

Happy Birthday to Us!

**NHS 70th
Anniversary
Special
p11-15**

NHS | **70**
Forth Valley | YEARS
#nhsscot70



A WELCOME CUPPA P5



**WHAT MATTERS TO YOU
P6**



**WIN A SET OF WALKING
POLES P20**



BUCKET LOADS OF FUN

Our Health Promotion service has been helping Clackmannanshire nurseries and primary schools enjoy bucket loads of fun through the Play Mentor programme which they have been running in partnership with the Aberlour Child Care Trust.

Nine successful graduates of the programme celebrated with family and friends recently at an awards ceremony at Forth Valley College's Alloa campus. Play Mentor runs for 10 weeks and gives young women an opportunity to study play and child development at college and undertake work placements in Clackmannanshire primary schools and nurseries.

Mary Scott Watson, from NHS Forth Valley's Health Promotion Service, said: "The Play Mentors have done a fantastic job. Some of them are about to start volunteering for play and childcare organisations and others are moving onto college or stepping up to new responsibilities in their high schools. We are all really proud of them."



A Falkirk based mental health football team, run in partnership with NHS Forth Valley, Caledonia Services and Stenhousemuir Football Club, were given a rare opportunity to play on the hallowed turf of Hampden.

Last year's winners of the SFA Mental Health and Wellbeing League Championship Cup, they were invited to take part in a tournament at the stadium with three other teams, ahead of this year's Scottish Cup final between Celtic and Motherwell. Falkirk Users Soccer Experience (Fuse) won five of their six games.

The team, which includes staff and service users from Woodlands Resource Centre and Bellsdyke Hospital, promotes positive mental health and train twice a week at Stenhousemuir football club with support from coach Danny Newbiggings.

As well as regular games, the team provides opportunities for individuals with mental health difficulties to socialise and mix with other people interested in football in an informal setting with qualified health professionals. All team members' physical health and fitness have improved as a result of taking part.

The team is pictured with their new sponsor and strips.

SPREADING THE WORD



A member of staff who is Mum to a young boy with a rare genetic mutation was invited to go to Westminster to talk about the impact of mental health on parents and carers of children with serious conditions.

Stacey McPherson, surveillance data manager with the Infection Prevention and Control Team, is pictured with Stirling MP Stephen Kerr.

Her 11 year old son Calum has been diagnosed with CHAMP1 and uses a special iPad app to communicate. Stacey has created her own website www.champ1gene.com

BLIND CHEF COOKS UP A FIRST

In what is believed to be the first course of its kind in Scotland, a blind chef has started to offer cookery lessons to others with sight loss or people with a learning disability. David Black, totally blind since childhood, says not only is he showing his students how to rustle up a variety of dishes from spaghetti and meatballs to courgette cake, but he is also giving them the confidence to cook their own food, eat healthily and stave off future health problems, such as diabetes, in later life.

David works in the kitchen at the Forth Valley Sensory Centre in Camelon. He uses talking scales and thermometers, and has what he terms little 'bumps' on his cooker and microwave so he can operate the controls. "Everything has to have its place" he explained.



Chef David Black with pupil Lee Russell and Community Food Development Workers Peter Marriott and Sonya Kaila-Tierney

"That is why I cannot work in a restaurant, it would be too hazardous. People walking up and down, bumping into folk, walking into an open cupboard door, or knocking over a pan of boiling water.

"I'm proud of myself when I make something. I want to get rid of the negative rubbish that people with special needs 'can't do', and hear the words 'can do.' Some years ago I got depressed but cooking helped so that

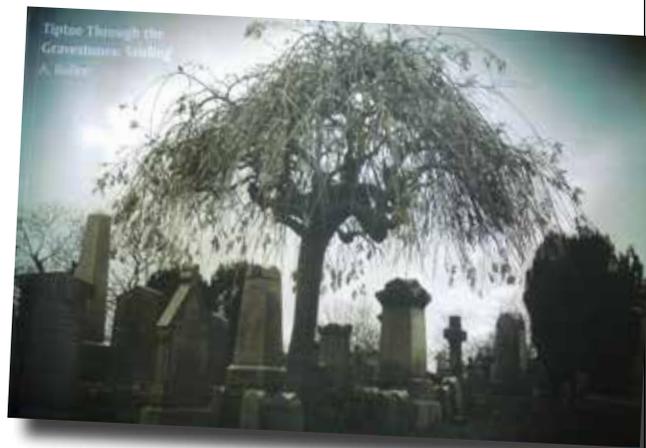
is why I wanted to teach other people to cook and give them confidence."

David takes on two pupils at a time and can turn out lentil and leek and potato soups, chopping up his own vegetables with a chef's knife. He's a dab hand at curries and pasta dishes and bakes a mean scone. His signature dishes are sold in the cafe at the Centre.

The cookery courses last for four to six weeks and run under the guidance of NHS Forth Valley Community Food Development Workers Sonya Kaila-Tierney and Peter Marriott. They believe that introducing people with sensory impairments to elementary cooking skills introduces them to good, fresh food, rather than fast food which they may tend to favour as they think it is easier to manage. Fresh food also helps stave off future health problems such as Type 2 diabetes with its danger of diabetic retinopathy.

GRAVEN IMAGES

Gravestones may not be the usual source of inspiration for budding photographers. Indeed cemeteries are often somewhat ignored by people despite loved ones and important figures in history being buried there. But visiting the graveyards surrounding Stirling Castle prompted theatre scrub nurse Ann Bollen to capture some of the images on camera.



Ann began by sharing her photographs on Facebook then moved to Instagram and subsequently created her own website. Now, with the help of Lumphanan Press, she has published the pictures in a book *Tiptoe Through the Gravestones: Stirling*.

Ann explained: "The idea is to make people see these places in a different way. People kept saying I should try to do something with my photographs so the book, which is on sale on Etsy, is the result. It contains 30 black and white photographs and is very simple with minimum text."

Ann has been busy with an assessment for her part-time university course but is now hoping to promote the book more widely and hopefully sell single prints of her pictures. She says publication has been a steep learning curve!

SCULPT YOUR BODY

It is fun, super quick and effective, and designed to shape and sculpt the body and lead to rapid weight loss. It is known as Kettlercise, a fat burning workout that is a big hit with staff from Clackmannanshire and Woodlands Resource Centre in Falkirk. Linked to Healthy Working Lives, classes are being held at the end of the working day.

Health Promotion Officer Aileen Schofield says using the kettlebells is hard work but the class is fun, motivating and energising and benefits both physical and mental health and wellbeing.

Classes are due to resume in late July/August, so look out for the flyer for more details.



ON YER BIKE IN TRAFFIC

Need the confidence to cycle in traffic?

Three of our staff took part in an essential cycling skills training course designed to give participants practical tips, support and the confidence to cycle in traffic. Pictured are health visitors Jacqueline MacDonald and Janey Bommer, together with instructor George Callaghan, cycling officer at Falkirk Council.

Charmaine Blaize, Information Analyst with NHS Forth Valley, who also undertook training said: "It was a great session. I pushed myself more than I thought, plus I cycled back home and did some back road cycling on David's Loan with confidence. Thank you for the encouragement. I really enjoyed the session."

