



Jubilee Life **July 2023**

Issue 50

*Welcome to the **July 2023** edition of your monthly digital staff magazine.*

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

News



NHS Scotland 75th Anniversary Celebrations

We'd like to say a big thank you to all of our amazing staff for helping us celebrate the 75th anniversary of NHSScotland in style this month.

We looked back on 3 quarters of a century of free healthcare for all, as well as our own 21 years as part of that amazing journey, with a bustling tea party sharing fond memories, experiences and stories, with special celebratory cupcakes free for every member of staff.

It was our opportunity to get together and thank you for all that you do as part of Team Jubilee and the NHS in Scotland.



"I am extremely proud to say I am Chief Executive of NHS Golden, simply due to the outstanding dedication to providing the best care that all of you, my colleagues, deliver for our patients every single day.

"Our reputation as a world class healthcare organisation is down to all of your hard work, professionalism and passion, which has helped thousands of patients and families across Scotland, providing them with a better quality of life after their treatment."

Gordon James, Chief Executive



[Click this link to see colleagues and patients talk about their NHS journeys and experiences](#)

75th Anniversary Tea Party

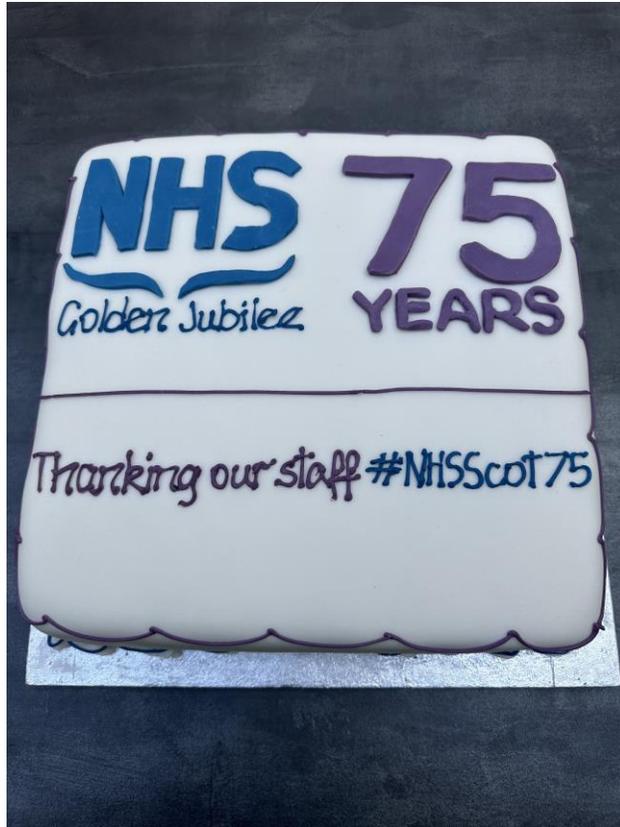












Make a Difference Every Day

We are delighted to announce that our new national recruitment campaign has gone live today, Monday 31 July, encouraging more people to join Team Jubilee and make a difference every day.

This campaign includes regular adverts running across Clyde 1, Greatest Hits Radio and multiple other national stations on their digital platforms.

Several of our incredible staff agreed to model for our recruitment billboards and banner stands, so a huge thanks to all of you for being the faces of Team Jubilee!

Billboards will be appearing in main commuter routes and sites across Glasgow and the West over the next month. In addition, we will soon have large banner stands and posters on display in our main reception areas and Main Street.

You will also see the campaign across our social media channels with paid advertising on Facebook and LinkedIn as well as our usual posts.

We are also sharing a communications toolkit to accompany the campaign with key partners to support and raise the profile of our campaign.



How you can help

This campaign is a vital step in helping us meet the needs of our exciting expansion programme as well as filling core vacancies.

We are looking to fill vacancies across all departments, and you can help us do this in a number of ways:

- The quickest and easiest way to help is by making sure you follow NHS Golden Jubilee across social media at the links below:
 - [Facebook](#)
 - [X \(formerly known as Twitter\)](#)
 - [LinkedIn](#)
 - [YouTube](#)
 - [Instagram](#)
- Please make sure you like, share, comment and tag anyone who would be interested on all of our campaign posts. This really does make a huge difference, and will be just as important as any radio advert at encouraging new people to join our team.
- If you see any of our billboards when you are out and about, please make sure you take a picture or selfie (if it's safe to do so!), tag and share and make sure to let us know!

- Post your own message using one of our suggested posts available from our dedicated [Staffnet page](#)
- Add our campaign graphic to your email signature available from our dedicated [Staffnet page](#)

Every single member of our team makes a difference every day, so please, help us encourage more people than ever before to become part of Team Jubilee.

All of our latest vacancies, along with information around competitive salaries, our flexible working options, pension, holiday entitlement and range of development opportunities, visit: NHSGoldenJubilee.co.uk/Jobs.

If you have any questions about recruitment, please email TeamJubilee@nhs.scot or call 0141 951 5017.

NHS Scotland Academy: supporting NHS Scotland

The NHS Scotland Academy joined in the celebrations of the NHS 75th Anniversary by highlighting the remarkable progress it has made to date in supporting the training needs in health and social care across Scotland.

Over the last 19 months, the Academy has played a vital role in supporting and growing staff numbers through accelerated training to meet the needs of patients across Scotland.

Over 6,000 learners have now benefitted from the mix of residential, online, and simulation training and resources, leading to more than 4,000 endoscopy and ultrasound patients being seen from across NHS Scotland.

