

Jubilee Life December



Issue 19

Welcome to the December 2020 edition of your new monthly digital staff magazine.



News



NHS Golden Jubilee staff show true 'spirit of Christmas'

Scores of key workers from NHS Golden Jubilee are showing the true 'spirit of Christmas' by donating gifts for children in the local community this year.

Staff from several departments in the Clydebank facility have chosen local organisations which provide ongoing care or support for children and families who will be facing hardship this Christmas.

As well as giving something back to local communities, staff also wanted to say a heartfelt thanks to the public for the overwhelming support they showed key workers during the first wave of coronavirus through the 'Clap for Carers' on doorsteps, displaying rainbows in homes and the thousands of good wishes received on social media.

The Golden Jubilee's Mobilisation Team and Executives have collected presents for Social Work Youth West Dunbartonshire and gave gift bags for teenagers, aged 16 and above.



1 - Donations

Frontline Allied Health Professional (AHP) staff from the Rehabilitation and Radiology departments have donated sacks of gift packs for the West Dunbartonshire Foodshare. Each pack contained the likes of pyjamas, games, hats and scarfs, and toiletries, while toys were donated for the organisation's Toybank appeal.

Colleagues from the heart transplant ward (National Services Department) donated bags of gifts for the Clydebank Women's Aid.

Staff in the Electrophysiology (ECHO) department also collected bags of goodies. The collection was led by Healthcare Support Worker Jean Fairgrieve with support from staff across the hospital, Consultants, family, friends and Cardross Parish Church.



2 - AHP staff

The bags of presents will go to children from a local high school and the Clydebank Salvation Army.

The collections from all the departments has amounted to hundreds of presents for children who may not normally wake up to presents under the tree on Christmas Day.

Head of Rehabilitation, Christina MacLean, took her inspiration from the Glasgow-based charity Spirit of Christmas, which co-ordinates the distribution of thousands of Secret Santa gifts to children and young people who are affected by hardship or living in poverty.



3 - Mobilisation Hub

"It deeply saddens me to know that many children are living in poverty. As a mother of two young children, I know how excited the kids get about Christmas and the prospect of exchanging gifts."

"It is heart breaking to think that so many others don't get an opportunity to experience this, so we all wanted to provide some children with a little Christmas cheer this year."

Christina MacLean, Head of Rehabilitation



4 - National Services Division



5 - Radiology

"To say the response to these collections has been incredible is an understatement. I think it's a really good reflection of how the Hospital and its staff see themselves as part of the community here in Clydebank and how we want to support our neighbours."

Maeve Coleman, Mobilisation Hub Secretary



6 - Rehabilitation



7 - Electrophysiology

NHS Golden Jubilee Chief Executive, Jann Gardner, hopes the gifts can bring some happiness at the end of what has been a challenging year for the NHS and the country as a whole.

"I am amazed, but not surprised, at the generosity and genuine feeling towards others shown by NHS Golden Jubilee staff who have once again gone above and beyond."

"It has been such a tough year for everyone through this coronavirus pandemic and the public has shown us how much the NHS means to them through all of their continued love and support this year, which has humbled us all so much."

"I am so proud of the way our compassionate staff have come together in this special way at Christmas. They have worked so hard through difficult and trying times, but I know that giving something to people less fortunate at this time of year will be as rewarding for them as it will be for those who receive."

"I hope our gifts are warmly received and can bring some joy and happiness on Christmas Day. I would like to wish everyone in the Team Jubilee family, our patients and our community a very Merry Christmas."



8 - Jann Gardner

Appointment calls for vaccine

Last week we asked staff to express their interest in getting the COVID vaccine.

Those of you who have expressed an interest are currently being contacted to book appointments.

We appreciate the demand for vaccines but please be patient while we work through contacting everyone.

Please do not call for an appointment or turn up to the departments who are helping NHS Golden Jubilee organise appointments. You will be contacted in line with your priority status.

If you haven't already done so, you can still express your interest in receiving the vaccine by [emailing](#)

When registering your interest please include your mobile phone number, email address and date of birth as well as the department you work in and your role within that department.

To make this process easier please make sure all personal details are up to date on eESS. You can do this by:

- Navigating to NHSS employee self-service.
- Clicking on 'Personal Information'.
- Scroll to 'Basic Details' where your current details will show.
- Click the update button.
- Choose whether you are correcting/completing existing information or entering new information.
- If you have selected the latter, then enter the date the change is effective from.
- Enter new details and overwrite existing information as required, then click next.

- On the review screen the blue dots highlight changed information for confirmation, click submit.



Vaccine FAQs

The Scottish Government have recently released their updated COVID Vaccine FAQs. These can now be found on [Staffnet](#)

Please be aware that if you have a history of severe reactions or allergies, the vaccine may not be appropriate for you to receive.

Additionally, the vaccine is not recommended for women who are pregnant, or planning a pregnancy within two months following the second dose of the vaccine.

For more information, please visit [nhsinform](#) or call 0800 030 8013 for more information. You can also download information leaflets at the links below.

- [Information for UK Recipients of the Vaccine](#)
 - [COVID-19 Vaccine Pregnancy Information](#)
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Festive safety - New Christmas restrictions

Following the announcement of the First Minister on Saturday 19 December, restrictions over the Christmas period have been tightened due to the spread of a new variant of COVID-19.

It was confirmed over the weekend that this new strain spreads substantially more quickly, and as a result the planned easing of restrictions has been limited to Christmas Day only.

From Boxing Day, all of mainland Scotland will be placed in Level 4 restrictions, including the closure of non-essential retail and hospitality.

Specifically, this update highlighted the following changes:

- Legal household limits will still apply - a maximum of eight people from three households - however advice is to minimise the numbers. Where possible, people should celebrate the festive period at home in their own household and meet with others outdoors.
- Other than for specific exemptions, travel between Scotland and the rest of the UK will not be legal.
- Travel within Scotland will be allowed on Christmas Day.
- from Boxing Day, in line with existing law, travel across local authority boundaries between areas in Level 3 or 4 will not be legal other than for specific exempt purposes.



Visiting the Hospital

Tier 4 comes into effect across Scotland from midnight on Boxing Day. Please note that under Tier 4 restrictions, only essential visits are permitted to NHS Golden Jubilee.

Travelling for essential hospital visits is noted as an exemption under new legislation that came into effect on Friday 20 November. This means that people can travel outwith their local authority area for essential visiting to a hospital in any local authority.

Essential visits are:

- for a person receiving end-of-life care;
- to support someone with a mental health issue such as dementia, a learning disability or autism where not being present would cause the patient to be distressed;
- a birth partner supporting a woman during hospital visits; and
- to accompany a child in hospital.

