

# Staff News

Keeping NHS Forth Valley staff informed



**NEW  
HOSPITAL  
SPECIAL  
EDITION**

# Healthcare for the 21st century

Unveiling the new Forth Valley Royal Hospital

## A Chief Executive's message

I think that we can be very proud of our new hospital for Forth Valley.

Over the past decade, the existing infirmaries in Falkirk and Stirling have done a wonderful job for patients, but as time has moved on, it has become difficult to deliver services from buildings which are no longer fit for purpose.

The momentous agreement to move to a single site had significant public, clinical and political support. Without this support, the whole idea would not have been possible.

We are entering a new and exciting time with, no doubt, many challenges. I believe the new Royal, along with our other developments, places us in the best position in Scotland to deliver patient-centred care of a consistent high quality.

I am proud of the teamwork that has brought us to this point and of the many people who have contributed to this.



**Fiona Mackenzie**  
Chief Executive, NHS Forth Valley

## A Chairman's message

I would like to take this opportunity to thank all staff who have helped shape the new Forth Valley Royal Hospital.

There has also been extremely valuable public involvement in the design of the hospital itself, through organisations such as the Patient Public Panel and Public Partnership Fora – and, of course, by means of the two very large public consultations in 2002 and 2004. We have also had great support from local politicians and the media.

We have been fortunate in having many of the right people in the right positions at the right time within the organisation to effectively deliver the Forth Valley Healthcare Strategy. I feel very privileged indeed to have been in the position of leading the NHS Board through this exciting, challenging but undoubtedly very satisfying period.



**Ian Mullen**  
Chairman



The new hospital

## Welcome to your new Forth Valley Royal Hospital

By the time you read this, the first staff and patients will have moved across to the new Forth Valley Royal Hospital. The £300 million facility is not only one of the most modern and well equipped in Europe, but also the largest-ever NHS construction project in Scotland.

It's been designed to be as bright and welcoming as possible, with spectacular views across to the Forth Bridges, the Lomond Hills and the Ochils.

Equipping the hospital has been a huge exercise in logistics. When the hospital is fully operational in July next year, 150,000 items will have been moved in, from MRI and CT scanners and anaesthetic machines to 2291 paper towel dispensers, 1385 disposable apron dispensers and 171 electric examination couches. Not to mention 1657 office chairs and almost 600 desks!

Mental inpatient services will transfer to the site at the end of September, and acute services from Stirling, which includes A&E and the maternity unit, will be moving over in July 2011.

i This special edition of *Staff News* celebrates the opening of the first phase and highlights what some of you think of your new hospital. For more information, visit [www.nhsforthvalley.com/forthvalleyroyal](http://www.nhsforthvalley.com/forthvalleyroyal)

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Staff who moved across in phase one have given the new facilities an overwhelming thumbs up – here are just a few of their comments

# First impressions

## Fiona Smith – Staff Nurse

"I think it is very modern. I love the windows and the entrance, which is very spacious. I'm looking forward to the whole buzz of working in a new hospital with new equipment. I think my ward area is brilliant."



## Sandra Stoddart – Healthcare Assistant

"I think it is absolutely gorgeous. I really like the rehab area where I'll be working. I think the single rooms are great and allow privacy for the patients. It's just stunning – you keep thinking about all the work that has been put into the move. What has been achieved is great."

## Jim Whatmore – Porter

"It's nice. The size of the wards and big rooms means you can get trolleys and chairs in much more easily. Having robots to do some of the work will give us much more time to spend with patients. The building is pretty impressive and very clean looking."



## Hannah Miller – Senior Pharmacy Technician

"This is a great building. It is light, spacious and fit for purpose. The robotic pharmacy system, merging pharmacy stores and dispensary services, will result in a more efficient way of working. It is exciting that we will be the first team in Scotland to be working with a fully robotic pharmacy system. It will release staff to visit wards, which will benefit patients."