Programmes such as the Clinical Skills for Pharmacists have been relieving pressures on services by upskilling pharmacists to provide assessments for minor symptoms and prescribe treatment –increasing access to frontline health care for people in their local communities.



Other highlights:

- Preparing for work in health and social care – 4,396 learners
- Nursing and Midwifery Council (NMC) Observed Structural Clinical Exams (OSCE) Preparation for Learners and Educators – 723 learners and educators
- Clinical Skills for Pharmacists – 613 learners
- Healthcare Pathway Pilot – 77 learners – due to start September 23
- Faculty Development – 12 learners
- National Ultrasound Training Programme – 11 learners

National Endoscopy Training Programme – 242 learners

- Train the Trainer (Colonoscopy) - 34 learners
- Upskilling (Colonoscopy) – 61 learners
- Immersion Training – 61 learners
- Endoscopy Non -Technical Skills – 69 learners
- Assistant Practitioner (Endoscopy) – 10 learners

National Perioperative Training Programme – 81 learners

- Foundations of Perioperative Practice – 46 learners
- Assistant Perioperative Practitioner – 4 learners
- Accelerated Anaesthetic Practitioner – 26 learners
- Surgical First Assistant – 5 learners

[For the full story, click this link.](#)

[Click here to visit the NHS Scotland Academy Website.](#)

The best is yet to come for heart transplant patient Emma

The extraordinary story of heart transplant patient Emma Anderson hit headlines around the world this month, highlighting the life-changing service provided for Scottish patients here at NHS Golden Jubilee.

Emma, 27, received a heart transplant from the Scottish National Advanced Heart Failure Service (SNAHFS) after her daughter twice saved her life using smart device Alexa and afterwards went on to walk down the aisle. As if that wasn't enough, she then went on to appear in a music video alongside Scots chart star Tom Walker for his single The Best Is Yet To Come.

Emma told her daughter Darcey from a young age that she had a 'sore heart' and taught her what to do if she became ill at home.

And Darcey, now aged 6, stayed calm and composed on 2 occasions when the time came.



[To read this full, incredible story, click here.](#)



[Tom's Walker video](#)

[Emma's TikTok video](#)

[Media coverage](#)

- **[Daily Record](#)**
 - **[Amazon News](#)**
 - **[BBC News \(with video\)](#)**
-

- [Daily Mirror](#)
 - [STV News](#)
-

Big-hearted patient thanks Cardiology team for ‘giving me my life back’

A cardiology patient has thanked the team at NHS Golden Jubilee after raising over £60,000 for charity following his surgery , taking on formidable bike rides.

In January 2019, Johnny Dreczkowski from Bridge of Allan, Stirling, underwent catheter ablation surgery here, performed by Professor Derek Connelly, to address the atrial fibrillation he had been suffering for more than a year.

And since his surgery, former Police Detective Inspector Johnny, 55, has reported no further issues with his heart health and has used his ‘new life’ to the full by embarking on grueling, long distance cycle rides to raise money for one of his local charities.



He has cycled the West Highland Way (96 miles), Land’s End to John O’Groats (874 miles), completed the National Three Peaks 24-Hour Challenge (3,064 metres ascent, 26 miles distance) and in May this year rode solo/unaided from Stirling Castle to The Colosseum in Rome (1,400 miles) among other grueling cycle rides.

‘The Rock to Rome’ journey involved Johnny cycling from Scotland to England, across Central Europe through The Netherlands, Germany, Austria, south through The Austrian Alps, over The Brenner Pass into the Dolomite Mountains of northeast Italy, down onto the Adriatic Coast and Venice, before crossing southwest, up and over the formidable Apennine Mountain range to his destination, The Colosseum, in Rome.

It took in 6 countries, over 3-and-a-half weeks, more than 1,400 miles of cycling and 74,000 feet of climbing through Europe’s highest mountain ranges, all solo and unsupported.



Johnny, who was the former Head of Counter Terrorism and Covert Specialist Training at Police Scotland, said: "Since my surgery I have raised over £60,000 for our local charity, the Eilidh Brown Respite Home in Thornhill, which is very close to my family's hearts.

"I just wanted to also express my eternal gratitude to Mr Connolly and the Cardiology team at the Golden Jubilee for giving me my life back."



Johnny has also previously completed the London Marathon, the Highland Warrior Half Ironman, the North Coast 500 and The Cateran 57-Mile Yomp.

The Eilidh Brown Respite Home was built in honour of the Stirling teenager who sadly passed away from a rare cancer shortly before her 16th birthday.

Johnny's wife, Ally Croll, was the architect who designed the respite home.

[Click this link for more information or donate to Johnny's Rock to Rome](#)

Singapore colleagues visit to NHS Golden Jubilee

This week we had the pleasure of welcoming a group from Woodlands Health in Singapore to NHS Golden Jubilee.

The team of nurses, physiotherapists, anaesthetists and surgeons have been learning more about our orthopaedic pathways, including the Enhanced Recovery After Surgery (ERAS) pathway, as well as our ongoing expansion.

The team have been taken through the full patient journey and have been impressed with the efficiency, quality and patient satisfaction here at NHS Golden Jubilee.

Thanks to all the #TeamJubilee staff for making this visit such a success and good luck to the Singapore team with their new hospital, due to start operations in March 2024.





New research partnership with Norwegian university

Our Golden Jubilee Research Institute has recruited its first patients to a new study, in partnership with a Norwegian University, which aims to improve complex heart treatment for patients.

