

# Jubilee Life **January 2022**

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*Issue 32*

*Welcome to the January 2022 edition of your monthly digital staff magazine.*

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

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## News



### **Roy Gardner becomes Chair of UK heart failure society**

Professor Roy Gardner of the Scottish National Advanced Heart Failure Service (SNAHFS), has been appointed Chair of the British Society for Heart Failure (BSH).

The Consultant Cardiologist has been an elected member of the Board of the BSH - a leader in heart failure awareness, education, policy and research - since 2013.

In that time he has supported and led the Society's aims of increasing knowledge about the diagnosis, causes and management of heart failure and developing the skilled heart failure workforce to improve outcomes for patients.

Professor Gardner also acts as an expert adviser to organisations such as the National Institute for Health and Care Excellence (NICE) and to international heart failure societies.



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*"It is a real honour to lead the UK's largest heart failure charity for the next 2 years, particularly at a time when heart failure is the most common reason for people over the age of 65 being admitted to hospital.*

*"It also conveys a worse prognosis than most types of cancer. Consequently, it is more important than ever to raise awareness of this important condition, as we now have a number of very effective therapies that can make patients feel better and live longer."*

**Roy Gardner**

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Almost 1 million people in the UK live with heart failure and, for them, early diagnosis and access to the range of treatments now available for heart failure is crucial.

Professor Gardner was also a leading author and task force coordinator of the 2021 European Society of Cardiology guidelines for the management of acute and chronic heart failure.

These guidelines will enable healthcare professionals to diagnose and treat heart failure, to include access where appropriate to medications, devices, self-care information, cardiac transplantation and palliative care.

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## **‘Invincible’ great gran squeezes 2 lifetimes into 1**

A great grandmother says her heart transplant made her feel “invincible” and has enabled her to “live a whole lifetime” after receiving the gift of life 26 years ago.

On January 2 this year we celebrated 30 years since the first ever heart transplant surgery was carried out in Scotland (1992) and Pearl Cameron has lived life to the full after receiving a new heart in 1995.

Pearl, from Aberdeenshire, was healthy and active before collapsing suddenly after waking up one morning. It was then discovered that she was suffering from cardiomyopathy.

In her late thirties, Pearl then had 8 years of different medications and treatments before she was told transplantation was her only option of survival.

However, since her transplant operation, Pearl went from struggling to walk distances to completing triathlons.

Going from strength to strength, she went on to take part in the UK and European Transplant Games, and doing some graffiti with Italian artists in a headline-grabbing group dubbed the “Graffiti Grannies” during lockdown.



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

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## **Patient responses show that we care about opinions**

NHS Golden Jubilee is among the best in Scotland for responding to feedback, according to a top independent patient experience organisation.

We were the second top organisation for acknowledging the feedback patients, families and visitors gave of their experiences here.

Over the past year, patients treated at the Golden Jubilee took time to offer their views on the services, visitor experience and care - the majority of which was positive – on the independent Care Opinion website.

Patients and families also submitted feedback on social media, in person and on cards given to them when they are in hospital.



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*“We take the views and feedback we get from our patients, families and visitors very seriously and it is an important part of our service.*”

*“Any form of feedback whether it is good or bad is welcome because it helps us to formulate the excellent person-centred care we are renowned for.*”

*“It is important for us to know that even during the challenges we have experienced in the last 2 years that our staff go above and beyond every single day to ensure our patients get the best possible care when they are with us.*”

*“And for us that care stems from every department from our Catering, Patient Coordination team, Portering, Volunteers and Reception staff to Orthopaedics, Cardiac and Cardiology in our wards and Theatres.*”

*“Communication and engagement with patients goes both ways and we need to show that we respond to feedback so that our patients, families and visitors feel that their comments and views are valued and that we will improve services if any concerns are raised.*”

*“Having an independent organisation validate our good response rate shows that we are an organisation that listens to and values everyone we interact with.”*

***Sandie Scott, NHS Golden Jubilee Director of Strategic Communications and Stakeholder Relations***

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Care Opinion is an organisation, independent of healthcare providers, which helps people share their experiences of health services with an aim of improving care.

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*“We are absolutely delighted to announce that NHS Golden Jubilee have one of the highest response rates in Scotland on Care Opinion.*

*“This really shows that staff value the feedback they receive from patients and their families, and how the services want to learn, change and develop for the benefit of all patients.”*

*Fraser Gilmore, Executive Director and Head of Care Opinion Scotland*

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### **Big-hearted family continue Christmas tradition of giving**

A caring family whose mum receives heart treatment at NHS Golden Jubilee have their shown their appreciation to the care provided by staff with another generous donation.

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.

6 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.

She also received a replacement pacemaker in June last year as part of her ongoing care.

