Farewell John!

End of an era as Head of Estates retires

FRIENDS and colleagues gathered together recently to say a fond farewell to John O’Connell as he retired from the NHS National Waiting Times Centre.

John watched as the first bricks were laid on the site and has overseen many changes across the Board.

But on Wednesday 11 May – 19 years to the day he first started – John hung up his hard hat for good and left Clydebank for pastures new in England.

Jill Young, Chief Executive of the NHS National Waiting Times Centre, led the tributes at a special retirement tea with a very special poem depicting his career.

Jill said: “John has been a part of life here before the hospital was opened in the early 90s.

“He has seen many changes over the years, notably the change from private sector to NHS ownership.

“Over the years he has been kept extremely busy with all of the developments since the Golden Jubilee National Hospital was created in 2002.

“After all of that, we hoped that he had planned a nice relaxing retirement, but then discovered he is starting it by building his new home!”

Shona Chaib, Nurse Director, hosted a very special ‘This is Your Life’ event for

FAREWELL: John is pictured with colleagues from the Estates team

Please send items for the next issue of JABS by 15 July 2011.

End of an era as Head of Estates retires

A NEW facility for orthopaedic patients has opened at the Golden Jubilee National Hospital.

The purpose-built unit is positioned directly opposite from the main hospital reception to allow ease of access to patients who may have mobility issues.

Opening of the dedicated orthopaedic outpatients department on 18 April signalled the completion of phase J.
MEDICAL Director Alistair Flowerdew has been formally appointed as the NHS National Waiting Times Centre’s Responsible Officer for medical staff.

The appointment is in line with the Medical Profession (Responsible Officers) Regulations 2010, which require all doctors to be accountable to a Responsible Officer of all health communities.

The Responsible Officer (RO) covers all doctors employed by the Board and for all those who undertake the majority of their work at GJNH. It excludes training grade doctors who will be responsible to the Postgraduate Dean responsible for training programmes.

Benefits of this ‘one stop shop’ include:

- greater accessibility by locating clinics and services near the front entrance and transport;
- potential to expand service offered to Arthroplasty (hip replacement) patients returning for follow-up appointments;
- potential to provide increased numbers of Outpatient appointments;
- potential to offer more ‘see and treat’ clinics to ensure patients continue to be treated within the waiting time guarantees; and
- orthopaedic staff in one location, providing greater continuity of care.

Jill Young, Chief Executive of the Golden Jubilee National Hospital, said: “Increasing numbers of inpatients and outpatients highlighted the need for us to reassess where patient focused activity is best located, in particular the location of those services with large numbers of patients.

“We continue to provide a large Orthopaedic programme for the NHS in Scotland, currently undertaking almost one fifth of all hip and knee replacements, so creating a dedicated Outpatients centre was a natural choice.

“This new facility is all about providing a better service for our patients, and we hope that they will feel the benefit from the first time they visit our new Orthopaedic Outpatient centre.”

The new facility has:

- a new Orthopaedic reception desk and waiting area
- 10 large consulting rooms;
- three smaller consulting rooms;
- scales room;
- plaster room;
- records room; and
- sluice room.

One stop shop – Orthopaedic Outpatients is now open

continued from page one

two work to redevelop the ground floor of the hospital. Phase one saw the opening of our new front entrance and reception, with its own dedicated ambulance entrance, in 2009.

This new one stop shop will ensure the hospital’s Orthopaedic service continues to meet increasing demand to help local NHS Boards meet their waiting time guarantees for both inpatient and day case activity.

All Orthopaedic Outpatient activity, Consulting offices and administration support accommodation are housed in the new facility.

Benefits of this ‘one stop shop’ include:

- greater accessibility by locating clinics and services near the front entrance and transport;
- potential to expand service offered to Arthroplasty (hip replacement) patients returning for follow-up appointments;
- potential to provide increased numbers of Outpatient appointments;
- potential to offer more ‘see and treat’ clinics to ensure patients continue to be treated within the waiting time guarantees; and
- orthopaedic staff in one location, providing greater continuity of care.

A NEW system was launched recently to make it easier for our patients to make a telephone call.

The new patient telephone card system went live on Wednesday 1 June.

Machines issuing phone cards have been installed on level one, next to each lift area.