Anyone interested in taking part in FREE Essential Cycle Skills training in the future, should contact Margarita Kaneen m.kaneen@nhs.net



GOOD HEALTH IS WEALTH

A timeline through the decades was just one of the 'attractions' at Forth Valley Royal Hospital to celebrate National Nurses Day. The theme for this year's event was linked to the message 'Good Health is Wealth – invest in you' and focused on wellbeing with a competition to win a fruit and pamper hamper and fifteen minute walks to get some fresh air, setting off from the atrium.

Afterwards the Nurses Choir was in full voice, inviting people to listen and sing along, and rounding off a well-attended event.



Dee Marshall, student nurse (front left), Megan Raine, student nurse (front right), Lynne Paterson, Care Home Education Facilitator (back left) and Theresa Connor, Community Charge Nurse, Learning Disability (back right)



Rosario Walshe, SCN ward A31, met Prince Charles at a Royal Garden Party at Buckingham Palace for this year's Nurses Day celebrations

RVS SAY THANKS FOR NEW CAFE

A ceremony took place recently to thank the local organisations whose generous donations have helped transform the Royal Voluntary Service (RVS) café at Stirling Community Hospital.

The Friends of Stirling Community Hospital, a local charity which supports a wide range of initiatives across the hospital, donated £150,000 to help the Royal Voluntary Service completely refurbish and relocate its existing café to a larger, more prominent location within the hospital. This funding was matched by NHS Forth Valley as part of a wider £2 million investment programme to upgrade the outpatient clinics and main reception areas.

The café, which has been renamed Tea & Co, attracts a huge number of visitors, patients and staff every day.



Allan Dewar, Chair of The Friends of Stirling Community Hospital, whose grandfather John Gray started The Society of Friends of Stirling Royal Infirmary in 1948, said: "The Friends of Stirling Community Hospital are delighted to contribute to such a worthwhile project which has made such a difference to patients, visitors and staff and created a much better environment for the Royal Voluntary Service volunteers."

The Royal Voluntary Service has been providing services on the Stirling hospital site since 1968.

As well as preparing and serving food and drinks, the trained, caring volunteers signpost older people to other services in their local community and bring comfort, company and compassion to customers. Their work to support



healthier eating in all four RVS hospital cafes across Forth Valley has also been recognised with a Healthy Living Award plus. The award was presented at a national event at The Merchants House of Glasgow by Gary Maclean, Scotland's National Chef.

JEAN SCORES A CENTURY



Taking each day as it comes has been the secret of a long and happy life, according to a patient who recently celebrated her 100th birthday in Unit 2 at Falkirk Community Hospital. Staff helped make the day memorable for Jean Grosvenor, who was surrounded by her family and received a telegram from the Queen, which was presented by Falkirk Provost Billy Buchanan.

Jean tucked into cake and a glass of fizz, and received an array of cards and flowers.

WEDDING FEVER

'Meghan and Harry' eat your heart out! The dress may not be Givenchy and the top hat fashioned from black plastic, but this 'wedding celebration' in Unit 4 at Falkirk Community Hospital generated just as much excitement as the real thing in Windsor.

Cakes rather than canapes were the order of the day but Union Flag bunting provided a right Royal touch for the party which was hugely enjoyed by both patients and staff.





Staff, patients and volunteers gave a cheery smile when they posed for pictures to celebrate What Matters to You day, designed to encourage and support meaningful conversations between those who provide care and the people, families and carers who are cared for.

The national campaign is not only a fun day but by understanding the hopes, thoughts and wishes of those who receive health and social care improvements can be made to patient experience and the quality and effectiveness of care.

STRIKING GOLD



NHS Forth Valley has become one of only two healthcare organisations in the UK to achieve Investors in People Gold. It follows a three year rolling assessment across all services in NHS Forth Valley during which the Assessor found that most staff feel valued for their hard work, efforts and achievements, and as a result are very willing to go the extra mile whenever the need arises.

The Assessor acknowledged the sustained commitment NHS Forth Valley makes to supporting people's learning and development. Managers also spoke about how they prepare their staff to 'step-up' when vacancies arise.

NHS Forth Valley's Chief Executive, Cathie Cowan, said: "I am delighted that we are one of only two healthcare



Team behind the gold success

organisations in the UK to have achieved the Gold standard and everyone should be very proud of their contribution. The Assessor found many examples of staff who have a strong sense of ownership and are proud to work for the organisation."

Areas to be further developed include engaging with all staff, further embedding a culture of acknowledging and praising good practice, learning and development.

"This is a fantastic achievement for NHS Forth Valley. I would like to congratulate the organisation and its people on their commitment to continuous improvement. Investors in People offers a flexible, practical and easy to use business improvement tool designed to help organisations and their people achieve their objectives."

Peter Russian, Chief Executive of Remarkable, the home for Investors in People in Scotland

Investing in Young People

NHS Forth Valley also received a Good Practice Gold award for Investors in Young People.

The Assessor found that the organisation has a clearly understood approach for recruiting and developing young people and how we expect staff to support youngsters who join our organisation. Young people who were interviewed felt supported in terms of their learning and development and commented:

'a great place to start my career'

'a great place to work'

'managers are all very approachable and I'm learning something every day'

The Assessor also acknowledged our successful Modern Apprenticeship Scheme, School Placement programme, Flying Start programme and future work with Project Search.



Our 2018 Modern Apprentices



ANOTHER BUMPER YEAR FOR NOMINATIONS

NHS Forth Valley is gearing up for its annual Staff Awards ceremony. It has been another bumper year for nominations, with more than 400 entries. The awards aim to highlight the hard work, care and commitment of local staff and volunteers across the organisation and there are six main categories.

This year to celebrate the 70th Anniversary of the NHS, there will also be a special Platinum Award chosen from all the nominations received for an individual member of staff or a team who have made a significant contribution to the NHS. This could be through work to improve the care, treatment and experience of patients, provide outstanding leadership or overcome challenges to achieve outstanding results, either personally

or professionally.

Watch out for further details ahead of the awards ceremony in the Autumn.



Last year's Staff Award Winners

OPEN ALL HOURS – SEVEN DAY WORKING IN MICROBIOLOGY LABS

Biomedical science is a biology and chemistry-related discipline used mostly in healthcare laboratories to identify, research, monitor and treat diseases. As one of the broadest areas of modern science, it focuses on the complexity of the human body and underpins much of modern medicine.

Seven day working is now up and running in the microbiology department at Forth Valley Royal Hospital, thanks to the efforts of staff who have agreed to operate an out-of-hours weekend full day service to provide quicker results for patients.

The switch from a Monday to Friday service, which was backed by an on-call emergency system, now means staff work five days out of seven, which can involve weekends. Deputy Manager Microbiology Shona Traynor said: "Previously a sample could have arrived in the lab on a Friday evening and not get processed until the Monday. But this new system means the samples can be tested every day of the week. It has required some effort to get the new arrangements in place but people have been flexible and understand the need."

Microbiology manager Liz Kilgour added: "At the end of the day it is all about patient care and getting a quicker sample result. I do think staff have embraced the changes and we are getting positive feedback from people working weekends, as staff can see the benefit for the patient in what they are doing. I am proud of them, and appreciate the hard work of all staff involved."