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

The family raised £6,000 last year, with £2,000 each going to the Scottish Advanced Congenital Cardiac Service (SACCS) and the Scottish National Advanced Heart Failure Service (SNAHFS), while the other £2,000 went to Children in Poverty Inverclyde (where the family is from).

The money was raised in partnership with Gary Pettigrew and Chris Millar of the Fitness Factory gym in Port Glasgow and they even managed to raffle an iPhone and an iPad.

The money was presented to the services early in the new year and gratefully received by Charge Nurse Mark Dyer from the National Services Division (NSD) ward.



1 - Anna (bottom left) dropping off presents in NSD in a previous year

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*“Everyone from the staff and patients at the Golden Jubilee are always in our hearts, especially around Christmas time, which can be a really difficult time for everyone, especially for someone in hospital.*

*“We just want our donations to help people who may be facing challenging times through illness and to thank everyone at the Golden Jubilee for the amazing care they provide.”*

***Anna Hemphill***

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2 - Anna with her cousins and NSD staff

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 in her second year of an Adult Nursing degree at Glasgow Caledonian University.

To date Anna and her family have now raised a massive £23,804 in total, which has been shared between NHS Golden Jubilee and various other good causes.

They have also donated the likes of pyjamas, toys, vouchers and iPads among other quality gifts for families in the Golden Jubilee at Christmas and visit NSD with bags of presents.

Last year, due to COVID restrictions, the family wasn't able to hold its usual fundraisers so instead did an extended family collection which raised £2,000.

That was then matched by Mary's sister Anne Marie, who lives in America, for a total of £4,000, and was shared equally between SACCS and SNAHFS.

On behalf of all of us at NHS Golden Jubilee, we want to say a massive thank you to Anna and her entire family! Their efforts make such a difference to so many of our patients, and we are incredibly grateful!

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## 10 years of RNID at NHS Golden Jubilee

The Sensory Support Service provides crucial support for people with hearing loss who are admitted to our Hospital to ensure that patients are able to hear and communicate effectively with staff during their stay.

The relationship between NHS Golden Jubilee and RNID (formerly Action on Hearing Loss) started with a discussion about best practise models in relation to supporting volunteers.

A short time later there was an agreement to develop a volunteer service partnership between the 2 organisations.

10 years later and that partnership is still going strong and has supported numerous deaf or hard of hearing patients in that time.

Over that decade, the volunteer led service has been nominated for and was a runner up in UK National Patient Experience Network Awards.

Volunteer training on deaf awareness, hearing aid re-tubing and assistive technology has regularly been delivered to NHS Golden Jubilee Volunteers, allowing them to keep up to date with changes in technology.

This training has enabled us to provide support using the latest technology and is an important addition for patients who may need to discuss life changing situations with healthcare staff.

The 2 volunteers who operate the service are Jim Woods and Allan Stewart, who have previously been recognised with volunteer awards for their commitment and dedication to their roles throughout the years.



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*"During the pandemic we had to ask our volunteers to stay home for their own safety and the safety of our patients and staff.*

*"I am delighted that they have now returned to meet the needs of sensory impaired patients at the request of nursing staff.*

*"Jim Woods has been a Volunteer since 2009 and trained Allan Stewart to become a Sensory Impairment Volunteer in 2014.*

*"The knowledge and experience of the Volunteers is invaluable in the support of patients at the NHS Golden Jubilee with a hearing impairment.*

*"All the staff at the hospital are very grateful for their support. We look forward to the next 10 years of our partnership working with the RNID and improving the patient journey.*

*"I hope that the service will continue to evolve and grow in line with developments at the hospital."*

***Maureen Franks, Volunteer Services Manager***

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## Events



### Call for Posters for the NHS Scotland Event 2022

The NHSScotland Event 2022 takes place at P&J Live, Aberdeen, on 21-22 June and the theme this year is Pandemic Recovery and Reform for the Future.

The Poster Exhibition is a great opportunity to raise awareness of projects, showcase achievements, gain recognition, and share best practice.

To ensure your poster abstract is on message and that the content portrays your work to its full potential, it is important that you discuss the content of your poster abstract with your line manager, NHS Board Quality Improvement Lead or Clinical Governance Lead before submission.

The Poster Coordinator will review all poster abstracts and provide constructive feedback on the content, suggesting editorial changes where appropriate.

**Abstracts can only be included in 1 category and must be sent to Communications on the Abstract Form by Monday 7 February.**

Further information on the categories, and what to include in an abstract, is available in the Call for Posters Guide.

[Download the Abstract Form and Call for Posters Guide from the NHS Scotland Event page on Staffnet.](#)

### Deadlines

7 February - Completed abstract forms sent to [Karen Ackland](#)

25 February - Abstract feedback and suggested improvements / amendments

11 March - Abstracts uploaded for consideration

12 April - Shortlisted abstracts announced

20 May - Design and upload successful abstracts

We look forward to hearing from you!



