

Jubilee Life **September 2024**



Issue 63

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

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

News



Health Secretary Visits Golden Jubilee for Climate Week

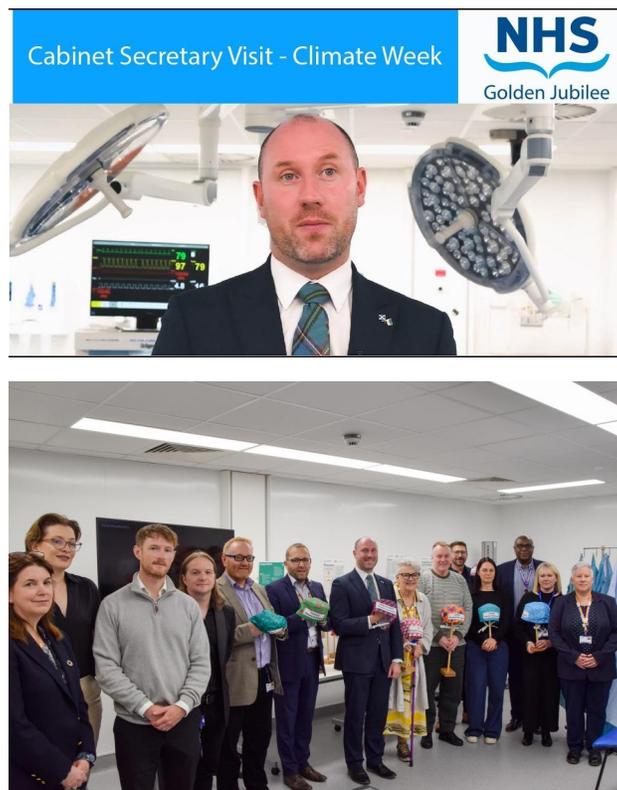
We were delighted to welcome Health Secretary Neil Gray MSP this week to learn more about the pioneering work on the National Green Theatres Programme and our commitment to becoming Scotland's greenest hospital.

The Centre for Sustainable Delivery's National Green Theatres Programme is a key initiative supporting NHS Scotland's mission meet net zero targets by reducing the environmental impact of surgical theatres.

A major milestone was achieved with the successful removal of Desflurane from the NHS Scotland supply chain.

Building on this success, the programme published 10 actions for implementation in the last year that will save 20,000 tonnes of CO₂, with a projected green dividend financial saving of £6.8m.

The Green Theatres team is also working with NHS Scotland Assure and Scottish Government colleagues to set up trials of reusable gowns – with 1 estimated to be the equivalent of 70 single use gowns.







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

New Long Grass area allows nature to thrive

This month we proudly unveiled our new long grass area on our Hotel grounds - a dedicated space that will remain untouched to support biodiversity and allow nature to restore itself.

Since the 1930s, the UK has lost 97% of our flower-rich meadows, along with the vital plants, creatures, and pollinators essential to our ecosystem. To combat this decline, we're letting this piece of land flourish by refraining from mowing it. Over time, we hope to witness a rejuvenation of flowers, bees, birds, and grass, returning to their former glory.

We look forward to watching our meadow bloom here at Golden Jubilee!



“We hope to set an example of good practice with this meadow. Many communities are seeing similar efforts, as councils are beginning to refrain from mowing grass in an effort to restore natural habitats. We anticipate more initiatives like this in the future.”

Callum Blackburn, Our Sustainability Champion

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player" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope;
picture-in-picture; web-share" referrerpolicy="strict-origin-when-cross-origin" allowfullscreen></iframe>

Organ Donation Week

This Organ and Tissue Donation Week, we have been encouraging more people to make a choice when it comes to their donation decision and importantly, register it.

This year marks the 30th anniversary of the NHS Organ Donor Register and celebrates the thousands of lives that have been saved thanks to people agreeing to the gift of organ and tissue donation.

With many still awaiting transplants, it remains vital for people to confirm their organ and tissue donation decision.

In Scotland, everyone has a choice when it comes to organ and tissue donation - to be a donor, or to opt out.

If people aged 16 and over choose to do nothing, it may be assumed that they agree to be a donor if they die in circumstances where donation is possible, unless they are in a group for whom the opt out system does not apply, or it would be against their views.



“Over the past 30 years, the NHS Organ Donor Register has saved and transformed countless lives through the incredible gift of organ and tissue donation.”

“Whatever decision you make, it's essential to record it on the NHS Organ Donor Register and share it with your loved ones. Ninety per cent of families have said they will honour their relative's wishes if they've confirmed their decision on the Register. So please don't leave your loved ones in doubt.

“Every opportunity for donation is invaluable to help save lives. Let's make Organ and Tissue Donation Week count this year, by ensuring your decision is known and shared with those closest to you.”

Anne Marie Cavanagh, Nurse Director and Chairperson the NHS Golden Jubilee Organ Donation Committee

Light Up Pink

We joined hundreds of local landmarks and buildings across the UK by Lighting Up Pink again this year to help celebrate the 30th anniversary of the Organ Donor Register.

The campaign runs throughout Organ Donation Week (23 – 29 September) as we celebrate the incredible gift of organ donation, and to encourage people to confirm their decision on the Register.



Allison celebrating the Gift of Life in the water

Heart transplant recipient Allison Kerr is celebrating this #OrganDonationWeek raising awareness of her gift of life with friends in her wild swimming group in Loch Lomond and different lochs around Scotland.

Allison keeps fit and healthy following her transplant in 2020, joining the Ignite Cold Water Therapy Group to keep herself in tip top condition and she's loving life again thanks to her new organ.











Heart transplant patients meet Health Secretary

We'd like to thank all of our heart transplant patients who took the time to come in and help us raise awareness of [Organ Donation Week](#) this week.