## Eliza Jenkins – MRSA Screening Project Manager

"I'm thinking from a patient perspective when people are not well and coming into this new and modern environment. The end result is fantastic and I think it will give patients confidence that they are getting a cutting-edge standard of care. If you compare going into an old hospital with this building, this is a real tonic. There's no doubt that the new hospital has been built with patients very much in mind."



## Lynn Friel – Enrolled Nurse

"It's spectacular. When you think of wards at the present time and then compare them with the size of the wards here, it's going to make our jobs as nurses a lot easier, I feel. The wards are just beautiful. I was particularly impressed with the shower facilities and air conditioning."





The changing rooms feature hairdryers and showers



Vending machines are on all floors



# With staff in mind

The new hospital offers a variety of facilities to make your working life easier

## Staff changing facilities

Whether you are preparing to go on shift, or need refreshing afterwards, the changing rooms at the new hospital are sure to be a big hit with staff.

Located on every floor at the staff entrance end of the building,

these rooms are not just a place to change – they also house several showers and in-built hairdryers in the male, female and disabled facilities.

Locker rooms are provided at the staff entrance and are activated by your new hi-tech

identity badge. They are used in the same way as lockers at a swimming pool, but instead of using a coin, your badge will be used to lock and unlock them.

In addition there are fridges to store food and a dishwasher for cleaning up.

## Meeting rooms

Seminar rooms are located between wards so that meetings can be held close to a ward.

These 12-person rooms can be booked through the conference centre and are for use solely by NHS staff.

The hospital is also home to the largest meeting room on NHS Forth Valley premises. This holds 100 people and can be

## Staff coffee lounges

The new staff coffee lounges are designed to provide a welcome break and somewhere to relax.

Situated on every floor of the hospital, they are equipped with tables to eat at, comfy chairs and a television in each room.

They also contain vending machines and a microwave.

“ The changing rooms at the new hospital are sure to be a big hit with staff ”

## Hello, you're listening to Radio Royal!

On air every day, 24 hours a day, Radio Royal will be returning to its roots when it starts broadcasting from its new studios high above the atrium in Forth Valley Royal Hospital.

For it was on this site in 1977 that the station hit the airwaves operating from the former Royal Scottish National Hospital.

Radio Royal has 27 full-time members and another dozen or so in training, and plays music from the 1950s onwards.

But with the shift to their new home in Larbert from Falkirk and

District Royal Infirmary, a host of fresh ideas are in the pipeline.

Thanks to grants from Larbert Round Table, Falkirk Round Table, the National Lottery and the O<sub>2</sub> Community Award Scheme, the two studios are being upgraded and a new jingles package is being purchased to give the station a new sound.

It's also hoped to buy portable professional recording equipment to carry out interviews in the wards and there are plans to develop a new production team to widen programming and increase audience participation.

Patients tune into Radio Royal on the free bedside entertainment system. For more details, log on to [www.radioroyal.org](http://www.radioroyal.org)



Simon Marshall presenting his Saturday show

# Brave new world



The main lecture theatre

separated into two rooms to hold 60 and 40 people respectively.

The main lecture theatre is equipped with a 5m x 3.5m screen and video conferencing facilities. A dimmer system ensures that light levels are perfect for presentations.

Speakers will be able to use a monitor when giving PowerPoint presentations so they don't have to turn their backs on an audience when talking about their slides.

## Shops

You won't have to walk far to get a cup of coffee.

As well as the main restaurant, which can hold 200 people, there are several coffee shops and cafés throughout the hospital, including a WRVS Coffee Shop, WH Smith, Starbucks and even a jeweller!



## Hi-tech robots will improve efficiency and save staff time

The latest group of highly trained "recruits" at the new Forth Valley Royal Hospital are lining up to deliver and collect everything from bed linen and meals to clinical waste and medical supplies. But the helping hands aren't human – they belong instead to a fleet of robots, making the hospital the first in the UK to use such technology.

The five-foot tall machines, which resemble mini forklift trucks, trundle between wards. Trials have already been carried out to test their efficiency.

The new self-guided vehicles not only allow patients and visitors to walk along corridors free of bulky trolleys, but also help cut down the risks of infection and free up support staff from routine duties. Although they are fully automated, there's no chance of a collision with people, as the machines glide unseen along separate corridors behind the scenes.