For more information, visit: <http://hospital.nhsgoldenjubilee.co.uk/general-information/visiting>

[Click here for further information](#)



Celebrate the festive season safely.

The safest way to spend this festive season is at home with your own household. It will be different, but there are still ways you can celebrate with family and loved ones.

GO VIRTUAL

- If you aren't meeting up in person, you can still have a virtual get together or have a meal together online.

If you know anyone who might struggle to access this technology, find advice on how to support them at [connecting.scot](#)



GO OUTDOORS

- If you haven't formed a festive bubble, you can exchange presents outdoors with a local friend or family member in the park. Remember to keep a 2 metre distance.
- You can also go for a local walk together and take a flask each of something hot to drink.



CHECK IN

- Let people know they aren't alone. Check in on your neighbours by phone, text, at their door, or with a Christmas card.
- Volunteer to pick up shopping for any vulnerable neighbours.

If you or someone you know is struggling with the restrictions and loneliness at this time of year, you can access advice and helpline at [clearyourhead.scot/support](#)




FACE
COVERINGS


ARMS
COVERED


FLASK
FLASK


TWO
METRES


SELF-
ISOLATE

Stopping the spread starts with all of us.
#WeAreScotland
[gov.scot/coronavirus](#)



Self-isolation time changes for staff and patients

From 22 December 2020 all **new cases** of COVID/COVID contacts should follow the guidance below:

Self isolation periods for patients and staff

Staff

Staff who are COVID positive should self-isolate for 10 days from symptom onset (or from first positive test if symptoms onset is undetermined) and should have an absence of fever for 48 hours (without use of antipyretics).

Staff who have been identified as a contact should also self-isolate for 10 days.

Patients

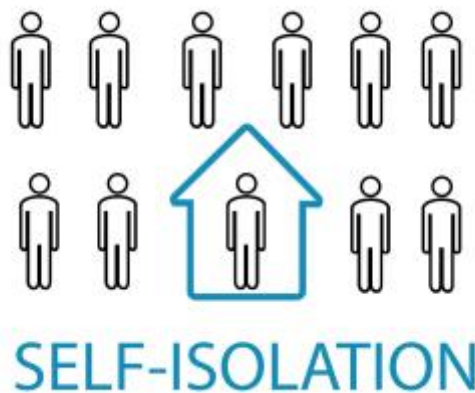
Patients who are identified as COVID positive must continue to self-isolate for a minimum of 14 days from symptom onset (or from first positive test if symptoms onset is undetermined) and should have an absence of fever for 48 hours (without use of antipyretics) and not move from a pathway until discussed with the Preventions and control of Infection Team (PCIT).

Patients who have been identified as a contact are still required to self-isolate for 14 days.

Isolation Period for patients discharged to their own home

Self-isolation period for COVID positive patients discharged to own home, based on the limited available evidence, the interval for self-isolation is as follows:

- 14 days (minimum) from symptom onset (or first positive test if symptoms onset is undetermined) with absence of fever for 48 hours (without use of antipyretics).
- clearance testing should be considered for any patients being discharged to a household containing someone who is at extremely high risk of severe illness
- Patients who have been identified as a contact and are discharged to their own home are required to isolate for 10 days.



Discharge to Residential or Care Homes

Patients who are identified as COVID positive and are being discharged into a care facility (residential or care home) should have two negative tests, unless there are overriding clinical reasons where this is not appropriate, prior to discharge (discuss with PCIT).

Patients should always be isolated for a minimum of 14 days from symptom onset (or first positive test if symptoms onset is undetermined) and absence of fever for 48 hours (without use of antipyretics). They do not require to spend the 14 days in hospital, but should have two negative tests before discharge from hospital (testing can be commenced on day eight), unless there are overriding clinical reasons where this is not appropriate. Tests should have been taken at least 24 hours apart and preferably within 48 hours of discharge. The patient may complete the remaining 14-day isolation in the care home or in hospital depending upon clinical suitability for discharge.

Note

1. For cases, day one of isolation is the first day of symptoms (or the date that a positive test was taken, if asymptomatic).
2. For close contacts, day one of isolation is the last day exposure occurred (with a case).

[Full stepdown guidance can be found on the hub](#)

Pre-operative COVID risk reduction and screening

New self-isolation requirements do not change established NHS Golden Jubilee pre-operation procedures.

COVID-19 immunisation programme

Since the coronavirus (COVID-19) outbreak began, scientists across the world have been working to develop safe and effective vaccines. The first of these has now become available and immunisations in the UK have begun using the Pfizer/BioNTech vaccine (COVID-19 mRNA vaccine BNT162b2). More information on other vaccines will be made available in this guidance as they are introduced.

It is important to note that vaccination does not change the need to continue all current COVID-19 mitigation measures (for both vaccinated and unvaccinated individuals). In particular:

- A person's vaccine status does **not** change subsequent public health actions or interventions (including isolation) at this time.
- Vaccinated people should continue to comply with **all** testing regimes as per unvaccinated people. It is unlikely that the Pfizer/BioNTech vaccine will affect PCR test results for COVID-19 as the vaccine does not have any nucleic acid for PCR.

Getrude is top of the class

An NHS Golden Jubilee Nurse who returned from maternity leave to help out on the COVID-19 frontline has won the Glasgow Caledonian University (GCU) *Jessie Main Award* for overall highest academic achievement.

Gertrude Munyambonera went back to University a week after having a caesarean section with her fourth child and volunteered to work here during the first wave of the pandemic.

Mother-of-four Gertrude, originally from East Africa, who has children aged 17, 15, 10 and a one-year-old, recently graduated from GCU and is now working in ward 2 West.

"I was overwhelmed with happiness when I found out I had won the Jessie Main Award, but I was also really shocked. I knew I had worked well and very hard to pass my course but I didn't know I had exceeded that much and was top of the class."

"I had been pregnant with my fourth child during my third year and I went back to university just one week after a caesarean section, then I offered to go placement at the Golden Jubilee to help out during the first wave of the pandemic."

"Having three other kids in the house with a little baby and home-schooling during lockdown while studying and working wasn't easy at all but I did it and my family are very proud of me."

"My 17-year-old son Regis, who also wants to be a nurse, said I have set the bar little bit too high for him."

Gertrude



9 - Gertrude Munyambonera

Gertrude's personal tutor Dr Gordon Hill, School of Health and Life Sciences Cross-School International Lead, congratulated her on winning the award.

"It truly is a testimony to Gertrude that she has won this prestigious award and she should be extremely proud of herself."