Cabinet Secretary for Health and Social Care Neil Gray was also delighted to meet them when he stopped for a quick chat during his visit.



Hospital: Life on the Line documentary

To raise awareness of the life-saving role of heroic organ donors, the Channel 5 series 'The Hospital: Life on the Line', following the lives of patients from NHS Golden Jubilee's heart and transplant services, is being repeated on the 5 Star channel.

The programme features inspirational insight into the lives of our patients and amazing staff who make a difference every day.

You can watch the final 2 episodes on Tuesdays (9pm) and Thursdays (11pm) on the 5 Star channel, or catch-up on My5.



And finally – good luck to our Emma!

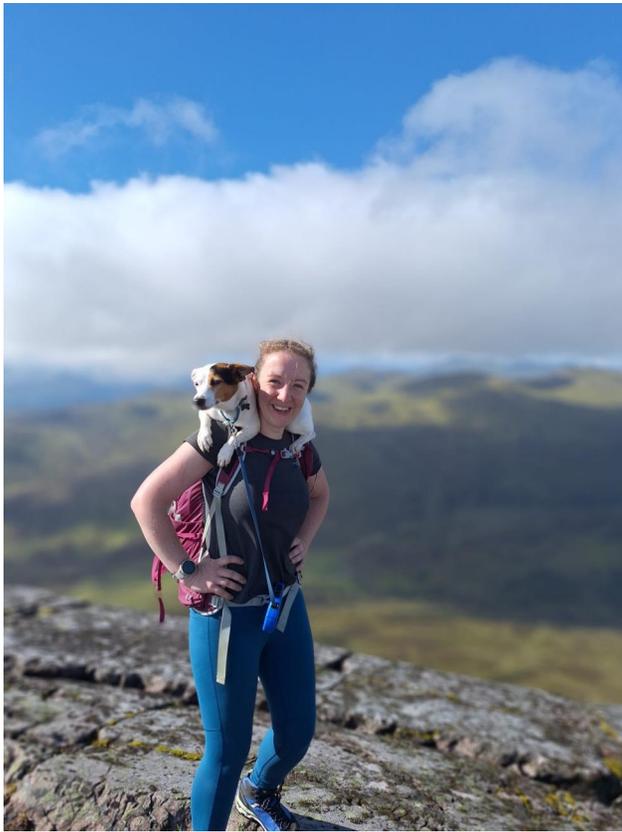
One of our nurses will help turn the UK's highest mountains pink this week for Organ and Tissue Donation Week.

Emma McColl, a Clinical Nurse Manager in our cardiothoracic and heart transplant wards, will scale Ben Nevis with her beloved rescue dog Finn, who bags Munros with her.

The climb is part of the 'Turn the Peaks Pink' campaign for Organ and Tissue Donation Week, when Emma will join 50 doctors and nurses from across NHS Scotland and the Scottish Government for the Ben Nevis Challenge, organised by NHS Blood and Transplant.

Staff from critical care, organ donation and transplant, administrative support, organ donor families and transplant recipients and their families will all be doing the 1,345-metre climb to raise awareness of organ and tissue donation, and the life-saving and life-changing role it plays in transplantation.

NHS staff across the UK will also be climbing the highest peaks in Scotland, England, Wales, Northern Ireland for the challenge.





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

Make your decision known

Over half of people in Scotland have now registered their organ and tissue donation decision. Have you?

You can register your decision to be a donor or to opt out at www.organdonation.scot

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

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

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

The innovative service is for patients deemed high risk for conventional open heart surgery and is a less invasive alternative to surgery for aortic valve replacement, routinely performed through blood vessels in the groin.

The procedure helps reduce symptoms including shortness of breath, chest pain, dizziness and fainting. It also significantly reduces the risk of heart failure and death.



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

HEPMA Project Update

As part of the HEPMA project, Pharmacy Stock Control (PSC), Hospital Electronic Prescribing and Medication Administration (HEPMA) and Controlled Drug (CD) Manager are being implemented within NHS Golden Jubilee.

PSC went live in Pharmacy and Finance this month, replacing the previous dispensing and stock management system, which had been in use for 22 years. PSC is an electronic medicines management system for stock control and for purchasing medications. It enables the supply of medications to patients within the hospital and for discharge and outpatient prescriptions.

The medication files within PSC are the foundation of the prescribing files on HEPMA. Both systems will interface, which will allow for seamless transition of accurate medicines request and supply information to dispensary and to pharmacy stores, directly from the patient's HEPMA record.

PSC is a significant change for both the Pharmacy and Finance team and has been a great example of teamwork, resulting in a successful go-live within NHS Golden Jubilee.

The PSC team would like to thank all who have supported the go-live.

HEPMA is an electronic prescribing platform that supports the prescribing of medications for patients and will provide administration support to prescribing staff across the hospital. The platform will replace the use of paper-based prescribing and medication administration at NHS Golden Jubilee for inpatients.



The HEPMA platform will provide a range of benefits to our Hospital, for patients and staff including:

People



Welcome to our new Director of Finance

This month we welcomed our new Director of Finance, Jonny Gamble, who begins his role with NHS Golden Jubilee.

Jonny joins us from the Leeds Teaching Hospitals NHS Trust, one of Europe's largest hospitals, where he was Deputy Director of Finance from 2018. During the Coronavirus (COVID-19) pandemic he also acted as Director of Finance for NHS Nightingale Yorkshire and the Humber.

Before his roles in Yorkshire, he spent 15 years of his career in senior finance roles in England, including acting as Deputy Director of Finance for Kettering General Hospital NHS Foundation Trust.

Jonny is a fellow of the Association of Chartered and Certified Accountants (ACCA) and in 2020 was recognised by the Healthcare Finance Managers Association as Deputy Director of Finance of the Year.