NHS Forth Valley Chairman Ian Mullen said: "The new Forth Valley Royal Hospital is the largest healthcare project ever constructed in Scotland and from the very beginning, we set out to ensure that it would be one of the most modern and well-equipped hospitals in Europe.

"Our staff researched the very latest technology available and looked at how similar robotic supply systems were being used in hospitals in places like France and



The robotic 'helping hands' are the first to be used in the UK

Japan. Having seen the difference these systems made to patients, staff and visitors, we were determined to bring them back to Scotland to benefit patients from across Forth Valley."

The robots use laser technology to find their way around. They are loaded and unloaded in a basement area and make their deliveries to wards via a number of special lifts, with separate flows for clean and dirty goods to minimise the risk of cross contamination.

Should there be problems with one particular lift, the robots can

be re-routed through a special sensor system. There will also be a fleet of 13 separate robots to help meet demand during peak periods and provide back-up, if required.

The supply robots are only part of the brave new world which will operate in Forth Valley Royal Hospital. Other innovations include a fully robotic pharmacy system, capable of labelling medicines as well as stocking supplies and picking up drugs, and robotic equipment will also be used to help clean the hospital's 16 hi-tech operating theatres.

**Having seen the difference these systems made to patients, staff and visitors, we were determined to bring them back to Scotland to benefit patients from across Forth Valley**

Ian Mullen, NHS Forth Valley Chairman

## New outlook for outpatients

About 450 patients a day could be seen in the Outpatient Department of Forth Valley Royal Hospital, which is close to the main entrance.

The department has six areas, with a total of 54 consultation

rooms. Each area has its own waiting area plus one clinical measurement room and one interview room.

Services delivered from this department include pre-op assessment, surgical, medical,

diabetes, gastroenterology, rheumatology, respiratory, haematology, vascular, orthotics, dermatology, neurosciences, ear, nose and throat, urology, orthopaedic, oral surgery, orthodontic and dental services.



Margery Collin and Elaine McManus with a cancer patient and member of staff

## China embraces spiritual care

NHS Forth Valley Head of Spiritual Care, Margery Collin, and Elaine McManus from the Education Department at Strathcarron Hospice, recently travelled to Shenyang in China to offer a Scottish perspective of spiritual care. Here Margery recalls her visit.

"The call for help came from the Palliative Care Unit in Shenyang, which wants to become a centre of excellence and is becoming aware

of the need to embrace a 'softer side of healthcare'.

"We offered doctors, nurses and students a series of education and training sessions in spiritual care.

"It is the norm in China that the families of cancer patients prefer their relatives not to be told of their diagnosis. Natural anxieties, questions of life and death and ethical dilemmas cannot therefore be discussed and explored openly.

"However, by accepting the Chinese invitation to visit Shenyang and working through interpreters, an understanding of the value of good spiritual care was introduced, debated, accepted and welcomed.

"China has neither an NHS nor a robust GP system. Money is required for treatment and many poor people die because they cannot afford care. There are 31 hospices across China covering a population of 1.3 billion. In Scotland, we have 15 hospices for 5.5 million people – a stark contrast.

"Whatever a person's circumstances, each has a story which requires to be told and be listened to, each has feelings which require to be expressed and acknowledged.

"China has some way to go in engaging widely with this process, but many are grateful for the first steps which have now been undertaken on this journey."

**Many are grateful for the first steps which have now been undertaken on this journey**

Margery Collin



# Another string to her bow...



From Community Nurse...

Charlene is on target to become a top competitive archer



...to award-winning archer

### ALTER EGO

Every weekend, Community Nurse Charlene Struthers swaps thermometers and bandages for bows and arrows. For the past 10 years, archery has captured her imagination, her skills have gone from strength to strength and she is now competing in world record-status competitions.

Her interest in the sport began at age 12: "I fancied the doing something totally different than what everyone else was doing. I had always walked past where they shoot near the school and sat and watched them and became fascinated. A few years later, I decided I was going to take it up."

