



FORTH VALLEY IS BABY FRIENDLY

**THAT'S
OFFICIAL!**

COMPETITION

Win the perfect winter treat

PAGES 10 - 11



MEET THE FAMILY

PAGES 16 - 17



DON'T SUFFER IN SILENCE



Posters urging victims of domestic abuse not to suffer in silence by speaking to a member of NHS staff were displayed in the Emergency Department at Forth Valley Royal Hospital as part of 16 Days of Action against domestic abuse.

The posters were the brainchild of NHS Forth Valley Emergency Department Staff Nurse Jennifer McMahon, and pleaded with women not to suffer in silence. She explained: "Victims of gender-based violence often struggle to find the courage to speak out about their abuse. Remember you are not alone, and any member of our staff will be willing to help you."

Lynn Waddell, NHS Forth Valley Equality and Diversity Manager and Gender-Based Violence Operational Lead added: "Many survivors of abuse come to health services for help and we currently support a range of interventions to improve care and support to thousands of patients who may never have told anyone else about the trauma they have suffered."

NHS Forth Valley works closely with partner organisations including the three local authorities, police and voluntary organisations. The poster campaign also included awareness sessions for staff.

MENTAL HEALTH SUCCESS



Nursing and occupational therapy staff from Dunrowan set up a stall in the Howgate shopping centre in Falkirk as part of Mental Health Awareness Week. It proved to be a huge success, with more than 150 people seeking advice over a five hour period.

The topic was positive mental health and focused on the benefits of activity, diet and lifestyle to improve mental health and wellbeing.

STAFF HELP WOMEN BECOME BOSOM BUDDIES

Women from ethnic backgrounds who live in the Stirling area became bosom buddies for a day, to learn more about breast health.

More than 50 turned up at a special event at Logie Kirk Hall, which was held in response to a report by the Stirling Multicultural Partnership which said language barriers, a lack of confidence and fear of 'bothering' doctors prevents some women from going to their GP or attending breast screening.

The partnership, which includes NHS Forth Valley and the Central Scotland Regional Equality Council, worked together to stage the

community event. Dr Archana Seth – a consultant radiologist at Forth Valley Royal Hospital – volunteered to organise breast awareness workshops with a number of her colleagues. The Keep Well Forth Valley team also provided mini health checks.

A UK study by the charity Breast Cancer Care confirmed that women from black and ethnic communities are much less likely than white women to check their breasts for unusual changes. A third admitted they did not know much about the disease and 43% said they had never checked their breasts, compared with just 11% of the general population.

For more information on Keep Well Forth Valley visit
<http://www.keepwellscotland.org.uk/where/region.aspx?id=5>



BABY FRIENDLY AWARD



Back row: l-r Theresa McElhone UNICEF; Gillian Morton NHS Forth Valley Head of Midwifery; Infant Feeding Advisor Elaine Ronald; front row 14 week old Harris with Mum Julie Shanks; 10 week old Quinn with Mum Leanne McMorrnan

You can't get much friendlier than this – two bouncing babies sharing in celebrations at the Women and Children's Unit at Forth Valley Royal Hospital, to mark the Unit's success in achieving a prestigious Baby Friendly Award from UNICEF (United Nation's Children's Fund).

The Baby Friendly Initiative, set up by UNICEF and the World Health Organisation, is a global programme which provides a practical and effective way for health services to improve the care provided for all mothers and babies. In the UK, the initiative works with health professionals to ensure that mothers and babies receive high-quality support to enable successful

breastfeeding. The Award is given to health facilities after an assessment by a UNICEF team, which involved interviews with staff, antenatal women and postnatal mothers. Results demonstrate that recognised best practice standards are in place.

Presenting the award, Theresa McElhone, Lead Professional Officer for Scotland said that every mother

they had interviewed could not praise NHS Forth Valley staff highly enough. "Words like phenomenal, wonderful and tremendous were used" she said. "Achieving full accreditation is hard work, and represents a lot of effort over a lot of time."

NHS Forth Valley Infant Feeding Advisor Elaine Ronald, who accepted the award added: "This has been a huge team effort and shows our commitment and motivation as a team."

