming up in April.

The first event is the Best of Scottish Motorsport – Armed Forces and NHS Appreciation Weekend - on 20 – 21 April, which will be free entry to all serving/veterans of the Armed Forces and NHS workers.

The second event is the Scottish Championship Bike Racing weekend on 27 – 28 April.

When ordering tickets, select 'NHS/Armed Forces (valid with ID)' at [www.knockhill.com/events](http://www.knockhill.com/events) and take proof of service or employment with your ticket on the days of the events.

20TH-21ST APRIL



# BEST OF SCOTTISH MOTORSPORT ARMED FORCES AND NHS APPRECIATION WEEKEND



TWO DAYS OF FREE ENTRY TO ALL SERVING/VETERANS OF THE ARMED FORCES AND NHS WORKERS.  
SELECT THE TICKET 'NHS/ARMED FORCES (VALID WITH ID)' WHEN ORDERING YOUR TICKET ON OUR  
EVENT PAGE AND BRING PROOF OF SERVICE OR EMPLOYMENT WITH YOUR TICKET WHEN YOU ARRIVE.

TRACK ACTION 9AM - 5PM

FREE PARKING

20 RACES OVER 2 DAYS

UNDER 12'S GO FREE

FREE GRID WALK (SUN ONLY)

FREE RACE PADDOCK ACCESS

See [www.knockhill.com/events](http://www.knockhill.com/events) for full event  
Knockhill Racing Circuit, by Dunfermline, fife KY12 9TF





27TH-28TH APRIL

**KNOCKHILL**  
RACING CIRCUIT

**SCOTTISH CHAMPIONSHIP BIKE RACING**  
**ARMED FORCES AND NHS APPRECIATION WEEKEND**

ARMY  
BE THE BEST

ROYAL  
NAVY

ROYAL  
AIR FORCE

NHS  
THANK  
YOU!

TWO DAYS OF FREE ENTRY TO ALL SERVING/VETERANS OF THE ARMED FORCES AND NHS WORKERS.  
SELECT THE TICKET 'NHS/ARMED FORCES (VALID WITH ID)' WHEN ORDERING YOUR TICKET ON OUR  
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TRACK ACTION 9AM - 5PM

FREE PARKING

28 RACES OVER 2 DAYS

UNDER 12'S GO FREE

FREE RACE PADDOCK ACCESS

See [www.knockhill.com/events](http://www.knockhill.com/events) for full event  
Knockhill Racing Circuit, by Dunfermline, fife KY12 9TF

QR code

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## Save the Date - Ethnic Minorities Networking Lunch Event 2024

We are delighted to announce that we will be hosting a Networking Lunch Event on Tuesday 16 April at 12pm in the Inspiration Space, Golden Jubilee Conference Hotel.

Join us for lunch and the chance to get to know your colleagues, a great opportunity for new and existing Golden Jubilee staff and volunteers to connect with staff across a range of departments.

## Ethnic Minority Network

**Creating a working environment and policy framework for ethnic minority staff which is open, supportive and promotes equality of opportunity, employee wellbeing and strengthening the employee voice.**

- To encourage and maintain a safe and positive working environment for ethnic minority staff and eliminate racial discrimination for employees and patients.
- To support in developing and maintaining a representative workforce with inclusive leadership, and to raise the visibility and contribution of ethnic minority staff.
- To provide a forum where ethnic minority staff can share experience and issues affecting their work and professional development.



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*The event is open to all. To attend, please email [Ethnic Minority](#)*

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### Registration open for Scottish Public Health Conference

Registration is open for the 'Inspiring Change' Scottish Public Health Conference on 1 May 2024 at the University of Strathclyde, Glasgow.

Organised by Public Health Scotland (PHHS), the Faculty of Public Health, and the Scottish Directors of Public Health Group, the Scottish Public Health Conference will bring together public health professionals, academics, policymakers, and colleagues from across the third sector.

Keynote speakers include:

- Professor Sir Michael Marmot, Professor of Epidemiology
- Professor Magdalena Harris, Professor of Inclusion Health Sociology
- Mikaela Loach, Best-selling author and climate justice activist



- Professor Kevin Fenton, President of the Faculty of Public Health

The conference provides an opportunity for the entire public health community in Scotland to come together and share knowledge to protect and improve health for the people of Scotland.