The Invest-CTO study will investigate whether Percutaneous Coronary Intervention (PCI) on chronically blocked coronary arteries (CTOs) over 2 procedures will result in better results for patients.

The prevalence and complexity of Coronary Artery Disease Increases within an aging population and there is a knowledge gap on how to best treat the most complex patients by PCI.

Study leaders are hoping the study can help make a complex, high-risk procedure safer, with higher success rates for patients, as well making an arduous experience better and opening up treatment for more patients.

The study is a collaboration between Haukeland University Hospital in Bergen, Norway, and NHS Golden Jubilee.



For more information about the Research Institute and projects, contact GJNH.Research&Development@gjnh.scot.nhs.uk.

Ground-breaking programme wins inaugural European sustainability award

The Green Anaesthesia Scotland project, which is now part of the Centre for Sustainable Delivery's National Green Theatres Programme, was announced the winner at the inaugural European Sustainable Healthcare Awards in Berlin.

The project was one of 4 finalists selected from 36 entries across Europe.

Judges' comments included: "The strategies and procedures have already spread at national level, and improvements first seen locally have now been adopted throughout Scotland and actively adopted in other countries."

"The project has a substantial effect on reducing CO2 equivalent-emissions, benefitting both the community and environment without negative effects on patient outcomes."

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

Research team are cover stars for study

An NHS Golden Jubilee team has made the cover of a prestigious research study.

PQIP is the 'Peri-Operative Quality Improvement Project' research study being led by the National Institute of Academic Anaesthesia Health Services Research Centre, working on behalf of the Royal College of Anaesthetists and a range of other stakeholders.

The latest report, which the team is featured in, is the fourth since PQIP started in 2016 and covers the period of July 2021 to March 2023.

The Golden Jubilee is one of the first Scottish sites to begin recruitment to PQIP and has come, in part, with PQIP's collaboration with a randomised control trial called VITAL (Volatile vs Total intravenous Anaesthesia for major non-cardiac surgery).



“Around 10 million operations are performed in the NHS each year and PQIP has been running since 2016 with the aim of working towards reducing the risk of complications after major surgery, through ensuring that patients get the best possible care.”

“It is a huge study being run in over a 160 hospitals in the UK.”

“VITAL is using the PQIP dataset and is a study that will explore whether the type of anaesthetic received during surgery - either into the veins through a drip [total intravenous] or breathed in [volatile or gas] - impacts on outcome.”

“We are recruiting to VITAL and future studies will continue to utilise this collaboration so we will be continuing to recruit to PQIP.”

Dr phil McCall, Consultant in Cardiothoracic Anaesthesia and Intensive Care, Anaesthesia

[Click this link to read the report](#)

Link to report: <https://pqip.org.uk/pages/ar23>

Staff Bulletin - UCI Cycling World Championships

This week, our country will welcome the UCI Cycling World Championships, which will be held from Thursday 3 – Thursday 31 August 2023.

This will mean that in addition to 2,000 elite cyclists and up to 1 million spectators, there will be some road closures and disruption to travel for staff and patients across Scotland.

This Staff Bulletin has details of traffic and travel advice for planning ahead, road closures, event listings and dates and links to traffic and travel information.

Please take time to familiarise yourself with the information so you can plan ahead and advise patients and visitors if they may be affected when travelling in to the site.

If this is likely to affect your travel to work, please plan ahead and if you have any concerns, speak to your line manager in the first instance.

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marginwidth="0" max-width="100%" sandbox="allow-forms allow-modals allow-orientation-lock allow-
popups allow-same-origin allow-scripts" scrolling="no" style="border: none; max-width: 100%; max-
height: 100vh" allowfullscreen mozallowfullscreen msallowfullscreen webkitallowfullscreen></iframe>

Events



SACCS Transition Education Event

The Scottish Adult Congenital Cardiac Service (SACCS) is hosting an education event for patients and their families living with congenital heart disease who are approaching the time of transitioning their healthcare to adult services.

It's an opportunity for young patients, carers and families to meet the dedicated team and other young people born with a heart condition.

The event will take place on Thursday 31 August 2023 from 6pm – 8.30pm, and this year, the team is delighted to say that the event can be attended in person at the Golden Jubilee Conference Hotel, or on their virtual platform.

For those who attend in person there will be some fun and games on the night, chosen by the attendees.

Save the Date!

NHS
Golden Jubilee

SACCS Transition Education Event

Thursday 31 August 2023
6pm – 8.30pm

**Hybrid event - online and in-person at;
Golden Jubilee Conference Hotel**

The Scottish Adult Congenital Cardiac Service (SACCS) is hosting an education event for patients and their families living with congenital heart disease who are approaching the time of transitioning their healthcare to adult services.

For those who can attend in person there will be some fun and games, and we would like you to tell us what activities you'd like to do on the night.

Scan the QR code to choose.



Scottish Right Heart Symposium and Advanced RV Echo Masterclass

A specialised meeting covering everything right heart and pulmonary circulation is being held on Friday 10 November in association with NHS Golden Jubilee and University of Glasgow.

An Advanced RV Echo Masterclass is also being held on Thursday 9 November.