"Breastfeeding protects babies against a wide range of serious illnesses including gastroenteritis and respiratory infections in infancy as well as allergies and diabetes in childhood. We also know that breastfeeding reduces the mother's risk of some cancers – although mums might be more interested in hearing that it is easier, cheaper and simply less hassle than bottle feeding."

Her views were echoed by Baby Friendly Initiative Programme Director Sue Ashmore. "We are delighted that Forth Valley Royal Hospital has achieved full Baby Friendly status. Surveys show us that most mothers want to breastfeed but don't always get the support they need. Mothers at the Women & Children's Unit can be confident that their midwives will provide the highest standard of care."

JAKE SAYS THANK YOU

Staff in the children's ward at Forth Valley Royal Hospital welcomed one of their youngest fundraisers recently – eight year old Jake Downey from Stirling, who organised a sponsored climb of Ben Lomond to say thank you for treatment received when his appendix burst. Jake braved cold and cloud, reaching the summit in just under six hours, and was able to donate almost £300 as the result of his efforts.

The youngster was admitted to hospital in December 2011 and had

to stay in the children's ward for four days over Christmas. Although he wrote a thank you letter to nurses when he returned home, he still wanted to do something more.

He completed the walk with his parents and Mum Susan came along with Jake after school to present his generous gift. Delighted staff in the department gratefully accepted the donation and promised Jake that the money would be spent on making the ward even better for children his age this Christmas.





TRICK OR TREAT

These pictures were taken at a spook-tacular Halloween event in the hospital woodland where a guided walk with a storyteller and bobbing for apples encouraged children to explore the green space with their families.

The event was one of a series which the Forestry Commission are organizing to attract more people to the area. Others have included a fun health day in the grounds of Larbert House which was attended by staff, patients and local residents.

Children's activities included face painting, a woodland storytelling walk and a group bike ride through the woodland while adults were encouraged to take part in a woodland workout session.

WORLD CLASS FACILITIES MANAGEMENT

The ground-breaking work carried out by Serco, ForthHealth and NHS Forth Valley to improve the external environment and woodland amenities around Forth Valley Royal Hospital has been recognized with a world-class award – the Global FM Platinum Award for Excellence in Facilities Management. It was presented at a World Workplace Conference in Texas organised by the International Facility Management Association.

Gareth Tancred, BIFM Chief Executive, said the project

had provided inspiration to the facilities management profession worldwide, and urged his audience to learn more about the scheme and understand if any of the ideas or best practices could be adopted by their own organisation.

Serco also had two more wins at the Premises and Facilities Management Awards in London. They collected a "Partners in FM – Corporate award" and the prestigious overall PFM award for excellence in all categories.

The PFM Awards 2012 are the most sought after awards in the facilities management sector.

GET OUT & GET ACTIVE IN LARBERT WOODS



Many of us make News Year's resolutions to lose weight and get fitter after the festive season where eating, drinking and being jolly with family and friends bulges our waist lines. But, why wait until January sets in before deciding to make changes? You can get out and get active today. You just need to wrap up warm.

Taking time out of your day to walk in nature can give you head space, lift your spirits or help your fitness levels. Larbert Woods is just a hop, skip and jump across the car park at Forth Valley Royal Hospital and is the perfect setting for taking a walk around the loch or through the woods using the new network of paths.

Getting your trainers on is always the hardest part. But, you don't have to

go it alone. Why not get a team of walkers together with your colleagues and take time out at lunchtime or after your shift? Plus, when you walk and talk you forget that you're exercising and the benefits stay with you, taking the fresh air into your afternoon or home with you to have a more restful sleep.

NHS Forth Valley has joined forces with Forestry Commission Scotland, Central Scotland Forest Trust and Falkirk Council to transform the woodlands into a green oasis for staff, visitors and the local community. Changes to the woodland areas around the hospital started in 2010 and further improvements are planned over the next few years.

FORESTRY WOODLANDS GET SPRUCED UP

Over the winter months there will be additional path improvements and landscaping taking place in the woodland surrounding Forth Valley Royal Hospital. This includes path work and planting around the loch and trees will be thinned out to open up the view and enable light to penetrate the forest floor. On site notices will advise of any temporary works.

