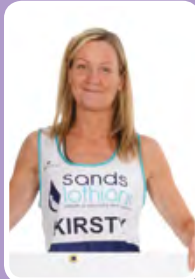


# CONNECTIONS



EDINBURGH MARATHON TEAM SIMPSONS



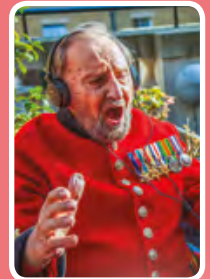
4

RECOGNISING OUR STAFF'S HARD WORK



5

PLAYLIST FOR LIFE MUSIC



6

## It's almost Christmas



**As many of us are busy preparing for Christmas, decorating our homes and buying presents for loved ones, it's important to remember that some of our patients will be spending Christmas in hospital. Luckily many of our staff have already thought of this and come up with a solution!**

Thanks to support from the Edinburgh & Lothians Health Foundation (ELHF) many of our patients will get to have a Christmas experience after all. Areas across the Lothians such as RIE Labour ward, Liberton Hospital, St John's Hospital and the Calareidh Outreach Service have all been given funding. This will go towards Christmas decorations on hospital wards and departments, including Christmas trees, and Christmas/ New Year party food and drink (non alcoholic of course).

A big part of the funding will also go towards providing patients with presents. This ranges from gifts for new born babies and their mums, toys for our younger patients and even gifts for our adult patients.

Last year ELHF spent £48,036 towards Christmas activities through kind donations from the public and fundraising events as well as the Small Grants programme.



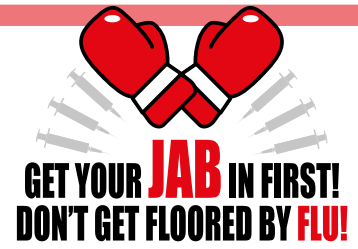
If you have an idea of how to create a great patient experience but need funding to do so, please contact ELHF on 0131 465 5850, email [elhf@nhslothian.scot.nhs.uk](mailto:elhf@nhslothian.scot.nhs.uk) or visit [www.elhf.co.uk](http://www.elhf.co.uk) for more information.

 **GET YOUR JAB IN FIRST! DON'T GET FLOORED BY FLU!** **THE BEST DEFENCE AGAINST FLU IS THIS YEAR'S VACCINE** **CHECK THE INTRANET TO FIND YOUR NEAREST CLINIC**

Connections is your magazine. If you have something you wish to be considered for the magazine, please send your stories (of no more than 200 words) along with a high quality photograph to Allan Benzies, [Allan.Benzies@nhslothian.scot.nhs.uk](mailto:Allan.Benzies@nhslothian.scot.nhs.uk) or call 07713 088 010



# Get your Jab in first! Don't get floored by flu!



Catherine Calderwood, Chief Medical Officer for the Scottish Government



Alex McMahon, Director of Nursing Midwifery and AHPs



Tracey Gillies, Medical Director

**Our staff and patients are important to us, so being safe and well this winter is crucial! We're asking all NHS Lothian staff to please protect yourself and those around you by making sure you've had your flu jab. This year we have seen the flu have a bigger impact in Australia than expected and there is concern we could see the same here.**

Catherine Calderwood, Chief Medical Officer for the Scottish Government, said: "Healthcare workers have a professional responsibility to protect the patients they care for." Catherine also pointed out that: "Healthcare Workers have an additional exposure

risk for influenza compared to the general population, given they are more likely to come into contact with people infected with flu." Tracey Gillies, Medical Director, who got her flu jab in early October, said: "It's important to get the flu vaccine to protect yourself, your patients and your family."

To find out where your local clinics are, go to the intranet and click on the big flu banner. You'll also find links to the CMO letter. If you can't get online, your manager should also be able to help you find your local clinic.

So be a fighter and get your jab in first! [#GiveFluTheJab](#)

Care and Compassion

## Ferryfield House anniversary

Staff at Ferryfield House celebrated the site's 21st anniversary, by throwing a party on both Rowan and Willow wards. Staff, relatives and patients all got together to mark the occasion.