Please join us in welcoming Jonny to Team Jubilee as we look forward to working alongside him as he embarks on a new and exciting chapter in his career as part of our team.



New Director of Medical Education

We would also like to congratulate Lorna Swan on her appointment as our new Director of Medical Education.

Lorna will take up post on Tuesday 1 October 2024 and we are excited to work with her as we continue to further develop NHS Golden Jubilee as a leading site for medical education.

We would also like to extend our thanks to Alan Kirk, who established NHS Golden Jubilee as an organisation that was not only able to offer medical education and training, but to do it to a high level.

New Associate Medical Director

We are delighted to announce that Mitchell Lindsay has been appointed to the role of Associate Medical Director for the Heart and Lung Division.

Hany Eteiba will remain in the role until 30 November, after which he takes up his role as President of the Royal College of Physicians & Surgeons of Glasgow.

On behalf of the entire team at NHS Golden Jubilee, we would like to congratulate Mitchell on this new position, and look forward to working with him to deliver exceptional patient care for years to come.

Mouveen breaking barriers for women in medicine

Dr Mouveen Sharma, one of our Specialty Doctors in Anaesthetics, has been crowned Ms Great Britain Edinburgh in a Regional Heat.

Doctor and mother, Mouveen, is advocating for more awareness surrounding women in medicine and breaking stereotypes in the process.

She said: "A doctor is always seen in a certain light, a pageant winner, a mother, they are all seen in a certain light. I am trying to push boundaries, to say you don't have to define a woman by these specific roles. You don't have to box her into stereotypes, she can be all and everything at one time and be good at it."



Mouveen has been an anaesthetist at NHS Golden Jubilee for 4 years, specialising in knee and hip replacements, general surgery and colorectal robotic surgeries.

Although juggling medicine, motherhood and pageants is a lot of work, the Golden Jubilee has accommodated her personal requirements, as well as offering a harmonious work-life balance.

“Getting patients seen and through surgery on time as much as possible is what we do here.” said Mouveen.

“My every day is quite exhaustive, not just with hours but with quality of work, it is full throttle. But in this hospital I have felt very included and supported, I am extremely grateful.

“I really felt that I have always been trying to achieve that work-life balance, it was the reason I moved to NHS Golden Jubilee. The first year I was in the UK, I was in Manchester and I quickly realised that I have to move to a place with a better balance and that was my prime motive to move to Scotland, to have time for myself and for my family.”



The support Mouveen has received through her journey has been significant and the environment she has been working in has been extremely welcoming and motivating.

She said: “Everybody has been so supportive, so proud. I have gotten calls from medical colleagues all over the world, I have been really stunned with the support, love and pride they have felt.

“I remember when I was on shift here at Golden Jubilee, it got announced I had won the Ms Great Britain Edinburgh and one of my colleagues said, ‘why not Dr Great Britain?’ So I have made it a point that when I go to the finals in October, I am announced as Doctor. It’s a huge honour and very important to me.

Furthering her personal motivations and goals as a professional, Mouveen is raising money and awareness for Cancer Research.

“I will be teaching CPR in the community to empower as many people as possible of all ages and backgrounds, with the knowledge and confidence to act in emergency situations,” she added.

“The crucial first minutes after cardiac arrest are often the difference between life and death. I can’t find a better purpose than to empower people with this life-saving gift and the money generated from this endeavour will be donated to Cancer Research UK.”

To donate towards Mouveen’s cause and raise money for Cancer Research, please follow the link below:

<https://fundraise.cancerresearchuk.org/page/ms-great-britain-edinburgh-2024>

Procurement update

A new management team is in place in our Procurement team following the recent departure of Head of Procurement Iain Skene and the review of operational services as part of Achieving the Balance.

We now have a Service Level Agreement in place with NHS Greater Glasgow and Clyde (NHS GGC) to provide:

- leadership and operational management of the Procurement Team,
- increased resilience across the procurement function,
- professional procurement expertise and technical advice, and
- enhanced programmes of work to deliver ‘Achieving the Balance’ Programme.

Head of Procurement

Chris Sanderson through the SLA will provide the function of Head of Procurement for both NHS GGC and NHS Golden Jubilee. He will balance his time between both organisations, reporting directly to both Directors of Finance.

Chris has over 15 years of procurement experience across NHS Dumfries & Galloway, NHS Lanarkshire and NHS GGC.

Chris is already in post.

Deputy Head of Procurement

NHS GGC Purchasing and Systems Manager Claire Aliyar has been seconded via the SLA to cover the Deputy Head of Procurement post.

Claire will provide direct operational management and have a daily presence on site to support the procurement team and wider GJ service teams.

Claire takes up her post on Monday 23 September.

Next steps

Chris and Claire will soon meet with each Divisional Management Team to agree priorities and programmes that will support the procurement function across all services.

Welcome to Team Jubilee Chris and Claire – we look forward to working with you.



- Improved patient safety by reduction of errors in prescribing and medicines management through increased legibility and accuracy
- Increased clinical decision support
- Faster access to patient medication records
- Increased support to ensure consistency in prescribing practices
- Improved reporting potential e.g. medication omission and prescribing prevalence reports

Training by system C is under-way for HEPMA super-users. The HEPMA implementation group will be starting soon with those who have been nominated.

CD Manager is a controlled drug management platform, which has been designed for use throughout all areas within hospitals where controlled drugs are stored, including pharmacy, wards and theatres. It is a completely paperless, digital solution for controlled drug processes.

The CD Manager initial roll-out will be within the Pharmacy department.

If you have any questions, please contact Mark Wylie (Project Manager) mark.wylie@gjnh.scot.nhs.uk or Hannah MacLeod (Lead Digital Pharmacist) at hannah.macleod@gjnh.scot.nhs.uk.