"I first met Gertrude in 2017 when I took over as her personal tutor and since then I have been deeply impressed by her perseverance and her attitude in completing her programme to the best of her ability."

Dr Gordon Hill

[Read the full article here](#)

NHS Charities Together

NHS Golden Jubilee has received the incredible donation of more than £98,000 from NHS Charities Together thanks to the generosity and efforts of people across the UK, including Captain Sir Tom Moore throughout 2020.

Kind-hearted people from across the UK donated more than £140m to NHS Charities Together in recognition of the amazing efforts of the NHS during the Coronavirus (COVID-19) pandemic.

NHS Golden Jubilee's share of the money will be used to support staff throughout the organisation with the creation of a dedicated outdoor staff relaxation area along with the upgrading of staff areas. Additional funds will also be used to support a range of health and wellbeing projects.

2020 has been a year of unprecedented challenges for NHS staff, with so many going above and beyond the call of duty to support patients and families across the country during anxious and uncertain times.

Thanks to the generous efforts of people like Captain Sir Tom Moore and so many others, we are absolutely delighted and humbled to receive £98,000 as part of our membership of NHS Charities Together.

NHS Golden Jubilee will use this funding to improve our staff facilities. This will make such a difference to our team who continue to carry out the vital and life-changing work which takes place every day in NHS Golden Jubilee. On behalf of all of us, thank you to everyone who made this possible.

The logo for NHS Charities Together is displayed on a light grey, trapezoidal background. The text "NHS CHARITIES" is in a bold, dark blue, sans-serif font, and "TOGETHER" is in a lighter blue, sans-serif font, positioned directly below it.

**NHS CHARITIES
TOGETHER**

NHS Charities Together represents more than 240 NHS charities across the UK.

Collectively these charities give £1 Million every day to the NHS so that people can stay well for longer and get better faster.

In recent years NHS charities have funded major capital projects, pioneering research and medical equipment at our hospitals, helping patients access the best possible care when they need it most.



10 - Sir Tom Moore

EU Withdrawal

EU withdrawal (Brexit) is a continually changing landscape with both direct and indirect consequences for the NHS Golden Jubilee. As a Board, we have been monitoring EU withdrawal and the potential impact since the decision was announced in 2016.

We value the contribution of all of our staff, regardless of nationality and all the information we receive on EU withdrawal can be found on our [Staffnet page](#).

If you have any concerns about the impact of Brexit on your role, please speak to one of our Human Resources (HR) representatives.

General information on Brexit is also available from the [Scottish Government website](#)

There is a requirement to apply to the UK Government's EU Settlement Scheme and it remains critical that everyone who wishes to stay in Scotland must complete an application by 30 June 2021. Any EU citizen who is resident in Scotland before 31 December 2020 is eligible to apply.

Please use these resources to help you understand and exercise your rights and encourage others to do the same.



EU Exit – Stay in Scotland

As the UK has now left the EU and the Scottish Government has created support for EU citizens who may have questions about what happens next and what you need to do.

The Scottish Government wants you to stay in Scotland, but you will need to apply to the UK Government's EU Settlement Scheme in order to continue living, working and studying in the UK.

NHS Golden Jubilee is committed to supporting our staff from EU countries to remain working here if they wish to do so, and encourage colleagues to seek help if it is required.

EU citizens and their families who are resident in the UK by 31 December 2020 will have to apply to the UK Government's EU Settlement Scheme by 30 June 2021 in order to continue living, working and studying in the UK after that date.

To help guide you through the steps you need to take to stay, you can access the Stay in Scotland package of support [here](#).

A support and advice service is also available for all citizens living in Scotland affected by the UK Government's EU Settlement Scheme who may need additional information and support.



For more information, visit the [Citizens Advice Scotland](#) or call the freephone national helpline on 0800 916 9847.

Scotland's most accessible healthcare facility unveiled

NHS Golden Jubilee's Eye Centre is leading the way in making healthcare facilities more accessible in the future.

The Golden Jubilee Eye Centre, which will carry out approximately 18,000 cataract procedures a year for patients across Scotland, has put patients at the heart of its design with a unique approach to providing a range of visual, tactile and auditory cues to make sure it meets the varying needs of our diverse patient demographic.

To make the new Centre as accessible as possible, we have introduced:

- Height-adjustable self-check-in kiosks with multiple languages and a range of accessibility features.

- Integrated hearing loop systems with associated accessible signage available within the self-check-in zone, quiet room, education rooms and staff interaction points within outpatients and surgery.
- High contrast signage elements such as embossed text, braille, tactile dementia friendly symbols and integrated hearing loop signage.
- Impairment and dementia friendly coloured and tonal zoning throughout the inside of the Eye Centre to create distinction and assist with wayfinding, navigation and orientation.
- Visual impairment and dementia friendly 'earth theme' flooring throughout all patient areas providing high contrast definition between circulation and waiting areas.
- Integrated coloured/lettered wayfinding floor lines providing a continuous, legible and reassuring path of travel between key facilities and departments.
- Dark colours in toilets to reduce glare and provide visual clarity for the detection of grab rails, fixtures/fittings and the toilet seat in line with best practice recommendations.
- In a Scottish first, we have installed an Audio Descriptive Toilet providing a descriptive overview of features within the accessible toilet located in the main entrance waiting area.
- A range of high contrast seating options in accordance with Best Practice guidance to accommodate the diverse needs of our patient demographic.



11 - Our new Eye Centre officially opened on Friday 11 December

“Interior design has played a huge role in making the Golden Jubilee Eye Centre accessible to all but we have also introduced some innovative aspects to help our patients.

“Our self-service kiosks are height adjustable with enhanced accessibility functionality including voice guidance, pinch and zoom magnification, colour contrast themes, screen reader, voice recognition – available in a suite of ten languages to cater for our diverse patient demographic.

“We have also introduced accessible bespoke vending machines which feature an industry first for accessible text height viewing.”

Rob White, Service Design and Equalities lead at NHS Golden Jubilee



12 - Rob White, Service Design and Equalities Lead

“As an organisation dedicated to providing a positive patient experience, it is standard for NHS Golden Jubilee to involve patients, public and third party organisations in our building and service developments.

“Therefore, it was really important for us to make sure that the patients having appointments or cataract surgery, experience a facility that is welcoming, reassuring and is easy to navigate regardless of any disability or issue they may have.”

Jann Gardner, Chief Executive of NHS Golden Jubilee



The £15.8 Million NHS Golden Jubilee Eye Centre is part of the Scottish Government’s Treatment Centre Programme.

The accessibility elements introduced by NHS Golden Jubilee have been shared across NHSScotland to shape the development of future healthcare facilities.