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*[Click this link for more information and to book a place](#)*

*Contact for additional details: [scotphconf@speak.co.uk](mailto:scotphconf@speak.co.uk)*

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## Gynaecology Immersive Masterclass



**NHS Scotland Academy**

Accelerated training through collaboration



# Gynaecology Immersive Masterclass

 **Thursday 9 May 2024**



 **9.30am - 4pm**

 **Golden Jubilee University National Hospital**

The masterclass will focus on:

- Ultrasound anatomy of the female pelvis
- Common pathologies
- Image optimisation
- Question and answer session with Consultant Gynaecologist
- Hands-on scanning technique (phantom)



 Spaces for this masterclass are limited, early booking is advised.  
 Register your place by emailing: [nhsscotlandacademy@nhs.scot](mailto:nhsscotlandacademy@nhs.scot)

## Health and Wellbeing





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

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### **Team Jubilee's Kiltwalkers**

Staff from NHS Golden Jubilee are joining one of Scotland's biggest charity events to raise money for good causes in our local communities.

Teams from our Cardiac Physiology (The Golden Hearts) and Rehabilitation departments are doing the biggest routes of annual fundraiser the Glasgow Kiltwalk on Sunday April 28.

The majority of the teams will be doing The Mighty Stride (23 miles from Glasgow Green) and The Big Stroll (14 miles from Clydebank to Balloch).

The Cardiac Physiology team, who are regulars on the Kiltwalk, is doing the walk this year for the [Beatson Cancer Charity](#), after colleague Phil Matthews was diagnosed with a family of rare blood cancers in August last year.

Phil, a Highly Specialist Cardiac Physiologist who has worked with Team Jubilee for 3 years, has a Myeloproliferative Neoplasm (MPN), which begins with an abnormal mutation (change) in a stem cell in the bone marrow, leading to an overproduction of blood cells and abnormal changes of the bone marrow which can lead to scarring and fibrosis.

They can strike at any age, have no known cause and a wide range of symptoms and outlooks - in Phil's case, symptoms are headache, marked fatigue, pain and dermatological issues.

The disease generally progresses slowly, however, if it progresses to acute myeloid leukemia, the 5-year survival rate is approximately 30%.



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*“Due to the genetic mutation and the type of MPN I have, I’m at high risk of blood clots including heart attack, pulmonary embolism and stroke. I have to take blood thinning medication and minimise any risk factors.*

*“Despite all this, if an event does occur or when I hit 60-years-old, I will have to start taking low dose chemotherapy medication to reduce the level of blood cells circulating as I’ll be at a much higher risk of thrombotic events.*

*“I’ve come to accept the MPN as part of myself and my life, but I won’t let it hold me back. It’s changed my outlook, approach and what I want to get out of my life, with my bucket list continuously getting things ticked off and new things added.*

*“And come September, I will be joining the University of Edinburgh’s Medicine programme for Healthcare Professionals - a life-long dream and to hopefully help others with similar situations.”*

***Phil Matthews***

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One of Phil’s colleagues is also doing the Wee Wander with her child, which is 3 miles from Loch Lomond Shores to Moss O’Balloch Park.

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*Phil added: “Colleagues have been really supportive and understanding regarding the news and the ongoing challenges that I can face and thankfully I’ve been relatively healthy and managed to avoid any time off work.*

*“There are 6 of us doing the Kiltwalk and more would have joined had the event not sold out so quickly. I want to thank each and every one of them for joining me and I'm sure we will have a great time, no matter what the weather may throw at us.*

*“I also want to extend my heartfelt thanks to everyone who donates. I understand that the cost of living crisis is still ongoing and any money shared to a wonderful charity is very much appreciated.*

*“I've yet to require any treatment at the Beatson at present. However, I understand some of the physical and mental challenges that people who undergo cancer diagnosis and treatment there face and wanted to do what I can to support the Beatson Cancer Charity in providing assistance and services to those affected by cancer.”*

*If you'd like to donate to The Golden Hearts' fundraising effort, visit [Justgiving](#).*

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### **The Golden Jubilee Rehab Team**

Kristopher Robertson and David Longhurst from The Occupational Health Physiotherapy team are also participating in the Mighty Stride event (23 miles) in aid of [The Brain Tumour Charity](#).

It's the first time that either of them have participated in this event, and while David is an active individual, Kris believes it will be more of a challenge for him.