The events, co-chaired by NHS Golden Jubilee's Professor Ben Shelley and Dr Phil McCall, bring together a multi-disciplinary team of experts covering:

- Clinical challenges
- Novel therapeutic techniques
- Clinical management
- Emerging assessment methods
- Cutting-edge basic science

Scottish Right Heart Symposium 2023  

and
Advanced RV Echo Masterclass

Save the Date
Friday 10 November 2023
Echo Masterclass Thursday 9 November 2023

A specialised meeting covering everything Right Heart and pulmonary circulation. Bringing together a multi-disciplinary team of experts covering:

- **clinical challenges;**
- **novel therapeutic techniques;**
- **clinical management;**
- **emerging assessment methods; and**
- **cutting-edge basic science.**



For more information contact Jocelyn Barr:
Jocelyn.Barr@gjnh.scot.nhs.uk or 0141 951 4132
@GJanaeresearch

For more information, contact [Jocelyn Barr](#), or call extension 4132.

SACCS Bake Sale

Colleagues from the SACCS team will be hosting a bake sale at the West lifts on the morning of Monday 4 September.

The event is to raise funds for the Somerville Heart Foundation to mark the charity's 30th anniversary, which supports people born with congenital heart disease and works closely with staff from SACCS.

The team is looking for donations of baked goods to sell on the day.

If you are a budding baker and would like to help out, please contact [Gemma Brown](#) or [Elaine Muirhead](#).

People



Evelyn celebrates birthday milestones with Parkrun

This month Senior Charge Nurse, Evelyn Vanni, joined 164 runners, walkers and a team of 18 volunteers to celebrate the NHS 75th anniversary alongside the Linwood Parkrun's 7th birthday.

Participants showed up sporting their NHS blues ready to take part in the 5k event and were treated to a special birthday cake and other goodies once they had reached the finish line.

Evelyn is no stranger to Parkrun's, having participated in over 102 of them!



"Parkrun is a free, fun and friendly weekly 5k community event. I've run 102 Parkrun's at Linwood since 2017 and have been a volunteer 41 times, including Marshall, Timekeeper and Barcode Scanner.

"It's a fabulous event and we have a great team and community here at Linwood. It's great for fitness as well as making friends and having a good chat. I really look forward to my Saturday morning, even if it means another early start!"

Evelyn Vanni, Senior Charge Nurse



Even when on holiday, Evelyn finds the time to take part in her favourite Saturday morning activity.

“I’ve even managed to get my Parkrun fix on holiday in Italy where I’ve taken part in the Mura di Lucca Parkrun which is run around the city walls. It’s really quite stunning, and a bit warmer than Linwood! I also recently took part in Coldham’s Common parkrun whilst visiting Cambridge for the weekend.

‘d encourage anyone who is interested in running or just looking to get fitter to sign up.”

Evelyn Vanni, Senior Charge Nurse

For more information visit the official Parkrun website at <https://www.parkrun.org.uk/>

Val-You



Healthcare awards nominations

Scottish Health Awards 2023

The Scottish Health Awards are now open, and are receiving nominations until 13 August.

These awards give us the opportunity to recognise those who symbolise everything that is great about NHSScotland and

With 16 categories to choose from, this is your opportunity to nominate your department, colleague or anyone from Team Jubilee that you think deserves recognition.

ScottishHealth **+**
AWARDS 2023

DO YOU KNOW A HEALING HERO?

NOMINATE NOW

scottishhealthawards.com

#ScotHealthAwards

NOMINATION DEADLINE
13TH AUGUST
2023

ALPHA, GCU, UNISON, NHS 75, Robert Gordon University, and other healthcare partners.

Categories

- Allied Health Professional Award
- Care for Mental Health Award
- Doctor Award
- Global Citizenship Award
- Innovation AwardIntegrated Care Award
- Leader of the YearMidwife Award
- Nurse Award
- Paramedic Award
- People's Choice 75th Anniversary Award
- Support Worker AwardTackling Health Inequalities Award
- Top Team Award
- Unsung Hero Award
- Volunteers Award

Don't forget: you can nominate your own team!

[Click this link for full details](#)

Healthcare Honours Awards 2023

The Healthcare Honours, by the British Journal of Healthcare Management, recognises and celebrates nominees for their achievements and contributions to the delivery of NHS services and their exceptional leadership skills across 8 categories.

The awards ceremony is being held on Thursday 23 November at the Houses of Parliament in Westminster, London.

Categories

- Expanding Impact
- Staff Champion
- Outstanding Innovation
- Good Practice in Training

- Improving Outcomes: management team award
- Improving Outcomes: NHS organisation award
- New Talent
- Lifetime Achievement Award

The deadline for nominations is Friday 11 August.

[Click this link for full details.](#)

iMatter Reports and Action Planning

Thank you to everyone who took the time to complete the iMatter Survey! This is so important to both our organisation, and your own team as part of NHS Golden Jubilee.

Reports from iMatter will be available from 11am on Monday 31 July, and you will be able to access them in the same way you completed the questionnaire – via a link sent by email or SMS. Alternatively, your manager will provide you with a printed copy.

Remember: if you're a manager, you'll receive a link to the team you manage as well as the team you are part of. If you don't receive a link or have any difficulties accessing a paper copy of the report, please get in touch.

Once the reports are published we enter the Action Planning phase, the most important part of the iMatter cycle. This is when you get together with your team to discuss the report, identify the areas you want to celebrate and those you want to improve. More details and support for action planning will be available in the coming weeks, but, in the meantime, look to arrange time with your team before Monday 25 September.

If you are part of a small team you need a 100% response rate to generate a team report. If that hasn't been achieved you'll still be able to view your Directorate Report and you can use this as the basis of your action planning session.



For more information or queries, please contact [Nyree Anderson](#) or [Carly Robertson](#).

Comments about you!