The Microbiology Department at Forth Valley Royal Hospital tests almost 280,000 samples a year including bloods, urine and swabs, and around 70% of patient diagnoses are due to laboratory results. They handle a wide range of work including all the acute activity from Forth Valley Royal, and samples from community hospitals, care homes, GP practices and sexual health services across Forth Valley.



ANTIPHOSPHO...WHAT?

Antiphospholipid syndrome (APS) is an under-diagnosed autoimmune disease that carries an increased risk of thrombotic and obstetric complications. APS causes approximately 15% of strokes, heart attacks and DVTs in the under 50s. In pregnancy, APS is the most important potentially treatable cause of recurrent miscarriage. Currently, on average, it takes three years for someone to be diagnosed with APS.

There is now a Royal College of GPs online course for the diagnosis and treatment of APS. The antiphospholipid syndrome eLearning module takes 30 minutes to

complete and is free to both members and non-members of the RCGP. On successful completion, you will be awarded 0.5 Continuing Professional Developments and will be issued with a certificate.

The course can be accessed online at: <http://elearning.rcgp.org.uk/aps>

Whilst it is usually diagnosed in secondary care, the Royal College states that GPs need to be aware of APS in order to make appropriate referrals in those who meet the clinical diagnostic criteria.

The charity, APS Support UK, has a list of APS consultants throughout the UK: www.aps-support.org.uk which GPs may find useful.

CONNECTING WITH STAFF

More effective ways of providing advice and guidance to staff and managers have been developed by the operational HR department led by Service Manager Elaine Bell. They will be available thanks to a new system called HR Connect and will be launched on July 30th through a dedicated telephone helpline manned by an HR adviser and an online portal.

The new online resource, which will be accessible through the staff Intranet, is a one-stop shop for all aspects of operational HR, including job vacancies, organisational policies, frequently used forms, managers and staff guidance and a new 'Contact Us' form for any enquiries. These enquiries will be sent to the new generic HR email address fv-uhb.hrconnect@nhs.net and accessed by the HR team.

The HR Helpdesk, for situations where managers and staff need to seek advice from an HR professional, will be available through a new telephone number 0330 041 4694 from 8.30am to 4.30pm Monday to Friday. Enquiries will be discussed and simpler cases resolved. Anything more complex will be escalated to senior HR colleagues.

Team Leader, Evelyn Lyle is keen to stress that high standards of personal interaction with managers and staff will be maintained, partly as the helpline will be manned on

a rota basis by HR practitioners and casework will continue to have dedicated HR support. Close working relationships with each directorate will remain the focus of HR Managers.



MORE SUPPORT FOR MENTAL HEALTH PROBLEMS

A service which offers more support for patients with mild to moderate mental health problems has begun to operate in several GP practices across Clackmannanshire and Falkirk West.

In a move which is seen as just what the doctor ordered, a group of community mental health nurses are now providing appointments in local GP surgeries, offering support and treatment for mental health problems commonly treated in the GP Practice. This includes providing advice on how to improve physical and mental health, reviewing medication and offering psychological support.

Five primary care mental health nurses have been recruited initially and more will be employed over the coming months. They come from diverse backgrounds, including a mental health crisis centre in Lothian, a mental health resource centre in Falkirk, and one of the nurses has just moved back to Scotland after a year undertaking cognitive therapy training in East Sussex.

According to one of the newly appointed nurses, Varrie-Jane Muirhead: "The biggest challenge is raising the profile of the role we can play in primary care which gives patients with mild to moderate health problems easier access to services and allows early intervention."



SMEAR TESTS FOR STAFF

Cervical screening appointments for NHS Forth Valley and Serco staff will be available from 1st August 2018. They will be held over the next year in the colposcopy clinic on the ground floor of the Women and Children's Unit at Forth Valley Royal Hospital, via pre-booked appointments.

The move follows the success of drop-in clinics for staff which have been held in the last two years to coincide with Cervical Cancer Awareness Week.

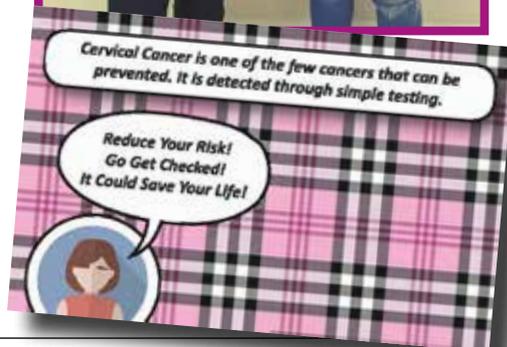
Lead Nurse Colposcopist Sister Fiona Mulgrew, who came up with the idea to offer smears to staff, said: "Screening is an important part of preventing cervical cancer and maintaining good health. However, we know time pressures can make it hard for women to fit in a smear test and these appointments are being arranged to make it easier for staff to attend. All the women who attended

the previous on-site appointments said they thought it was a great idea and were hopeful more could be arranged in the future."

The appointments are open to any member of staff aged between 25 and 64 who is due or overdue to have a cervical smear test. Women who are unsure if their smear is due can find out by contacting Fiona Mulgrew on the dedicated phone line, or by getting in touch with their local GP practice.

Department managers have been asked to allow time for staff to attend and the programme is being promoted through the staff intranet, messages in pay slips and a poster campaign.

To book an appointment please phone 01324 567298 and leave a message or email fv-uhb.StaffSmearService@nhs.net For more information on cervical screening visit www.getcheckedearly.org



PROTECTING BRIGHT IDEAS

Many of us have probably come up with a new idea that has helped improve the way we work or deliver care to our patients. But as well as making a difference, did you know your brainwave could be 'Intellectual Property' which means it can be protected, distributed further afield or even become a money spinner?

Intellectual Property (IP) is the name given to new ideas or concepts with practical application that the law recognises has value by providing legal protection. IP includes patents, trade marks (both registered and unregistered) copyright, design rights (both registered and unregistered) and confidential know-how or information.

For example, if you write a training course or a new way of recording patient outcomes, these should be protected under copyright before being shared with other organisations. Or if you design a new piece of equipment or an improvement to an old one, that design should be protected and

perhaps patented, to make sure no one else can use the idea without your permission.

By law, any IP you develop during the course of your employment belongs to your employer. NHS Forth Valley's IP policy ensures that you will be identified as the author/inventor and also that you should get a share of any income that might be generated. We have an agreement with Scottish Health Innovations Ltd (SHIL), who can provide intellectual property advice and protection, project management, idea incubation, funding advice, development and commercialisation, and post-commercialisation monitoring. Have a look at <https://www.shil.co.uk/browse/products> to see some of the innovations developed by NHS Scotland staff and commercialised by SHIL.



Obviously not all IP will be suitable for marketing, but in tough financial times we don't want to miss any opportunity to add to our income.



If you've got a bright idea, the important thing is to make sure it is identified as yours as soon as possible. Contact the NHS Forth Valley Research and Development office (fv-uhb.RandD-depart@nhs.net or 01324 614690) and they can advise you on the next steps.