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*"I wanted to challenge myself this year as part of a drive to be healthier and lead more by example. The Kiltwalk has given me something to work towards, while also raising funds for an amazing cause.*

*"I am delighted that David agreed to join me on the challenge, and hopefully together we can raise some much appreciated funds.*

*"If there was anyone who wished to donate we would be extremely grateful."*

***Kristopher Robertson***

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[Click this link to read the latest Jubilee Active blog by Kris about how to get in shape and train for big events like the Kiltwalk.](#)

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### **Rachel puts a Little effort in for Team Jubilee**

We'd like to say a massive thank you to Rachel Little who raised money for NHS Golden Jubilee by doing last year's Edinburgh Kiltwalk

Rachel Little, from South Queensferry, an Account Director for advertising agency Essence Mediacom in Edinburgh, raised £455 at the 2023 Edinburgh Kiltwalk in the 26-mile Big Stride.

Step-sister Louise Campbell had a heart transplant at NHS Golden Jubilee in 2020 along with her cousin Fraser Wilson, who also received a life-saving donor organ in 2022.



8 - Rachel, right, with step-sister Louise

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*Rachel said: "I chose the Golden Jubilee because Louise had a very long-awaited heart transplant, and had a long and difficult road to recovery, so I wanted to raise funds for the ward that she was on.*

*"I know people stories on that ward can be very different and I know that some patients are in need of a life-changing transplant and due to that they have to stay on the ward until their transplant, so I hope that some of that money can go to making their time there a little more comfortable.*

*"Louise also gave birth at the Jubilee nearly 8 years ago prior to her transplant so the hospital is very important to us as a family."*

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*9 - Rachel on the day of the Kiltwalk*

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*[Click this link to read Louise and Fraser's transplant story](#)*

*Visit <https://thekiltwalk.co.uk/> for more information.*

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### **Free Period Products**

NHS Golden is now supplying period products to staff free of charge.

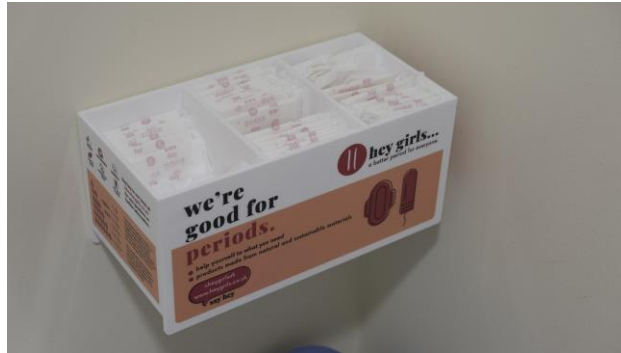
The initiative has been a priority supported and funded by the Health and Wellbeing Group and products will be supplied by award-winning social enterprise Hey Girls.

Dispensers are now fitted in all staff women's and accessible toilets in the Hotel and Hospital.

Working long shifts can make it difficult for staff to access period products when they really need them so having free products available for quick access to relieve stress at a sensitive time and focus on continuing to give patients the person-centred care we are known for.

So the message is - don't get caught short and take what you need as we make period products accessible for all!





Hey Girls has also developed an app – PickupMyPeriod - in partnership with the Scottish Government, which gives the location of free period products across Scotland, as well as education materials.

The social enterprise's mission is to eradicate period poverty in the UK, improve access to quality products and increase education around period health to help eliminate shame and stigma.

With a 'buy one, donate one' business model, Hey Girl has donated over 38 million period products.

The Health and Wellbeing Group would like to thank caring staff who had previously been bringing in period products and making them available to other colleagues.



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*[Links to PickupMyPeriod app:](#)*

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- [\*App Store \(Apple products\)\*](#)
  - [\*Google Play \(Android\)\*](#)
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### **Staff Wellbeing Zone update**

The creation of the new Staff Wellbeing Zone is now well under way as the refurbishment of the space next to the Spiritual Care Centre has begun.

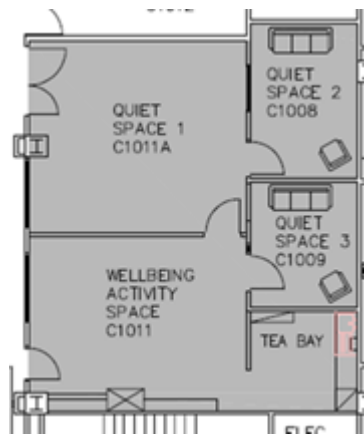
The Zone is for all colleagues and volunteers and will create NHS Golden Jubilee's 'triangle of care', with the Garden of Reflection, Wellbeing Zone and Spiritual Care Centre all in the one area on level 1.