Long Service Awards

This week, we took a moment to honour some of our long serving staff members during our latest Board meeting. Their dedication and commitment to NHS Golden Jubilee have been instrumental, and we would like to take a moment to recognise their efforts:

30 Years of Service:

- **Fiona MacBeth** – Arthroplasty Practitioner/Physiotherapist
- **Gary Doyle** – Arthroplasty Practitioner/Nurse

35 Years of Service:

- **Lorna Grant** – Arthroplasty Practitioner/Physiotherapist
- **Anne Berry** – Arthroplasty Practitioner/Physiotherapist

25 Years of Service:

- **Kirsty Macfie** – Arthroplasty Practitioner/Physiotherapist

20 Years of Service:

- **Tracey Thomas** – Not present today

We congratulate these exceptional individuals for their contributions over the years. Thank you for your dedication and service!





InVOLved



Medical student passes on valuable knowledge to young prospects

A medical student was on hand to help the future of the profession during a volunteer day for young volunteers.

Hafsa Mahmood kindly came along to an event organised by our Volunteer Centre for S6 pupils who are in the process of applying to university to study medicine.

The young students came from St Peter the Apostle and Jordanhill High Schools and Boclair Academy.



“It was a great event where the student volunteers were able to meet each other and have a session with a medical student to get some advice on applying to study medicine.

“They were able to ask Hafsa some insightful questions and they contacted me to say how informative the session was for them.

“I’d like to thank Hafsa very much for kindly coming along and sharing her experience of applying for and studying medicine, the students certainly found it worthwhile.”

Maureen Franks, Volunteer Services Manager



Val-You



Comments about you!

Margret Anne Connelly: I am forever grateful to my surgeon and all the nurses, they saved my life. I had a heart valve repair and replaced. They are all amazing. Thank you will never be enough to say.

Margo Gibson: They are all absolute angels. Fabulous team! Who together have given me the gift of life after open heart surgery. Thank you will never be enough.

Evelyn Smith: The best team around. I was born with congenital heart disease nearly 38 years ago and last year I had open heart surgery and the SACCS team and Mr McLean Chuck saved my life. Dr Walker is amazing and so is the SACCS nurses. If it wasn't for them I wouldn't be here today or studying nursing. Thank you all and especially David and Lynsey from SACCS team, who are absolutely incredible. Thanks to my Cardiac doctor, Dr Lorna Swan, who's been there for me all the way through my surgery and family circumstances. Love to you all.

Natalie Eleanor - Annie: I attended the cardiology day unit for an angiogram with exercise. From the minute I walked through the door I immediately felt at ease as I haven't been through anything like that, along with getting the results that same day.

Natalie Hughes: A special thank you to nurses Scott, Gillian and Nikki in the cath lab, and Dr Gruschen Veldtman, who always treats you like a person and not just a patient. Thank you to SACCS nurse David for all your kinds words during my appointment in July, couldn't thank SACCS team enough.

Krisztina Rozsa: Best hospital ever, with truly amazing, kind and nice staff. I am so grateful my open heart surgery was done there and will be there for my next one too.

Susan Conlin: This hospital is one in a million. I was critically ill and didn't know I was. I had stents which never worked, I was fighting for my life. I had a triple heart bypass in Golden Jubilee, I went in on the January came out the end of February.

Lyndsay Campbell: Such an incredible team, who are so caring and compassionate to their patients and families, during such a difficult and traumatic time. Your care to my husband during his treatment was incredible. Thank you for all you do.

Yvonne Henderson: Will be forever grateful to all at the Golden Jubilee when I got a heart valve replacement last year. All amazing and the care I was given outstanding

Jean Macdonald: My experience of my stay in the Golden Jubilee was first class from the first day I went to meet my Orthopaedic Consultant, Mr Green, I knew I would be in safe hands. On the day of my operation I was never afraid as all staff involved were just brilliant. The same when I returned to my ward, the nursing staff, Physiotherapist's, Occupational Therapists and the staff who delivered my meals,

were all lovely. I hope I don't need a knee replacement for many years, but this is where I would want to have it done. Again, many thanks to each and everyone of you,

Irene Crawford: This is a lovely post recognising the extremely important input and care from healthcare workers and indeed catering staff. My brother was in recently and he too found their care and personal attention exceptional, which made his time in hospital so much better.

Heart 2 hearts Podcast: Great team. Always makes me feel at ease. Going in on Monday for an ICD and know I'm in good hands.

Dorothy McGhee: Great hospital and everyone is so nice and kind. Had two heart valves there and so glad I did, they saved my life. Thank you.

Events



Speak Up Week

Speak Up Week will take place this year from Monday 30 September until Friday 4 October, and will focus on the theme of Enabling Speaking Up.

Throughout the week, we will be celebrating the key topics of:

- Leadership and speak up culture
- Access to the process
- Psychological safety
- Understanding the experiences of all involved
- Building Trust

At NHS Golden Jubilee, we take Whistleblowing very seriously, providing a comprehensive policy, procedure, training and support to make sure you have the opportunity and confidence to speak up and raise any concerns you have on a wide range of matters and know they will be listened to.

As part of Speak Up Week, there will be three live events covering key topics:

- Leadership and Speak Up Culture - Monday 30 September
- Psychological Safety and Speaking Up - Wednesday 2 October
- Understanding the experiences of those involved in the whistleblowing process - Thursday 3 October



If you are interested in taking part, [please visit this link to register.](#)

West Lifts

All next week, we will have a range of resources and support available at West Lifts. We also have our dedicated pages on both [Staffnet](#) and our [Hospital website](#), which will provide you with comprehensive and easily accessible links to everything you need.

You can also find full details of the National Whistleblowing Standards and the process involved, by visiting the [Independent National Whistleblowing Officer website](#).