Pat Kempster - I owe my life to to the wonderful Golden Jubilee Hospital and everyone there dedicated to their patients wellbeing. Thank you everyone

Tipsy Lairds - Saw it (the Waverley) in 2013 after my bypass, great view from the room window, fab staff in an outstanding hospital - a credit to the NHS, thanks for all you done.

Judith Stevenson - I saw (the Waverley) it when I was in the Golden Jubilee, can't praise the staff they were great

Ann Russell - Well done to my last employers. The GJNH. I worked at the Jube for almost 14 years. The very best experience of my working life sincerely. I would still happily be there if it wasn't for ill health. I just loved my time there and met so very wonderful people. People who are the backbone of our NHS service. Totally committed people who I admired and relied on daily over the years. Every department should take a bow because they are all gold star. Everyone from laundry, kitchen, housekeeping, engineering, purchasing, front desk, out patients, wards, radiology. So many more. If I have missed you, I apologise. I will never forget your support and friendship and all the laughs too.

Caroline Carlin - Awesome pictures! Happy birthday, NHS. Thank you to all staff past and present in all fields for our NHS. I did 40 years RMN and RGN, I'm now retired but I loved every minute of my service

Andrea Sutherland - The NHS saved my life the day my twin and I were born. 54 years ago. And saved my life 42 years later when I had a heart attack. A huge thank you to our wonderful doctors and nurses and the amazing doctors and nurses up in the Golden Jubilee that put in my stents and the doctors and nurses at Crosshouse hospital in Kilmarnock.

Teresa Robertson - Thank to all staff in NSD ward who gave me and my family the best care while on ward. I was a patient from 2012. Forever grateful and thanks to them, I'm enjoying being Gran to my gorgeous granddaughter.

Angie Kenny - Thanks to Teresa Robertson, because of them I still have my wee sister. I'm forever grateful.

Laweez Campbell - I've given birth, had a heart transplant and my aorta replaced at the Jubilee, all in the last 7 years. So very grateful for the constant care and support of all the staff that's got me to where I am now.

Yvonne Henderson - You're all amazing and thank you for the care I received recently. I will be forever grateful.

Stephen Wilson - I was in and out NSD 2014 /2018 and had the best care great staff.

Karen Doyle Flynn - Thank you for all the care I have received over the years, especially SACCS Team

Mary Macaulay - Thank you for the care and attention when I had my hip operation at the beginning of the year. Every single person from Theatre to the Housekeeping staff were so helpful and kind, I loved them all. I was in 3 West. Thank You all

Mairead Johnson - All the staff are so nice and reassuring, brilliant hospital

Kathleen Chambers - I am one of the recipient of a new heart, all thanks to the transplant unit. A fantastic team, I will be forever grateful.

David Queen - Happy Birthday and thanks for saving my life about 11 years ago or more at the Jubilee. I think I was one of your longest patients.

Yvonne Henderson - Happy 75th Birthday to the NHS and thank you to all the staff at the Golden Jubilee who were involved in my care recently. You were all amazing and I will be forever grateful.

Lorna Glendinning - Happy 75 years NHS, thank you.

Jean Thomson - Happy Birthday NHS! Thank you for the wonderful care I received in 2022 when I had my hip replacement surgeries.

Danny Brown - I'd like to start by saying a big thank you to NHS Golden Jubilee and NHS Dumfries & Galloway for my care after a recent heart attack. Without your help, I wouldn't be here today. Massive thank you.

Janice Black - Happy Birthday! Thank you for your service and dedication to all your patients, including my husband. Dr Mamood saved his life in 2016. Thank you.

Karen Dodds - Great hospital.

Liz Taylor - Absolutely amazing hospital.

InVOLved



Volunteer Week 2023 – a big thanks to all!

The Volunteer service would like to thank all staff for their support during Volunteer Week, which culminated in a fantastic event.

The event to celebrate the 39th Volunteer Week took place in the Innovation Suite in early June with volunteers, staff and executives enjoying the chance to learn more about the valued work of our selfless volunteers, as well as a little entertainment on the day.



"Music was provided by volunteer Rob Pryce and Healthcare Chaplain Joe Keenan on guitar, which was brilliant.

"We had 4 speakers throughout the day, who each covered different aspects of the Hospital, including from Whistleblowing, Staff Networks, Communications and the Phase 2 Expansion.

"The highlight of the day was 'Valuing Volunteers', when each volunteer service had a representative say a few words about their role.

"This took courage for volunteers to stand up in front of an audience and they all did very well indeed.

"Staff also took time to attend in person to say thanks to the volunteers, or sent information which I relayed on their behalf.

"The feedback from the event was excellent and has been very well received. Volunteers said they felt valued that staff and members of the Board took time to attend and speak to them.

"One volunteer said it was the best event they had attended so thank you to everyone who made this an event to remember."

Maureen Franks, Volunteer Services Manager

"We are fortunate to have such great people within the Volunteer Service who give up their own time to ensure the different clinical areas feels supported.

They are a core part of the organisation and should always be made to feel part of the individual teams with the amazing support they provide each day. I take my hat off to them – thank you!"



[Click this link to view all videos from Volunteer Week 2023](#)

Volunteer Profile - Brian Walsh

Name: Brian Walsh

Age: 70

Where do you live? Hardgate, Clydebank

Employment status (retired, student, looking for employment):

Retired IT System Engineer/Administrator for over 25 years.

What are your hobbies and interests other than volunteering?

Sea fishing, swimming and rugby.

Volunteer role details:

I'm a Meet and Greet Volunteer, welcoming people to the hospital and directing them to the appropriate department. As a Welcome Self Check-in Guide in the Eye Centre I provide a friendly welcome, encouragement and reassurance to sometimes nervous patients.