HAPPY 70TH BIRTHDAY

As the NHS celebrates its 70th anniversary, Staff News looks at some of the health heroes in NHS Forth Valley over the past seven decades and the great strides forward in treatment and technology.

Retired midwife - Jean Fowler

Jean began her career in 1957. Apart from two spells in Australia, she spent almost her whole career until 1999 at Falkirk and District Royal Infirmary. She began working as a theatre nurse but after midwifery training realised she had found her niche. She remembers: no husbands in the labour room, 95 per cent of deliveries were made without medical intervention and a doctor called only if absolutely needed. The foetal heartbeat was monitored through a stethoscope and at times there was only one ventilator in the maternity unit. No oxygen for home deliveries and makeshift swabs with midwives asking mothers to fill a biscuit tin with cotton wool balls, punch holes in the lid and pop them into the oven to sterilise them!



AHP Manager for Children's Services - Morag McKellar

For 40 years Morag McKellar has tried to improve health through better nutrition, working direct with patients in hospital, and advising on prison menus and national diet action plans. She didn't set out to be a dietitian but her mother was a nurse and Morag was interested in health and science, hence the science of nutrition.



Consultant General and Colorectal Surgeon - John Camilleri-Brennan

One of the most upsetting problems after childbirth is incontinence. John Camilleri-Brennan and his team have established endoanal ultrasound to diagnose and help in the treatment of anal sphincter defects. Under his lead the team have also developed a protocol for the management of tears and pelvic floor disorders. His team was the first in Scotland and only second in the UK to introduce anal implants to tighten sphincter muscles and they continue to hold twice-yearly training sessions for consultants to share expertise.



Practice Nurse - Margaret Briggs

Seventy one years young, Margaret Briggs spends her time between Airthrey Park Medical Centre, a GP surgery in Camelon and her own travel clinic. She did retire a few years ago but missed her job so much she just had to come back. Margaret was a former psychiatric nurse but became a Practice Nurse in 1986 when the role was still in its infancy. Today's Practice Nurses offer a wide range of care and treatment as well as running clinics ranging from chronic disease to contraception. Margaret now has 50 years' service under her belt and says her husband believes she will leave this world still wearing her uniform!



Morag was instrumental in shaping the vision of what a balanced diet should be, including the Scottish Diet Action Plan which laid out recommendations for fruit and vegetable intake and advisory limits for sugar consumption. She also played a key role in the development of NHS Forth Valley's Food Policy, the first of its kind in Scotland. Her mantra is dietetics is not all about cooking and eating, rather aiding recovery by helping people make the right choices about food.

Elected a Fellow of the British Dietetic Association for her significant contribution to the development of the profession, she was awarded an OBE in 2017.

Volunteer - Rosemary Fletcher

After more than 40 years as an occupational therapist Rosemary Fletcher now coordinates the many volunteers who give up their time to help local patients. When she joined the NHS in 1970 occupational therapy was centred on hospital-based rehabilitation, with craft activities.

Today it is focused on daily living and being able to get yourself out of bed, get dressed and prepare for the day and life ahead.

Rosemary is now in charge of recruiting and deploying members of Forth Valley's Retired and Senior Volunteer Programme (RSVP).

"People over 60 like me" she says, "haven't come to the end of their life. They still have lots to offer and it is about how we can fit these people back into roles that they are going to enjoy and get benefit from themselves, as well as giving back to the NHS."



MARIE'S MEMORIES OF MIDWIFERY

It was a holiday job at the age of 15 which was the precursor for Marie Goldie's long career in nursing and midwifery. Aged just 15, she began helping out at Stirling Royal Infirmary, working in the shadow of a staff nurse for guidance. This was followed by a pre-training nurse course at Dean College in Edinburgh and then acceptance at the Western Infirmary in Glasgow for general training.

Stints at Yorkhill Hospital for sick children and the infectious diseases hospital at Ruchill were part of this and weekdays at the School of Nursing meant working in wards at weekends.

"The atmosphere at Ruchill was lovely" recalls Marie. "When people came in with things like fevers, it was so rewarding to see them get better and go home."

Marie's midwifery training took place at Stirling Royal Infirmary. Over the year she was assigned to district nurses for home births and had to deal with normal births, breach births, twins, pre-eclampsia and the gamut of conditions associated with pregnancy.



Marie's first delivery at Stirling Royal Infirmary

Her next move was to Redlands Hospital for women in Glasgow and in 1965 she married, then went back to Redlands where, as a staff midwife, she was asked to do 'the milk kitchen.'

"I made up all the feeds for 24 hours, full strength, half strength, boiled

water. All had to be put into bottles, complete with teats and covers, and a packet was then placed over the bottle secured with a rubber band. Every morning the lab man came and took a specimen to test for infection control. I must have made up hundreds of bottles every day, which were stored in big American fridges."

Night duty at Glasgow Western Infirmary followed where, following closure of the Beatson unit, some services were moved there including a high pressure chamber rather like an iron lung for treating polio patients.

"These were big enough to take a bed. I still see this young man with two young children. He used to cry every night, it was dreadful."

When her husband got a job in Falkirk Marie's next move was to Falkirk and District Royal Infirmary where she undertook night duty in the surgical intensive care unit. "I loved it. It was



Marie looks back on her long NHS career

so busy. We had four beds of really ill patients, all on drips and nasal suction after surgery so it was half hourly blood pressures, half hourly temperatures and pulses."

In 1973 she became a district nurse midwife, doing 'anything and everything' including accidents in the street. It was a role which lasted 25 years until her retirement.

"Everybody knew me, and even now people see me in the street and say hello. I was in a supermarket the other day and this girl said 'Oh, Nurse Goldie, I haven't seen you for years.' It was a great time and I really got to know local people, their parents and their grandparents."



Marie celebrates retirement

LESLEY REFLECTS ON DECADES OF CARING

Three years after the birth of the NHS, Lesley Douglas embarked on her long nursing career at the Princess Margaret Rose Hospital in Edinburgh, a children's orthopaedic hospital. Although health was now a free service, Lesley recalls that old habits – such as dependency on donors - die hard, and there were still Board members who used to bring in gifts. In her ward, for example, they received a television at a time when hardly anyone had even seen a TV.

Lesley said: "The ward was open-ended because of lots of cases of TB and polio. We used to push the patients out onto the veranda every morning for fresh air whatever the weather. 1947 was the year of the big polio outbreak and we still had lots of children in hospital because of the deformities caused by the disease."

At the tender age of 17 Lesley says she was unaware of the so-called working of the hospital, and just did what she was told. "Three of us started at the same time and we were issued with a uniform and a square piece of cotton cloth which we had to fold over and make into a hat. Older nurses showed us how to do it by wrapping the cloth around a biscuit tin, putting a pin in it and pulling the pleat over the pin. You had to have five eyelets on your shoes, no jewellery and you couldn't walk over the doorstep with your uniform on, so my Mum and Dad never ever saw me in my uniform!"

"Sex education in our day was a frog and a bee, and my knowledge of the male anatomy was the statue of David in a museum! I was appointed to a little boys ward and one youngster said could he have a bottle, which I gave him. His arms were in splints up to his shoulders and he said 'you'll have to help me' It sounds laughable when you think about it now."