The cards are also be available to purchase within the shop on level one or during the ‘trolley rounds’ on the wards.

Patients may purchase phone cards at a cost of either £3 or £5. These cards can then be used to call an external telephone number.

Now that these new machines are fully operational, patients will no longer be able to call reception in order to connect to an external telephone number.

Patient telephone cards

A NEW system was launched recently to make it easier for our patients to make a telephone call.

The new patient telephone card system went live on Wednesday 1 June.

Machines issuing phone cards have been installed on level one, next to each lift area.

The cards are also be available to purchase within the shop on level one or during the ‘trolley rounds’ on the wards.

Patients may purchase phone cards at a cost of either £3 or £5. These cards can then be used to call an external telephone number.

Now that these new machines are fully operational, patients will no longer be able to call reception in order to connect to an external telephone number.

For further information on patient telephone cards please contact Fraser Kelly in our e-Health Department on extension 5088 or email fraser.kelly@gjnh.scot.nhs.uk
**Homophobia awareness**

PEOPLE around the world marked International Day Against Homophobia (IDAHO) on 17 May. The initiative has taken place on this date every year since 2004 to commemorate the World Health Organisation’s decision to remove homosexuality from the list of mental disorders on 17 May 1990.

This year’s “As I am” campaign celebrated people’s individualities, highlighting the vast diversity that comprises our global community.

The NHS National Waiting Times Centre recently launched a range of posters about lesbian and gay equality as part of their ongoing work to improve Equalities awareness.

These posters were developed with LGB staff and service users and are designed to make people think about their behaviours.

You can see these posters at the following location: http://nwtc-ca3/gjnhequalities/SO/docs/Stonewall%20posters.pdf

For further information on the Board’s LGB equality work please contact:

Carole Anderson  
extension 5522  
email carole.anderson@gjnh.scot.nhs.uk

Jane Christie  
extension 5822  
email jane.christie@gjnh.scot.nhs.uk

---

**Caring for Carers**

**NATIONAL Carers’ Week runs from Monday 13 to Sunday 19 June.**

A partnership of nine national charities, Carers’ week aims to recognise and celebrate the contribution that the UK’s six million carers make to those they care for, and to their communities.

It also highlights the support and services that the Carers Week national partners offer to carers.

Look out for more information soon on what the NHS National Waiting Times Centre is going to mark the week.

For more information, contact the Centre Management Team on extension 5910 or email health.science@gjnh.scot.nhs.uk

---

**Doors now open**

A NEW base for research, clinical skills and corporate training has opened in Clydebank.

The new Beardmore Centre for Health Science is the latest complement to services at the NHS National Waiting Times Centre.

The centre opened its doors for the first time on Monday 9 May and business is already booming, with bookings already scheduled until the end of 2011.

An open day is currently being planned to allow staff and patients to drop in and see the facilities. Look out for more information in future issues of JABS and eDigest.

You can find out more about the great facilities and how to access them in the latest staff bulletin, available at the following location: http://nwtc-ca3/gjnhequalities/publications/bulletins/staff/docs/SB160511.pdf

---

**Equalities festival**

STAFF at the NHS National Waiting Times Centre are gearing up for their first Equalities Festival.

Taking place on 22 and 23 June, the festival has been organised by the Board’s Equalities Group to increase awareness of all the equality strands.

For more information on the festival will be communicated as soon as it becomes available.

**More information on the festival will be communicated as soon as it becomes available.**
SCOTLAND’S flagship hospital for reducing patient waiting times has launched an audit of health records.

Each month a sample of 20 records from each specialty of the Golden Jubilee National Hospital will be reviewed with a view to establishing a set of standards that will ensure all records are completed in a consistent manner.

This audit will look at a number of areas, including:

- legibility of information;
- content of the record;
- quality of the forms used;
- use or completion of ICPs;
- filing within the record;
- recording of information about allergies, implants and prosthesis in the right place;
- use of patient identifiers on all forms;
- relevance of the information recorded;
- recording of the patient’s name and CHI number;
- date of discharge and date when the discharge letter was typed; and
- whether the record was signed and dated whenever a new entry was made.

Liz Kelly, our Information Governance Officer, told JABS: “Health records are central to the provision of safe and effective clinical care. They provide a description of the Patient’s condition at a specific point in time.