What made you decide to volunteer with NHS Golden Jubilee?

I wanted to give something back to society and volunteering at NHS Golden Jubilee was an ideal opportunity. I had a conversation with a current, active volunteer and was made aware of the variety of opportunities that were available in the Golden Jubilee. The potential roles appealed to me and so I applied and, thankfully, I was accepted for my current role.

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

Being able to help people who are clearly worried or concerned about potential treatments they may be facing. By being professional, welcoming and cheerful does help to relieve some of their concerns. Seeing people being responsive to a positive attitude gives me a great deal of satisfaction.

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

I sincerely hope so. As yet I have had no negative feedback from my peers.

Do you have any memorable, funny or interesting stories from volunteering here?

Since I have only 3 weeks experience as a volunteer, I don't have many stories to tell as yet. But each hour I spend as a volunteer is memorable to me personally.

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

If you have time to spare, I would recommend and encourage potential volunteers to apply. As a volunteer, you would get so much personal satisfaction being a member of a team of volunteers whose only role is to improve the hospital experience for patients.



Health and Wellbeing





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

World Breast Feeding Week: 1 – 7 August 2023

The UK remains one of the countries with the lowest breastfeeding rate in the world. Negative attitudes towards breastfeeding in public and the workplace, limited awareness about the benefits of breastfeeding and cuts in public health funding have all been highlighted as contributing factors to this statistic.

Almost 2 thirds (65%) of babies born in Scotland in 2021/22 were breastfed for at least some time after their birth.

In the same year, more than half (55%) of babies were being breastfed at 10-14 days of age. This has increased from 44% in 2002/03, mainly due to an increase in individuals choosing a mix of breast and formula feeding.

There is legislation to protect someone breastfeeding - The Breastfeeding etc. (Scotland) Act 2005 - which enables you to feed an infant up to the age of 2 in public places or establishments that allow children access. In addition, the Equality Act 2010 protects you for as long as you want to breastfeed, with no age restriction.

Within NHS Golden Jubilee, breastfeeding facilities for staff are provided within the Hotel and reception staff will help you access a room.



For more information about breastfeeding:

- [Getting out and about while breastfeeding | Parent Club](#)
 - [Citizens Advice Scotland - Breastfeeding](#)
 - [NHS Inform](#)
-

Dr Bike and Staff Bike Ride Events

The Health and Wellbeing Group is hosting a bike ride event to help celebrate the World Cycling Championships coming to Scotland next month.

These two bike rides will take place on Wednesday 9 August from 10am - 2pm, the same day that Dr Bike will be on site, to help keep your beloved bikes in tip top shape with a quick health check and repairs if possible.



Dr Bike

Dr Bike is a pop-up service available, free of charge to jubilee staff, for regular bike users and those who are thinking about cycling a bit more. 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.

All spaces have now been reserved, but if you would like to be on the reserve list please email [Christine Hardie](#).

Cycles

Why not join us for a cycle once your bicycle has been serviced by the Dr Bike mechanics on Wednesday 9 August?

The bike rides will be led by staff from the Health and Wellbeing Group at 5pm and 5.30pm and will last for at least 30 minutes on a safe, local route along the Forth and Clyde Canal.

They will leave from the Hotel entrance and anyone interested in taking part should simply turn up at the allotted time of your choosing.

Jubilee Active Blog

The latest Jubilee Active Blog from our very own Occupational Health Physiotherapists has excellent information on the benefits of cycling and active travel to work, with links to great resources that can enhance your cycling, or help you use pedal power for good health.

Cycling benefits include:

- reduced stress
- improved fitness
- regular cycling can result in a deeper nights' sleep
- improved energy levels
- aid weight loss
- improved diabetic control
- cut the risks of heart disease and cancer
- cost saving on fuel if commuting by bike

[Click this link to read the blog](#)

July Wellbeing Times

The July edition of the TimeforTalking Wellbeing Times is out now.

The monthly newsletter features information on eco and fitness tips, awareness days, debt support and 6 summer activities to support mental health.

6 SUMMER ACTIVITIES TO SUPPORT YOUR MENTAL HEALTH



**THERE ARE MANY
SUMMER ACTIVITIES
THAT YOU CAN DO
TO SUPPORT YOUR
MENTAL HEALTH**

1. Go outside and explore. Bring a book with you to read in a shady area, take a walk, or go hiking. The sun's natural vitamin D can significantly influence your mental health.
2. Start a garden. Gardening can be a great mindfulness tool and social activity you can do with friends, family, and other community members.
3. Make a summertime playlist. Music is a great way to improve your mental health, motivation, and mood.
4. Clean. Although cleaning may not seem like the most exciting activity, evidence shows that a clean room improves your mental health. Play your summer playlist, open the windows, and have fun with it. Summer is a great time to hold yard sales or re-decorate spaces.
5. Attend community events. Go to the local farmer's market, outdoor movies, or festivals. Having fun plans gives you something to look forward to and be excited about.
6. Try outdoor meditation or yoga. Practising mindfulness can help support your mental health. Doing it outside will allow you to soak in the sunlight and get closer to nature.

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

Click one of the following links to access free TimeforTalking mental health support:

-
- [Staffnet](#) – NHS Golden Jubilee network connection required to access.
 - [Website](#) – no network connection needed.
-

Keeping your kids busy during the summer holidays

The Health and Wellbeing Group has listed a range of activity ideas - free and paid-for – for parents looking

The list highlights money-saving deals in places kids can eat for less and links to free days out and train travel offers.