Lesley Douglas with her district nurse's cap

Her next move was to Edinburgh Royal Infirmary for general nursing. After the three year course, an extra year in the hospital resulted in a badge but Lesley left before the 12 months was up in order to get married. The matron took her aside and said she would rue the day, but rules were rules and married women could not be employed there.

Perth Royal Infirmary had a more flexible approach so, with her husband undertaking national service and Perth her home town, Lesley moved in with her parents and started at Perth Royal Infirmary, wards 1 and 2.



School day at the Princess Margaret Rose Hospital, with a teacher at end of the ward, Lesley nearest the camera.

Perth dealt with private patients too. But Lesley said it was the same food, and the same treatment, the only benefit being that you probably saw the consultant more often. The surgical ward was a Nightingale ward but one side was reserved for gynaecology patients. "You could get deliveries up to 28 weeks in those days and we never thought they would survive."

After the birth of her two sons, Lesley stayed at home for several years but once the boys arrived home from school, dumped their bags and said they were going out, Lesley decided it was time to return to work. Employed by Falkirk Town Council, she began district nurse training two days a week and for the following 28 years she was a well-kent figure in the district until she retired.



Passing the Orthopaedic Nursing Certificate with honours

"I remember the poverty in the houses. One old man I visited had to share his bed with three adult grandsons. They slept top to tail with no blankets, just coats over them. That was common. The WRVS donated blankets but the patients would often take them and sell them so there were still no blankets in the house.

"There were also the box beds in a recess in a room and kitchen. These made it difficult to move a patient so you had to take your shoes off and jump onto the bed – that's where my back problems have stemmed from. There was no manual handling training in those days.

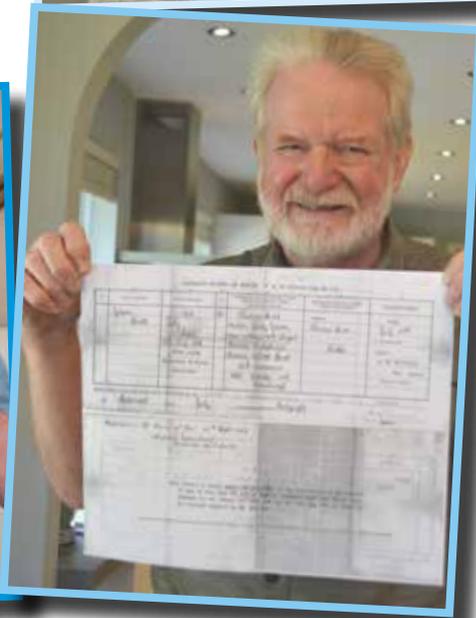
"I remember going into a home in the old Carron area where the man, who was dying, was being looked after by his daughter. My parting shot was make sure he drinks plenty. As I left I heard the daughter say through the door 'Does she ken the price of drink?'"

Reflecting on nursing as a career Lesley said: "At the time it was hard but I think I had the best of times in nursing. It was a way of life and took up your whole life. The sisters were the gods – they ruled the roost. In Edinburgh Royal Infirmary they lived above the ward. I got fleas from one sister's cat and there were mice in the kitchen but you never got infections. Even when I was working in Perth we never saw wound infections, you could have a patient with peritonitis and two or three drains but they healed eventually. Wounds were dressed every day and there was none of sticking a plaster over a wound and hoping for the best."

HAPPY 70TH BIRTHDAY GAVIN

The day the NHS was born on 5th July 1948, another baby made its entrance into the world at the Elsie Inglis Memorial Hospital in Edinburgh. Gavin Scott, who now lives in Dunblane, would have been born at home had his mother not suffered TB in the past. Gavin's earliest health memories are of BCG vaccinations in school, which he avoided because he had developed immunity from his Mum. However he recalls a huge van parked up in the playground every year where everyone who hadn't had the BCG immunisation was lined up and given a mass miniature X-ray.

Gavin celebrated his 70th birthday with a family meal at a luxury hotel. "I'm quite proud of being born on the day the Health Service started," he said. "The NHS has looked after me pretty well. If we consider what the alternatives are – given what happens in other countries – I wouldn't like to contemplate what those alternatives would mean here. It's easy enough to complain about the health service but I think we should be really grateful for what we have."



MARKING 70 YEAR NHS MILESTONE

NHS Forth Valley staff, together with their families and volunteers, helped mark the 70th anniversary of the NHS at a Parkrun in Plean Country Park. More than 100 people donned their running shoes to take part in the event, and first person home was NHS Forth Valley's very own Steve Feltbower, a Consultant in Emergency Medicine. Steve, of Falkirk Victoria Harriers, was first across the finishing line in 17 minutes taking 18 seconds off his previous time and only three seconds outside the course record which was set back in December 2017.

The Plean Parkrun was one of 18 of the 39 Scottish parkruns to take part in a 70th Anniversary event and NHS staff filled most of the volunteer roles including marshals, timekeepers and barcode scanners. The volunteers were co-ordinated by Consultant Pathologist Katie Robertson, and included representatives from the Emergency Department, Laboratories, and Radiology (Ewen Robertson, Angela McGregor, Alan Taylor, Keith Jacques, Louise Cunningham, Ian Tuck, Calum Granger, Andy Bytheway, Natalie Kerr, Leigh Ritchie, Aileen Galvin, Mark Redpath)



Another special mention goes to the youngest volunteer on the day, Millie Ritchie, who not only marshalled with mum Leigh from the Pathology Lab, but also made yummy cupcakes for the runners. Thanks also to friends and family of the NHS volunteers who helped out in the pre-event set up and post-event take down, including Arran Ritchie, Christopher Ritchie, Mathew Topping and Keith's sons.

For more photographs of the day, please see: <https://www.flickr.com/groups/plean-parkrun/pool/show/>

PARTY TIME

Tea parties galore marked the 70th anniversary of the NHS. Here's a selection of photographs showing how staff, patients and visitors across Forth Valley celebrated the big birthday.



Retired staff at a vintage tea party in the atrium of Forth Valley Royal Hospital



A touch of nostalgia in Ward 1 at Clackmannanshire Community Hospital



Five year old 'nurse' Freya McNab, granddaughter of Senior Charge Nurse Rosario Walshe, dresses up for the big day



A garden party for Wards 1 & 2 at Stirling Community Hospital



Happy Birthday to Us by the Nurses Choir



Specially iced cakes, courtesy of Serco



Tucking into cake provided by the Robertson Group



Ward 4 Forth Valley Royal Hospital preparing for the birthday bash



Come and join us in Ward 5 at Forth Valley Royal Hospital



Entering into the party spirit in Ward 4 at Stirling Community Hospital

MARATHON FUND RAISER

Despite being diagnosed with Type 1 diabetes six years ago at the age of 40, Advanced Nurse Practitioner Laura Mackintosh is determined to live life to the full, promoting exercise for Type 1 diabetics who are often anxious about exercising.

Last year Laura undertook a triathlon and this year put on her running shoes to take part in the London Marathon, raising more than £2,600 for the Juvenile Diabetic Research Fund (JDRF).

She said: "I know I was overwhelmed with managing my diabetes and it has struck me how hard it must be for children and teenagers to cope with the constant injections, monitoring and carb counting. I wanted to run to help fund research for a cure.