Working as a community nurse, Charlene appreciates the hours that she works, saying that it's down to not working a

shift pattern that allows her to keep participating in archery.

As well as taking part in several different disciplines, Charlene has won lots of awards. She also holds her club record on "compound", which is the type of archery you see in the Olympics where arrows are shot with a mechanical release rather than with your fingers.

Compound is a pricey sport – £1,000 for a bow and some carbon arrows.

"I'm the only female in the club that shoots compound, so I'm always looking for people to recruit. My family don't do it

– I think they would just cause an accident!" joked Charlene.

She is currently studying to become a registered coach so that she can pass on her skills to beginners in the challenging sport, teaching them the skills to succeed, as well as coping with the wet and windy Scottish weather.

Charlene said: "Wind and rain can affect the arrow flight. You have to guess what way the wind is going and try to compensate for it. If the wind changes, you will be shooting in the wrong direction. The weather plays a big part."

She had to take a year's

break when she found out she had scoliosis (curvature of the spine), but is now slowly getting back to the sport.

"I have problems with the way my back bends – when I look at the target I'm actually squint," Charlene explained.

Playing through her discomfort, she doesn't grumble: "There are a lot of people who are in wheelchairs who have had amputations or who have no arms but still do archery by using their teeth with a modified bow. It's quite amazing what you can do with your teeth! So I can't complain about my back."

In September, Charlene will be adding another string to her bow when she takes part in a 24-hour shoot for the Red Cross to try to break the record for the most arrows shot in a day.

If you would like to sponsor her and her team, please email charlene.struthers@nhs.net

### Would you like to feature in Staff News?

Do you parachute from planes or pilot a hang glider? Are you a musician, or singer with a band? Is stand-up comedy your forte? Do you take part in charity runs or raise money for good causes? Or is your idea of a perfect holiday scaling Everest?

If so, we want to hear from you for what we hope will be a regular feature in Staff News about people's lives outside of work. Tel 01786 457243 or email kate.fawcett@nhs.net



## Reminder to get tested, get treated

Two hundred and fifty gym bags, 500 pens, 400 notepads and 800 leaflets were handed out across Forth Valley on World Hepatitis Day to promote awareness and understanding of Hepatitis B and C.

A team including Consultant Gastroenterologist Dr Pete Bramley, above left, met Stirling Provost Fergus Wood before pounding the pavements to get across the message "Get Tested, Get Treated".

Advice also included details of how to access services.

The team visited a variety of

settings from sports centres and supermarket car parks to prisons and drop-in centres, and also delivered small group awareness sessions to nursing and medical staff, allied health professionals, and staff and prisoners in Scottish jails.

The condition is often stigmatised, but there are many transmission routes including UK blood transfusions pre-1991, body piercing or tattoos with unsterilised equipment, using razors or toothbrushes belonging to someone who has either Hepatitis B or C, or sharing equipment for drug use.

### New appointment

## Craig brings a wealth of fundraising experience

NHS Forth Valley has appointed its first-ever fundraising manager. Craig Holden has a wealth of experience in the voluntary and public sectors.

Over the next few months, Craig will oversee the establishment of a fundraising web page, the branding of the Endowment Fund, distribution of fundraising packs to staff and volunteers and the official launch of the fundraising office.

Craig will also be involved in extensive partnership work designed to strengthen relationships and improve communication between NHS Forth Valley and its partners in the public, private and voluntary sector.

Craig can be contacted on 01324 678547





## P A recipe for retirement

Catering Manager Alexis Archibald is now officially a bag lady – purple by request!

The handbag was one of a number of gifts she received when she retired after 28 years' service. Alexis was also given a jewellery voucher and money, which she plans to put towards a swinging seat.

Alexis was working as a cook

in Callendar Park Business College before moving to Falkirk and District Royal Infirmary as a kitchen superintendent. She was then promoted to assistant catering manager and latterly to catering manager.

She is now looking forward to retirement and a cruise around the Canaries.