Confidential Contacts

As part of our team, you have access to support from our Confidential Contacts. These individuals are independent of normal management structures, and will act as an initial point of contact for any staff member who wants to raise a concern.

They will support you by providing a safe space to discuss your concerns, and assist in raising the concern with an appropriate manager where necessary.

You can find more information about our [Confidential Contacts at this link](#).

Training Modules

Training is available for all staff in NHS Scotland, including students, contractors and volunteers. These modules will teach you about the National Whistleblowing Standards and the role of the Independent National Whistleblowing Officer (INWO).

The modules have been provided by the INWO and are set out in two different learning programmes:

- For staff who need an overview of the Standards
- For managers and people who receive concerns from other staff in their day-to-day work

You can find these modules on [TURAS Learn](#).

Falls Awareness Week

The Falls/Safer Mobilisation Group, Clinical Educators and various staff including AHPs, Nursing and Clinical Governance were around the hospital engaging with colleagues for Falls Awareness Week this month.

The campaign promotes the safe mobilisation of patients, highlighting that falls are not inevitable and can be prevented with the right knowledge, care and awareness. By taking simple steps we can help to ensure we minimise the risk for our patients to ensure they are kept safe during recovery from acute surgery and illness.

During the week dedicated staff have been doing interactive learning events, including experiential learning opportunities and a ‘trolley dash’ visits to clinical areas.

Other activities included quizzes, drop-in sessions with ‘sit-to-stand’ competitions and webinars, as well as a poster competition – and the winners were:

Poster

- First prize: Jo McKenzie
- Runner-up: Emma Boyle

Quiz

- First prize: Frances McMaster
- Runner-up: Morven Brownlie

Sit-to-Stand

- Winner: Abbie Fearn (31 sits in 30 seconds)



"The Safer Mobilisation Group would like to thank and show gratitude to everyone who got involved over the course of Falls Awareness Week.

"It was an amazing effort from all the team to facilitate the ward visits, discussions with staff and patients, the falls activity rooms, the ward pledges and poster entries. There were 89 quiz entries which highlighted the great staff engagement across the Multi-Disciplinary Teams.

"We would like to reiterate that anyone is welcome to attend our Safer Mobilisation Group meetings on the last Thursday of every month on MS Teams where we focus on various elements of how we can improve patient safety and share information, so please let me know if you would like to come along and raise awareness as Falls Prevention is everyone's business.

"Thanks again for all the support!"





Cyber Security Awareness Month

October is Cyber Security Awareness Month. This month is based around raising awareness of unsafe practises, encouraging reporting any technical issues, educating, training and creating a secure culture.

Cyber security can be summed up as ABC – Always Be Careful.

Digital Services plays a crucial role in supporting our service areas to enhance the planning, delivery, and management of patient care. Our department comprises four teams: Digital Operations, Digital Governance, Digital Information, and Digital Applications.

Ongoing events which will take place this month include:



Cyber Video

Our new Cyber Champion Non-Executive, Lindsay Macdonald, has created an informative video to kick off October Cyber Security Month. Additionally, we have three short animated videos covering Acceptable Use of Devices, Email Best Practices, Microsoft Teams, and Supplier Management.

Cyber Quiz

Test your knowledge with our quiz! Achieve a 100% score for a chance to win a prize.

[Access the quiz through our posters or by clicking here.](#)

Information Stall

Join us at the West Lifts from October 7 to 13, 2024, to learn about our work in Digital Services and discover best practices for using devices, emails, Microsoft Teams, and managing suppliers.

Ward Tour

Look out for our team visiting clinical departments throughout the month for discussions and engagement.

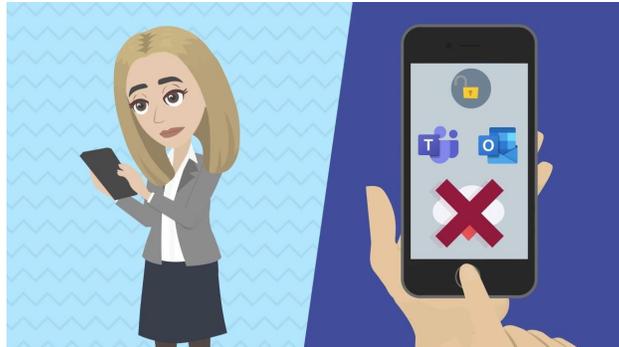
Feature Articles

Keep an eye out for feature articles in Jubilee Life's 'Your Digital Services' and in eDigest, where we'll share valuable information and advice related to this month's Cyber Security Awareness theme.

Staff Cyber Security Survey

We're conducting a staff survey to understand which Cyber Security topics you'd like us to explore at NHS Golden Jubilee in 2025. The survey is open from October 2024 to February 2025.

[Share your thoughts by clicking here.](#)



If you have accidentally clicked on a malicious link or provided your credentials to an unknown site or person, contact the eHealth service desk immediately on extension 5666 or email ehhealth.servicedesk@gjnh.scot.nhs.uk.

For more information or advice contact the Digital Governance team on ig@gjnh.scot.nhs.uk.

#Red4Research

This year's #Red4Research Day took place on Friday 20 September aiming to get as many people as possible wearing red to demonstrate their support and appreciation for all those participating, undertaking and supporting research.

It is an opportunity to showcase and celebrate the phenomenal work, learning legacy and innovative treatments/systems/techniques of research and development.

Colleagues from Research institute wore something red to promote the campaign at an information stall at the West Lifts and would like to thank all colleagues who stopped by to support them.



[Click this link for more information](#)

Careers Evening

This month, we hosted our Careers Information Event, showcasing the diverse career opportunities at NHS Golden Jubilee. The evening was a great success, empowering young people with insights and guidance on pursuing their desired roles.