"I also want to thank the NHS Forth Valley diabetic team for all their support. Without their advice my training and monitoring of my diabetes would have been so much harder. They really are a very professional and expert team."



CUP CAKES FOR ALZHEIMERS

With several members of staff caring for people with dementia, the Emergency Department at Forth Valley Royal Hospital decided to hold a sale of cup cakes to raise money for Alzheimers Scotland and Alzheimers Society. The sweet taste of success netted £250.

JOGGING SUCCESS FROM START TO FINISH

Braving rain, winds and snow in one of the worst winters on record, this dedicated group of runners turned up regularly for training and have now successfully completed a 5km jog without stopping.



They were part of the 2nd Jog Scotland Group at Forth Valley Royal Hospital. Another member of staff has also completed the 5km and joined the group whenever shifts allowed.

NHS Forth Valley Health Promotion Officer, Aileen Schofield, said: "It was brilliant to watch them all complete their 5km jog. They were incredibly supportive of each other, those first past the post waited and applauded others on their approach to the finishing line. Now they have all progressed to the 5km+ group on Wednesdays after work.

Staff who took part say they feel fitter, happier, less stressed, have more energy and have lost weight, and can jog for longer than when they started training.

FULL MOON CHALLENGE WAS THE BEST MEDICINE

After completing the Full Moon last year - a 26.2 mile marathon for the charity Walk the Walk - staff nurse Yvonne Cairns was raring to go again in 2018. But in February 2018 the 36 year old, who is also a National Dementia Champion, had a stroke at work.

A couple of weeks after leaving hospital Yvonne was feeling pretty low, but her friend Jill Thomson, who works in the Acute Assessment Unit at Forth Valley Royal Hospital, decided to step in and help her on the road to recovery. The two began training again, gently at first, and within a few weeks Yvonne was on the mend and back at work and preparing for the Moonwalk.

This year they were invited to the VIP tent as special guests before the walk kicked off, and they made it to the finishing line without a blister in sight, Yvonne dressed as Mickey Mouse and Jill as Minnie to tie in with the Hollywood theme.



The Moonwalk also attracted some of the male species. NHS Forth Valley Webmaster David Anderson from the Communications Department and Steven O'Hara from IT, looking rather like the Ladyboys of Edinburgh, in their glittery bras to tie in with the Glitz and Glamour theme. They described the



Moonwalk as hard going, especially on the back, and said they were very tempted to take the fork in the road at 13 miles which would have ended the Half Moon challenge. Between them they raised more than £1,000 for breast cancer charities.

KELPIES TO CARDIFF

Stephen Donovan, an estates maintenance officer with Serco at Forth Valley Royal Hospital has been back in the saddle to raise money for good causes. Together with nine of his friends their challenge was a mammoth cycle between the Kelpies and Cardiff, to raise money for the Beatson Cancer Charity, Cystic Fibrosis Trust, Dementia UK and the Scottish Burned Children's Club.

The charity ride set a 70-100 mile target each day including stop offs at Moffat, Penrith, Preston, Chester and Llandrindod Wells. The group, who'd almost reached their £7,500 target before starting pedalling, are no strangers to fundraising. On an outing



from The Shore at Carron restaurant to Shoreditch in London they netted an amazing £15,000 and when all the monies are in after their latest adventure are hoping for another

cash bonanza.

Donations can be made at: <https://www.justgiving.com/fundraising/stephen-donovan5>

LOCAL HERO



A touching tribute to the care given to her father by Chemotherapy Charge Nurse Fiona Galbraith, was applauded at a recent ceremony at Alva Academy.

Fiona was the winner of a Local Hero Award after pupil Amber Denham recorded her thanks. Recalling she was only three when her father was diagnosed in 2009, Amber explained: "Fiona, the doctor and the oncology nurses saved my Dad's life. Without Fiona and the rest of the team my little brother would not be here and my Dad wouldn't be listening to this speech.

"Fiona's professionalism has affected my family so much that there's not enough boxes of chocolates in the world to say how thankful I am to Fiona and the team's hard work and dedication."

MEET OUR LATEST SERCO STARS

Congratulations to Aileen Haggerty and Ann George from Serco's Customer Support team who recently received star awards. Aileen, a relief domestic who is currently working in ward B11 at Forth Valley Royal Hospital, overheard a patient joking with the housekeeper. He said that as it was his last day in hospital (he was being transferred to a hospice later that day) he fancied a bacon roll for breakfast for a change. Aileen went to the restaurant where she purchased a bacon roll and brought it back for the patient. Ann George, a Serco team leader, was nominated by colleagues for all the hard work she put in to make and sell Easter baskets earlier this year. This helps to raise money for local charities - including the neonatal ward at Forth Valley Royal Hospital.

Laura Frame, a Catering Team Leader with Serco, also won a Star Award after she stepped in to ensure that a patient was able to celebrate a special day with her family. A relative of the patient had originally planned to take her to the restaurant for afternoon tea and had booked a table. However, on the day, the patient wasn't well enough to leave the ward so the booking had to be cancelled. When Laura and the catering team heard about this they made arrangements for the food to be boxed up and taken to the ward so that the family could still celebrate together. They also footed the bill for the catering and the family praised Laura for being so caring and helping to make a bad day a bit more pleasant.



Laura Frame



Ann George



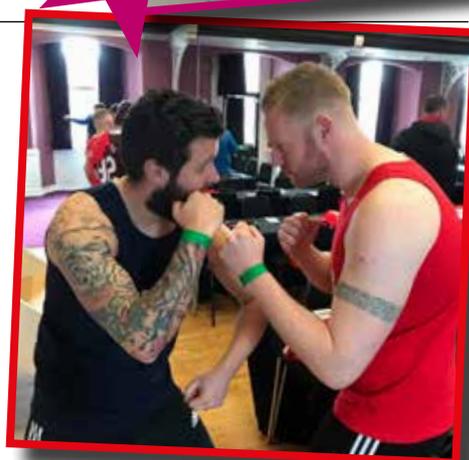
Aileen Haggerty

BOXING CLEVER

Two Serco security officers at Forth Valley Royal Hospital are pictured squaring up to each other. But fists flying in this face-off were all in a good cause as part of their fundraising effort which netted £450 for Cancer Research UK.

Craig Cowie and Colin Gow staged their bouts in the Scottish Martial Arts Centre in Alloa, boxing under the UWCB (Ultra White Collar Boxing) badge which encompasses boxing for charity. Both won their fights on the night.

The grand total raised during the evening was an amazing £21,000.



OBE FOR ALLISON

Allison Ramsay, NHS Forth Valley's former lead nurse for Learning Disability Services, was 'stunned' when she received a letter advising she had been nominated for an OBE for services to learning disability. Allison, who retired earlier this year, said it was nerve wracking waiting for The Queen's Birthday Honours list to be published but she has been overwhelmed by all the messages of support and congratulations.

Allison joined NHS Forth Valley in 1979 as a nursing assistant, intending to work only for the summer months. However she enjoyed working with people with learning disabilities and was encouraged by other qualified nurses to undertake nursing as a career. She qualified in May 1983 and over the next 10 years held various posts at the former Royal Scottish National Hospital in Larbert and in community learning disability services before taking on a combined clinical and management role in 1994.