The Wellbeing Zone will be split into two areas:

- a quiet zone providing space for relaxation and reflection
- an area for wellbeing activities like mindfulness and meditation

Both spaces will evolve over time, but it is important that they are used for their intended purpose – the wellbeing of Team Jubilee colleagues - as part of NHS Golden Jubilee's our commitment to the good health of our staff.

We will be sharing more information about the Wellbeing Zone in the coming weeks, including details about the layout of the space and an anticipated opening date, so watch this space and eDigest for more news.



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## Endometriosis Awareness Month

Every March, Endometriosis Awareness Month takes place around the world.

### What is endometriosis?

Endometriosis happens when cells similar to those in the lining of the womb, appear in other parts of the body, such as the ovaries or fallopian tubes. During a period, these cells can build up and break away. This causes painful inflammation in surrounding tissues.

### What are the symptoms of endometriosis?

- heavy periods
- extreme tiredness
- pain in your lower tummy, pelvis, thighs or back
- pain during or after sex
- difficulty getting pregnant
- becoming depressed due to long-term pain

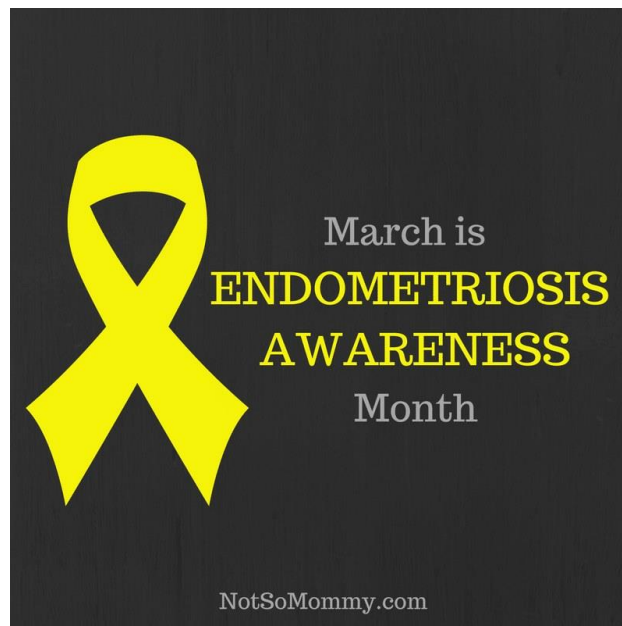
These symptoms can also be caused by conditions other than endometriosis. So, if you have any of them, see a GP. Symptoms of endometriosis often ease during pregnancy, and they may disappear without any treatment.

Some people have no symptoms of endometriosis. You may only find out that you have it after having tests for something else, such as infertility.

### **What is NHS Golden Jubilee doing to support you?**

At NHS Golden Jubilee we want everyone to feel their best at work. That means making sure you have the support around you to help you live well with endometriosis.

In recent weeks, a new Menopause and Menstrual Health policy was approved and we have introduced free period products across the site in the female staff toilets.



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*More information about endometriosis can be found on [NHS Inform](#).*

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### **NHS Credit Union**

The NHS Credit Union is staff-owned and a not-for-profit financial cooperative, set up to combat unethical lending and encourage a savings culture among the NHS workforce and their families.

As part of our commitment to your financial wellbeing, we will be highlighting some of the benefits the NHS Credit Union can provide our colleagues.

#### **Savings and loans**

Saving with the Credit Union can be done through payroll or by direct debit. The difference when you save with NHS Credit Union is that you're helping yourself, your colleagues, friends and family, while earning a good return on your money.

Personal loans are available for just about any purpose from a new car, holiday, a special event, home improvements or simply helping with Christmas or other annual celebrations

The debt consolidation loan is also guaranteed to help you get your finances back on track.

### **What are the biggest benefits for me and my family?**

Pay roll deduction and building savings direct from your NHS salary are 2 big benefits.

It's easy to set up, and we have ethical loan products to give you and your family piece of mind, as well as instant access to your money through the NHS Credit Union app. Family members who live with you can join too, while many current members also save for their children.

### **Is it easy to join?**

Very easy. Just download our NIVO app and you can join today, straight from your phone, [Nivo | NHS Credit Union](#).