Our dedicated staff engaged attendees through hands-on workshops, teaching valuable skills such as CPR and the popular cast construction and cutting techniques! The positive feedback highlighted the engaging atmosphere and practical knowledge gained through events like these.

We're proud to support the next generation of healthcare professionals and look forward to hosting another busy careers event in the future. Thank you to everyone who contributed!







Scottish Cardiac Society Annual General Meeting

The Scottish Cardiac Society's (SCS) 33rd Annual General Meeting is being held from Thursday 24 - Friday 25 October 2024 at the Royal College of Physicians of Edinburgh.

The Society is inviting abstract submissions related to academic clinical and scientific research, as well as the results of projects in service development and quality improvement. Submissions are welcome from clinical and research physicians, nurses, cardiac physiologists, other allied healthcare professionals and medical students.



For more information contact scs@societysupport.org.

Health and Wellbeing



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

Women's Network

Gynaecological Cancer Awareness Month

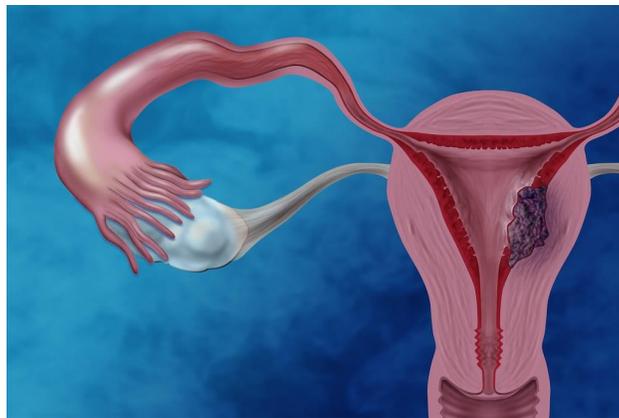
September is Gynaecological Cancer Awareness Month and there are approximately 3,200 new cases of cervical cancer in the UK every year

Do you know that there are 5 gynae cancers?

- Cervical
- Ovarian
- Vaginal
- Vulval
- Womb

Common Symptoms of Gynaecological Cancers

- Abnormal vaginal bleeding or discharge is common for all gynaecologic cancers except vulvar cancer.
- Feeling full too quickly or difficulty eating, bloating, and abdominal or back pain are common for ovarian cancer.
- Pelvic pain or pressure is common for ovarian and uterine cancers.
- More frequent or urgent need to urinate and/or constipation are common for ovarian and vaginal cancers.
- Itching, burning, pain, or tenderness of the vulva, and changes in vulva colour or skin, such as a rash, sores, or warts, are found only in vulvar cancer.



More information about cancer is available on [NHS Inform](#).

Pension Awareness Week 9 - 13 September

This month featured Pension Awareness Week, which aims to promote the importance of pensions and saving for the future and alert the nation that it is not saving enough for retirement.

People are living for longer than ever, with many people's retirement lasting for 30 years or more, however, a recent government report highlighted that as many as 12 million people are simply not saving enough for their future. So planning ahead and understanding the provisions that you have are important.

Employee contributions

Information on employee contributions rates from 1 October 2024 to your pensions have now been published.

The updates to these contribution completes the phased implementation of reforms to the member contribution structure, which began in October 2023.



For more information, visit:

- [StaffNet Pensions page](#)
 - [Scottish Public Pensions Agency \(SPPA\) Annual Benefit Statement](#)
 - [SPPA Employee Contributions rates from 1 October 2024](#)
 - [SPPA website](#)
-

The State Pension

The State Pension age is the earliest you can claim your State Pension. Your State Pension age depends on when you were born. The current State Pension age is 66 but this is planned to rise with those born after 5 April 1960, there will be a phased increase in State Pension age to 67, and eventually 68, so it is important to know what this means for you.

If you are unsure of your state pension age check [here](#).

The full level of the State Pension is £221.20 a week in the 2024/25 tax year, which produces an annual income of £11,502.40.

The amount you get might be lower, as your entitlement to State Pension depends on your National Insurance record.

You need a minimum of 10 years' contributions or credits to get any State Pension and at least 35 years on your record to get the full amount.

As well as checking your State Pension age, you can check your entitlement by getting a State Pension forecast.

A State Pension forecast can tell you:

- How much State Pension you could get
- When you can get it
- How to increase it, if you can

The amount you're forecast to get assumes you make, or are credited with, the maximum number of National Insurance credits in the years up to your State Pension age.

You can check the level of your State Pension entitlement in various ways:

- *Online, using a Government Gateway account at [GOV.UK](https://www.gov.uk).*
 - *By completing form BR19 and sending it in the post. The address is on the front of the form: [The form is at GOV.UK](https://www.gov.uk)*
 - *More [contact details are at GOV.UK](https://www.gov.uk)*
-

NHS Pension Scheme (Scotland) 2015

The NHS Pension Scheme (Scotland) 2015 came into effect on 1 April 2015 and all new NHS employees (and staff who move to Scotland having previously been a member of an NHS scheme elsewhere in the UK) now join this scheme.

Benefits are worked out on a Career Average Revalued Earnings (CARE) basis, using earnings in each year and revaluing them to take account of inflation. The normal retirement age is the member's State Pension age.

If you were a member of the pension scheme prior to 2015, you will have retained the benefits accrued in either the 1995 or 2008 schemes.

More information is available [here](#).

The Scottish Public Pensions Agency publishes pension statements annually for all members and these can be accessed at [SPPA's My Pension Online Member Service](#).

More information about NHS Pensions is available [here](#).

Where to access advice

There are a number of sources where you can get more information:

- *[Money and Pensions Service](#): The Money and Pensions Service (MaPS) replaces the 3 existing providers of government-sponsored financial guidance – the Money Advice Service, the Pensions Advisory Service and Pension Wise.*
 - *[Delivering for Scotland](#).*
-

Dr Bike

Dr Bike will be coming to the Jubilee once again this year on Wednesday 9 October 2024 to help colleagues keep their beloved bikes in tip-top shape.

