

# CONNECTIONS

THE MAGAZINE OF NHS Lothian



CELEBRATING

INFORMING

ENGAGING

SUMMER 2025

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## Welcome to your Summer edition of Connections Magazine.



If you have a story that you would like to be considered for a future edition of Connections Magazine, please share the details with the Communications Team by emailing: [lothian.communications@nhs.scot](mailto:lothian.communications@nhs.scot).

## Let's Talk!

By Chief Executive  
Caroline Hiscox



One of the best parts of my job is getting out and about to meet you where you work. I am always impressed by the positivity I encounter but I also know there are real challenges every day. That is why I am arranging a series of open Town Hall style meetings to be held across NHS Lothian's sites in the coming months.

I want to hear firsthand from you about the things that matter to you; what's working and what isn't, what you'd like to do more of, or what changes you want to see. I'll tell you a bit about the things on my to-do list and I'm sure you'll add to them. I'd like the opportunity to hear your questions too and promise to answer as many as I can on the spot.

So please look out for the dates and hope you see you soon!

Caroline Hiscox

## Good Deed Feed:

Celebrating the little kindnesses that take place across our services



I would like to thank Mairi Johnston at Liberton Hospital for her kindness and support which ensured that our training session could go ahead. Without this we would have had to send all the participants away. Mairi portrays the NHS values in action. Thank you from the Quit Your Way Pharmacy Assist Team.

**Diana, Tobacco Control Project Manager**

I would like to thank Tracy Latimer, CAMHS Medical Secretary for all the work she has done to enable the CAMHS In-Patient Unit MDT to embed the In-Patient Unit Patient Pathway. Tracy's oversight and care really supports the clinical team and ensures that the young people's care and treatment is delivered in a timely manner by the right people at the right time and in the right place. **Alley, CAMHS Nurse Consultant**

I want to give my thanks to everyone in the Lothian Birth Centre team – Midwives, Clinical Support Workers, Maternity Care Assistants, Clerks, Domestic staff and students. Every day they strive to give gold

standard maternity care to all the families, birthing people, mums and babies. Thank you all - they are amazing and make a fantastic team. **Fiona, Charge Midwife**

I'd like to say a special 'thanks' to Toby Kunkel. Toby has always been incredibly kind and supportive to the team, very knowledgeable and is always going above and beyond for patients, staff, teams and services - it hasn't gone unnoticed! Thank you, Toby, for spreading joy. **Nicole Dron, Stroke Nurse Practitioner**

I would like to thank Angela Kerr, Medical secretary & Rebecca Fyans, Charge Nurse who both work in the CAMHS Melville Unit and In-Patient Unit for making the reception area more welcoming for children, young people and their families who come to the unit for care and treatment. We now have a lovely welcoming reception area and age-appropriate resources. Thank you! **Alley, CAMHS Nurse Consultant**



# What does it take to move a hospital?

**Almost all of us will experience moving house at least once in our lifetime and know just how much work is involved. If you thought moving house was complicated, imagine the complexities required to move a hospital!**

In September 2024, investigations revealed the need for substantial work to be undertaken at the Princess Alexandra Eye Pavilion (PAEP), which required our services to vacate the building in a matter of weeks. From moving specialist equipment to rearranging patient appointments, relocating patient records to setting up clinics in other settings, the amount of work required was enormous.

Andy Mackay, St John's Hospital and PAEP Site Director explained, "The PAEP housed over 180,000 sets of patient notes, requiring over 1km of shelving! Alongside this there were over 180 items of medical equipment, many of which are incredibly delicate. The planning required to relocate these things alone is huge, but alongside the physical items, there was the vital task of ensuring patient appointments could be rescheduled with as little disruption as possible,

and that staff were supported as they too were relocated to other working environments."

Earlier this year, as the essential works neared completion, a group of staff once again came together, with representatives from key areas including Capital Planning, Estates and Facilities and Medical Records alongside staff from the Clinical Ophthalmology services, to begin the mammoth task of planning for the return to the PAEP building.