“As part of the Scottish Patient Safety Programme (SPSP) a group of clinical staff review case notes using a global trigger tool to categorise adverse events and harm. Through this process the group began to identify some aspects of record keeping that must be improved.

The aim of this audit is to produce a Board-wide set of Quality Standards for Record Keeping to be adhered to by all relevant clinical and support staff involved with patient care and the health record.

“The audit will identify what is good and what needs improved upon and makes these changes as well as reflecting on areas of good practice.”

Health records are used for assessments, planned care or treatment, reviewing what care or treatment has been provided and the evaluating the outcome of that care or treatment.

They are also used to record the advice given to patients and for recording their wishes regarding their care or treatment (consent).

Health Records are also considered to be public records under the Public Records (Scotland) Act and as such are legal documents. Professional bodies such as the Nursing and Midwifery Council, General Medical Council, Chartered Society of Physiotherapy and the British Dietetic Association provide their members with Codes of Practice, or guidance, on record keeping which should be adhered to.

The outcome of the audit will be reported to the local clinical governance groups and the overarching Clinical Governance and Risk Management Group.

If you wish to ask any further questions please contact Liz Kelly, Information Governance Officer by email Elizabeth.kelly@gjnh.scot.nhs.uk or by telephone on extension 5765.
OUR Board has been recognised for promoting the healthy working lives of their employees by achieving the top award from Healthy Working Lives.

Our Occupational Health nurses, supported by our Occupational Health and Safety committee, have been working hard to achieve the Gold since securing silver in August 2008.

The team has been tirelessly working with staff across the Board to ensure the extra criteria necessary to achieve the Gold award was achieved.

This involved organising a range of initiatives to promote the importance of health, safety and wellbeing to staff of the Golden Jubilee National Hospital and the Beardmore Hotel and Conference Centre.

These initiatives included:

- Staff Health and Wellbeing day
- Highlighting Mental Health and Wellbeing and providing training for managers for Mentally Healthy Workplaces.
- Health and Safety Training
- Raising awareness of environmental issues, including energy and waste reduction

The Board’s Occupational Health Department provides a wide range of services to staff such as lifestyle screening and health checks and information on smoking cessation.

Brenda Proud, Occupational Health Nurse, told JABS: “We are delighted that we have secured the Healthy Working Lives Gold Award.

“This has been a huge effort and commitment from everyone in our team and we are delighted that we have been able to receive this recognition on behalf of the Board.”

Lindsey Ferries, Director of Human Resources, added: “I would like to congratulate the Occupational Health team for all their hard work in improving the health and lifestyle choices of our staff.

“As an NHS employer we have a responsibility to our staff as well as our patients and that means creating and maintaining a healthy working environment as well as promoting the benefits of a healthy lifestyle to our employees.”

### Coming soon: Nurse Interns

THE GOLDEN Jubilee National Hospital will shortly be welcoming the first entrants from the Scottish Government’s One Year Job Guarantee (nurse internships) scheme.

Introduced in 2002, the scheme supports newly registered nurses and midwives in the transition from student to employee and maximises the clinical experience gained by nurses and midwives during their pre-registration programme.

Through this process, the Scottish Government Health Directorates (SGHD) will ensure that all newly-registered nurses and midwives from Scottish Higher Education Institutions receive an offer of employment if they have not been able to find employment through their own endeavours.

The Scheme does not guarantee a position locally, but will match new registrants with vacancies and job opportunities across Scotland.

Look out for more information on nurse interns in future communications.

**Until then, if you want more information or have any questions, contact Eleanor Lang, Lead nurse – Quality and Performance, on extension 5659.**
Farewell John!

continued from page one

John, ably assisted by colleagues from Estates, Security, Health and Safety and Communications.

John was then presented with gifts including a gold hard hat and a decanter and glasses from all of his friends at the Board.

Before leaving, an emotional John took the time to speak to JABS about his time in Clydebank.

He said: “It doesn’t seem that long ago that I first visited the site. It has been an eventful 19 years with lots of changes and projects to work on, so that has kept me busy.

“I have enjoyed the variety of jobs and also having the opportunity to oversee the development of so many worthwhile projects.