Dr Bike is a pop-up service for bike owners and individuals thinking about cycling. It offers both a bike tune-up for regular cycle commuters and an opportunity for those who are considering cycling to work to get their bike safely on the road.

Dr Bike mechanics will carry out comprehensive 20-point check on all bikes brought in on the day.

Most repairs to your bike will be done on-site with the most common small spare parts and consumables free of charge.

A comprehensive report will also be given to the bicycle owner advising on any further recommendations to improve the performance of their bicycle.



There are a limited amount of appointments for this great, free-of-charge service, so if you'd like to book a spot to have your bike checked over, email helen.atkinson2@ginh.scot.nhs.uk.

Note: Due to demand, some requests may be denied if fully booked.

Health and Wellbeing support for staff

Health and Wellbeing Hubs

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

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

You also have full access to the National Wellbeing Hub, which is full of ideas on how to stay well with advice, lived experiences, information and expert guidance to help healthcare workers manage when you need help.

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

Take care of yourself while you care for others.



Welcome to our new Health and Wellbeing Web Hub for all NHS Golden Jubilee staff and volunteers.

These pages contain national and local resources and links and support whether you are working from home or on site.

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

To achieve this, we have a holistic approach that supports you to achieve and maintain good physical and mental health. This approach also supports you with managing social and financial aspects of your life, which can impact on physical and mental health, as part of our Health and Wellbeing Strategy.



Employee Assistance Programme >

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

[New StaffNet - Health and Wellbeing section](#)

[Click this link to visit the National Wellbeing Hub.](#)

Jubilee Active Blog

This month's Jubilee Active Blog focuses on attempted lifestyle changes to become fitter and healthier, but are we setting ourselves up for failure by making unrealistic goals?

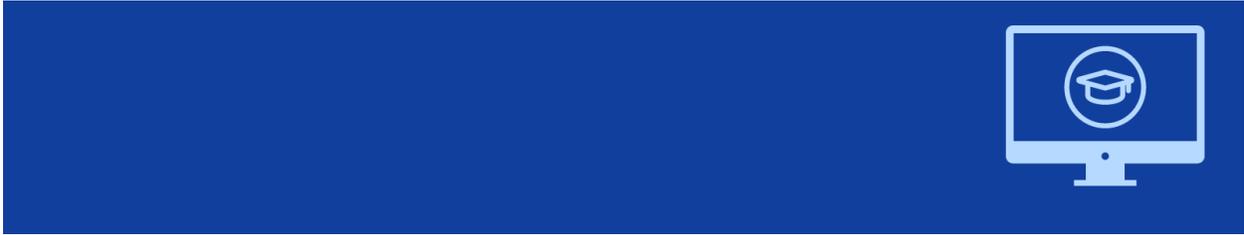
Walking is a much easier and sustainable way to be fit and healthy.

Occupational Health Physiotherapist Kathryn Wales tells you how.



[Click this read to read](#)

Learning and Organisational Development



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

The Social side



Scott completes Kiltwalk in memory of dear friend

Senior Marketing and Communications Officer Scott McAngus completed this year's Edinburgh Kiltwalk in memory of a friend who lost her life to cancer.

He managed to raise a total of £935, smashing his £500 target, in the process for the St Andrew's Hospice in Lanarkshire which cared for her during her illness.

JustGiving Menu Start Fundraising Search Log In Sign Up

187%
£935
raised of £500 target
by 60 supporters

[Give Now](#)
[Share](#)

Scott McAngus
Scott's fundraiser for St Andrew's Hospice, Lanarkshire
Fundraising for St Andrew's Hospice, Lanarkshire

Event: Edinburgh Kiltwalk 2024, on 15 September 2024
In memory of Deborah Punshon
Team: Push on for Punshon - Team fundraising for St Andrew's Hospice, Lanarkshire

St Andrew's Hospice, Lanarkshire
Verified by JustGiving
RCN SC010159
www.st-andrews-hospice.com/

We provide specialist palliative care to the people of Lanarkshire.

Story Supporters 60

Scott said: "My friend Deborah was a beautiful person, inside and out, and we all miss her terribly and wanted to give something back to the charity that was there for her and gave her outstanding care in final days.

"I'm so grateful to everyone who kindly donated, especially my Jubilee colleagues who were extremely generous, as always."



Charity details

St Andrew's Hospice, aims to ensure their patients live as actively as they can, for as long as they can and ensure they have the best quality of life possible.

[You can still donate to Scott's fundraising and help cancer patients on this link](#)

Any donation, however, big or small, will help make a difference to someone's life.

Memory Walk

Clinical Educator Ingrid Barr and Outpatients Senior Charge Nurse Jacqueline Broughton are taking part in this week's memory walk for Alzheimer's Scotland.

The walk is taking place on Sunday 29 September and there are sponsor sheets are in both Orthopaedic and Main Outpatient Departments for anyone who would like to donate.