Andy added, "While thankfully we had much more time to plan for the return of services, the work involved has been just as complex. Despite this, it has been incredible to see so many people come together, seamlessly, to develop comprehensive, well-thought through plans that really do keep our patients at the forefront."

Jim Crombie, Deputy Chief Executive, NHS Lothian said, "I would like to thank all PAEP staff for their professionalism and ongoing commitment to our patients during what has been an unsettling time. Our teams have delivered two moves in less than a year, with as minimal patient disruption as possible. I am immensely grateful to and proud of everyone involved."

## Dr Olivia Swann: Connecting healthy children with healthier homes

**"Homes are the living environment that dictate our future health" Professor Sir Michael Marmot, University College London**

On 1 May, Dr Olivia (Livvy) Swann and colleagues from the University of Edinburgh welcomed over 100 delegates to the Usher Institute, part of the College of Medicine and Veterinary Medicine, to an event designed to showcase research and foster collaboration between NHS Lothian, health professionals, public sector policy-makers and industry partners.

Dr Swann combines being a Senior Clinical Research Fellow at the University of Edinburgh with her position as an Honorary Consultant in Paediatric Infectious Diseases and can be found on the wards at the RHCYP as well as in the Usher Building on the BioQuarter campus.

The event opened with a short speech by Dr Mhairi Stark, on behalf of the Royal College of Paediatrics and Children's Health (RCPCH) in Scotland before guests heard from a range of speakers and panels discussing topics including how access to different sources of data

has the ability to prevent repeated respiratory infections in young children, along with the lived experience of children and their families who gave compelling accounts of how living in a home that is difficult to heat affects their health and everyday life.

Dr Swann said, "We were blown away to be joined by 130 people from over 50 different organisations at the Healthy Homes, Healthy Kids event. This is a real testament to how strongly people feel about this topic and the desire for change across many sectors."

To find out more about the Homes, Heat and Healthy Kids study visit [usher.ed.ac.uk](https://usher.ed.ac.uk)



# NHS Lothian's vital role in global disease monitoring and response

The ease of international travel means that people can move around the world more easily, but with that, disease can also spread quickly. We saw this most acutely with the COVID pandemic, as countries across Europe confirmed cases, and closed their borders in an attempt to control the spread of the virus.



Bringing together researchers from across NHS Lothian, the University of Edinburgh and partners in academia and industry, both nationally and internationally, the Clinical Infection Research Group (CIRG) supports and facilitates valuable infection research.

One of the most recent developments for the group has been joining GeoSentinel, a global surveillance network tracking infectious diseases and other travel-related health issues among international travellers and migrants.



Dr Oliver Koch, NHS Lothian Consultant in Infectious Diseases, Consultant at the Clinical Infection Research Group and Lothian GeoSentinel Site Director said, “We are delighted to be the first site in Scotland, and the second site in the UK, to work with GeoSentinel. This partnership will provide our teams with valuable insight, as well as further enhancing our skills and knowledge. Crucially, it enables NHS Lothian to play a pivotal role in global health security.”

By participating, NHS Lothian will help to strengthen global disease monitoring and response, enhancing Scotland's ability to detect and manage infectious disease trends linked to travel and migration.

As part of this collaboration, clinicians in the Regional Infectious Diseases Unit (RIDU) are now sharing anonymised data with GeoSentinel. This data, alongside data from other partners, is analysed, with key patterns or indicators flagged through an alerting system. The data will also support specific research projects, which aim to further enhance the global understanding of infectious disease. Through this work, global public health authorities and health care practitioners are being provided with actionable data, as well as greater access to information relating to the scientific understanding of epidemiology, risk factors and clinical outcomes of travel- and migration-related health hazards.

CIRG will be working to develop processes that will enable clinicians across Lothian, for example within Primary Care or at our Emergency Departments to easily and quickly log relevant data, and in doing so, further enhance our contribution to this valuable work.