[Click this link to view](#)

Learning and Organisational Development



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

New eLearning Module: Cyber Security - Top Tips for Staff

eHealth's new Cyber Security eLearning Module is now live on LearnPro, highlighting why cyber security is important and the steps you can take to stay safe online.

The training will cover 4 key topics of cyber security:

- Defending yourself against phishing
- Creating strong passwords

- Securing your devices
- Reporting incidents

You can find this module within the 'Cyber Security' tab on [LearnPro](#).

For further information about cyber security, or to report incidents, please contact the eHealth Service Desk on 1 of the following contacts:

-
- Email: ehealth.servicedesk@gjnh.scot.nhs.uk
 - Telephone: extension 5666, or externally on (0141) 951 5666.
 - Come and see us in person on Level 5

For more information on the module, email [Information Governance](#).

Changes to Diversity training

From Tuesday 1 August 2023, the following changes will impact all current and new staff and new staff:

Valuing Diversity Part 1 eLearning module (VD1)

- The content of this module has been amended to incorporate new themes and updated to align with current best practice and legal frameworks.
- A new 2-year revalidation cycle will be introduced from 1 January 2024 to align with other Board mandatory training modules. This will ensure that staff maintain an up-to-date knowledge of the equality, diversity and inclusion agenda.
- All staff are requested to sign into their LearnPro account to check their last completion date of VD1. If more than 2 years has elapsed you should retake the module before 31 December 2023 to ensure you are compliant with the new requirements.

Valuing Diversity Part 2 Classroom session (VD2)

- The status of this course will be revised from being mandatory to highly recommended for staff.
- Classroom sessions will continue to be delivered on a monthly basis. Course content will expand upon learning outcomes from VD1, incorporating group activities and interactivity including live polls, quizzes and multimedia to explore trending themes.

- Despite the reclassification of VD2, managers are requested to actively encourage their team members to enrol on the course to maintain a healthy inclusive workplace culture

The Social side



What's happening on our social media pages

Facebook:

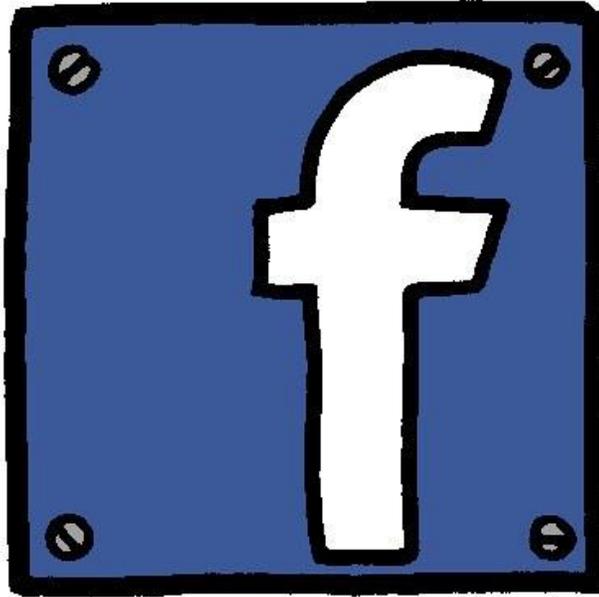
Many of our patients comment on the wonderful view from our Hospital windows, sharing their stories and memories of being cared for by our team.

This summer we have been treated to the Waverley passing us by on several occasions.

Over 3 thousand people interacted with our latest post showing her off!

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





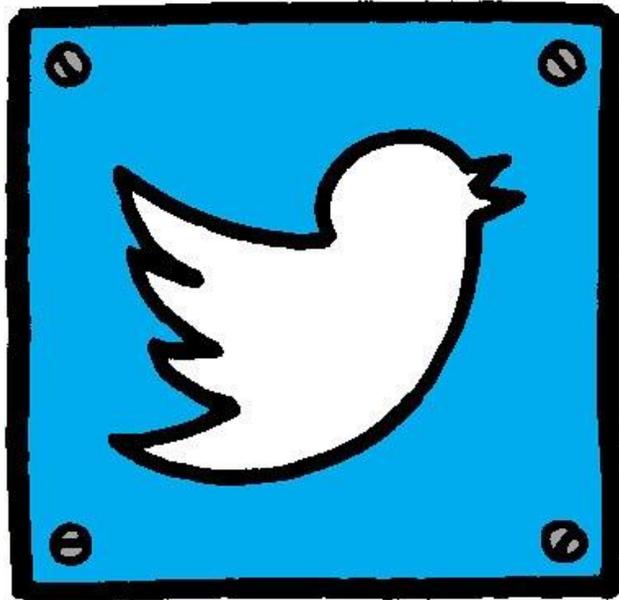
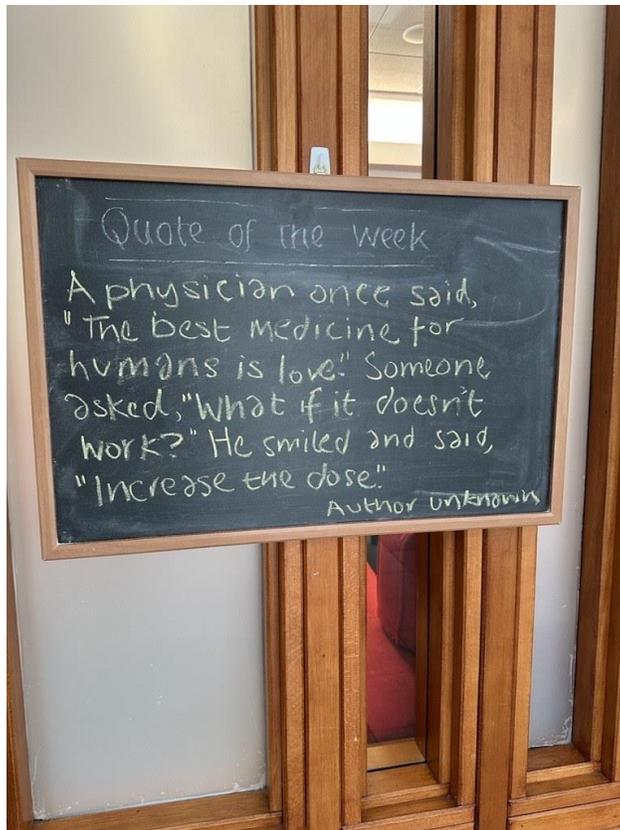
1 - [Click here to access our Facebook page](#)