You can find a range of videos about the facility, along with interviews with the team who made it possible, over on our Youtube Channel at [this link](#).

Upgrades to Windows 10

W10 Upgrade

Windows 7 has now entered its End of Life phase. All existing devices using Windows 7 will be replaced, through a phased roll out, with a Windows 10 device,

eHealth will be in contact in due course with a scheduled date for your department. The majority of applications have been tested and signed off, however scheduling will be dependent on departmental specific applications being fully signed off.

Microsoft 2010 Lync

Microsoft Lync (instant messenger) is not supported on Windows 10. Going forward Microsoft Teams will be the Golden Jubilee standard for instant messaging.

Correspondence will be sent when contacting departments regarding Windows 10 upgrade schedule on how to, if required, download and install the Teams application on Windows 10 devices.



Transforming how we communicate and engage with you

The New Year will ring in the changes to how NHS Golden Jubilee communicates and engages with staff across the organisation.

Hot on the heels of our successful Virtual Walk Round programme for departments and Board Members, and our new accessible online publications built on Microsoft Sway, we are delighted to announce that we will be introducing more exciting new platforms in 2021 to make it easier for staff to communicate and engage with us.

Dialogue – a virtual two-way Chief Executive discussion with staff

Our popular 'Chat with the Chief' sessions will be relaunching in January with a new name and in a new online format. Dialogue sessions will take place every month on a dedicated Microsoft Teams channel, to provide a safe way for you to ask our Executive team questions and hear directly from them on specific topics. Look out for more details on how to get involved in the New Year!

Our new in-depth video interview series will be launching in February.

In Conversation will be broadcast bi-monthly, with a senior member of the Communications team putting your burning questions to one of our Executives.

But you don't have to wait until February to submit your questions! You can email them in now! Using the subject line 'In Conversation', simply send your question, and who you want to ask it to (if you have a preference) to comms@gjnh.scot.nhs.uk.

Look out for more news about some other key developments coming from the Communications team later in the year.



We are always looking at ways to continually improve our services.

If you have any ideas or suggestions, please speak to any member of the Communications team or email [Comms](#)

Caring Anna delivers again for heart patients at Christmas



13 - Anna (second from left), pictured with her cousins on a previous visit to deliver presents for the NSD ward

An inspirational nursing student and her family have once again continued to help patients with heart disease at Christmas, despite restrictions brought on by the coronavirus pandemic.

Anna Hemphill was just 10 years old when mum Mary was first admitted to the Golden Jubilee National Hospital in 2011 to have aortic valve replacement surgery.

Six months later Mary was back in hospital receiving a mechanical mitral valve. In 2012 she had a pacemaker fitted before a mitral valve repair in 2015.

It was a distressing and anxious time for young Anna, waiting around in the wards for word of her mum's progress and it's the reason she wants to help other children, families and patients who are going through the same ordeals.

Due to the care her mother received and the love and respect she has for NHS staff, Anna has also been inspired to pursue a career in healthcare and is now studying an Adult Nursing degree at Glasgow Caledonian University.

She and her family normally do a number of fundraising events throughout the year and hand in presents and money to buy patients and families gifts, as well as money to help the Scottish National Advanced Heart Failure Service (SNAHFS) and Scottish Adult Congenital Cardiac Service (SACCS), which mum Mary still receives care from at NHS Golden Jubilee.

This year, instead of asking others to donate, the Hemphills just did an extended family collection which raised £2000, which was then matched by Mary's sister Anne Marie who lives in America, for a total of £4,000, which will be shared equally between the two services.

"The staff and patients at the Golden Jubilee are always in our hearts, especially at this time of year and at this really difficult moment in time for everyone."

"We really hope this donation can give the staff and patients who will be in the hospital over the festive a little bit of happiness to see them through what can be a traumatic time in normal circumstances."

Anna

Since she first started fundraising in 2013, Anna, her cousins and other family members have raised a total of £18,339 – with £9,885 going to NHS Golden Jubilee and £8,454 going to other charities including the British Heart Foundation, Scottish Association for Children with Heart Disorders and the Glasgow Children's Hospital charity.

Over the years she has also visited the Golden Jubilee's transplant ward with bags of toys, iPads, gift vouchers, pyjamas, hotel vouchers, afternoon teas, earphones for families and patients to open on Christmas Day.

"I went through a really difficult time so I just want to help others who are going through the same thing. Spending time at this amazing hospital has inspired me to become a nurse and I want to be able to give the excellent care the Golden Jubilee and all the heart charities give to the likes of my family."

Anna

"I'm very proud of Anna and the work she has done. When she was at school she took our experiences and educated and engaged with people about heart disease and she really cares about the patients we raise money for."

“Due to coronavirus, it would have been hard for us to do our normal activities and, even though many people who normally donate for us were asking to, we didn’t want to ask people for money as we knew a lot of people were struggling during this pandemic, so we just did a family collection.

“We would all like to thank everyone in our community and beyond who has helped and supported us over the years.”

Anna's mum, Mary

NHS Golden Jubilee Nurse Director, Anne Marie Cavanagh, thanked Anna and her family for their support and dedication to helping others over the years.

“We are so grateful to Anna and her spirit of generosity and compassion for others is truly inspiring. I think once she has completed her nursing degree she will be a credit to the healthcare profession.”

Anne Marie Cavanagh, Nurse Director

“We would like to express our thanks to Anna and her family for their ongoing support to the patients and charities that provide support for patients with a cardiac diagnosis.

“Their selfless generosity is greatly appreciated and will be of huge benefit to patients and their families who attend our specialist services at NHS Golden Jubilee.”

Euan Darroch, Ward Nurse Manager

Siren Study: call for participants

Our team at the Golden Jubilee Research Institute are proud to be taking part in the UK-wide SIREN study, exploring the issue of COVID-19 immunity following infection.

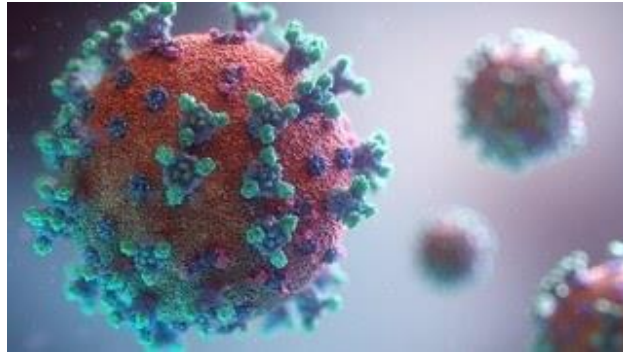
This is an urgent national study to answer one of the key questions around the virus: does previous exposure to COVID-19 prevent future infections? This is essential to help prepare for the future and keep as many people as possible safe from the virus.