## Hair today, gone tomorrow

Celebrating his 40th birthday in grand style, MCN Manager David Munro was obviously having a good hair day when he kindly delivered cake around Board Headquarters at Carseview House. Staff could be forgiven for thinking he'd followed in Elton John's footsteps, but a few hours later all was revealed when David removed the wig which was a gift from colleagues!



David with his new "do" and, inset, how you'd expect to see him without his birthday gift!



## Kath races on

Many people who retire want to put their feet up. But Redesign Programme Manager Kath McCormac is determined to put her feet firmly in the pedals and pursue her love of cycling.

Kath, pictured above right with Chief Executive Fiona Mackenzie is always among the first to reach the finishing line in cycle races.

She also hopes to travel with her husband, pursue art

classes and switch her redesign skills to gardening.

Kath was the lead for Celebrating Success and began her nursing career in Dunfermline and West Fife and joined NHS Forth Valley in 1997. Among her many retirement gifts was a marble – for when she loses her!



## A fond farewell to Fiona

The last sister in NHS Forth Valley to hang up her frilly hat has retired.

Fiona Bowie trained at Stirling Royal Infirmary in 1967 and was best known in her role as department sister in outpatients at Falkirk and District Royal Infirmary. For the past 10 years, she has worked with the Patient Relations Team.

Fiona is looking forward to living life at a slower pace, walking her dog and relaxing with friends.



# Docs put best feet forward



A delighted Paul Baughan proudly displays his Edinburgh Marathon medal

Two Forth Valley GPs, Helen Randfield and Paul Baughan from Dollar Health Centre, completed the 2010 Edinburgh marathon and raised more than £1,300 for CHAS (Children's Hospice Association Scotland)

Neither Helen nor Paul had run a marathon before, but in search of a new challenge (and during a moment of madness), they decided to take part!

The event took them – and 20,000 other runners – from the centre of Edinburgh and along the coast, running through Portobello, Prestonpans and Longniddry before returning to a grandstand finish at Musselburgh racecourse.

Conditions were tough as it was one of the hottest days of the year with no cloud cover and temperatures rising to 25°C.

However, despite the fatigue, aching muscles and the odd blister, Helen and Paul completed the 26.2 miles in the respectable times of four hours 14 minutes and three hours 58 minutes respectively.

Other NHS Forth Valley staff who took part in the marathon included Dr Chris Kelly and Dr Ewan Jack.



*Helen Randfield on her first marathon*

# Take me to the Mardi Gras!



## Tiaras at midnight

TV celebrity Lorraine Kelly, caught on camera by an NHS Forth Valley staff member, was one of more than 2,700 women who braved the chill to take part in the Strathcarron Hospice Ladies Midnight Tiara Walk.

The walk followed a figure-of-eight track which allowed the women to choose either a five or 10-mile distance, and raised an estimated £300,000.

Four members from the NHS Forth Valley Adult Mental Health Team donned jester hats and harlequin outfits to enter into the spirit of the Mardi Gras theme at this year's Edinburgh Moonwalk.

Anne Cook, Lorraine Robertson, Carol Wallace and Susan McConachie all completed the 26.2 miles and raised £900 for breast cancer research and care.

Last year the quartet took part in a Midnight Walk for Strathcarron Hospice and decided they wanted an even bigger challenge in 2010.

Their training regime began in January, and included a 15-mile walk in scorching weather. They admitted the Edinburgh event was tougher than they thought, but were delighted they all managed to cross the finishing line.



## Get in touch

Do you have a fundraising tale to tell or news for our people pages? Then why not let us know and we'll feature you in *Staff News*? Send your story idea and your contact details to: Kate Fawcett, *Staff News* editor, on [kate.fawcett@nhs.net](mailto:kate.fawcett@nhs.net) or telephone 01786 457236.





## Welcome to our new home

The specialist eating disorder service in NHS Forth Valley has a new home – in the refurbished cottage on the Kildean Hospital site in Stirling.

There are three consulting rooms and facilities for weight management. The move means all the team is now based in the same building.