## People



### Robert McDade retires

Staff in our Research Institute said farewell to a dear colleague in December as Senior Nurse Robert McDade retired.

Robert changed careers to become a Nurse in 2006 and worked at Gartnavel and Hairmyres hospitals before joining our team in the Cath Labs in 2010.



3 - Robert with his colleagues

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*"I've enjoyed my time at the Golden Jubilee and I've worked with some amazing people who I will remain lifelong friends with."*

*Robert McDade*

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Thank you so much for all your service to the Golden Jubilee and the NHS, Robert, and we wish you all the best in your retirement!

You'll always be part of Team Jubilee.

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### **Team Golden Hearts put their best foot forward**

Members of our Cardiac Physiology team are getting fit and raising money for charity by doing this year's Kiltwalk.

Organised by Catherine Garrioch, Team Golden Hearts will be raising money for Ronald McDonald House, which provides accommodation for families with children in hospital.



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*“We decided we wanted to take part in the Kiltwalk and because Ronald McDonald House had been so good to a member of our team when their baby was in hospital, we thought it would be great to raise the money for them as a thank you.*”

*“We’re looking forward to it, it’s a great way to get a bit fitter and it’ll bring the team even closer together.”*

*Catherine Garrioch*

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The Kiltwalk will return to Glasgow on Sunday, 24 April and Team Golden Hearts hope supporters will get involved to raise money for the charity.

Once again, Sir Tom Hunter will be topping up all funds raised by an incredible 50 per cent.

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*If you would like to help, the team raise money for Ronald McDonald House they have set up a [JustGiving page](#).*

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### **Introducing the End of Life Care Team**

End of life care helps all those with advanced, progressive, incurable illness to live as well as possible while managing their condition.

When a person is identified as at the end of life, they and their family will continue to receive care that is compassionate, appropriate and supports their choices, decisions and beliefs.

This support includes doing those things that are important to the individual and their family throughout the last days of life and into bereavement.

The End of Life Care Team within Critical Care is made up of: Senior Charge Nurse Lisa Davey, Charge Nurse Annette Asher, Staff Nurse Zoe Wilson, Staff Nurse Sorcha Drury, Staff Nurse Helen Scholes, Specialist Nurse for Organ Donation Alison Mitchell, Intensive Care Consultant Neill Roux, Staff Nurse Sarah Muldoon, Spiritual Care Lead Tosh Lynch and Anatomical Mortuary Technologist Colin Hunter.

The team was established to ensure that systems and processes are in place and to promote the delivery of high quality end of life care.

While at the moment this is concentrating on the Critical Care Team, plans are being developed to expand this service across the Hospital in the coming months.



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*"It involves managing physical symptoms and offering emotional support for the patient and their family and friends.*

*"Supporting relatives and those closest to the person who is in their last days of life allows members of the team to talk to the patient and their family about what to expect towards the end of their loved one's life.*

*"This is a difficult conversation to have at a difficult time. Educating staff about identifying when this is appropriate and how to support and provide high quality care for these patients is hugely important."*

**Annette Asher**

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Training is available for staff to allow them to have the conversation about the next steps and about organ and tissue donation with the patient and family members.

As part of the service, the team offer a variety of personalised keepsakes that can be tailored to each individual and their family, these include fingerprint trees, teddy bear and the heartbeat in a bottle.







### **Ben Shelley appointed as Scottish Research Lead for Anaesthesia and Critical Care**

The Chief Scientist Office (CSO) has appointed Dr Ben Shelley, Consultant in Cardiothoracic Anaesthesia and Intensive Care as the NHS Research Scotland Clinical Lead for Anaesthesia and Critical Care.

Consultant in Anaesthesia and Intensive Care, his new role Ben will ensure the effective delivery of research projects in the NHS Research Scotland (NRS) Critical Care and Anaesthesia portfolio, including increasing the number of patients enrolled into trials.

Ben will work closely with the NRS Portfolio Performance Manager, together with established groups, individual clinicians, NRS Research and Development Directors and lay representatives to promote, deliver and develop Research, Development and Innovation (RD&I) activity in the area.

Dr Shelley hopes to increase the number of clinical studies, and the number of patients recruited into them in a bid to increase the Scottish patient voice within research studies.