“Bringing heart and lung services on to the one site was definitely one of the projects that will stand out in my mind.

“I’ve enjoyed seeing the hospital realise its full potential with the expansion of this service on site.

“It was great to play a part in making that happen.”

Through his role as Head of Estates, John O’Connell has looked after many important projects across the Board.

When John joined the organisation it was a brand new private hospital named Healthcare International, with patients travelling from across the globe for treatment.

He said: “It was all new so I had quite a job on my hands setting up the department while also learning the ropes.

“I had a lot of maintenance work to do and, coming from a background of working on building sites, it was an area that I had no experience in; I had to adapt quickly and get everything up and running.”

During 2002 John once more had to adapt to changes as the site was purchased by the then Scottish Executive. It immediately became known as the NHS National Waiting Times Centre Board.

Having worked solely within the private sector, John found the transition to the NHS the biggest challenge.

“It was a huge learning curve,” John said. “All of a sudden there were different processes and procedures to follow and we all needed to learn the inner workings of the NHS.

“Health Facilities Scotland helped a lot during that transition period. The entire staff had to learn and adapt to the many changes so it was good to have some support.”

He continued: “The difference between private and public sector became most evident to me following a visit by Donald Dewar.

“During a tour of the site he had asked us to build two new orthopaedic theatres.

“We immediately went out to tender and then built the theatres as we had been asked.”
“However, a few months later we had a call from the Scottish Government asking for the business case for the new theatres. They couldn’t believe it when I said we had already built them.”

“Thankfully they did see the funny side and were also amazed by how quickly we had completed the work.”

Under the care of the NHS, the Board expanded and John was involved in many projects that were a result of the increase in services, including building additional theatres and further wards.

Most recently, John has been a key player in the development of the Beardmore Centre for Health Science and the new orthopaedic outpatients department.

So dedicated to the post and the many projects he’s involved in across the Board, John admits he does not always switch off when he leaves the building.

“I wake up in the middle of the night suddenly thinking about work,” he laughed.

“I then have to write it all down or I’ll forget. So I am most looking forward to switching off, relaxing and going on holiday at any time I want.”

He added: “I will miss the NWTC. There is a great team of staff and a great buzz about the place; and that is something that I will definitely miss.”

Mentally Healthy Workplaces – training now live on eJube

A TRAINING programme on mental health issues is now available online.

All staff at the NHS National Waiting Times Centre can sign up for the course, which provides information on:

- mental ill health;
- how to support staff/colleagues with mental ill health; and
- how to create a mentally healthy workplace.

The course is accessible through eJube, the Board’s online learning programme. Staff should set their location as NWTCB, as this will then feedback how many staff have accessed the course.

For more information on this training, contact Occupational Health on extension 5435.
We’re going to help mend broken hearts

Although we literally do mend hearts here at the NHS National Waiting Times Centre, we will also be helping the British Heart Foundation’s Mending Broken Hearts research programme - one of the biggest programmes ever undertaken. Its goal is simple – to fund the research that could begin to literally ‘mend broken hearts’ in as little as 10 years’ time.

Heart disease is Scotland’s single biggest killer and, although we can fix some problems, at present there is no actual cure for a damaged heart. More than 72,000 Scots now live with heart failure and even higher numbers are expected in future. It is one of the country’s leading causes of disability, with some patients housebound and fighting for breath, making getting out of bed or eating a meal incredibly difficult.

But now scientists have the first real hope of saving and improving the lives of people with heart failure. When a zebrafish’s heart is damaged, something truly amazing takes place. Its heart cells start to regenerate, creating functioning heart tissue once again. By learning the zebrafish’s secrets, we could trigger this same process in our own damaged hearts.

The British Heart Foundation has a 50 year history of paving the way for the biggest breakthroughs in heart treatments, and have committed to spending £50 million over the next five years to make this happen. As one of the UK’s largest heart and lung centres, we will try and help by organising an event in 2012 to raise money for this important research. Look out for more information later this year.

Tune in to the NHS on your TV

A NEW digital television channel has been launched by NHSScotland to provide another way of accessing health services.

The channel is linked to the Looking Local service and allows patients to search for local healthcare services, such as GP and pharmacy locations and opening hours.