In the interim, healthcare professionals are encouraged to support this initiative by notifying the research team ([loth.riduresearch@nhs.scot](mailto:loth.riduresearch@nhs.scot)) of patients with possible



travel-related illnesses. Clinicians can simply email the research team with a CHI number, if a patient has crossed an international border within the past 10 years and presents with a suspected travel-associated infection or condition.

For more information about GeoSentinel visit <https://geosentinel.org>.

## About the Clinical Infection Research Group

The Clinical Infection Research Group (CIRG) is chaired by Meghan Perry and lead research nurse Amy Shepherd and its activity is continuously growing. Its membership now includes a dedicated team of research nurses, a clinical trials assistant, research fellows and 14 active Principal and Sub-Principal Investigators. CIRG provides training and research opportunities for a wide range of doctors, nurses and allied health professionals.

CIRG's research portfolio is diverse and represents the broad infection interests of its members. Key highlights include vaccine development, investigating medicinal products that harness the immune system to treat HIV and optimising therapies in infectious diseases with high morbidity and mortality.

CIRG also provides valuable insight and expertise to support research in other areas and encourages clinicians and researchers to get in touch.

For more information about CIRG, visit their webpage: <https://apps.nhslothian.scot/cirg/> or email [loth.riduresearch@nhs.scot](mailto:loth.riduresearch@nhs.scot).

### Vaccine development

Following on from being a key collaborator in the Oxford AstraZeneca vaccine trial, CIRG has continued to support several Influenza and COVID vaccine trials including Moderna's Fluvent mRNA vaccine trial in 2024.

### Investigating medicinal products that harness the immune system to treat HIV

Having historically undertaken multiple clinical trials for HIV treatments, CIRG has continued to be involved in multi-centre trials now investigating innovative approaches to HIV, including using antibodies and immune cell receptors to suppress or eliminate viral reservoirs.

### Optimising management of potentially fatal infections

CIRG collaborates internationally to improve management of infectious diseases such as bloodstream infections with *Staphylococcus aureus* where an adaptive platform trial is assessing different antimicrobial approaches and *Clostridium difficile* where a novel treatment using bacterial consortia has been established to explore if it can prevent recurrence.

## Enabling positive staff experience and delivering great patient care

We recently welcomed our new Director of People and Culture, Tom Power, to NHS Lothian. Tom has worked in the NHS for over 20 years, and has a strong background in organisational, leadership and workforce development. We spoke with him to learn more about his role and get to know him better.



### Can you summarise your role?

It's my job to lead on our work to maintain a sustainable workforce, develop a healthy organisational culture, improve staff experience, and support colleagues' health, safety and wellbeing.

### Can you describe what your day-to-day job looks like?

No two days are the same, and I have been enjoying getting to know our services and the people who work in them. Part of my job is shaping national approaches to issues that affect employment and the workplace, which directly affect NHS Lothian and our Health and Social Care Partnerships. I also oversee responses to concerns raised via Speak Up, whistleblowing and complex employment issues.

### What are you most looking forward to in your role?

Exploring how we can create environments where colleagues can thrive at work whilst also delivering any changes to meet the evolving needs of patients and service users. If you see me around, please say hello - it's very important for me to hear about what matters to you, what works well, and what could be better.

Ultimately, it's my priority to help enable positive staff experience which leads to great patient care.



# Cultivating wellbeing: Meet NHS Lothian Charity's Nature Rehabilitation Rangers

NHS Lothian Charity's Green Health Team is dedicated to supporting NHS Lothian staff and patients to connect with nature, through their own activities and initiatives on sites, as well as collaborations with a growing network of third sector organisations. Their Nature Rangers are the latest addition to the team, working with partners on site to support wellbeing and increase awareness of biodiversity loss. Their goal is to harness the power of nature to help people and the planet. Understanding the positive relationship between our natural environment and good health has never been better, and the Rangers' work is unlocking this for NHS Lothian staff and patients.