If you are a member of staff in any area of NHS Golden Jubilee, we would like you to consider participating in the study. This is being delivered across the UK in collaboration with Public Health Agencies.

Why are we doing this study?

The main way we diagnose COVID-19 is to take a swab from a person's nose and sometimes throat, to look for the presence of the virus. Once someone has recovered from the infection, the live virus should no longer be present, however once you have recovered it is possible that your body will have developed antibodies to fight the infection. These can remain in the blood and may help protect against future infection from the virus.

By doing both swab and blood tests together, regularly and over time, we will be able to assess whether previous infection offers long term protection and greatly improve our understanding in a number of other areas.



What's involved and how do I take part?

If you decide to take part, you will be asked to do the following:

a. Enrolment into the study

- Online enrolment consent and questionnaire (around 15 minutes)
- Nose +/- throat swab looking for the presence of coronavirus
- Blood test for antibodies

The aim will be to collect initial samples within 48 hours of enrolment questionnaire completion. This study will also involve us collecting details about your working and medical history, as well as potential exposures to and symptoms of COVID-19, which will allow us to understand the results of your tests in context.

b. Follow-up

- Follow-up questionnaires (two to three minutes): this will be sent straight to the phone number and/or email address that you provide
- Blood and swab tests

Follow-up will last for 12 months, and the blood and swab tests will happen regularly.

For most people the questionnaires, blood and swab tests will be every two weeks initially, although the frequency may change later on.

For more information, a full participant information leaflet can be found on [Staffnet](#)

To express your interest in taking part, please contact [COVID Research Team](#)

Getting the Right Care in the Right Place

The way people access A&E services is changing to keep patients and NHS Scotland safe this winter – making sure everyone gets the right care in the right place.

Local A&E departments remain open for those who have a life-threatening emergency.

However, to ensure patients have the fastest access to the treatment they need, anyone with a non-life threatening condition who would usually go to A&E should now call NHS 24 on 111 first, day or night, to be directed to the right NHS service.

If A&E is the most appropriate place to provide the right care, patients will either be directly referred to A&E by NHS 24 or a telephone or video consultation with a senior clinical decision maker.

The remote consultation approach is designed to avoid unnecessary waits in crowded waiting areas and offer care much closer to home whenever possible. If senior clinical decision makers determine the patient needs to go to A&E, they may be offered an appointment to attend, and the team will know to expect them so they can be seen directly at that time.

NHS 24 on 111 is also there for those who need urgent medical attention but can't wait for their GP practice or dentist to re-open.

Those with life-threatening conditions including suspected heart attacks or strokes, severe breathing difficulties, severe bleeding, or severe injury should continue to go straight to A&E or call 999.

This new way of delivering urgent care - which is being supported by a £20 million funding package - has been designed to help people get the right care in the right place this winter, at time when there is increased pressure on NHS services.



<https://sway.office.com/ISkMnauhRwFV1PJ6#content=BuxgF6Dezyt3PQ>

From December, the public are asked to:

- use the NHS inform website to access advice on common symptoms, guidance for self-help and where to go if further medical care is needed
- contact their local GP practice during the day for an appointment or over-the-phone advice
- call 111 day or night when they think they need A&E but it is not life-threatening
- call 111 and select the Mental Health Hub to access mental health advice and guidance or call the Breathing Space telephone helpline on 0800 83 85 87
- call 111 or use NHS inform out of hours when they are too ill to wait for their GP practice to open, or for worsening symptoms of COVID-19
- use [NHSinform](#) to access the location of their local minor injuries unit for non-life threatening but painful injuries such as a deep cut, a broken or sprained ankle or a painful burn injury.

“The NHS is always there for you. However, for many of us, A&E is not the right place for the care we need. That is why we are making it easier to get the right care in the right place. From December, if you think you need to go to A&E for care that is not life-threatening, the NHS 24 telephone service on 111 will be available day and night to direct you to the care you need.

“Your GP Practice is also always there for you and can be contacted for urgent but non-life threatening conditions. However, in an emergency, you should continue to call 999 or go to your nearest A&E department.

“By doing so, we will continue to help our doctors and nurses through this pandemic, and ensure A&E provides the fastest and most appropriate care for people when they really need it. Help us keep you and our NHS safe by making the right call at the right time to access the right care in the right place for you and your family.”

Jeane Freeman, Health Secretary



14 - Jeane Freeman

More information on the Redesign of Urgent Care Programme is available [online](#).

Anyone with symptoms suggestive of COVID-19 should not attend A&E and must adhere to public health advice. They should contact the NHS to arrange to be tested - either online at [NHS Inform](#), or by calling 0800 028 2816.

Hand hygiene

2020 has been a challenging year, as we've faced disruption to our routines and separation from friends and families.

Now we can look forward to enjoying some fun and festivities over Christmas.

As we unwind, remember to stay vigilant and maintain the good habits we have been practicing, in particular hand hygiene, which is proven to be the single most effective precaution to prevent the transmission of infection.

Celebrate safely this festive season - stay safe and protect each other.



Hotel meeting room bookings

Bookings for hotel meeting rooms will be dealt with by **email only** from 24 December until 5 January inclusive.

During this time, please contact x6029 for urgent assistance.

Please email completed forms [here](#)



15 - Dalhanna Conference room

People



Our People - Simon Cassidy

As the Golden Jubilee continues to expand, and find new ways of providing care for people all across Scotland, there has never been a more exciting time to become part of Team Jubilee.

With that in mind, we recently welcomed Simon Cassidy back to the Communications team as our new Marketing and Communications Manager.

No stranger to the Jubilee, Simon first joined us in 2013 as a Temp in Medical Records, before moving on to join the Communications Department for five years, as Communications Assistant and Communications Officer.

Simon left us in 2017, and has taken a very unique journey back to the team over the last three years.



"Truth be told, working in Healthcare Comms was never something that had ever crossed my mind. I originally found my way to the Jubilee through a temping agency. I had recently graduated with my Masters in Journalism, and was looking for a job that could help subsidise the 'irregular' (at best) world of freelancing, and started off scanning documents in Medical Records.

"After a few months, I became aware that there was a vacancy for a Communications Assistant, and it seemed like a perfect opportunity to use the experience I'd gained at University and freelancing to be part of something really exciting. After getting the job, it didn't take long to realise that I really enjoyed

it, and it was amazing to be a part of some of the incredible stuff that was going on at the Jubilee, and that was me for the next five years.”