Appointed NHS Forth Valley's Lead Nurse for Learning Disabilities in 2001, Allison focused on developing enhanced learning disability services in the community and creating Loch View, a new assessment and treatment facility close to Forth Valley Royal Hospital.

Speaking about her OBE she said: "I view the award as a shared achievement with the Learning Disability nursing staff across NHS Forth Valley. I have the greatest respect for local staff and the high standard of care they deliver in such a caring and compassionate way. I hope this award may help to raise the profile of Learning Disability nursing and encourage young people to think about this as a future career. I would also encourage nurses working in other areas to consider retraining in Learning Disabilities as it is a very rewarding, fulfilling and varied area to work in.

"I have had a great career in NHS Forth Valley and I am so appreciative of the support I have had from friends and colleagues over the last four decades."



A post highlighting Allison's award generated a great response on Facebook. Comments included:

'one in a million, so very well deserved'

'loved working with you'

'fabulous and truly deserved for this dedicated professional lady'

'one of the biggest and most inspirational influences of my career'

PRESTIGIOUS AWARD FOR REDUCING ANIMAL EXPERIMENTS

Neurologist Professor Malcolm Macleod, who works with NHS Forth Valley neurology and stroke services, has received a prestigious European award for his efforts to try to reduce animal experiments in laboratories to the absolute minimum.

Professor Macleod's research has earned him the Maria Sibylla Merian Fellowship from the German Federal Institute for Risk Assessment (BfR) which promotes the transfer of knowledge between internationally renowned scientists and BfR researchers.

BfR President Dr Andreas Hansel said: "Professor Macleod has dedicated himself to this topic. His research is an excellent example of how unnecessary

animal experiments can be avoided in future whilst still developing new and innovative therapy approaches.

"BfR supports the replacement of animal tests with alternative methods whenever possible. As research involving laboratory animals cannot be completely abandoned at present, it is therefore most important that the animal experiments carried out have the highest possible significance and that the most suitable animal model for the specific research question should be identified to avoid unnecessary experiments in future.

BfR named the award in honour of the naturalist and artist Maria Sibylla Merian (1647-1717), who distinguished herself through her exceptional pioneering spirit in the field of life sciences at the turn of the 18th century.



ENJOY THE GREAT OUTDOORS - WIN A SET OF WALKING POLES



Walking in Scotland can encompass mighty Munros, coastal paths, more gentle treks through forests and glens, or simply an afternoon's amble through beautiful scenery. To assist you when ascending or descending the terrain, Tresspass in Falkirk is offering one lucky reader the chance to win a set of *Transduo walking poles.

Lightweight, these durable poles, fitted with carbide tips, help ease pressure on joints, minimise the risk of injury and strain and keep you balanced when you need it most.

An ergonomic rubber handle provides a more comfortable grip. Furthermore, an adjustable wrist strap provides additional security so you'll not have to worry about your balance being compromised.

Once you're finished, you can fold them down and place the rubber stoppers on the tip to prevent ripping your bag or hurting yourself. A great aid for multiple types of terrain, these poles provide safety and comfort when tackling the trail.

So what are you waiting for? It's time to explore the great outdoors.

The Tresspass store in Falkirk is located in the heart of the town famous for the Falkirk Wheel and the Helix. Situated just up from the main entrance of the Howgate Shopping Centre, you are sure to receive a warm welcome and expert knowledge

Tresspass offer winter and summer performance outdoor clothing suitable for snow, surf, mountains and streets – all at outlet prices. Their technical clothing is developed with the whole family in mind. Whatever outdoor pursuit you choose, whether you are a beginner, a seasoned veteran or just on the school run, they have something for everyone.

Tresspass Falkirk – 01324 634898 - are also offering a **10 per cent discount** for NHS Forth Valley staff members.

To win the walking poles, just answer this simple question:

If you were to subtract the total number of Corbetts in Scotland from the number of Munros in Scotland how many mountains would you have?

Send your answer to **FV-UHB. StaffNewsCompetition@nhs.net** or by post to NHS Forth Valley's Communications Department, Carseview House, Castle Business Park, Stirling FK9 4SW by **Friday 17th August 2018**. Good luck!

*Subject to availability at the time

The winner of our Spring 2018 Staff News competition was Healthcare Support Worker at Bo'ness Hospital, Andrew Leishman, who won a Loch side lodge stay for four at Loch Katrine. The answer was a) 1899.

NEW ROLE FOR CARDIOLOGY CONSULTANT



Listening to what patients wants has become the watchword across NHS Forth Valley following the policy Realistic Medicine launched by Catherine Calderwood, Scotland's Chief Medical Officer.

Catherine Labinjoh, Consultant Cardiologist, has been appointed as our new Realistic Medicine Clinical Lead and will be working closely with clinicians over the next two years to build on this approach and also link with the national Realistic Medicine team.

Realistic Medicine recommends patients ask the following five questions to help make the right treatment decisions for them in order to avoid unnecessary treatment and reduce waste and variation in care and outcomes.

1. Is this test, treatment or procedure really needed?
2. What are the potential benefits and risks?
3. What are the possible side effects?
4. Are there simpler, safer or alternative treatment options?
5. What would happen if I did nothing?



PETER HANGS UP HIS BOOTS

As a professional footballer, Peter Mackie played for Celtic, Dundee, St Mirren and Partick Thistle, before hanging up his boots to join the NHS in 1991 as a Safety and Monitoring Manager at Stirling Royal Infirmary. Now he has taken part in his final fixture retiring recently as Head of Risk Management.

Peter's sporting career lasted from 1974 to 1989 and whilst playing for Dundee he scored one of the goals in his Club's 5-1 defeat of Celtic. Colleagues reckon it was his time on the pitch which led to his dodgy hips and knees!

Following his post at Stirling Royal, Peter moved to Highland and then Lothian before joining NHS Forth Valley



in June 2007 as Risk Management Specialist Advisor and then Head of Risk Management from 2008.

Peter worked hard to raise the profile of Health and Safety and succeeded in lots of areas; he was well known for volunteering himself and his department as a pilot for any project!

His retirement plans include golf and walking and his bucket list features dreams of setting up a coffee shop or bed and breakfast in the middle of nowhere in the Highlands. He also has ambitions to buy a motor home to tour Scotland, learn guitar and speak a foreign language!

Whilst his retirement collection did not generate the thousands needed for a real motor home he was presented with a toy camper van, along with gift vouchers for guitar and Italian lessons, bottles of champagne, a commemorative mug and chocolates to feed his chocoholic tendencies.

ANNE SAYS IT WITH FLOWERS



After 33 years service, Anne Cairns, Customer Services Manager for Community Domestic Services, has said goodbye to a world of dusters, brushes and vacuum cleaners to head for retirement.

She was first employed in 1985 as a Domestic Assistant in the old Clackmannan County Hospital. Anne is pictured surrounded by colourful blooms at her well-attended retirement tea.

ELAINE HEADS FOR PASTURES NEW

A weel-kent face across the organisation for almost 30 years has left for pastures new. Elaine Vanhegan, Head of Performance and Governance with NHS Forth Valley, has taken up a new post with NHS Greater Glasgow as Head of Board Administration and Corporate Governance.