Alternatively, you can visit [www.nhscreditunion.com](http://www.nhscreditunion.com), or call on 0141 445 0022 to get started.

### **Are my savings secure?**

Yes, very secure. The NHS Credit Union is dual regulated by the [PRA](#) and the [FCA](#) - your savings are insured up to £85,000.

### **Who's eligible to join?**

The NHS Credit Union is open to all NHS staff and contracted staff of the NHS family, currently working or retired, as well as family members who live with them - you can also open accounts for the children and young people in your life.



"It's such a friendly, helpful service always genuinely interested in my welfare and finances.

It pays such good dividends regularly."

- Steven, NHS 24

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### ***Where can I find out more?***

*You can find lots more information about the service on the [NHS Credit Union website](#).*

*Still have questions? You'll find lots more FAQs [on the website](#), and the team is happy to help with any queries or guidance too at [Nivo | NHS Credit Union](#) or through email at [enquiries@nhscreditunion.com](mailto:enquiries@nhscreditunion.com).*

*For more financial wellbeing support and advice, visit the page on your Staff Health and Wellbeing Hub at: <https://www.nhsgoldenjubilee.co.uk/working-us/supporting-our-staff/health-and-wellbeing-hub/social-and-financial-health>*

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## **Ovarian Cancer Awareness Month**

Every March is Ovarian Cancer Awareness Month.

In the UK, over 7,000 women are diagnosed with ovarian cancer every year, with 2 thirds of diagnosed too late when the cancer is harder to treat. And every day, 11 women die.

The sooner ovarian cancer is detected, the easier it is to treat.

### **What are the symptoms?**

- Persistent bloating (not bloating that comes and goes)
- Feeling full quickly and/or loss of appetite
- Pelvic or abdominal pain (that's from your tummy to the top of your thighs)
- Urinary symptoms (needing to wee more urgently or more often than usual)

### **Occasionally there can be other symptoms:**

- Changes in bowel habit (e.g. diarrhoea or constipation)
- Extreme fatigue (feeling very tired)
- Unplanned weight loss
- Any unusual bleeding from the vagina before or after the [menopause](#) should always be investigated by a GP.

### **Symptoms will be:**

- New – they're not normal for you
- Frequent – they usually happen more than 12 times a month
- Persistent – they don't go away

### **Worried about your symptoms?**

If you regularly experience any one or more of these symptoms, which aren't normal for you, it's important that you contact your GP. It's unlikely that your symptoms are caused by a serious problem but it's important to get checked out, even if they're mild.



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*For more information, go to [NHS Inform](#).*

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### **Wellbeing Times**

March's Wellbeing Times newsletter, from our mental health support provider TimeforTalking, features the usual eco and fitness tips and horoscopes, as well as a blog on the link between food and mental health.

## MARCH WELLBEING TIMES



In this month's issue learn how our food and mental health are connected and how to track your nutrition intake. Also, read some mental health poetry for World Poetry Day.

### INTRODUCING INTERVIEW WITH A COUNSELLOR

Our new monthly segment opens in March where we interview one of our Counsellors or Wellbeing Practitioners, this month we have Wilma talking about the importance of our wellbeing.



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[Click this link to read](#)

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## Learning and Organisational Development



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

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## Staff appraisals - talk not tick!

There are many different names going around for appraisal. You'll hear it called PDP, PDP&R, KSF, eKSF, Turas, Turas Appraisal – to name but a few!

Your appraisal is a 1-2-1 discussion with your manager that is recorded on a system called Turas. The discussion should reflect on the previous year and plan for the next 12 months.

All Agenda for Change staff are required to carry out an appraisal annually and the aim is that at least 80% of staff have a current appraisal at any given time.

We have developed a number of guides and resources to support managers and staff in preparing for, and having meaningful appraisal conversations. Please see our HR Connect page to access our support materials: [Personal Development Planning & Review \(scot.nhs.uk\)](https://scot.nhs.uk)



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*If you are short on time, we've also developed these short animations to support you:*

[\*Personal Development Planning and Review Support for Managers\*](#)

[\*Top Tips for Planning your Appraisal – for Staff\*](#)

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## University of Glasgow courses

### Upskilling Courses at University of Glasgow — online and free!

The University of Glasgow's next run of Upskilling courses beginning on Monday, 22 April, are now open for application.

Funded by the Scottish Funding Council, the courses offer a fantastic opportunity to enhance your professional journey and are available at no cost. Previous learners continuously report [career advancement, further study opportunities, increased earning potential and network development](#).