The day's events kicked off in the morning with the activity coordinators of Ferryfield

House, Ailsa Harkess and Hannah Moncrieff, making a speech about the history behind Ferryfield House. They then presented their longest staying residents and longest serving members of staff with flowers. Celebrations continued into the afternoon with both wards throwing a

party with entertainment and a special menu for the relatives and residents.

The occasion marked the coming together of everyone and a fantastic day was had by all.

Teamwork



# NHS Lothian is keeping the wheels turning through its Facilities services

**NHS Lothian received national recognition at this year's Health Facilities Scotland Conference Excellence Awards on 2nd and 3rd November.**

Winners of these national awards have led to improved, lasting and replicable outcomes in healthcare provision for patients, local communities and staff.

Receiving this year's Sustainable Leadership Award was Iain Sneddon. Through his role as Area Manager for pan-Lothian Facilities Services, he has complete responsibility for NHS Lothian's transport and fleet activities.

The Facilities Innovation Award was presented to NHS Lothian's Flow Centre. The Flow Centre is a patient-focused, centralised service developed to support the movement of patients across adult

acute sites within NHS Lothian.

Jim Crombie, NHS Lothian's Deputy Chief Executive congratulated the winners and finalists by saying: "Huge congratulations to Iain and the Flow Centre team for achieving national recognition at the Health Facilities Scotland Awards."

"I am delighted their work is being acknowledged as best in the country."

Our Facilities teams work extremely hard to provide the services and support that wrap around our clinical teams. Without these teams working in



Iain Sneddon



Flow Centre Team

collaboration with other services across all our sites and services, we couldn't provide the high quality of care our patients receive on a daily basis."

## NHS Lothian Awards

Andrea Wood, a specialist physiotherapist in Intensive Care at the Royal Hospital for Sick Children, has scooped the Therapist of the Year title at the Scottish Health Awards 2017. She was awarded the prestigious accolade at a glittering ceremony at the Corn Exchange in Edinburgh on 2 November. Andrea was nominated by the mum of six-year-old patient Poppy Smith, after she helped the little girl get back on her feet following a serious illness.

On the same night, NHS Lothian's Rapid Response Team won a Community

Mental Health Nursing Award in the Mental Health Nursing Forum Scotland (MHNFS) Awards 2017.

The team was also named Overall Award winners in the MHNFS Awards, presented for Outstanding Achievement and selected by judges from the winners of the seven award categories. The awards were presented at the Forum's national conference and awards ceremony at Abertay University, Dundee on 2 November.

Last but not least, Catherine Fergus-Allen, Perinatal Mental Health Social Worker,

has been recognised as the Mental Health Officer (MHO) of the Year 2017.

The Wilma MacDonald Award, named in honour of an exceptional MHO who was well known across Scotland, is awarded annually to an equally exceptional professional in this complex area of social work.

The Award was presented to Cath at the Annual MHO Forum Study Day at Murrayfield, Edinburgh on 4 October.

Huge congratulations to all!

# Team Simpsons

**There's something big happening in the Simpson Centre for Reproductive Health at the RIE.**

What began as two members of staff running in the Edinburgh Marathon Festival has grown to an incredible team of 103 members of staff, family and friends, 'Team Simpsons' (and still recruiting). The whole unit has come together and the team is made up of midwives, obstetricians, anaesthetists, pathologists, pathology technicians, students, administration and support staff. They are running various distances over the two day festival and have runners entered in every race, including all the junior events.

The team are running to raise funds for SANDS Lothians who are a local charity which provides support for families who've experienced the death of their baby. The funds the team raise will be reinvested into the Simpson Centre for Reproductive Health to improve the care of bereaved families across Lothian and support for staff.



Teamwork

Team Simpsons have set a target of £10,000 and are working hard towards achieving this. They've a number of fund raising events planned, including a race night at Duddingston Golf Club on 26th January and an Easter bake sale to be held in the main mall of RIE on 29th March.

Please visit their just giving page:  
<https://www.justgiving.com/fundraising/team-simpsons2>

## Science Training School Senior Phase Programme 2015-2017



L – R: Callum Cox; Calum Davidson; John Walker; Lara McQue; Mya Gillies; Gemma Bennett; Lauryn Thomson; Cameron McLeod

Congratulations to a group of West Lothian students who graduated in October from the Science Training School, with the HNC Applied Science.

The students have attended the Science Training School over a two year period to complete the science based Senior Phase programme.