Elaine's career with Forth Valley began as a staff midwife in Stirling Royal Infirmary, followed by promotion to sister/charge nurse midwife, managing the labour ward. After several secondments to project management programmes, Elaine was appointed to General Manager posts in both medical and surgical services. Following a part-time secondment to Health Care Governance for QIS she became Head of Performance and Governance for NHS Forth Valley in 2005.



INTRODUCING OUR LATEST DEMENTIA SPECIALISTS

Two of our senior nurses have graduated as Dementia Specialist Improvement Leads (DSIL) and another four healthcare professionals in Forth Valley have become National Dementia Champions. The leadership roles were achieved by Shona Mackie, Care Home Psychiatric Liaison Nurse Specialist and Colette Quigley, Senior Charge Nurse in Ward 4 at Forth Valley Royal Hospital. The 18-month DSIL programme has now been completed by 86 participants across Scotland.

The new Champions are: Practice Manager at Leny Practice in Callander, Karen Brown, Staff Nurse Lee Hunter, Nursing Assistant Lesley Shaw and Staff Nurse Julia Fairgrieve (not pictured).

The National Dementia Champions programme aims to train staff to act as advocates for people with dementia and be a source of information and support for co-workers. As well as including nurses and allied health professionals from acute general hospitals and social services staff, the latest group of Dementia Champions also involves staff from the Scottish Ambulance Service, community hospitals and the first participant from the Scottish Fire and Rescue Service.



FOND FAREWELL TO CHRISTINE

Patients in Unit 1 at Bo'ness Hospital joined the retirement celebrations when senior charge nurse Christine O'Donnell retired after 44 years with the NHS. Christine had a varied career with NHS Forth Valley, beginning at the age of 16 working with people with learning disabilities. She also spent time in Bellsdyke Hospital, Lochgreen in Falkirk (now closed) the Windsor Unit at Falkirk and District Royal Infirmary (also no more) and latterly at Bo'ness Hospital.

Christine was presented with a handbag, gold chain and flowers galore, and plans to spend her retirement with plenty of holidays. She is pictured (front row, fourth left) with some of her colleagues.



BUSY BUSY

It's been a hectic few months for our latest Chief Residents, Ruridh Allen and Adam Williamson.

Improving staff engagement by the way of trainee forums, helping management to plan and implement a programme of Clinical Development Fellows and work to improve the trainees rota have all fallen under their remit. They also recently planned a celebration evening to coincide with the NHS 70th anniversary, with prizes from the Royal College of Physicians and Surgeons of Glasgow for outstanding contribution from a trainee across the course of the year.

Ruridh and Adam say one of the main attractions of the post is the opportunity to give trainees a voice at



a time when junior doctors are facing a number of challenges. Acting as a 'bridge' between trainees and senior management allows this voice to be heard and represented. Forth Valley has consistently attracted very high quality trainees, no more so than this year, and the ideas and thoughts of these trainees are important in ensuring that the experience of junior doctors at Forth Valley is as good as possible.



POSTER GIRL STEPS DOWN

Describing herself as a 'poster girl for opportunity in the NHS with three different careers' Head of Organisational Development, Morag McLaren retired recently after 41 years service.

Morag began her career in the year Wings were the Christmas Number One with Mull of Kintyre and Virginia Wade won Wimbledon, beginning as a mental health nurse at Bellsdyke Hospital. A charge nurse at the tender age of 21, she subsequently transferred to management as a Clinical Leadership Facilitator in 2001 followed by a further shift into the world of Organisational Development.

Under Morag's leadership she spearheaded the Staff Awards, iMatter and recently became the Board's 'golden lady with a golden touch' as NHS Forth Valley became one of only two healthcare organisations in the UK to win the prestigious Investors in People Gold Award.

Morag, who was also an Associate Director of HR, paid tribute to the managers who have always helped and supported her, and said her retirement plans included an intention to visit every distillery in Scotland to taste every single brand of malt whisky!

She received numerous presents and flowers, plus money to select a gift of her choice.

IN THE SPOTLIGHT



Gillian Allan, Planning Team Coordinator

Tell us a little about your current job

I currently work as the Planning Team Coordinator within the Planning Department at Carseview House and have been based here for five years. We are a small team but a fabulous one. My role is to support the Head of Planning and Senior Planning Managers in all services across Forth Valley. Our current challenge is the Forth Valley Primary Care Improvement Plan for the next five years. It's a huge task and we have to get it right.

Career experience to date?

I joined NHS Forth Valley in 2003 and most of my early years were spent working within Bellsdyke Hospital. During my time there I made some amazing lifelong friends, my Level 1's as they are known. I had previously spent 12 years working with the former Central Scotland Police which I absolutely loved. I experienced a wealth of life-changing skills when I was based within the Force Control Room, answering 999 calls. Working on the radio for stolen cars on the motorway, typing statements for serious crimes, no two days were the same.

What was your childhood ambition?

My childhood ambition was to be a nurse. My gran was a nurse at both Bellsdyke and Kildean Hospitals and I was set for my dream job. Sadly this was not to be. After staying with

my gran one weekend I thought I would help her cut oranges for breakfast but as I sliced through the orange and through my finger I saw the blood pour from my hand and immediately collapsed and fainted! The idea of being a nurse soon disappeared.

Memorable Moment?

I'm sure I'll be forgiven for being a huge Take That fan so when my daughter and I shared our picnic lunch with Jason Orange in the gardens outside Kensington Palace in London, we couldn't quite believe it.

Pizza parlour or posh nosh?

Sometimes a pizza parlour is definitely on the menu but who doesn't relish fine dining now and again. I have a husband who cooks so I'm fortunate meal times are usually catered for. He makes a mean curry.

Best holiday ever and worst?

Best by far, Italy last year. We stayed in Sorrento and took in the sights of Pompeii, the Amalfi Coast and climbed Mount Vesuvius. I actually shed a tear on the last night as I didn't want to come home.

Worst was definitely a camping holiday when our children were small. It rained the entire fortnight, the midges were buzzing and biting, the camping table collapsed and we spent a fortune trying to entertain the kids!

What makes you laugh?

I laugh at most things, usually myself, but if I were to choose



something I'd say watching a League of Their Own with James Corden. It's hilarious. My husband also makes me laugh, even after 22 years, albeit it's usually at my expense. He has a dry sense of humour but is very funny.

Proudest moment?

I have so many. I'll choose two and these have to be my children. A very cliché answer but it's true. They are always there for me and it's lovely to get home at night and be welcomed with a smile and a cuddle.

Where do you see yourself in ten years time?

Another ten countries under my belt would be great, travelling with my husband. Sri Lanka and the Maldives would be top spots – we've talked about this since we first met and never got around to it.

Mantra for life?

None of us know what the future may bring so rather than worry about tomorrow, make the most of today. Live in the present and enjoy what is in front of you.

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Staff News is produced by NHS Forth Valley's Communications Department. If you have a story or suggestions for a future issue please contact Kate Fawcett, Communications Manager on 01786 457236 or Julie Wilson/Lindsay Hathaway on 01786 457243.