In March 2013 a loch side viewing platform will open, on the foundations of a former boathouse. Its position and construction, including an attractive wooden seating area, will create spectacular views and will be a great spot for enjoying a sandwich and a stroll around the loch.



MORE ABOUT MAGGIE'S

With a Maggie's Centre due to be built just a short distance from the oncology department at Forth Valley Royal Hospital, a drop-in event was held recently to keep people up to date with developments.

Oncology Manager Liz Macmillan explained what a difference the centre would make to Forth Valley, where more than 1600 people are diagnosed with cancer every year. In addition people who use Maggie's Centres in other areas spoke of the support they had received to make their diagnosis of cancer more manageable.

Two cancer charities, Maggie's Cancer Caring Centres and Walk the Walk, are working together to develop a new Maggie's Centre at Forth Valley Royal Hospital. Walk the Walk, the grant-making breast cancer charity, has pledged a grant of £3million.

To find out how you can get involved in the new Maggie's Forth Valley please contact Michelle Campbell on 0300 123 1801 or email michelle.campbell@maggiescentres.org

maggie's
People with cancer
need places like these

HEAR HEAR

Retired and Senior Volunteer Programme (RSVP) volunteers are working as part of the NHS Forth Valley Audiology Services hearing aid repair service team, assisting with battery exchange and helping with hearing aid maintenance in clinics across Forth Valley.

The volunteers, based in Falkirk Community Hospital, are often the first point of contact for patients. They talk to patients to check what the problem is and see if it is something they can help with or if the patient has to wait for an Audiologist.

Volunteer Organiser William Lindsay was attracted to the role as he wanted to be involved in something practical. He says: "We take patients into the working room and see if we can find out what's wrong. We usually replace the tube and clean the mould, and then check the batteries. We also make sure the mould fits the ear properly and tube is cut to the correct length."

This initial assessment and the range of smaller jobs that volunteers are trained to deal with can speed up the flow of patients, something that Acting



Audiology Services Manager at NHS Forth Valley Jennifer Nicol is keen to support and develop. She explained: "This has benefited many patients by allowing them to attend for hearing aid maintenance closer to their home, and shortens waiting times for clinic appointments."

As well as the technical side of the role William enjoys the positive feedback and interaction with the people he sees. "The feedback is very positive. People are delighted with our service and are extremely surprised that we do it for free!"



Participation in the programme will:

- raise your awareness of fraud within the health service in Scotland
- provide you with an overview of its impact

A new e-Learning programme has been devised to raise awareness and understanding of fraud within the NHS in Scotland. Split into seven sections it covers different aspects of fraud and provides advice on what to do to help prevent and stop it.

- show you the role you can play to protect NHS resources.

The programme uses the Learnpro platform which you access at <https://nhs.learnprouk.com>. You have to register before you can access the programme however if you have any difficulties contact the dedicated NHS Forth Valley helpdesk at 01324 567383.

David Archibald is NHS Forth Valley's nominated Fraud Liaison Officer. His role includes responsibility for informing third parties, such as Counter Fraud Services (CFS), External

Audit and, where necessary, the police. He is keen to promote the use of the new e-Learning Programme.

David explained: "Staff who complete the programme will be in a much stronger position should they ever be confronted with a situation where fraudulent activity is suspected. Every pound lost to fraudsters is a pound that could have been directed towards patient care."

David, who is based at Falkirk Community Hospital, can be contacted on 01324 678527 or 01592 226445 or by emailing davidarchibald@nhs.net

WEE GEMS

Senior Staff Nurse Kevin McCloskey (right) and former Resuscitation Officer in Forth Valley, Graeme Ramage, are officially 'wee gems.' They've been awarded The Queen's Diamond Jubilee Medal for their volunteering work which helps save lives.

Both are members of BASICS (British Association of Immediate Care Schemes) and as responders, are part of a scheme which enables the Scottish Ambulance Service to call them out to accidents, cardiac arrests and other life-threatening emergencies either ahead of ambulance resources or to assist them. They can also be called out to form part of a Major Incident Team in Forth Valley if required.