The 2 year programme, which is offered to all S5 West Lothian pupils, is a flexible programme which gives students the opportunity to achieve the National Progression Award in Science in Year 1 and, if they wish to continue to year 2, the HNC Applied Science.

The Science Training School is the result of a formal partnership between NHS Lothian's Department of Laboratory Medicine and Fife College, and training takes place in a bespoke facility at the laboratory suite within St John's Hospital.

Diagnostic laboratories and experienced scientists are always on hand, and students get the chance to interview a variety of private and public sector companies. This means they are exposed to a tailored blend of specialised skills to prepare them for careers within the NHS and Science sectors.

Well done to all!

Quality

## Chalmers Centre given further contract to run UK Clinical Effectiveness Unit



Well done to the Sexual and Reproductive Health Services for being awarded a second term to run the UK Clinical Effectiveness Unit (CEU). The unit is based in the Chalmers Centre and during their 2015-17 contract they developed 10 evidence-based guidelines, 25 clinical statements, 2 new product reviews and have answered over 950 requests from clinicians for literature reviews to support clinical-decision making. The team have received widespread national praise for the high quality of their work which supports doctors and nurses across the UK working in sexual and reproductive health, mainly based in primary care.

To contact the CEU please phone 0131 536 3831 or email: [CEU.Chalmers@nhslothian.scot.nhs.uk](mailto:CEU.Chalmers@nhslothian.scot.nhs.uk)

Quality

# Recognising our staff's hard work

## A note from Alex Joyce, Employee Director

We'd all love to think that at this time of year there is less demand for our services but unfortunately this isn't the case and can actually be quite the opposite. However our staff never fail to impress me! Many of our staff sacrifice time with their own families, even Christmas and New Years day, to be there for their patients.

I go on the Scottish Safety Programme walk around, so I get to see most parts of the organisation over the course of the year and the one thing that comes through every time is the absolute dedication of our staff, even when the situation could be better.

We have great events like Celebrating Success, however, I believe this is just the tip of the iceberg. Many of our staff wouldn't put themselves forward as they think they're "just doing their job." However, their hard work and sacrifices deserve recognition! There are staff from porters to domestics, to catering workers, to nurses and surgeons that are all part of the greater NHS Lothian team and each one plays a specific part in that machine. Without each part, the machine wouldn't work!

So I guess to finish off, I'd like to say that although we don't get to recognise every



single person individually we do recognise and appreciate everyone's hard work, particularly at this time of year.

Many thanks  
**Alex Joyce**

## Recognition for our staff

# "Friendly, reassuring, efficient and thorough"

Posted by ggemm (as a service user), last week

I went to A&E at the Royal Infirmary of Edinburgh in the early hours one morning as I thought that I had the symptoms of a minor heart attack.

It turned out that I had had an anxiety attack, which I have never had before.

The staff and their service was faultless. They were friendly, reassuring, efficient and thorough.

I would like to say thank you to everyone who helped me, and how privileged we are to have such an outstanding service in the NHS.



**Dionne** ❤️  
@dionnemcfx

@CareOpinionScoc @NHS24 @NHS\_Lothian I'd just like to say a big thank you to the person who took my call today when I phoned NHS24 and got me seen at out of hours. Also the emergency nurse/practitioner thanks for being so understanding #endendo #endometriosisawareness

Openness,  
Honesty and  
Responsibility



**Iain Thom**  
@highlowlandlad

Thx @NHS\_Lothian my ankle examined, x-rayed and dealt with, all within an hour at the minor injuries clinic today. Great service.



**Stella Chan**  
@StellaWYChan

I haven't met any doctors and nurses kinder or better than ours at @NHS\_Lothian Thank you.



**Gordon Macdonald MSP**  
@GMacdonaldMSP

Thanks for all the best wishes. My thanks to the staff at the @NHS\_Lothian Western General for looking after me following my surgery and prolonged stay in hospital. On the road to recovery thanks to their skill and care.

Care and Compassion

# Playlist for Life Personal music for dementia



Playlist for Life have developed an exciting free app with support from the Edinburgh & Lothians Health Foundation (ELHF). Have you ever listened to a song you haven't heard in years and are automatically transported back to a moment in your life? Well that's exactly what the Playlist for Life App is designed to do!