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*“I am delighted to have been appointed to this position. It’s not only an endorsement of the important research done at NHS Golden Jubilee but also an important step for Anaesthesia and Perioperative Medicine in Scotland as a whole.*

*“There is a network of research-active people in Peri-op and Critical Care; my role is partly a promotional and co-ordination role which will involve building on those stakeholder groups, maintaining relationships nationally and working with anyone who may wish to come to Scotland to do research.*

*“Patients are at the centre of what we do, they want us to study how to improve their treatment and recovery and realistically how to let them get home to play with their grandkids sooner.*

*“I’m interested in increasing that patient and public involvement in research studies and part of my plan is to increase patient voice; we need patients to be involved to help inform other patients.*

*“At NHS Golden Jubilee, we see people from all over Scotland so it’s very important that the evidence from multi-centre studies that informs our practice and guidelines in Scotland comes from Scottish patients taking part in research studies.”*

***Dr Ben Shelley***

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## **National Director of Transformation – Centre for Sustainable Delivery**

We are delighted to announce that following a robust selection process, Katie Cuthbertson has been appointed to a 2-year secondment to the role of Centre for Sustainable Delivery’s (CfSD) National Director of Transformation.

Katie will be working with Catherine Calderwood and all the CfSD teams as we refocus the priorities of CfSD to respond to the current challenges.

## **Val-You**



## Whistleblowing and Confidential Contacts

Last year a new process for Whistleblowing across NHSScotland was put in place, to ensure all staff feel supported, secure and confident to raise any concerns about patient safety, malpractice or other forms of harm.

The process works in 3 stages. The first 2 being carried out here at the Golden Jubilee, with the Independent Whistleblowing Officer (INWO) acting as a final independent review stage.



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*Staff can find full details of these procedures [by clicking on this link.](#)*

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## Training

All staff are strongly encouraged to undertake the training modules which are now available to teach you about the Whistleblowing Standards and the role of the INWO. Managers are asked to please share this information with their teams and do all they can to support them to complete the modules.

These are split into two different learning programmes:

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



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Access training modules here: [Training Modules](#)

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## Confidential Contacts

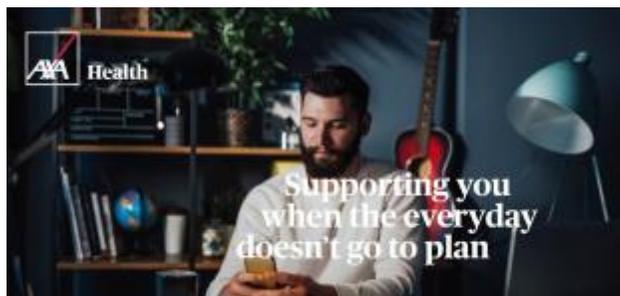
Did you know as a member of staff at NHS Golden Jubilee, you have access to support from our fully trained team of Confidential Contacts?

A Confidential Contact is a member of staff who has volunteered their services to support us in making a safe and productive work environment.

Independent from management structures, Confidential Contacts are here for you, and can act as an initial point of contact for staff from across the organisation who want to raise concerns.

The Confidential Contact will support staff by providing a safe space to discuss the concern, assist the staff member in raising their concern with an appropriate manager and provide any further support they can.

These individuals play a key role in both our approach to bullying and harassment and our Whistleblowing policy. However, it is important to understand that these are not the same thing: Whistleblowing does not include bullying, so it is very important you understand the distinctions between the two areas.



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You can meet our entire team of Confidential Contacts, and find out more about them, on Staffnet [by clicking on this link.](#)

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## Here's some social media comments from patients and the public about you!

**Andrea Sutherland** - Happy new year to you all. Wishing you all a Happy, healthy New year in 2022. 11 years ago tonight I was up at your wonderful hospital getting stents in. Remember lying in hospital listening to the bells. I shall be forever grateful to you all. Xx

**Paul Munday** - Happy New Year to everyone at the Golden Jubilee Hospital especially in the SPVU. I was diagnosed with CTEPH a year ago and since then had successful endarterectomy surgery and now fighting fit. Hope as many as possible can look forward to this New Year.

**Robina Rendall** - I hope this will be a very good year for all of you who are doing such a marvelous job big thank you.

**Chrissie Martin** - Had both my total knee replacements in the Golden Jubilee, August 2008 and November 2009, had 2 stents in December 2014 and 1 in February 2015, I have never looked back, Excellent Care from nursing staff and all involved in my care. They are all fantastic.

**Jean Dineley** - I second that I had two knee replacements there first class treatment x

**Bert McIntosh** - I had my heart bypass op in 2017 they all were great and again a big Thank You may your God bless you all.

**Ian McFadzean** - I had a hip replacement, over 5 years ago, and was in again last year for tests in the pulmonary unit. The care and treatment has been exemplary every time, the staff, from surgeons to domestic staff all deserve medals!

**Ally H Kerr** - I was a patient in NSD in January 2020 and Tina my meal server was absolutely amazing, she went above and beyond to make sure I was eating all my meals and genuinely became a big part of my recovery...what a treasure. To all the catering staff who made the nutritional meals, thank you all.