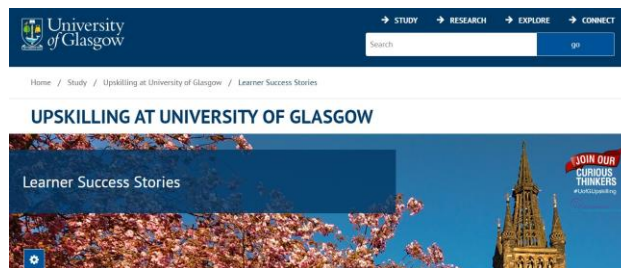
Upcoming courses:



- [Applied Data Skills for Processing and Presenting Data](#)
- [Climate and Carbon Literacy: Learn How to Reduce Your Carbon Footprint at Work and Home](#)
- [Data Visualisation: Graphics for Impact](#)
- [Digital Transformation for Third Sector Leaders](#)
- [Homelessness: Problems, Perceptions and Policies](#)
- [Introduction to Management and Leadership in Health Services](#)
- [Project Management](#)
- [Substance Use in a Contemporary World](#)
- [Systems Thinking: Climate Change and Sustainable Decision Making](#)

What to Expect:

- Attain 10 academic credits in 10 weeks
- Enjoy flexibility with fully online and asynchronous courses, with no scheduled classes
- Deepen your knowledge in specific areas with courses informed by robust job market analysis and current skills demand in Scotland




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*Applications close on Friday 29 March. Quick applications are advised due to demand.*

*[Click this link to apply for courses.](#)*

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## **Realistic Medicine: Shared decision making in health and care**

Shared decision making empowers people to make informed decisions about the treatment and care that is right for them. It's a key part of practising Realistic Medicine and delivering value based health and care.

Click the following links from NHS Education for Scotland (NES) to access learning resources:

- [Shared Decision Making](#)

- [How to Measure Shared Decision Making](#)
- [eLearning module](#)



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Contact [Quality Improvement](#) for more information.

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### **Armed Forces Talent Programme training sessions**

The Armed Forces Talent Programme (AFTP) team, in partnership with Joint Force Alba, will be hosting manager awareness sessions for NHS colleagues as part of their engagement activity for health boards.

The sessions are designed to support colleagues across their services, especially shortlisting and interviewing managers, HR and Recruitment colleagues and those supporting Employability and Anchors activity and/or support for Reservists.

The session will aim to develop a more detailed understanding of:

- The make-up of the Armed Forces Talent pipeline
- The knowledge, skills and experience they bring to the workforce
- Transferability/equivalence of training and qualifications and experience and alignment to our workforce
- The re-settlement process
- Partner organisations supporting this community The sessions are being held on:
- Wednesday 17 April - Online
- Tuesday 23 April - Edinburgh
- Wednesday 1 May – Online [Click this link to register](#)



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*For more information contact [Armed Forces](#).*

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### **Quality Improvement Staff Survey**

The Quality, Performance, Planning and Programmes (QPPP) team want to assess their efforts to enhance the quality improvement culture and activity across Golden Jubilee.

We would like to understand your awareness of:

- Quality improvement
- Quality improvement at GJNH
- Awareness of our QI resources
- What else we can do to raise your awareness of QI



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*You can access the QI staff survey by clicking [here](#).*

*The survey will be available to complete until 31 March 2024.*

*Learn more about QI at Golden Jubilee and access resources by visiting our staff net page [here](#).*

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## Quality Improvement Project Register

The Quality, Performance, Planning and Programmes (QPPP) team is delighted to share the Quality Improvement (QI) Project Register.

The QI project register will allow you to:

- formally register your QI project
- allow NHS Golden Jubilee to align your activity to organisational goals
- access coaching and support from QPPP
- join our growing network of improvers

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*[Click this link to access the register](#)*

*You may be prompted to 'sign in' to your Microsoft account. These details are the username and password you use to sign onto your computer.*

*Learn more about QI at Golden Jubilee and access resources by visiting our [Staffnet page](#).*

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## InVOLved



### Volunteer Focus

**Name:** Caitlin Lynch

**What are your hobbies and interests other than volunteering?**

I enjoy shopping and I'm also a member of different clubs, which I attend during the week. Going on holiday with my parents is also something I look forward to and enjoy.