Twitter:

Every week our Spiritual Care team leave us a 'Quote of the Week' on their chalkboard outside the Spiritual Care Centre.

Our followers love keeping up with these every Sunday.

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



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

LinkedIn:

Training delivered by the NHS Scotland Academy has been continuing with more learners taking part in training programmes across Scotland.

To find out more about any of the training available, visit the official NHS Scotland Academy website at nhsscotlandacademy.co.uk/

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



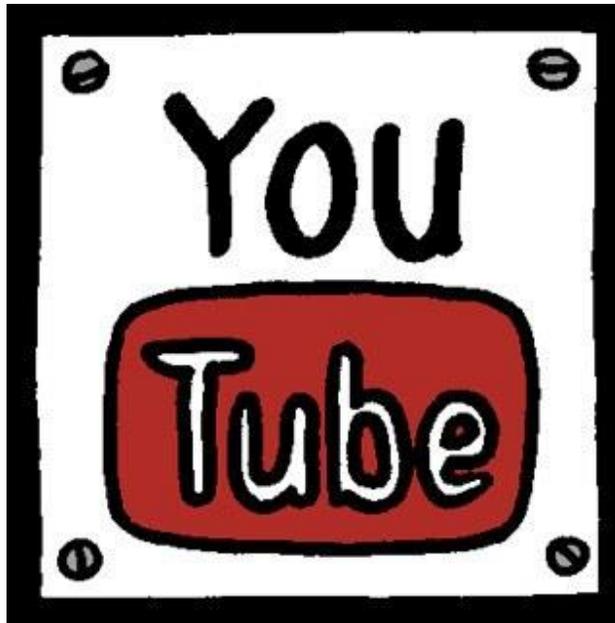
YouTube:

At NHS Golden Jubilee our volunteers play such an important role.

From wayfinding, checking in and a friendly face, the team make our patients and loved ones feel at ease.

Find out more about what they get up to!

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



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

Scottish Government News



Fetal Alcohol Spectrum Disorder training

The Scottish Government is funding training and support for NHS and Social Care staff who would like to know more about Fetal Alcohol Spectrum Disorder (FASD).

FASD, a lifelong condition, describes the physical, emotional and neurodevelopmental differences that may affect a person if they were exposed to alcohol during pregnancy.

It is associated with secondary disabilities including reduced educational attainment and outcomes, poor mental health and addiction, involvement with the criminal justice system, and a significantly reduced life expectancy. Timely intervention can ameliorate such risks allowing individuals to achieve their full potential.

Fundamentals in FASD Training (Free)

A 90-minute training course designed to give you a detailed overview of FASD. Sessions are run regularly throughout the year.

You can register for an upcoming session via the FAAST Team [Eventbrite](#) page.

The University of Edinburgh also does 2 part-time, 10-week online Accredited Courses in FASD designed to fit around full-time posts, which can contribute to a postgraduate certificate.

[Contact faast@ed.ac.uk](mailto:faast@ed.ac.uk) for more information.

STI Safer Sex Campaign

In Scotland cases of sexually transmitted infections (STIs) are increasing among people under the age of 15. The number of infections has more than doubled since 2017. The increase means that 1 in every 200 people under the age of 25 has gonorrhoea, which, if left untreated, can lead to long term health problems.

The best protection from gonorrhoea and other STIs is the correct and consistent use of a condom for vaginal, anal and oral sex.

To help spread awareness of the importance of safe sex, Public Health Scotland, in collaboration with NHS Health Boards, NHS 24 and the third sector partners have developed a prevention campaign which will be targeted to under 25s with the hashtag #SafelsSexy.

Further investment in cancer support services

A partnership to support cancer patients and their families to deal with the financial, emotional and physical health effects of the disease is to be extended with a further investment of £9 million.

The Scottish Government has been working in partnership with Macmillan Cancer Support to improve the service offered to those affected by cancer through the Transforming Cancer Care Programme (TCC). This partnership - the first of its kind in the UK - began under the 2016 Cancer Strategy and has seen £18 million invested to date.

The programme looks to ensure that everyone affected by cancer in Scotland has access to a specialist key support worker. This means clinicians have more time to offer direct medical and clinical support to patients.

Over the next three years, it is anticipated there will be a gradual increase in access to the service, with a minimum of 14,000 new cancer diagnoses accessing it each year.

The Scottish Government has agreed to continue the partnership and provide an additional three years of funding for the Improving the Cancer Journey services. Each partner will invest an additional £4.5 million.

[Click here to read more](#)

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 18 August 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](#).

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