**Valerie Robertson** - All the meals in Jubilee Hospital were tasty and nutritious which must help patients on the road to recovery and aid in no waste. Well done with menu planning to the catering staff. X

**Jean Dineley** - I have had two knee replacements at the jubilee the food was excellent and piping hot well done first class hospital

**Peter McGeehan** - I can testify that my experiences with catering whilst a guest of GJNH, on a number of occasions, has been instrumental in making my progress through serious illness effective and positive to say the least! I have to add that whoever makes the soup should be made a saint!

**Donna Cook** - Been a patient a few times in the jubilee and the food is outstanding for patients. Also the food in the canteen is amazing as well, my nephew used to visit me but had to go to the canteen for his lentil soup and chips first before coming up to the ward xx

**John Curley** - Hi was in getting stents just over 2 years ago and I would not be here if it wasn't for the wonderful staff, it was the middle of the night and they saved me and I have never been so great full, was in for 3 days and the nursing staff were absolutely brilliant I was well looked after and I can't praise everyone enough, thank you Golden Jubilee.



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### NHS Golden Jubilee Long Service Awards

As you will remember, we unfortunately had to delay our first Long Service Awards Ceremony in December 2021 due to the surge of COVID-19 and the Omicron variant.

We are looking to reschedule this ceremony as soon as is both safe and possible. Please be sure to check here and eDigest regularly for more updates!



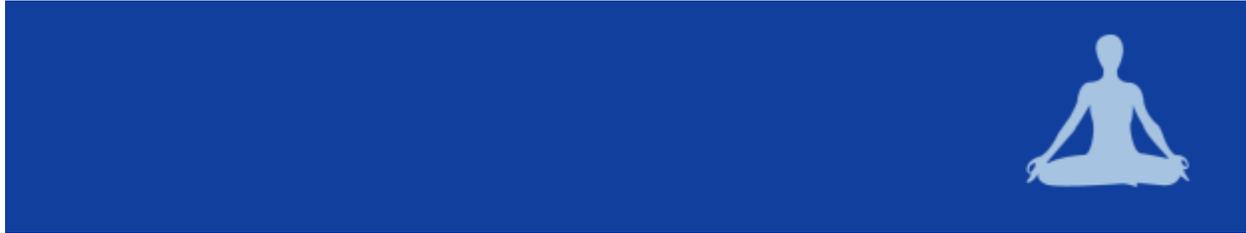
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*For those who missed the first round of applications, don't forget that you are still able to submit your application for the March 2022 award cycle.*

[Click here for the application form.](#)

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## Health and Wellbeing



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

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### Step into Christmas Challenge – Final update

Our Health and Wellbeing Group's inaugural healthy activity challenge – Step into Christmas – has been a great success with almost 19,000 miles clocked up during the festive season.

Between 188 colleagues, a collective 18,837.17 miles were travelled through a mixture of walking, running, cycling, rowing and swimming in what has been an awesome effort by all the 14 teams and 4 individuals.

Targets including walking the North Coast 500, to Lapland, John O' Groats to Land's End, travelling round Iceland and trekking to Italy to get a colleague home for Christmas: and all of them were absolutely smashed!

While there were some ambitious goals that were not realised during the 4 weeks of the challenge, it certainly wasn't through a lack of trying with teams racking up thousands of miles to add to the overall total.

It was an inspiring and enjoyable adventure, enjoyed by all involved. A massive thanks and well done to everyone who made this a great experience, which hopefully will not be the last.

Team/Individual Number in team	Target (miles)	Total miles	Weekly average per person per team	Percentage of target
Here Comms the Hot Steppers (Communications – 7)	North Coast 500 (500 miles)	656.56	23.5 miles	131%
Personelves (HR – 8)	Travel round Iceland (828)	921	28.8	111%
Corporate Team (15)	Route 66 (2448)	1170	19.5	48%
Education Pedominators (Clinical Education – 24)	Route 66 (2448)	1929	20.1	78%
Research Ramblers (23)	NHS GJ to Lapland (2125)	2873	31.2	135%
mOTivated movers (Rehabilitation – 10)	North Coast 500	822.1	20.6	149%
Jack of All Trades (4 East – 6)	John O' Groats to Land's End (874)	931	38.8	106%
Walk This Ray (Radiology – 14)	NHS GJ to Chieti, Italy (1500)	1883	33.6	125%
Double Visions (Eye Centre - 16)	John O' Groats to Land's End (874)	932	14.6	107%
Jingle Ball N' Sockets (Rehabilitation – 13)	Route 66 (2448)	1958	37.7	80%
Sole Sisters (L and OD – 7)	North Coast 500	735	23	147%
Son of a Nutcracker (Rehabilitation – 7)	West Highland Way (96)	968	34.6	1008%
Eat My Dust (Matt Kelly)	Cape Wrath to Mull of Galloway (274)	328	82	119%
Irene McGeechan	Glasgow to Oban (100)	129.5	32.4	129.5%
Emma Lee	Glasgow to Edinburgh (47)	76	25.3	162%
Here Comes the H@N Stepper (Jason Moonesawmy)	Glasgow to Oban (100) + Burj Khalifa building (2909 steps)	129 6544 steps	32.25	129% 225% steps
Gait Keepers (Rehabilitation – 3)	Length and breadth of Scotland (428)	495	41.3	116%
Golden Night Walkers (Theatres – 31)	NHS GJ to Tanzania (6623)	1901	15.3	29%