It is still being populated and is expected to become more interactive as more services come online, with provision built in to enable patients to make appointments and order repeat prescriptions.

Pages have been set up for all local NHS Boards under the ‘NHS in your area’ tab and there are also links to Care Information Scotland and Job Centre Plus.

The channel is accessible in several different ways:

- Via the Community Channel on Sky TV (channel 539) and Freeview TV (channels vary)
- Via the interactive services on Virgin TV (choose ‘Home’, ‘interactive #7’, ‘news & info’, then ‘looking local’)
- Via the Looking Local website on your PC/Mac, Wii and mobile web (search for ‘NHS inform’ or ‘NHS Scotland’ or go to http://lookinglocal.gov.uk/digitv/cds/nhsscotland/Netgem/home.html)
- Via the iPhone app on iTunes (go to http://itunes.apple.com/gb/app/looking-local/id409806455?mt=8)
- Via the Android app (coming soon)
Quality Scheme published

THE NHS National Waiting Times Centre’s Quality Scheme has been published and ‘supports staff to deliver the best possible care with dignity and respect for everyone’.

The scheme allows the Board to put into practice the key drivers from the Healthcare Quality Strategy for NHSScotland.

You can download a copy of the scheme from the following location http://nwtc-ca3/gjnh/publications/other_publications/docs/Quality_Scheme_2011-12.pdf

For more information on the Quality Scheme, contact Mark Swatton, Head of Clinical Governance, on extension 5147.

Dementia Week

SCOTLAND’S Dementia Awareness Week runs this year from Monday 6 to Sunday 12 June.

Glasgow will host a national conference to kick off the week and there will also be a series of local events taking place across the country.

Dementia affects more than 80,000 people in Scotland, as well as their partners, families and friends.

To find out more about dementia, alzheimers, or the awareness week, visit www.alzscot.org

Meet the graduates

CONGRATULATIONS to two NHS National Waiting Times Centre employees who have completed the Postgraduate Certificate in Frontline Leadership and Management in the NHS.

Graham Bryson, Team Leader in Medical Records, and Hazel Colquhoun, Cardiac Clinical Leader, graduated from the course at the Albert Halls in Stirling earlier this month.

The graduation ceremony included keynote speeches from Derek Feeley, Interim Director General for Health/Chief Executive of NHSScotland and Mr Malcolm Wright, Chief Executive of NHS Education for Scotland.

FOLLOWING the introduction of the NHS National Waiting Times Centre’s new organisational structure in April, the Board’s Human Resources team has also been restructured.

David Miller, Head of Human Resources, told JABS: “The changes have been put in place where we envisage the workload will be greatest. The necessary supports have been put in place to support the new clinical divisions and corporate groups.

“Each member of the HR Team currently has their own area of specialist knowledge but we will ensure this is shared throughout the team to ensure consistency across all of the services.

“We will be reviewing this re-alignment at the end of 2011 in consultation with Executive Directors and the Heads of Operations to examine how the structure is working and where it is adding value.”

What are the changes?

- The team will continue to be operationally managed by the HR Manager but they are now also accountable to their Divisional Managers.
- The Senior HR Advisor/HR Manager will sit on the management team with the Divisional Managers and Heads of Operations.
- Some managers may now be supported by a different HR advisor. The new HR support is set out below.

<table>
<thead>
<tr>
<th>Corporate team</th>
<th>Elaine Barr, HR Manager</th>
<th>Gavin Millar, HR Advisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surgical Services</td>
<td>Fiona Lawrie, Senior HR Advisor</td>
<td>Shona McMillan, HR Advisor</td>
</tr>
<tr>
<td>Regional and National Medicine</td>
<td>Carol Hampson, Senior HR Advisor</td>
<td>Lynne Rapson, HR Advisor</td>
</tr>
<tr>
<td>Recruitment</td>
<td>Lynn Mitchell, HR Advisor</td>
<td>Paula Wood, HR Assistant</td>
</tr>
</tbody>
</table>

For more information, contact David Miller on extension 5604 or Elaine Barr on extension 5012.
A GROUP OF nurses from Japan visited the Golden Jubilee National Hospital recently. The delegation from Kobe included senior hospital nurses and teaching staff from their University nursing programme.

The visit to the Golden Jubilee was part of the group’s week-long visit to Glasgow University.