## Meet the Rangers

Aisling Murphy and Lou Evans joined the Charity last August as Nature Rehabilitation Rangers for Astley Ainslie and the Royal Infirmary of Edinburgh respectively. Inspired by the strong evidence of the positive impact of nature on both physical and mental health, Aisling and Lou are dedicated to maximising the potential of the green spaces around hospital sites and delivering these benefits directly to staff and patients. Their work involves:

- **Facilitating Therapeutic Activities:** Collaborating with clinical teams to design and lead nature-based activities for individuals and groups, both indoors and outdoors.
- **Enhancing Green Spaces and Improving Biodiversity:** Working closely with the Grounds and Gardens teams to implement practical conservation projects that not only boost biodiversity but create more welcoming and therapeutic environments for everyone.





- **Empowering Staff:** Sharing their expertise and passion for green health, Aisling and Lou will support staff on ways they can easily integrate nature into the everyday hospital experience; both for patients and themselves.
- **Connecting with the Community:** Building partnerships, developing relationships and engaging volunteers to bring valuable external expertise, resources and support to hospital sites, extending the reach and impact of the programme.

## Making a difference

The positive effects of these roles are already being felt.

At the Astley Ainslie Hospital, Aisling has been working to diversify the landscape as the site adapts and changes to future uses. From vibrant wildflower meadows and orchard maintenance to individual and group walks round the grounds and bird ID sessions, there are lots of activities underway to support patients, staff and volunteers connect with nature, relax and recharge.

During a mindfulness session with Lothians and Edinburgh Abstinence Programme (LEAP), who are based at the site, one participant commented,

"[It] makes me feel good about myself. [My] mental health is so much better", with another patient stating, "I loved being outside today, the fresh air, the sunlight, the peace, sense of wellbeing and being in the moment. Brought back memories of gardening, I forgot how much I enjoyed it."

At the Royal Infirmary of Edinburgh, Lou has been focusing on establishing regular activities for staff. From festive garland making to nature walks around the site and windowsill growing, she's demonstrating how simple practices can help reduce stress, improve focus, and enhance overall mental and physical wellbeing in this busy acute setting.



One staff member said, "It was nice to switch off for a bit, especially on the back of high pressure/demanding work that can sometimes just feel like firefighting."

## Nature near you!

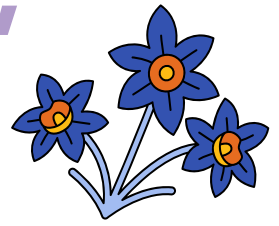
This work is not limited to the two sites where the Rangers are based. The Charity's Green Health Team is also working with the RSPB at the Western General Hospital, The Conservation Volunteers at St John's Hospital and the Cyrenians at the Royal Edinburgh and Midlothian Community Gardens. In community settings, this work is supported by Sustaining Dunbar and the Edinburgh and Lothians Greenspace Trust.

If you want to find out if there is a project near you or are looking for ideas and activities, you can find out more on the Green Health website: [greenhealth.nhslothiancharity.org](https://greenhealth.nhslothiancharity.org).





# It's a 'Gardeners' World' for Lothian LUCS GP



**It is estimated that around 27 million Brits enjoy gardening as a past time. One of those people is LUCS GP, Libby Webb, whose city garden has led to connections with strangers, magazine coverage and even a television feature.**



Libby grew up in rural Suffolk, where her parents embraced a slice of the 'Good Life.' Her early memories include gluts of marrows, a drive towards self-sufficiency and an array of lawnmowers.

Fast forward to today and Libby's own Edinburgh garden has been designed to maximise the relatively small space she has, a lush paradise in the city filled in abundance with plants. A haven for wildlife, even the unwanted kinds, which has led to a range of exciting opportunities.

Most recently, Libby's garden featured on the BBC show *Gardeners' World*, an opportunity

that came about after her posts on social media were spotted by the team's researchers.

For Libby, though, gardening is not just a hobby, but a meaningful activity that supports her physical and mental health. Libby explained that gardening offers so many benefits, not just physical exercise. By engaging in dexterous activity, it helps to quieten the noise of our busy lives, momentarily taking us away from our worries and concerns.