In the case of people suffering from dementia, music has shown to have a dramatic effect. It reminds them of a point in their life, whether it's their favourite song, a theme from a TV show, a song from their wedding or a song their children used to love. Music can soothe or even stimulate the mind.

Using the App's Musical Detective you simply create your loved one's playlist and fill it with uniquely meaningful music, which they can then listen to at any time via an iPod or similar device.

Jane Ferguson from ELHF said: "When we first funded developing personal playlists for patients of the Royal Edinburgh, Midlothian and East Lothian Community Hospitals, we could see the potential for benefiting people living with dementia in the community, which aligns with our own aims of using the arts to improve health and wellbeing."

To find out more go to [www.playlistforlife.org.uk](http://www.playlistforlife.org.uk)



# Hibs supporters get chance to remember absent friends



## A project designed to give Hibernian supporters a chance to remember loved ones was met with great success – with more than 500 fans taking part.

The club again worked with 'To Absent Friends', giving supporters the opportunity at November matches, to pay tribute to mothers, fathers, brothers, sisters and family.

'Absent Friends' pages were available in the home stand concourses for supporters to write their messages of remembrance, or photo tribute.

Jeanette Byers, Project Support Manager for the Health Promoting Palliative Care Project, who helps organise the Absent Friends event, said: "We were amazed and very moved by the overall response. It shows the way in which football is a unique part of people's lives.

"The important part the football club plays in the lives of families and the community was obvious from many of the messages. We are very pleased that Hibernian has engaged with us because this has shown how people can come together and share their personal experiences of grief. Talking about bereavement, death and dying helps us to recognise what is important to us as individuals. It highlights the importance of planning ahead: make a will, arrange Power of Attorney, have 'that' conversation with those close to you. Further information can be found at <https://www.goodlifedeathgrief.org.uk>."

Dignity and Respect

# What is Lothian Quality?



Quality

NHS Lothian has chosen to tackle the long-term challenges of rising demand, rising costs and limited resources in healthcare by making quality the focus of how we run our services. Whether you call it Quality Improvement, QMS or Lothian Quality, it's what it's about that's important.

It's about developing a supportive organisational culture, developing capacity and capability of our staff to deliver constant improvements in the quality of services we provide to people. A huge part

of this is us understanding what does and doesn't work well. "If you can't measure something, you can't understand it. If you can't understand it, you can't control it. If you can't control it, you can't improve it."  
— H. James Harrington

When asking our Chief Executive Tim Davison what it means to him he said it's about "distributed leadership, where local clinical leaders feel, not just empowered but also enabled and supported to experiment and to innovate."

There are many teams in NHS Lothian already adopting the Quality methodology including the Mother & Baby Unit in St John's. Watch a short video to find out about what they do and hear directly from one of their former patients about her experience. Find it on the intranet by going to Lothian Quality > Latest News and clicking on MBU video.

## Competition

### Slanj are offering one lucky winner one free Kilt hire!



SLANJ  
SCOTLAND

Slanj offers the most popular bespoke kilts, made-to-measure tartan trousers and finest kilt jackets in Scotland, as well as a wide range of amazing accessories handpicked by their experts!

They offer the best Full Kilt Package in Scotland and have been doing so for decades. With Slanj you will have a stylish fresh look which you will be proud of and they will make sure you look remarkable, down to the smallest detail.

This festive season, NHS staff can take advantage of Slanj's corporate offer for staff nights out, getting 50% off kilt hire for the whole department if you book together!

Also, all year round, Slanj offer 20% Off Hire Service & 10% Off All Sales, Full Kilt Packages and Made-to-Measure kilts.

To view more details of this, register now with [www.nhsstaffbenefits.co.uk](http://www.nhsstaffbenefits.co.uk)

**Questions: "If you won, what occasion would you wear the kilt at?"**

**Email all competition entries with your answer, name and phone number to:**

[lothian.communications@nhs.net](mailto:lothian.communications@nhs.net) or send to:

**Communications Department, NHS Lothian, Waverley Gate, 2-4 Waterloo Place, Edinburgh EH1 3EG by 10th January 2018.**

## Winner of the Escape Competition

Holly Buchanan, Radiology Department, Western General Hospital.