Eleanor Lang, Lead Nurse – Quality and Performance at the Golden Jubilee, told JABS: “Our nursing colleagues from Japan came to find out about the Golden Jubilee’s placement programme for pre-registration student nurses, the role of the clinical educators and the practice education facilitator, and our mentorship of students.

“They met with Shona Chaib, our Nurse Director and other senior nursing staff from the hospital and were taken a tour of our wards and critical care areas, which they were really impressed with.

“I would like to thank Tomoyo Fujiwara from Dietetics for all her help preparing for the visit and on the day itself. She translated our presentation into Japanese and also took the time out to translate to the group during the afternoon, which was well received by everyone and added to the success of the event.”

KSF: You did it!

MANAGERS and staff at the NHS National Waiting Times Centre are celebrating after smashing their target for the number of personal development reviews (PDR) recorded on eKSF.

Every NHS Board in Scotland needed to have 80% of staff on Agenda for Change terms and conditions with a completed PDR on e-KSF by 31 March 2011.

And thanks to a tremendous effort from all managers, reviewers and staff, the Board ended up with an astounding 87% recorded – well ahead of the target.

A total of 872 staff received e-KSF training and 96% of AfC staff have an assigned KSF Post Outline in place.

What’s next?

As the Board continues to embed KSF and meet mandatory requirements, this is a good opportunity to remind everyone of the part they play in the process.

Managers

• Responsible for developing and maintaining KSF Post Outlines for their staff
• Ensure a PDR/PDP for each employee is undertaken once every 12 months at least

• Mandatory requirement that every PDR/PDP is recorded onto the e-KSF system
• Setting and monitoring staff service objectives
• Monitoring and reporting on staff PDR/ PDP activity within their departments and ensuring that detailed information is recorded and provided to Governance Groups on a regular basis
• Requirement to identify skills gaps and workforce issues, making available information on training needs through e-KSF reports
• Ensure staff mandatory PDP requirements are completed and are able to run supporting e-KSF reports as supporting evidence
• Ensure staff and reviewers have the skills necessary to fully participate in the KSF PDR/ PDP process

Staff

• Actively participate in a yearly PDR/ PDP, recognising the importance of the process to help them develop and be effective in their role
• Responsible for the collection and submission of evidence against the requirements of their KSF Post Outline
• Contributing to annual organisational service objectives

For more information on KSF and eKSF contact: Joyce.FraserSmith@gjnh.scot.nhs.uk or call extension 5002
Gillian.Wallace@gjnh.scot.nhs.uk or call extension 5102

Latest senior medical appointments

TWO Golden Jubilee doctors have been appointed in new senior roles.

Alan Kirk, Consultant Cardiothoracic Surgeon, is the new Director of Medical Education and Professor Keith Oldroyd, Consultant Interventional Cardiologist, is the new Director of Research and Development.

Their appointments are the latest in a series of senior appointments within the Board’s new medical structure.

Mr Kirk has been a full time member of the Golden Jubilee team since 2008 and has a long standing interest in medical education. He previously served as Scotland’s cardiothoracic training programme director, and sits on the special advisory committee for cardiothoracic surgery.

He said: “My special interest is teaching practical skills to young surgeons, particularly modern techniques. I’m delighted to have this role and look forward to working with colleagues from other specialties – it’s a great opportunity to gain new perspectives.”

Professor Oldroyd said: “I am delighted to take up the post of Director of Research and Development. We are all very conscious of the link between high quality clinical research and high quality clinical practice. The Golden Jubilee already has an excellent track record in both areas and we hope to improve this further over the coming years. We will also be working to strengthen our relationships with all of our local academic institutions. The fantastic new Beardmore Centre for Health Science is evidence of the importance attached to research and development by the board.”
Nursing Philosophy DVD

A SHORT film has been made to promote the NHS National Waiting Times Centre’s nursing philosophy.

Patients, carers and staff were interviewed for the DVD to share their experiences of nursing at the Golden Jubilee National Hospital and how this contributed to their overall experience.

Shona Chaib, Nurse Director, told JABS: “The nursing philosophy was developed by nurses as part of the Board’s overall Nursing Strategy.

“It focuses on the care of patients, families and colleagues, but more importantly, it is about embedding the philosophy into every day practice.