Libby is also highly interested in the impact of greenspace, whether that's within our own gardens or communal spaces such as the ones

we have across many NHS Lothian sites or indeed the parkland areas across our region. Many studies have explored the benefits of noticing 'awe', intentionally looking for awe-inspiring things in nature; the iridescence on a bird's feathers, a spider's web glistening in the morning dew or the vibrancy of a flower in full blossom. Libby explained that by intentionally looking at awe inspiring things in nature, it has been shown to have significant benefits on people's mood, as well as fostering increased levels of community spirit.

For Libby, these benefits have huge scope to support population health and wellbeing. But how do we encourage more people to get involved? For Libby, the answer is obvious – 'don't be afraid to try'. Whether it is pots on a balcony, houseplants, herbs on your kitchen windowsill or developing your own outdoor space – there are options for everyone.

In NHS Lothian, we are lucky to have greenspaces across many of our sites, spaces that are embraced by staff and patients alike. NHS Lothian Charity has supported many teams to enhance these spaces through their funding. If you are interested in enhancing a greenspace in your area, find out more by visiting <https://nhslothiancharity.org/apply-for-funding/>.

To discover more about Libby's garden, you can follow her on Instagram - [@docleaves](https://www.instagram.com/docleaves), the episode of *Gardeners' World* in which she features is still available on BBC iPlayer (2025 Series, Episode Two). Libby's garden is also open as part of the Scotland's Open Garden Scheme, visit <https://scotlandsgardens.org/> to find out more.



# Decades of dedication: NHS Grounds Team celebrate long service and Green Flag award

**In the last edition of Connections Magazine, we celebrated the exciting achievement of the Royal Edinburgh Hospital (REH), as they once again received the Green Flag Award.**

In 2022, the REH became the first NHS site in Scotland to gain the Green Flag Award. Maintaining the award, three years in a row is testament to the hard-working Grounds & Gardens Team, NHS Lothian Charity's Green Health Team and the embedded Third Sector partners on and off the site, who work with patients, visitors, staff and the wider hospital community.

Ewan Duff is Team Leader for the NHS Lothian Grounds and Gardens Team based at the REH, Astley Ainsley Hospital, Lauriston Buildings, PAEP and Chalmers Centre. Ewan is rightly proud of his team for their achievements. The total area of sites that they look after is close to 100 acres. The team maintain the lawns and wildflower areas, and look after the main planted areas, pruning and maintaining these as well as re-planting where possible. During the Autumn and Winter months, the team do a very important 'hidden' job of making the sites safe for hospital communities, by removing fallen leaves and dealing with the frost, ice and snow. The team will check Met office alerts, sometimes coming into work at 2am to grit and prep the sites ready for the start of the working day.

The team's aim is to create as enjoyable and safe an environment as possible for patients, staff and visitors as well as creating a healthy habitat for wildlife.

Ewan's Grounds and Gardens Team is made up of quite a few long service members. One member of staff, Keith Baird, has been part of the team for over 30 years and his invaluable knowledge and experience is used to maintain and look after the team's machinery and equipment. This year's Green Flag was raised by another long-standing member of staff; Jim Goudie (pictured right with Ewan Duff), who is retiring after 25 years of service. Jim has planted many of the daffodil bulbs you see across the various sites.

An important element of the Green Flag Award is engaging with local communities, and this is actively encouraged across NHS Lothian sites. The much-loved REH Community Gardens is run by the Cyrenians with their own dedicated volunteer gardening

team, as well as many different volunteer groups. Other third sector groups include The Conservation Volunteers, Artlink, Edinburgh and Lothians Greenspace Trust and the Edinburgh Botanicals Outreach Team, among others. Importantly, the REH is one of the few hospital sites in the UK where patients are supported to volunteer on site, with many helping to look after the greenspaces, including planting trees on the site.