Pictured enjoying their new surroundings are Cognitive Behavioural Therapist Reda Hamam, left, and Clinical Nurse Manager Annette Gilmour.

The service helps people between 19 and 65 who have moderate or severe eating problems and offers specialist care for patients with anorexia nervosa, bulimia and eating disorders.

Referrals come from GPs, professionals within mental health services and other medical colleagues.

## Sunshine of your love

Romance blossomed in the sun for Shirley Aikman, who works as a staff nurse in Loch View



House 3, after she met Darren Hughes while on holiday at her father's home in Spain.

The happy couple then chose another sunny clime for their wedding – Cyprus – followed by a reception for family and friends when they returned home.

Staff at Loch View want to convey their good wishes to Shirley.

# Act FAST to deal with stroke

Miss UK, Katharine Brown from Dunblane, helped launch a major campaign in Forth Valley to help people recognise the signs of stroke and react quickly.

Katharine has given her backing to the FAST campaign, which is being organised by Chest, Heart and Stroke Scotland (CH&SS) and NHS Forth Valley.

It is designed to emphasise that calling 999 as soon as possible if stroke symptoms are suspected could save a life and limit damage to the brain.

Lesley Wells, CH&SS Lead Stroke Nurse for Forth Valley, is keen for an increase in public awareness of the symptoms of a stroke and the need to seek help urgently.

She said: "Stroke can happen to anyone at any age. More than 550 people every year have a

stroke and are admitted to NHS hospitals in Forth Valley."

The FAST message was developed by leading stroke physicians and focuses on how an attack affects the face, arms and speech. The T represents time to call the emergency services.

The Forth Valley campaign includes the distribution of 47,000 small wallet cards to local pharmacies alerting people what to watch out for.

**Stroke can happen to anyone at any age**

Lesley Wells



## Catherine is our local health hero

Several nominations from grateful patients led to NHS Forth Valley Nurse Consultant Cardiology

Catherine Mondoia being voted NHS Employee of the Year in the Central FM Local Hero Awards.

Catherine was praised for the work she does in her own time, including visiting patients and running fitness classes.

Station Manager Ann Marie Miller said this year's awards

had attracted more than 500 nominations across all categories, and Catherine had "clearly demonstrated a strong commitment to her patients and their wellbeing, often going above

and beyond the call of duty".

Catherine is pictured with Michael Sockalingam from Falkirk Dental Care, left, and NHS Forth Valley Chairman Ian Mullen.





## + News bites

### Projects win plaudits

Innovative projects undertaken by NHS Forth Valley staff won two of the six poster categories at the NHS national event. NHS Forth Valley also had the greatest number of short-listed entries.

Newborn babies needing hospital care are among the most vulnerable group of patients, and Anne Vallance reported on how using seven steps set out by the Scottish Patient Safety Programme had produced a safer environment within the neonatal intensive care unit.

The other winner, submitted by Sheila Kowalczyk and Dr Duncan Lamont, recorded the savings achieved on paper and fuel through the introduction of electronic discharge letters. These amount to 2.5 tonnes of paper a year, translating into £12,500 on toner and £2,500 on paper costs.



### Volunteers thanked

A thank-you event was held in the Day Therapy Unit at Clackmannanshire Community Healthcare Centre to honour six volunteers who have raised nearly £2,000 for Braveheart.

Braveheart mentor Stephen Campbell held a 70s night in Dunblane that raised £1,000 for the charity, which helps people with heart problems.

The rest of the cash came from Forth Valley College students John Bell, Karen Davids, Christopher Morran, David Faichnie and Rachel Taylor, who held a sponsored cycle from Edinburgh to Glasgow and did a bungee jump.

## Happy birthday!

vital support for a range of patients, particularly the elderly and those needing palliative care.

Her tasks include changing dressings, providing eye drops after cataract surgery, helping patients who need insulin, dealing with artificial feeding and catheter

problems or giving comfort to those who wanted to return home to die.

"Night-time can be very difficult for some families, particularly if loved ones require palliative care," said Moira. "Our presence is reassuring. When we first started in Falkirk we had six trained staff and two unregistered members – now the team is 14 in Falkirk and 15 in Stirling. Working at night produces a very good team spirit – we have all known each other a long time now."