“We hope that the film gets across how much respect we have for our nurses and how important they, and all of our staff, are to the patients they care for.”

Nursing philosophy illustrations can be found on every ward and more information is available in April’s team brief.

Who is Big Bloke and why is he on his bike?

Big Bloke (BB) is an anonymous member of staff who has committed to undertake the following cycle events in 2011:

- 15 June – Trossachs Ton – 100 miles.
- 14 August – Glasgow Ton – 100 miles.
- 12 September – Pedal Scotland – 100 miles.
- There’s more...because he couldn’t find an event in July, Big Bloke will be undertaking a 12 hour time trial to see how many miles he can cover.

Why is he doing it?

Because he is just an average guy who loves cycling. BB has done some charity work before but because Amyloidosis is rare it doesn’t attract the attention of people and research to develop treatments is not cheap. BB simply wants to help raise awareness of this disease and raise money to help beat it.

So what is Amyloidosis?

It’s a rare but serious disorder. Amyloid proteins are produced in the bone marrow but their ‘folded’ shape means that they are unable to leave the blood stream like normal waste products.

The proteins then get deposited within organs (heart, liver kidneys are most common) and stop them working in the way they ought to.

What does it do?

Amyloidosis will affect different people in different ways depending on which organs are affected. This means whilst symptoms may vary, they are almost always unpleasant and can impact greatly on the quality and expectancy of life.

Can it be treated?

The good news is that this disease can be beaten. Treatments are aimed at stopping the production of the ‘dodgy’ proteins in the bone marrow using chemotherapy. More radical treatments include stem cell replacement.

Also research and development work is ongoing to understand what goes on in the first place to cause production of the proteins. This work, and treatment for all patients suffering from this nasty disease is coordinated at the University Colleague London (UCL) Medical School. UCL, as a registered charity, needs every penny it can get and you can help.

You can help

Please sponsor Big Bloke for his challenge. Most people do one thing for charity, Big Bloke is doing five so your sponsorship goes a long way! The sponsorship period runs from May to October 2011 which means when you read this BB could be at any stage of his challenge.

How can I find out who BB is?

You can find out more about Big Bloke (BB) at his blog at: http://blog.yahoo.com/bigblokeonabike where you can also find out how to donate to this worthwhile cause.
Woman on a mission

GENEROUS staff have been digging deep to send an adventurous manager off on the challenge of a lifetime – but it’s all for a good cause.

Barbara Casey will spend nine days taking on the Rockies Trek 2011 – six of them spent trekking through the rugged mountainous landscape – to raise a minimum of £3,300 for the Ayrshire Hospice.

Barbara is planning lots of fund-raising events over the next couple of months, including football cards, race night, tombola, regular bake sales and a tour of Scotland on her motorbike.

Two bake sales and a tombola have already taken place, with a third bake sale planned for Monday 4 July. There’s also a race night on Saturday 25 June.

If you would like to contribute baked goods or prizes for the tombola, please contact Barbara using the details below.

For more information, contact Barbara on extension 5194 or email Barbara.Casey@gjnh.scot.nhs.uk.

Marathon man

One man is running, not just one marathon, but four, in aid of Arthritis Research.

Jim Mearns, Specialist Nurse with the Scottish Adult Congenital Service has already completed the Limerick Marathon, but is also taking part in the Edinburgh Marathon at the end of May, and then the Loch Ness and Dublin Marathons in October.

The reason behind Jim’s long distance running is a cause close to his heart.

Jim explains: “I am participating in these marathons to raise money for Arthritis Research.

“My daughter, Emma, who is nearly three years old, was diagnosed with Juvenile Idiopathic Arthritis at 12 months. So really I just want to raise money so that more research can be undertaken in this area.”

To support Jim’s endeavours, please go to the Justgiving link: http://www.justgiving.com/jim-mearns0

New date for charity cycle

A BIKE ride in aid of a cancer charity has been pushed back until the end of summer.

The Leukaemia Research bikeathon was due to take place on Sunday 22 May, but the cyclists will now push off on Sunday 21 August.

There’s still time to support the riders or get in on the act.

More information on the event can be found at the following website: http://beatbloodcancers.org/event/glasgow-bikeathon