**What is your Volunteer role?**

Since January I have really enjoyed being a Meet and Greet Volunteer on a Tuesday. I do this with another volunteer for 3 hours in the morning to help patients and visitors to find their way around the hospital.

**What made you decide to volunteer with NHS Golden Jubilee?**

The reason I wanted to volunteer with the hospital was to learn new skills. I completed my learnPro modules, which teach me different things to help me in my volunteer role.

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

The thing I enjoy most is talking to new people. Every day I volunteer I meet people for the first time and every day is different.

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

Yes. I receive thanks from people once they find their way around.

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

It is nice to help people and I enjoy it.

**Anything else you would like to share with staff and other volunteers?**

Volunteering at NHS Golden Jubilee has really helped my confidence. Staff are lovely and I like it when they stop and speak to me.



## The Social side



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

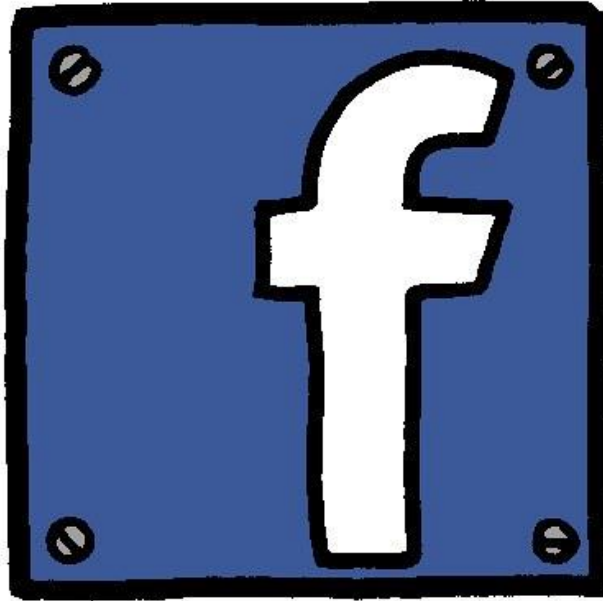
#### Facebook:

This month we celebrated Employee Appreciation Day by highlighting the incredible work our staff do every day!

Thank you for continuing to provide our patients with kindness, compassion, comfort, and extraordinary patient care.

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





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

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**X (Twitter):**

Social media is a great way to seek views on services from patients, their families or carers who use or have been treated by the.

This month we asked heart transplant patients for their views on heart and lung services for a national survey that will help inform future improvements from their valuable contributions.





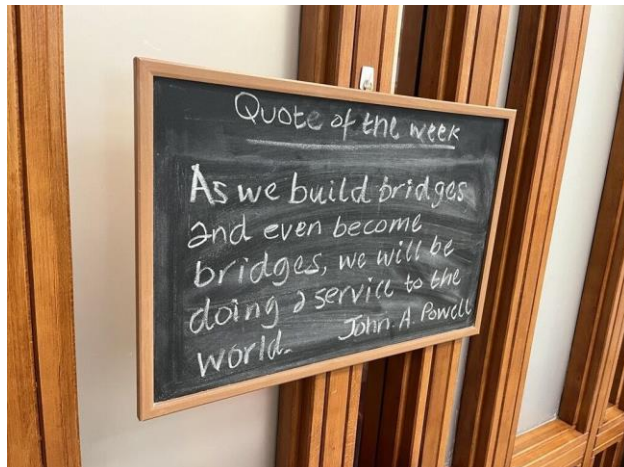
11 - [Click here to access our X page](#)

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**LinkedIn:**

Our quote of the week from our Spiritual Care Team continues to be a hit with followers across our social media platforms!

[Click here to view the post](#)







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**YouTube:**

Animated videos are a fun and great way to share information with our staff and patients.

Our animations from Cyber Week that were shared last month are still drawing in views!

[Check out the animation here](#)





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

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### Instagram:

We use our social media channels to promote a range of events carried out by our teams.

Just like the Scottish Adult Congenital Cardiac Service Patient Education Evening.

Sharing this across all of our platforms helps us reach more of our target audience!

[Click here to view our Instagram](#)

**Scottish Adult Congenital Cardiac Service** 

**Patient Education Evening**

Wednesday 8 May, 6pm – 8.30pm

 **In person in the Golden Jubilee Conference Hotel**  
or online via MS Teams

Join the Scottish Adult Congenital Cardiac Service (SACCS) team for an evening of education for patients living with Congenital Heart Disease (CHD).