Leaving the Hospital in 2017, Simon moved to St. Vincent's Hospice as Communications Manager to take on a new challenge and also grow some outside projects.

“The Hospice was a great opportunity, and let me build a Comms team from the ground up in a completely new setting. It was amazing, and also very different, to go into the charity sector and help lead some incredible fundraising campaigns, website designs and major events. I think the most exciting part of this was seeing the incredible difference that the campaigns could make when applied to a setting like a Hospice: seeing the direct impact it had on patients and their families, and how much they appreciated what the team did for them, during what are undoubtedly some of the hardest days of their lives. A lot of people assume working in a Hospice is quite a sad place, but most days you'd find it was the exact opposite, and a great experience.”



"I was also offered opportunities to take up some new projects away from the NHS and wanted to see how far these could go. The most notable one which tends to be brought up is that I had been semi-secretly spending my weekends as a wrestling ring announcer and touring the country, and even doing a couple of shows at the Hydro, but I had also started running and promoting my own events, shows and

comedy nights around Glasgow. These were becoming more frequent, and doing pretty well, so it seemed as good a time as any to make a go of it."



After three years working with the Hospice, tuxing up at the weekends and running live shows in more cities, 2020 hit and everything changed.

"It really was chaotic: I went from working most days and nights, to everything kind of coming to a halt overnight. The Hospice was for all intents and purposes forced to lock down almost overnight. Just when it couldn't get any stranger, I got a call out of the blue asking me to support the Communications team at the SEC construction was about to begin on the NHS Louisa Jordan. How can you say no?!"

"For the next three months, I worked as part of the project alongside our Head of Communications, Sandie Scott, helping coordinate all the media, information, videos and whatever else happened to come up on the day as the Hospital went from construction, to operational, to receiving patients. It was easily one of the most rewarding things I've ever been part of... stressful and exhausting, but rewarding."

“Gradually I returned to my role in the Hospice, but became aware that a position had become available for Marketing and Communications Manager back here. I think after working in the atmosphere of Louisa Jordan, I realised that I really did enjoy being part of it, and decided to apply.”



A few months, several applications and a rigorous round of recruitment later, Simon re-joined our team in November as the first new post to start as part of the expansion of the Communications Department.

“My first week was our virtual staff awards, and then it was almost immediately on to preparing for the launch of our Eye Centre, so it certainly hasn’t been boring. It’s a new team, and a new role, but there are a lot of familiar faces, and a lot of big things coming up, so I’m really looking forward to hitting the ground running in the new year.”

NHS Golden Jubilee investing in our most prized asset – our staff

A group of Catering staff at NHS Golden Jubilee are progressing their careers through the organisation’s Scottish Vocational Qualifications (SVQ) learning scheme.

The talented colleagues are adding to their skillsets through various SVQ levels in Hospitality Services, whilst helping to keep patients fed well while they are in our care.

Food Services Assistant Ross Ferguson achieved Level 5 in Hospitality Services and is now moving into studying Level 7 Hospitality Supervision and Leadership.

Fellow Food Services Assistant Carly McCarron also recently began her learning at Level 5 in Hospitality Services.

Ross and Carly deliver food to patients in the ward and use the new Bedside Menu Ordering System (BMOS), which allows Catering staff to focus on delivering quality healthcare that is person-centred, safe and effective.



"The best part of my job is the satisfaction of helping to treat patients well and doing that how you would want to be treated yourself while in hospital."

"I'm pleased at passing my SVQ and I'm looking forward to moving on and doing more that will help me develop my career here at NHS Golden Jubilee."

Ross, 22, from Renfrew, who has worked at the Golden Jubilee for four years

"I really enjoy my job, making sure patients are fed well and working alongside the teams on the wards. It's great to have the option of career development and there are lots of opportunities here."

Carly, 20, from Faifley, who has worked her for three years

Colleagues Brian Campbell and Peter Ralston completed their Level 7 Hospitality Supervision and Leadership, while Catherine McKechnie is now moving on to Level 8 in Hospitality Management.

Catherine, 56, from Clydebank, has worked at the Golden Jubilee for more than eight years and has gone from starting as a Food Services Assistant to Senior Team Leader in the Catering department, helping to oversee the career development of her colleagues.

"I really love my work here and working in this team, making sure menus are processed correctly for our patients and staff."

"I've been here eight years now and I've been through all the courses Ross and Carly are doing now and they can do the same if they want and progress their own careers further, which I know they can do."

Catherine

The Golden Jubilee was accredited as a Scottish Vocational Qualifications (SVQ) Approved Centre in 2017, showing our commitment to supporting our workforce. Training can also be verified on site and externally by SQA annually, meaning staff will receive a nationally recognised qualification on completion of the course.

The internationally recognised qualification signifies that you have the knowledge, skills and ability to carry out your role to a standard defined by the industry and the Catering training is all done in-house at NHS Golden Jubilee.

Also in 2017, the Golden Jubilee was also the first NHS organisation in Scotland to achieve the coveted Investors in Young People Gold status, demonstrating our commitment to recruiting and developing and ultimately retaining young people whilst leading the way for other NHS and public sector organisations to do the same.

Investors in Young People is designed to help employers meet their business goals by harnessing the creativity and skills of young people.

"I am delighted that so many of our staff, from such a wide range of departments over the years, have been successful in completing the SVQ levels they have worked to achieve."

"Our staff are our biggest asset and as an NHS employer we support employees' learning and development goals. By investing in our staff, our organisation can only benefit from the achievements of those who have completed this qualification."

"Wherever their careers take them in the future, those achieving the SVQ have shown that they have a set level of competency which is relevant and transferable in today's workplace."

Jann Gardner, Chief Executive of NHS Golden Jubilee

Welcome to the latest member of the Performance and Planning team

Dr Brynley Pearlstone, originally from Somerset, joined the Performance and Planning team at the end of November and describes himself as a country bumpkin now living in the city.

Seconded to the Hospital by Glasgow Centre for Inclusive Living (GCIL) Bryn previously studied his undergraduate degree in Physics at the University of Swansea moving north to take up a Ph.D in Astrophysics at the University of Glasgow in 2014.

Working as Project Officer within Performance and Planning, Bryn will be involved in such projects as reviewing the Academy training and performance and compiling data into a case which will expand the curriculum.

Brynley will also be involved in outreach to under-served communities specifically highlighting disability, BME and LGBTQI+ issues through his work with Equality and Diversity Lead, Rob White.



16 - Dr Brynley Pearlstone

"I've only been here for two weeks but so far everyone has been very warm and welcoming."