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*And here are the winners of each category:*

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- **Best Beginner (for those new/returning to exercise):** Here Comms the Hot Steppers; Personelves; Corporate Team; Double Visions.
- **Best Achievement (for Individuals/Teams who have excelled):** Jason Moonesawmy.
  - **Most Imaginative Goal:** Walk This Ray; Golden Night Walkers.

- **Executive's Choice:** Emma Lee.
  - **Most Motivated:** mOTivated movers (team); Irene McGeechan (individual).
  - **Biggest Increase – from weeks 1 to 4:** Education Pedominators; Research Ramblers.
    - **Best Team Name:** Sole Sisters.
    - **Overall Individual achiever:** Matt Kelly.
    - **Small Team (2-5 members, biggest average):** Gait Keepers.
    - **Large Team (over 10 members):** Jingle Ball N' Sockets.
    - **Overall Small Team (up to 10 members):** Son of a Nutcracker.
    - **Overall Large Team (best average):** Jack of all Trades.
    - **Overall Team (biggest average):** Gait Keepers.
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*Certificates for winners will be available soon.*

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**And finally....**

A few words from the Chair of the NHS Golden Jubilee Health and Wellbeing Group, Jane Christie-Flight, and from Champion Donna Akhal.

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*“It’s been great watching the progress of everyone, week in, week out over the month and the time of year was a perfect time to do it as we all know we can over-indulge and do less exercise around the festive period.”*

*“The members of this group are working hard to improve health and wellbeing conditions for NHS Golden Jubilee colleagues and I’m sure we will have more activities like this in the near future.”*

***Jane Christie-Flight***

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*“The feedback we’ve received from the Step Challenge has been incredible and everyone taking part who has spoken to us about it has really enjoyed it and welcomed the boost it has given them, and also their teams.*”

*“Apart from the healthy aspect of the challenge, it created some camaraderie, a few talking points and a little fun competition between departments so it’s been a very worthwhile activity. Bring on the next one!”*

***Donna Akhal***

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***Feedback***

*If you participated in the challenge, did you enjoy a particular aspect of it? Did you achieve any noticeable health or wellbeing benefits from it such as a new passion for exercise, weight loss or a new team dynamic?*

*Communications would like to see and hear about your experience to monitor the effectiveness of this type of activity for future planning.*

*Please send any feedback or ideas on how to improve the challenge you have to [Scott McAngus](#).*

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## National Wellbeing Hub

We spend our days caring for others but sometimes we're not good at asking for help ourselves.

The National Wellbeing Hub is a place 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.



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[Click here to access the Hub](#)

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## Jubilee Active Blog

Occupational Health Physiotherapists David Longhurst and Kathryn Wales write monthly blogs full of great advice and tips on how to keep fit, healthy and active in a sustainable way that suits your lifestyle and abilities.

The first blog of 2022 is entitled 'Exercise in the wake of the COVID-19 pandemic' and features great information and links to help you get back in the swing of exercise if you're still feeling the effects of a viral infection.



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[Click this link to access the latest blog](#)

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## Gym membership

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*A new salary sacrifice West Dunbartonshire Leisure corporate membership is now available for NHS Golden Jubilee staff.*

*Click the links below for full details:*

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- [WD Leisure NHS Golden Jubilee corporate membership](#)
  - [WD Leisure NHS Golden Jubilee corporate membership application December 2021](#)
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## Mindfulness training

The ability to be present and mindful — to stay focused intentionally without passing judgment — is a 21st-century skill.

As most of us have experienced first-hand, stress and anxiety can take a significant toll on the mind and body.

As part of our Health and Wellbeing strategy, we are inviting staff to join our second Mindfulness course, Zen Minds, starting in February.

The Zen Minds programme offers eight first class, practical mindfulness sessions, which will benefit both your professional and personal lives. It will allow you to refocus, re-evaluate and re-emerge stronger to tackle the year ahead with greater resilience and a more positive outlook.

Each week Martin Stepek will join you for a live mindfulness session which will include guided meditations, a talk from Martin followed by a question and answer session with a final short practice to end the session.

### Topics include:

- An Introduction to Mindfulness
- Building Resilience; Managing Change
- Dealing with Stress and Anxiety
- Developing Focus and Clear Thinking
- Mindfulness for Happiness
- Getting a Good Night's Sleep
- Managing Mood Swings

The first cohort of staff to undertake training in Mindfulness have now completed their training.