The physical and mental health benefits of connecting people and greenspaces have long been understood and the evidence base is established and growing. NHS Lothian Charity's Green Health programme works in partnership with NHS Lothian and third sector partners to make sure the 80 hectares of greenspaces that NHS Lothian has benefit patients, visitors, staff and communities, as well as helping to fight climate change and biodiversity loss.

Find out more:

<https://greenhealth.nhslothiancharity.org/>



# From the Archive: the benefits of green



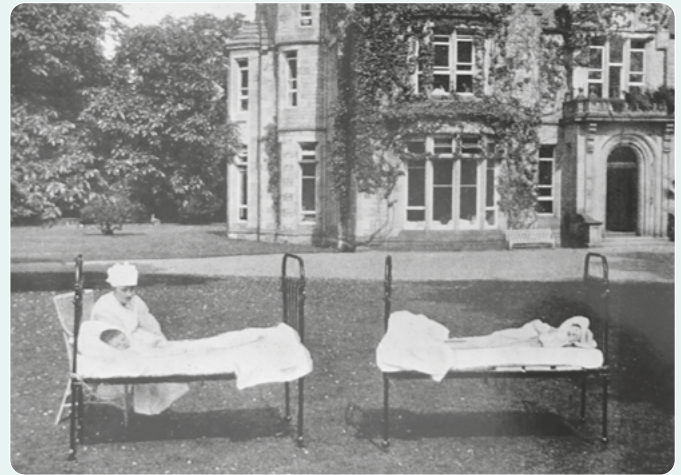
**Lothian Health Services Archive (LHSA) holds numerous collection items that explore the benefits of green and open-air spaces. From outings across the Forth to hospital grounds used as community gardens or for rehabilitation, green spaces have been historically instrumental to patients' physical and mental health.**



**Horses ploughing: A group of men and women work a horse-drawn potato harvester in Polton Farm Colony, c. 1900-1920 (P/PL41/TB/015).**

The Morningside Mirror (<https://openbooks.is.ed.ac.uk/> and search 'Morningside Mirror') was a periodical published by the Royal Edinburgh Hospital's predecessor, the Royal Edinburgh Asylum. In its pages, readers can find contributions on hospital outings, general articles, and poetry. The July 1891 issue opens with a lengthy account by an anonymous patient detailing a trip to Falkland in Fife. Amongst the many recollections, the author recalls that 'under a clump or avenue of fine old trees near its midst, we prepared our camp or picnic ground, so enjoying the verdant shelter, the noble prospect of the fields around, and the grand sight of East Lomond hill or mountain towering above us far into the sky of dazzling blue and white'. The author's emotional input regales the reader with an immersive narrative showcasing the positive impact of green spaces on their well-being.

The REH collection contains an information sheet of the 1984/86 Sprout Market Garden project, which offers insight into how people with lived mental health experience connected with the community. Set up in January 1983, this was a horticultural project sponsored by the Scottish Association for Mental Health. Its main aim



**Two small children in beds accompanied by a nurse in Southfield Sanatorium, c. 1920-1930 (P/PL41/TB/052).**

was to rehabilitate and support patients who intended to return to full-time employment and sought real work experience. The project offered part-time and full-time opportunities to 30 unemployed individuals for up to one year.

The threat of tuberculosis in Lothian in the late 19th and early 20th centuries resulted in the creation of specialised hospitals, or sanatoriums, such as East Fortune Hospital, Southfield Sanatorium, and Polton Farm Colony. The latter was linked with the Royal Victoria Hospital as part of the Edinburgh Scheme to prevent, detect, and treat TB. It provided work for recovering or cured patients in an environment suitable for their health. Patients admitted to these institutions stayed for several months and received the only known treatment before the development of antibiotics in the 1940s: exposure to fresh air, with outdoor beds and shelters. As a patient's condition gradually improved, exercise and occupational therapy were introduced. For instance, patients would get involved in gardening or harvesting.

If you want to know more about the work and collections of the LHSA, please email the team at [lhsa@ed.ac.uk](mailto:lhsa@ed.ac.uk).