BASICS is a charity which delivers education in pre-hospital emergency care to health professionals in remote and rural parts of Scotland, and the pair also volunteer as instructors. Public Partnership Forum (PPF) members Morag Mason and Margo Biggs also received Diamond Jubilee Awards in recognition of their valuable work and role as patient representatives within NHS Forth Valley.

LISTENING TO ASYLUM SEEKERS

Congratulations to our colleague Dr Dora Bernardes, who has been awarded the British Psychological Society's 'Division of Clinical Psychology Pre-Qualification Lecture Award.'

A Clinical Psychologist in the Women and Children's Unit at Forth Valley Royal Hospital, Dr Bernardes has been recognised for her overall achievements during her three years as a clinical psychology doctoral trainee, as well as her pre-doctoral work and research into developments in clinical practice.

Her work has included a major research project aimed at listening to asylum seeker's perspectives on mental health and their experiences of health and social care services (published at International Journal of Migration, Health and Social Care) and another project evaluating Cognitive Behavioural Therapy with an Iranian man with PTSD symptoms (published at Ethnicity and Inequalities in Health and Social Care). She has also volunteered with asylum seeking and refugee children and secured a one-year placement at the prestigious Tavistock Clinic in London working with adolescents, the result of a national competition.

As part of the award Dr Bernardes was invited to give a lecture at the Division of Clinical Psychology conference at the University of Oxford.



PLAUDIT FOR FILM

A film developed by a partnership including NHS Forth Valley, in which victims of incidents aggravated by hate tell their stories and encourage others to speak out, has been highlighted as good practice by the Human Rights Commission.

Entitled 'Stop Hate in Central Scotland,' it urges people to report any intimidation, harassment or assault because of prejudice relating to disability, race, religion, sexual orientation or transgender identity.

The film was commissioned by the Multi-Agency Hate Response Strategy (MAHRS), a Central Scotland partnership which brings together a number of organisations including our staff.

It received the plaudit in a new Human Rights Commission report 'Out in the Open - A Manifesto for Change' outlining the actions which agencies in Scotland - government, social care organisations, criminal justice agencies and others - have committed to undertake in order to eliminate the harassment of disabled people. This followed an inquiry last year which found that many disabled people



experience harassment or abuse as part of everyday life in Britain.

Although reported levels of hate incidents within Central Scotland have increased in recent years, analysis has shown that both improved reporting procedures and increased confidence amongst victims is largely responsible for the rise. The Stop Hate in Central Scotland film and further information about what is done in Central Scotland to tackle hate crime and improve reporting of such incidents is available at www.stophateincentralscotland.org.uk

QUEEN FOR A DAY



Perched on a specially-acquired silver throne, and surrounded by members of her court, Children's Ward Manager Fran Hislop said farewell to staff on the occasion of her retirement.

Fran began her nurse training in 1970 and was based at the former nurses' home, Maraig in Gladstone Place, Stirling. She recalled living 'four to a room' in curtained cubicles and needing a late pass to stay out longer than 10pm!

Qualifying as an RGN in 1973 Fran then trained as a midwife. She



became SCM and after a stint at the Royal Hospital for Sick Children in Glasgow, RSCN. In 1981 she returned to Falkirk and District Royal Infirmary and a few months later moved to Stirling Royal Infirmary as a sister.

Fran was heavily involved in caring for children injured in the Dunblane

tragedy where her support was much appreciated. She now intends to undertake voluntary work at Castleview School in the Raploch, for youngsters with exceptional needs.

Retirement gifts included a designer handbag and matching purse, plus a bottle of bubbly.

FROM HEALTH TO HOSPITALITY

Thirty three years after first becoming a registered general nurse, Sue Dow, General Manager of



Falkirk Community Health Partnership has switched allegiance from the health service to the hospitality industry.

Sue emphasises that she is in no way 'retiring' but following her dream for herself, husband David and son Frazer, to become the proud owners of a hotel.

Sue managed Falkirk CHP for the last seven years; her previous posts included Clinical Director and Service Director for Central Scotland Healthcare NHS Trust, plus several nursing roles including district nurse, midwife, health visitor and nursing officer.