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*If you would like to get involved and be zen like your colleagues training will take place on: Thursdays, 3 February to 24 March 5.30pm to 6.30pm via MS Teams.*

*Contact [Tosh Lynch](#), Spiritual Care Lead for more information.*

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## Money Support Scotland

Worried about money? You are not alone. Many people are struggling financially at the moment and overcoming this starts with finding the right support.

The Scottish Government has launched the Money Support Scotland campaign for people in Scotland experiencing money worries, including a new website - visit by clicking the following link, [MoneySupport.scot](https://www.moneysupport.scot) - which pulls together all the support that's there for you, in one place.

Click on the links below for more information on:

- [Taking control of debt](#) – There's plenty of support and advice available to help you manage debt.
- [Affordable credit](#) – Affordable ways to borrow money at a more competitive rate.
- [Benefits](#) – Don't miss out on the financial support you're entitled to.



## Learning and Organisational Development



### Learning and Organisational Development update

- The latest [Learning and Organisational Development update](#) has details of current training opportunities, including:

- **Coming soon for managers:** Learning Needs Analysis (LNA) 2022/23! We will soon be launching this year's LNA process. We are working behind the scenes to make this year's LNA process slicker and more efficient for all involved. We will be contacting managers via email in the coming weeks with further information.
- **Challenging Conversations:** Occasionally we face conversations in the workplace that we'd rather not have. We are offering a course to increase your confidence and skills in dealing with difficult conversations.

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*Full details of these courses and many more in the coming months can be found by logging onto [eESS](#).*

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## The Social side



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

#### Facebook:

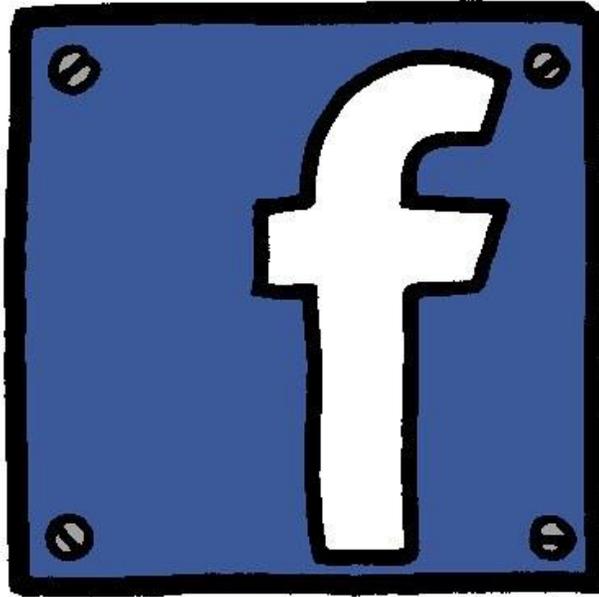
Towards the end of last year some of our wonderful theatre team walked Ben Lomond. Even in the wintry conditions, the team made it to the top!

They remind us all that taking time to get out and enjoy the fresh air is a great way to clear your head and relieve stress.

Well done team!

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





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

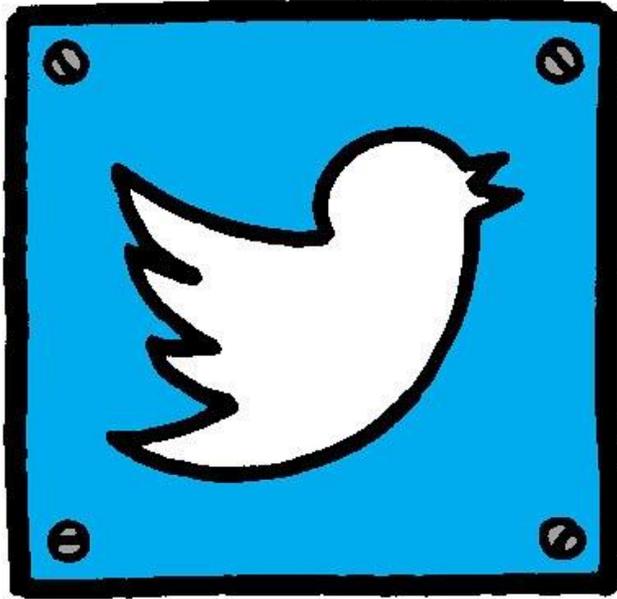
**Twitter:**

This month we shared our Pharmacy walkthrough, giving an insight into just some of the incredible work the team do.

Our Pharmacy team is critical in helping us deliver care to our patients.