"My Manager has been very understanding of my needs, in fact the whole Performance and Planning team have been very accommodating."

Dr Brynley Pearlstone

Welcome on board Helen

A big welcome to Dr Helen Mackie who joins us this month as the Associate Medical Director for National Elective Services.

Helen, who is a Gastroenterologist and General Physician, joins us from NHS Lanarkshire where she was the Chief of Medical services at Hairmyres Hospital in East Kilbride, following 20 years with the health board.

Helen is also currently the National Clinical Adviser for Realistic Medicine. Welcome to #TeamJubilee Helen.

"I am really looking forward to helping to provide and develop management structure and leadership for the National Elective Services."

"I think NHS Golden Jubilee will also be a key part of Scotland's recovery and I am very keen to play my part in that."

Helen



17 - Helen Mackie

Congratulations Mark

Congratulations to NHS Golden Jubilee Consultant Congenital Cardiac Surgeon Mark Danton who was appointed as honorary Professor in the Institute of Cardiovascular & Medical Sciences, University of Glasgow in August 2020.

"I am appreciative and grateful to receive this position within the University of Glasgow; it recognises the research that we have achieved in congenital heart disease between the University, and the Golden Jubilee and the Royal Hospital for Children, Glasgow."



18 - Mark Danton

Mark obtained his medical degree from Queen's University. His MD research thesis '*Studies of Right Ventricular function in the Pressure-Volume Domain*' was undertaken as a research fellowship at Harvard Medical School in the USA. He trained in paediatric and congenital cardiac surgery in Birmingham Children's Hospital under the mentorship of Mr Bill Brawn.

Mark was appointed consultant cardiac surgeon in Glasgow in 2003.

Fond farewell

We recently said a very fond farewell to our Director of Global Development and Strategic Partnerships, Angela Harkness, as she moves on to the next chapter in her career.

As many of you will know, Angela spent several years with us here at the Golden Jubilee and played a key role in several major projects during this time.

On behalf of all of #TeamJubilee, we would like to say thank you to Angela for all her time with us, and wish her the very best in the future.



Health and Wellbeing



Clear Your Head

The coronavirus outbreak has been going on for a while now and it's easy to feel more lonely and isolated at the moment.

There are many ways we can stay connected to our loved ones and wider community safely, so here are some tips to help:

- Say hello. Make plans to meet a friend for a walk or say hello and smile to the person at the supermarket checkout.
- Doing acts of kindness can boost your self esteem. Small things like paying someone a genuine compliment can boost a person's energy and make you feel good too.
- Volunteering makes us feel good. To find out what's going on in Scotland and how you can get involved visit [ready.scot](https://www.ready.scot)
- You can also show friends that you're there if they need to share their feelings.



The festive season can be tough for many and this year may be harder than most.

To help make the season brighter for those in need, the Scottish Government has launched 'Helpful Ways for Brighter Days', which will shine a light on how to both give and get help over the festive season.

The activity will share resources on a whole range of topics including where to get mental health support and keeping in touch with loved ones, as well as a number of ways you can give back safely this year if you are able.

A range of charities and organisations in Scotland are already signed up to take part in the activity, with more to be added to the list between now and when the activity ends in mid-January.

Organisations taking part:

- Breathing Space
- Cyrenians
- Fathers Network Scotland
- Maggies
- Meal Makers
- Naval Families Federation
- Paths for All
- Scottish Book Trust
- Scottish Libraries
- Smart Play Network
- Social Bite
- Tech Connection Network
- The Daily Mile



More information and tips visit:

clearyourhead.scot/winter

www.ready.scot/helpout

www.facebook.com/ReadyScotland

Jubilee Active blog

The latest edition of the Jubilee Active blog by David Longhurst and Kathryn Wales from the Occupational Health Physiotherapy is available to view on [Staffnet](#).

The blog focuses on the new ways we are working, brought on by the pandemic, and how to ensure you can look after your physical and mental health in more sedentary conditions.



20 - David Longhurst and Katherine Wales

The Social side



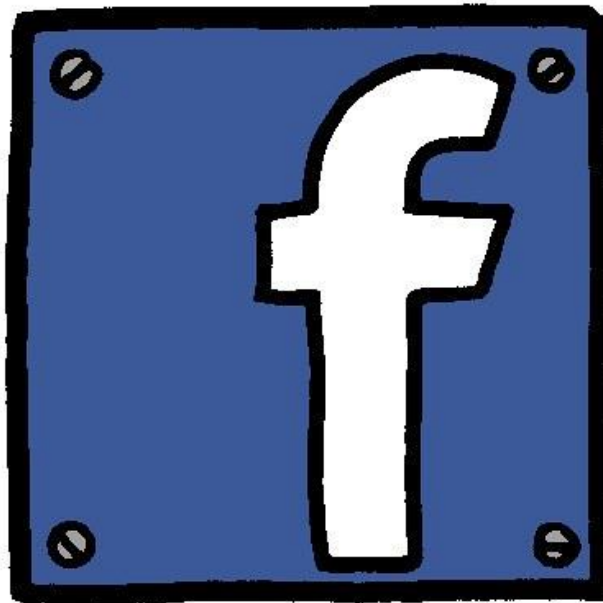
What's happening on our social media pages

Facebook: Our post featuring information about changes to Tiers in different areas was one of our most engaging posts over the past month, with a reach of more than 21,000 people, over 1100 clicks and 535 reactions, showing that social media is an effective tool to disseminate important messages to our audience.

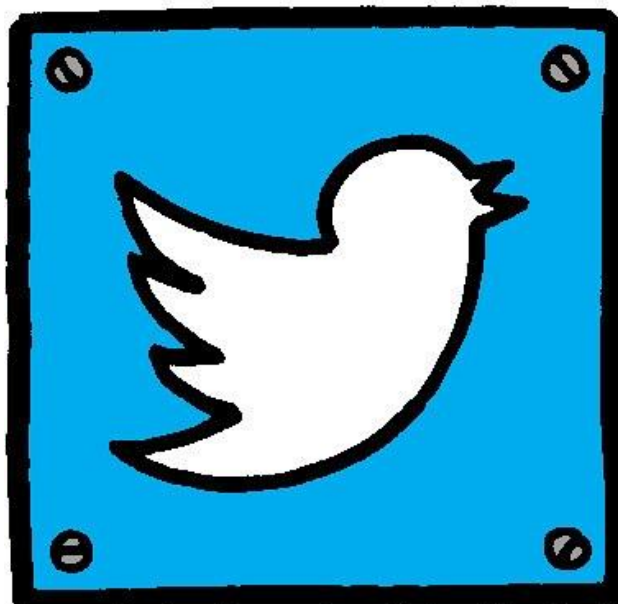
Tier restriction update

Following the announcement that several local authority areas will be moving into Tier 4 later this week, we want to assure you that as a national facility NHS Golden Jubilee will continue to carry out patient services and play a vital role in NHS re-mobilisation plans.