Sue loves cooking and baking, and her colleagues have enjoyed sampling her delicacies on a regular basis, making meetings more bearable!

Apart from her husband and son, the two loves of Sue's life are her dogs Kyle and Connor. Connor won Crufts last year and has gained a successful entry again for 2013.

A LIFETIME OF CARING

Staff said goodbye to Effie Rodger, lead nurse with Falkirk Community Health Partnership, by throwing a surprise retiral party.

Effie moved to the Western Isles with her parents when she was just nine months old and left for the mainland to train as a student nurse. In 1971, she returned to the islands to take up a post as Staff Nurse in elderly care, but a year later returned to Forth Valley as Sister Midwife in the postnatal ward at Stirling Royal Infirmary.

In the same year she married her husband Andy and the couple celebrated their ruby wedding in April 2012.

Effie subsequently worked as a surgical staff nurse, district nurse and midwife before becoming a health visitor and then temporary manager. She joined Forth Valley primary care in 1996 and was promoted to lead nurse in 2000.

Effie intends to spend her well-earned break travelling between her home in Stirling and her second home in North Uist.



TONE UP AT TRYSTVIEW



Staff and residents at Trystview are now keeping extra fit, thanks to a new gym in their building. The gym, which has been in operation since November 2012, is the direct result of hard work and perseverance by various colleagues on the former Bellsdyke hospital site.

Trystview's Clinical Nurse Manager Claire Lamza applied for funding from a legacy fund kindly left to NHS Forth Valley by a Miss Isobel Wynne. This secured £8,500 for gym equipment including rowing machines, treadmills, cross-trainers and free weights.

She's been supported throughout by Staff Nurses Alec Wright and Alec Watson.

"We've only been open for a short time and we've already got about a dozen people a day coming in," said Alec Watson. "If you join a gym it costs at least £25 a month so once residents realised ours was free, it started getting busier."

Both Alecs have undertaken an intense, two-day training course which included a written exam giving them safety qualifications. Alec Watson explained: "In a gym people can get hurt. It's as simple as that. We'd never had any training in terms of teaching so that's why we took the course. We've been taking some of the male residents to the gym at Falkirk College for years, so we also got a lot of help from Wai Mun Lee, the College's Leisure Facility Co-ordinator."

The gym is usually available between 10am and 5pm Monday to Friday, but both men are looking at ways to open at weekends too. They're also keen to add more equipment and say they could do with another treadmill and bike.



COUPLE HELP OTHERS IN MEMORY OF MARK

An Alloa couple whose baby boy was stillborn have raised more than £3,000 to help other parents who face similar heartbreak. Stacey Harvey and her partner Mark Wyse used the bulk of the cash to buy a cool cot for Forth Valley Royal Hospital. They are pictured here with their son Jamie, handing over the equipment to Sister Anne Begg.

The cool cot works through an electrical system which keeps the cot or Moses basket at a low temperature and helps couples to spend more time with their child before finally saying goodbye.

The couple, were first alerted to potential problems when a nurse failed to register a heartbeat during a 36 week check up. Stacey subsequently went to Forth Valley Royal where it was confirmed the baby had died. She delivered Mark junior on January 21st 2012.

"He was perfect for want of a breath said his father. "Even though he was stillborn I experienced the same sense of euphoria as when

Jamie arrived. It was a relief that after almost nine months the baby was here, and we got the chance to hold him, a real sense of achievement."

"The time spent with the baby is very precious" added Stacey. "I hope that this will enable other parents in a similar situation to have their children with them for a little bit longer. It is very hard saying goodbye to a baby which you have been looking forward to for so many months."

To raise money the couple held a psychic night with clairvoyants and a reiki healer, and also organised a balloon race.

To find out more about the fundraising visit
www.facebook.com/babymarkangelfund

WIN THE PERFECT WINTER TREAT!

 **HHONORS**
HILTON WORLDWIDE

An overnight stay for two in a beautiful Hilton or DoubleTree hotel in the Scottish countryside.