# NHS Lothian's Bereavement Service supporting staff across Lothian

It has been a busy but rewarding start to 2025 for NHS Lothian's Bereavement Service. After achieving the prestigious Bereavement Charter for Scotland (Workforces) in March, they have been working hard to build on this success.

Recognising that good bereavement care is everyone's business, the team have been developing training, resources and information that has not only been implemented within their own team but can be rolled out across the entire organisation.

Supporting a staff member after they have experienced a bereavement can be difficult, we might not know what to say, what to do, and don't want to upset them. This was one of the key findings in a survey carried out in 2023. The survey highlighted amazing examples of good care from line managers, teams and colleagues but also put a spotlight on areas where we can improve. Out of 745 responses, 61% reported that their line manager never spoke to them or asked them how they were on returning to work.

Returning to work after a bereavement is difficult but it's even more difficult when you work in a healthcare setting. You have constant daily reminders of your bereavement such as returning to work in a place where a loved one died, seeing staff members involved in a loved one's care, the noise of certain machines or seeing relationships in the people you meet that resonate with you. For some of us, being in work may be the only form of support that we have. We may not want to let our family or friends know that we are struggling to come to terms with our loss, so it is important we try to create a culture where we can talk openly about grief.

The Bereavement Service developed an initial action plan of resources and presented this to a group of around 20-line managers for feedback. Incorporating this, the resources were further developed and will be implemented throughout 2025. These include an intranet page to support line managers and staff, improved referral routes for someone needing support, a support group for bereaved staff and training for managers.



As well as improving support for managers and staff, the Bereavement Service aims to assist other teams across NHS Lothian in achieving the Bereavement Charter. Work is already under way supporting Spiritual Care and ICU at St John's Hospital. The team will be working with other areas, focusing on improvements that can be made and helping teams to recognise what good bereavement support looks and feels like.

# Spotlight on Lubna Kerr, CVR Clinical Pharmacist Specialist

**One of our dedicated pharmacists, Lubna Kerr, who has worked in NHS Lothian for nearly 35 years, was recently honoured with the opportunity to present at the Royal College of Physicians of Edinburgh (RCPE). We caught up with her to learn more about her role and the focus of her presentation.**

## **Tell us a little more about your role?**

Since 2007, I have been running cardiovascular risk clinics (CVR) for people with diabetes who also have high blood pressure and high cholesterol, based at both the Western General Hospital and St John's Hospital. I really value the opportunity to build relationships with my patients and take a holistic approach to their care, supporting them in managing their health.

## **In your previous role you supported patients who may be classed as hard to reach, why do you think it is important to have roles like that?**

I wanted to make our service more inclusive for those who don't speak English as a first language and who may struggle with health information. I wanted to break down those barriers and make sure everyone had equal access to care. Ethnic minority communities are at higher risk of

developing type 2 diabetes, often due to lower levels of vitamin D compared to their countries of origin. My work in this area was recognised with a DAWN Award, which was a real honour.

## **What is your favourite thing about working in NHS Lothian or in your role?**

The best thing about my job is being able to help patients with their health journey. It's incredibly rewarding to empower patients to take ownership of their wellbeing and put in place realistic goals, whether that's improving their diet or becoming more active. I particularly enjoy using my NLP (Neuro-Linguistic Programming) skills to help guide those conversations.

## **Tell us more about your presentation at the Royal College of Physicians Edinburgh (RCPE)?**

It was a real honour to be invited to speak on the topic of hypertension, especially as it's usually doctors and professors who are asked to present. I hadn't realised it was an international event, so I was thrilled to learn that over 190 people from around the world attended. My talk was scheduled for 25 minutes, but I could easily have spoken for 40, as I explored hypertension guidelines from across Europe.



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**The 2025 Celebrating Success Awards  
will take place on Friday 3 October.**

To find out more about all the shortlisted finalists, visit  
<https://news.nhslothian.scot/celebrating-success/>