Hospital appointments are classed as essential travel, so if you have received an appointment, it is important that you attend as scheduled to continue to receive the care and support you require.



Twitter: The exciting announcement of the opening of our new state-of-the-art Eye Centre grabbed a lot of engagement, especially this video of our Chair Susan Douglas-Scott – who discusses some of the pioneering features which will benefit thousands of patients across NHSScotland



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

YouTube: YouTube is a great platform for patient information videos and this month's top viewed film is the 'What to expect from physiotherapy immediately after a cardiac operation' video, which had 1,926 views.



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

LinkedIn: The announcement that our fifth Cath Lab opened, offering around 850 additional procedures for Scottish heart patients, was big news on LinkedIn with 558 impressions and 235 video views.



NHS Golden Jubilee

776 followers

Like • Comment

We will be offering approximately 850 additional procedures for heart patients across Scotland, thanks to the opening of our fifth Cardiac Catheterisation Laboratory.

To find out more: <https://bit.ly/33linkD>

#TeamJubilee #ServingScotland #CathLab



26 • 1 comment



Get social with us and keep up to date with everything that's going on in #TeamJubilee on our social media pages.

Here's some of our social media comments!

On the opening of the new Eye Centre:

Dorothy McGhee: Looks lovely. Great hospital. Good luck

Lesley-Anne Meikle: Wow! Looks amazing

On the opening of Cath Lab 5:

Janice Black: Well done a amazing hospital who saved my husband's life four years ago.

Evey Moffat: My brother had 2 cardiac procedures at the Golden Jubilee and he couldn't praise the staff enough. Thank you for looking after him and the care you gave him.

Andrea Sutherland: What a fantastic hospital and of course staff this hospital has. I owe my life to this place. 10 years ago. I was here and my life was saved thanks to the magnificent Doctors And nurses. First class care.

Michelle Calderwood: Amazing hospital who saved sons life last year, cannot thank all the staff enough.

Lils McIntyre: Absolutely fantastic hospital who looked after me so well when I was rushed in recently, fabulous caring team doing an amazing job. Thank you



Events we celebrated socially this month

Human Rights Day – December 10

Celebrating Human Rights Day - the theme relates to COVID-19, focusing on the need to build back better by ensuring Human Rights are central to recovery efforts.

Tackling discrimination and addressing inequalities are key parts of our Values.



International Day of Persons With Disabilities

At NHS Golden Jubilee we are a Disability Confident Leader and are marking International Day Of Persons with Disabilities by sharing the story of Gareth, our Director of Quality, Innovation and People and how he manages his impairment.



World AIDS Day

On December 1 we marked World AIDS Day.

This is a day to show support for people living with HIV, to ending stigma, ignorance, and the spread of the virus and to commemorate those who have died from an AIDS-related illness.

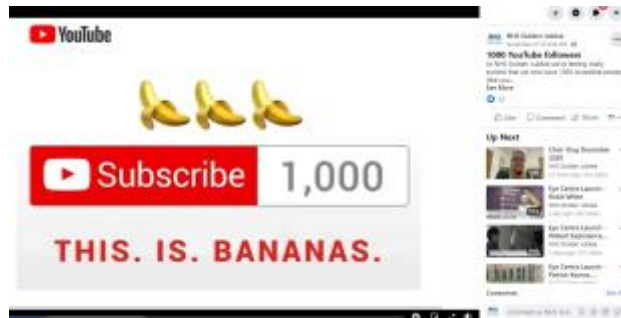


1,000 YouTube subscribers

On November 27 we were feeling special that we now have 1000 incredible people who have subscribed to our YouTube channel!

Thank you so much to those of you who have checked out our channel and subscribed.

If you haven't subscribed yet, follow [this link](#) to see what you've been missing with #TeamJubilee.



COPD Awareness Month

On November 21 we posted to let people know we are still here to help through the pandemic.

We know how difficult the last few months have been, but the NHS is still open and we are still here to help, advise and support patients and their families living with COPD.

[Click here to find out more about the services we offer](#)



World Antimicrobial Awareness Week (November 18)

Antimicrobial Resistance is one of the most urgent global threats to health. Antimicrobials including antibiotics can cause side-effects such as diarrhoea and contribute to the development of resistance.

Become an Antibiotic Guardian.

ANTIBIOTIC RESISTANCE IN NUMBERS

25K

The number of people who die each year across Europe from infections caused by antibiotic resistance

11%

Antibiotic resistance is estimated to have caused 11% of all deaths in Europe in 2017 and 2018

33 YEARS

The period it has taken to overcome the threat of antibiotic resistance worldwide through the development of new antibiotics and the use of existing ones

10%

10% of new deaths and 20% of death amongst hospital inpatients are caused by antibiotic resistance

3 IN 10

People who take antibiotics do not always take them correctly

10 million

Estimated number of people who are resistant to antibiotics in 2017

£66 billion

The estimated loss to the UK economy from antibiotic resistance in 2017

The Scottish Antimicrobial Prescribing Group (SAPG) was established in 2006 to improve the way that antibiotics are used in hospitals and the community across Scotland. SAPG, which is part of Healthcare Improvement Scotland, is continuing to lead activities for the European Antibiotic Awareness Day (EAAD) campaign, held on 18 November every year, and we are expanding the Public Health England (PHE) Antibiotic Guardian pledge campaign to help to educate healthcare staff, patients and the public about antibiotic resistance and encourage everyone to make a pledge.

PHE established the Antibiotic Guardian campaign to help protect antibiotics and improve knowledge about antibiotic resistance.

You are invited to become an Antibiotic Guardian.

As an Antibiotic Guardian, you can encourage others to join you in protecting antibiotics against the growing threat of antibiotic resistance at antibioticguardian.com.

Please share on social media using #AntibioticGuardian.

For more information and materials for Antibiotic Guardian, visit www.antibioticguardian.com.

BECOME AN ANTIBIOTIC GUARDIAN

Protect yourself, your family, friends and colleagues against the spread of antibiotic resistance.

Join us at: antibioticguardian.com

Keep Antibiotics Working

European Antibiotic Awareness Day (November 18)

It's European Antibiotic Awareness Day EAAD and our Pharmacy and Labs staff are raising awareness of the public health threat of antibiotic resistance, encouraging healthcare staff, patients and the public to use antibiotics wisely.

Contact

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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