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



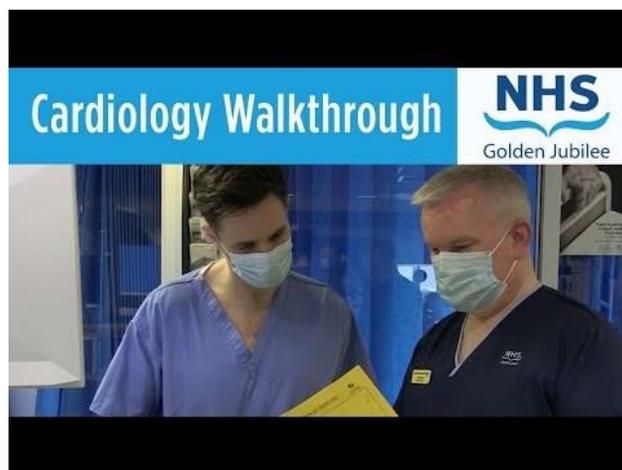


5 - [Click here to access our Twitter page](#)

**YouTube:**

This month we shared our diagnostic and interventional cardiology service gave us a look into how they delivers the highest standards of care for both planned and emergency procedures.

Watch as we show you how the team continued to deliver heart attack care to the people of Scotland.





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

**LinkedIn:**

As we continue to expand, we are sharing the wonderful vacancies we have on offer here at Team Jubilee. Remember to like and share these posts to your network!

[Click here to view the post](#)





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### Social Media Posts

#### Happy New Year:

We wished a very happy and healthy New Year to all our followers.

Many took to our Facebook comments to wish all our staff thanks and best wishes for 2022.

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



#### Patient feedback:

We continued to share some of the amazing feedback we have received from our patients.

The care, compassion and skill shown by all here at Team Jubilee shines through in all the feedback we share.

[Click here to view the post](#)



### **12 Days of Christmas:**

Our 12 Days of Christmas posts continued into January where we looked back at some of Team Jubilee's achievements.

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



### **Catering walkthrough:**

Our followers loved the Catering walkthrough we shared this month, taking a look at what goes in to making the delicious food served to staff, patients and visitors.

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



### **Improving SACCS:**

We are continuing to reach out for feedback from patients, friends and family members who have accessed our Scottish Adult Congenital Cardiac Service so we can continue to make it as good as it can be.

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



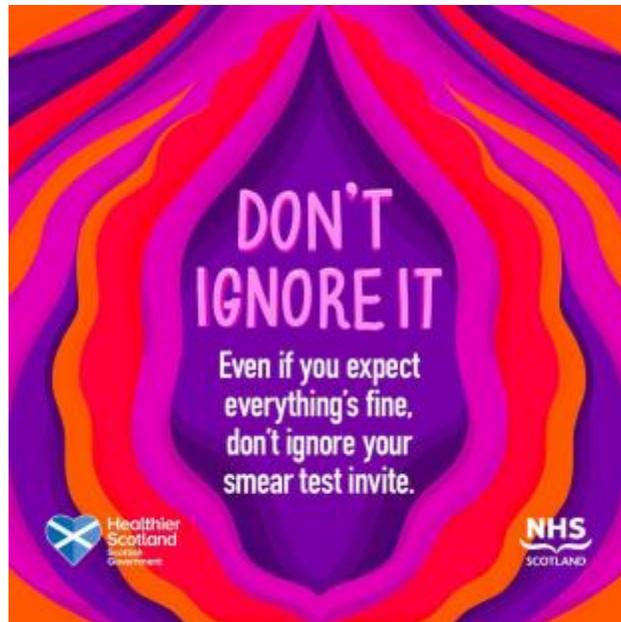
### **Cervical Cancer Prevention Week:**

This month we highlighted Cervical Cancer Prevention week.

This is an opportunity to remind those who are invited for their smear test to make sure they book an appointment.

Going for your smear can help stop cervical cancer before it starts.

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



## Scottish Government News



### Placements help pandemic response

Around 12,000 students will assist in the safe delivery of health and social care as service continue to respond to the pandemic.

More than 3,000 nursing and midwifery students are heading out on placements this month. A further 7,000 students will be places across the service in February, complemented by around 1,500 Allied Health Professional students and more than 500 paramedic students who will also be involved in the delivery of care via supervised practice.

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[Click here to read more](#)

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### Expansion to NHS 24

A new NHS 24 call centre has opened in Dundee – allowing the services to help more people and further alleviate pressures on the rest of NHS and social care.

Funded by the Scottish Government, the new Dundee premises will help facilitate the increase in demand for the NHS 24 service which has been generated by the redesign of urgent care.

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[Click here to read more](#)

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### International travel restrictions eased

Following agreement at a cross-UK meeting earlier today, testing requirements for fully vaccinated people arriving in Scotland are to be dropped and further work will be done on a new surveillance system to monitor the border.

Testing will no longer be a requirement for all adults who have completed full course of an approved vaccines, usually at least two doses. Children under the age of 18 continue to be treated as fully vaccinated.

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[Click here to read more](#)

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## Contact



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

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

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