Initially nurses carried a pocket full of 10p coins so they could check their answerphone every

hour from a public telephone kiosk. Finding one that worked was always tricky.

The next communication method was a two-way radio where the antenna was attached by a magnet to the car roof and the lead placed through the window. Pleasant in summer, but freezing in winter! Now mobile phones and pagers provide the perfect solution.

The nurses also find themselves being good Samaritans while on the road. Stray dogs and injured animals have been taken to safety and they once rescued an elderly man found wandering at midnight, who didn't know his name. Driving him to the local police station, they discovered he was a missing person, suffering from dementia.

The team is now looking forward to the next 30 years, and speculating on how advances in technology will revolutionise their roles even further.



*District Nurses Julie Combrough  
and Moira Donaghy*

The prospect of being issued with a fur-lined duffle coat, a snow shovel, a bag of sand and a tinfoil sheet would certainly appear strange in 2010.

But this was once standard kit for members of the Community Night Nursing Service, which is celebrating its 30th birthday. Originally based in Falkirk, and now extended across Forth Valley, the service was introduced to provide round-the-clock nursing care.

Today, one of the original team members – District Nurse Moira Donaghy – is still turning up for overnight duties which provide

# IN THE SPOTLIGHT

## Dr Iain Wallace Medical Director

### What made you want to study medicine?

Apart from wanting to help people and rid the world of all known diseases (both of these reasons would probably fail you at a medical school interview now, so lucky this was 30-odd years ago), I was attracted by the scientific side of things and the enjoyment of interacting with people.

### How did you arrive at your present job?

Via a rather circuitous route – I was a principal in general practice in Glasgow for 10 years. During that time I became involved in the GP subcommittee then commissioning (my mother was so proud – she thought I had a uniform and stood at the front door of Greater Glasgow Health Board's HQ in Ingram Street) and latterly was appointed as part-time GP advisor. I was fortunate to be supported to undertake a part-time MBA at Strathclyde and just as I was finishing it I became the medical director for Greater Glasgow Primary Care Trust. After six years, I moved to be medical director of Yorkhill Trust, then associate medical director for Women and Children's Services.

### What makes you laugh, or at least smile?

In my book, nothing beats Fawlty Towers. And small children – they are all unconscious comedians.

### Who would you invite to dinner?

I think it would have to be Winston Churchill, assuming that resurrection is part of the deal. I wouldn't like the cigar smoke, but I am sure the liberal supply of Pol Roger champagne would make up for it.

### If you could change something about yourself, what would it be?

Well, my daughters would say my grey hair as people think I am their grandfather, which is not "cool". But for me, it would have to be a new pair of eyes as small print is getting too difficult read and I don't like varifocals.

### Worst moment?

As a medical director you measure success in how few worst moments you have... sadly I can't tell you about any of them!

### Best moment

I have had two best moments... the birth of my two daughters.

### What might people not know about you?

I like Italian baroque art. Caravaggio is my favourite artist.

### Football or golf?

Neither at present, although I would like to take up golf again. It's in my PDP!

### Books or telly?

Books, unless it is a good film. My favourite book of all time is *The Shadow of the Wind* by Carlos Ruiz Zafón. I also like Graham

Greene and Donna Leon.

A good film is anything by David Lean, the Bourne trilogy and *Gladiator*.

### Where do you see yourself in five years' time?

Here in Forth Valley. Hopefully I will be on top of things by then!



“ I have had two best moments... the birth of my two daughters ”

Iain Wallace



Consultant James Tweedle, left, receives the cheque, watched by staff and some of the principals of the Provincial Grand Lodge of Stirlingshire

## Grand from the Grand Master

### Donation

A cheque for £1,000 has been handed over to the Urology Department by the Right Worshipful Grand Master of the Province of Stirlingshire, Brother Andrew McKinnon.

The money will be used towards the purchase of a laparoscopic trainer, a piece of equipment which helps the development of surgical techniques.