Topics include:

- Delivering CHD care in Scotland
- Living well with CHD
- Meet the team
- Meet others living with CHD



 If you have any questions, please get in touch with the SACCS nurse team on 07795 953070 or [saccsnurse@gnh.scot.nhs.uk](mailto:saccsnurse@gnh.scot.nhs.uk)



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

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*If you have any interesting photos you'd like to share with colleagues, or on our social media pages, send them to [Comms](#).*

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## Scottish Government News



### Letter from Caroline Lamb on Jason Leitch resignation

Dear colleagues

I am writing to let you know that Jason Leitch, our National Clinical Director, has decided to leave his role on 30 April 2024.

Jason has worked with the Health and Social Care Directorates in a number of roles since 2007. He has been a hugely influential figure in our health and care system over that time and an enormously valuable member of my senior team.

Jason led the Scottish Patient Safety Programme (SPSP), which improved the quality of care of tens of thousands of lives in Scotland and then ensured the learning from it was shared internationally. During

Covid, Jason worked closely with you and your teams and was frequently present at the Government media briefings, as well as providing expert contributions on TV, radio and in the press.

I will now take time to consider how we can fill the gap in our leadership team that Jason leaves, but hope you will join me in wishing Jason all the very best for the future.

I would be grateful if you can cascade this within your organisations.

Yours sincerely

Caroline Lamb



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### **Support for family mental health**

Charities providing support to pregnant women, new mums and their families are to share £1.5 million expand and enhance their mental health and wellbeing services.

It has been estimated that up to 20% of mums and up to 10% of dads are affected by poor mental health in the perinatal period.

The Perinatal and Infant Mental Health Fund, which is now open for applications, enables organisations to provide a range of one-to-one and group-based support and care for parents, carers and new babies. Over 10,000 parents, expectant parents and infants have been supported by existing funded organisations since 2019. The new round of funding will start from October 2024.



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[Click this link for more information](#)

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### **Teen carers urged to apply for Scottish benefit**

Teenagers who look after others are being urged to find out if they're eligible for a grant available only in Scotland.

The Young Carer Grant is for those aged 16 – 18 years old who care for 1,2 or 3 people for an average for 16 hours a week for at least the last 3 months. If you care for more than 1 person, you can combine the hours of the people cared for to average 16 hours per week.

Leading carers charity say many young people who look after others do not recognise themselves as carers, as they see the support they give as just part of family life. As a result, they do not know they're entitled to benefits.



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[To find out more, click this link](#)

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## Scottish Adult Disability Living Allowance planned

Plans for a Scottish Adult Disability Living Allowance, a new benefit to provide continued support to around 66,000 adults with a disability or long-term health condition, have been unveiled.

Under new proposals, eligible people who receive Disability Living Allowance through the UK Government's Department for Work and Pensions would have their award transferred automatically to the new Scottish benefit. They would then have the opportunity to apply for Adult Disability Payment if they choose.

Legislation to create the 'closed' benefit – for existing recipients of the Disability Living Allowance that it supersedes – will be laid in the Scottish Parliament this year.

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[Click here to read more](#)

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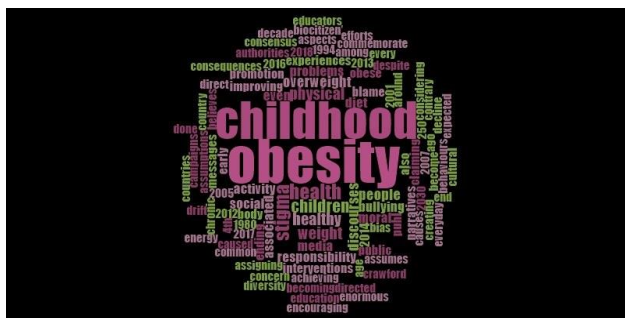
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## Preventing childhood obesity

Projects that work with children and families to prevent childhood obesity and reduce health inequalities are benefitting from more than half a million pounds of investment.

10 projects across Scotland will share £538,141.

The funding is part of the Scottish Government's commitment to ensure all children have the best start in life and the projects support the ambition to halve childhood obesity in Scotland by 2030.



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[Click this link for more details](#)

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## 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 19 April 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.

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

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## Contact us

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*Tell us what you think...we want to hear your views!*

*If you would like to comment on any of the issues featured, please send your comments to [Comms](#) or complete the [feedback form](#).*

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