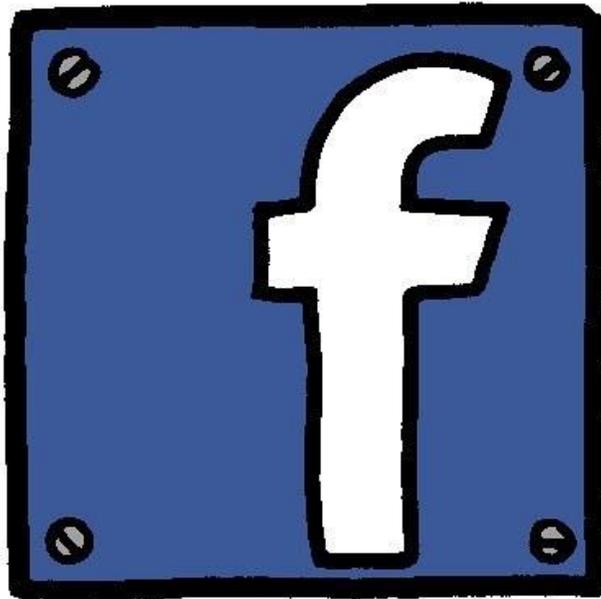
[Click this link for information on the walk](#)

What's happening on our social media pages

On our social media channels, people showed their support to our Team Jubilee staff as they raised awareness for the importance for early detection in symptoms for Heart Valve Disease Awareness Week. The team travelled to Edinburgh to participate in the Heart Valve Voice mobile testing unit, highlighting that early detection is lifesaving!



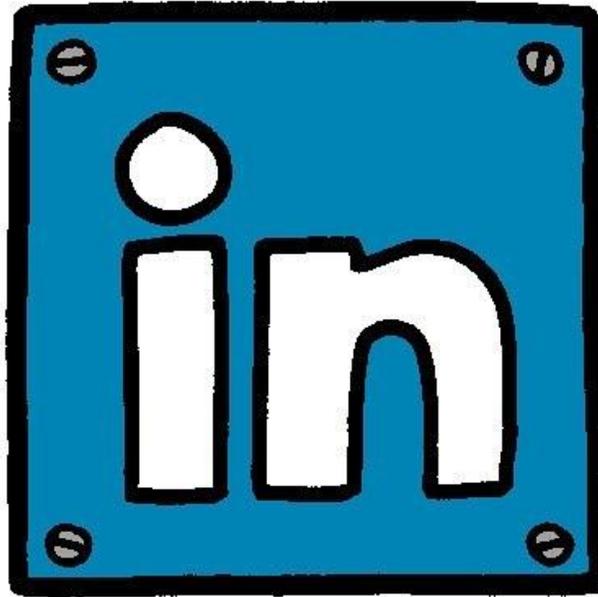
Head over to our socials to like, comment and share, to show support for our colleagues and campaigns and stay up to date with our latest updates.



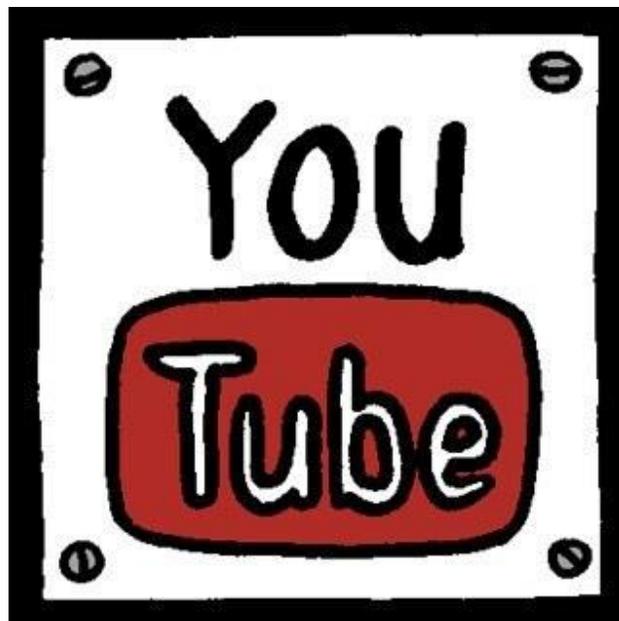
1 - [Click here to access our Facebook page](#)



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



3 - [Click here to access our Linked in page](#)



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



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

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

Scottish Government News



NHS Pay Rises

Nearly 170,000 nurses and healthcare workers in Scotland will receive a 5.5% salary increase this year, backed by over £448 million in improved pay conditions. Effective next month and backdated to April 1, 2024, the adjustment will appear in November's wages.



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

Access to NHS Abortion Services

New safe zones have come into place to protect those looking to seek healthcare. Protected zones of 200 metres surrounding abortion services will come into force this week and those breaking this law could face significant fines.

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

Let's Do Net Zero Campaign

A campaign began earlier this month – Let's Do Net Zero – 'do it for yourself and the planet' which will focus on educating, motivating and supporting people to take climate action.



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

Winter Health Vaccines

Health, social care, and social work staff working directly with patients are eligible for this year's flu and COVID-19 vaccines, while non-frontline NHS staff can receive the flu vaccine. Staff are encouraged to get vaccinated to protect themselves and those they care for.



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

Record high NHS 24 workforce to meet increased demand.

A record number of NHS 24 call handlers will support the public to access the most appropriate care this winter as services deal with increased demand.

Through the Scottish Government and COSLA's joint Winter Preparedness Plan, continued investment for NHS 24 will increase service capacity to provide clinical supervision for at least 150,000 additional calls per year and help prevent unnecessary A&E attendances.



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

Jubilee Life copy deadline



If you'd like an article or information in the next edition of Jubilee Life, please submit your copy by Friday 12 October to be included in our next edition.

While consideration will be given to late submissions due to timings of events, if copy is received after the deadline date, articles may not be included.

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

Contact us

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

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

Embed://<iframe width="640px" height= "480px" src="https://forms.office.com/Pages/ResponsePage.aspx?id=veDvEDCgykuAnLXmdF5JmpDbFJSoEo5KlnCfG5ho_1lUNjRFVVMYtUsyWVBOMkJGSFFZMUZNRkNCSiQlQCN0PWcu&embed=true" frameborder= "0" marginwidth= "0" marginheight= "0" style= "border: none; max-width:100%; max-height:100vh" allowfullscreen webkitallowfullscreen mozallowfullscreen msallowfullscreen> </iframe>