Hilton hotels have recently launched their new Christmas Gift Vouchers, which means that from just £99 customers can choose from 3 beautiful locations - Hilton Dunkeld House (Perthshire), Hilton Coylumbridge (Aviemore) or Doubletree by Hilton Dunblane Hydro (Perthshire) – for an overnight stay including dinner, bed and breakfast for two people, with complimentary use of the hotel's leisure facilities and free parking.

This festive season, Hilton are offering NHS Forth Valley staff the chance to win a free £99 Christmas voucher for an overnight stay for two at the winner's choice of the above hotels.*



All you need to do to be in with a chance of winning is answer this question:

Q. In which year was the Battle of Dunkeld?

Send your answers to: FV-UHB.StaffNewsCompetition@nhs.net by the 25th January 2013.

Alternatively you can send it by post to Communications Department, Careseview House, Castle Business Park, FK9 4SW.

*Vouchers can be redeemed from 27th December 2012 for stays between 6th January 2013 and 31st March 2013. Each gift voucher is based on two people sharing a standard double or twin room. Subject to availability. Blackout dates apply. This voucher is non transferable. Visit website for full details: www.hilton.co.uk/scotlandvouchers.

PREVIOUS COMPETITION WINNER

The winner of our Autumn Edition's 'Taste of India' competition was Staff Nurse Robert Jack, from the Adult Mental Health Intensive Home Treatment Team at Forth Valley Royal Hospital. The answer to the question 'What is the Capital of India?' was New Delhi. Congratulations!

IT'S A KNOCKOUT

Pictured, limbering up for the It's A Knockout challenge in aid of Strathcarron Hospice, this team of eight managed to raise more than £600. Although warm and dry at the start, the X-Rayers ended the day covered in foamy bubbles, and soaking wet!

Despite being more than a tad drenched, the team have recovered well and are looking forward to doing it all again next year!



GREASE IS THE WORD!

Forth Valley Royal Hospital's Outpatient Department did their bit for charity when staff dressed as 'T-Birds' and 'Pink Ladies' to raise more than £1000 for this year's Children in Need appeal. No beauty school dropouts in this lot!

CHARITY DASH

Twelve weeks of training paid off for three members of staff who work in the oral health department at Falkirk Community Hospital. It equipped them to reach the finishing line in the Great Edinburgh Run and raise more than £700 for the So Precious charity which supports premature babies and the children's ward at Forth Valley Royal Hospital.

Sharon Alcorn completed the 5k and Karen Chapman and Carrie Douglas-Bell pounded the streets for the 10k.

Sharon explained: "One of our team heard about So Precious on the

radio, and we wanted to raise funds for a charity within Forth Valley. We all received a medal for completing the run and were delighted to raise £712 for such a good cause."



WET, WET, WET!

Putting through puddles and pitching over lakes' was the name of the game at a charity golf match in September which raised £2,700 for young adult mental health services.

Held at Glenbervie Golf Club it was organised by the NHS Forth Valley Golf Society (FVGS) and sponsored by the facilities company Serco. Despite the incessant rain, everyone from the 13 teams taking part rose to the challenge.

One of the organisers, former Stirling CHP Manager Eddie MacDonald said: "The weather made for a very interesting game of golf and the day's success was due to the commitment of all involved. Also a fantastic number of items were donated for the prize draw, with more than a dozen local golf clubs donating four-balls. Special thanks are also due to my fellow organisers Mary Cameron, Dorothy Bell, Les Nimmo and David Arundel for all their support."

The winners were the Radiology Department team of Paul Kelly, Steve McGhie, Drummond

Gardner and Doug Cowie who won a trip to the Carrick Golf Club at Loch Lomond.

The proceeds will be used to develop innovative means of electronic communication with young adults

with mental health conditions, and to provide resources for young people with bi-polar disorder and their families.

Helen Prior, Consultant Clinical Psychologist, pictured receiving the cheque

from eHealth Manager Mary Cameron and Eddie MacDonald, added: "This is going to make a fantastic difference to the way we are able to work with young people. We are very grateful to everyone involved."

It is hoped the Forth Valley Golf Society charity golf day will become an annual event.



FOOTBA' CRAZY

Fancy a chance to show off your footie skills? Charlie McCarthy, a nurse in the Emergency Department, is keen to set up a team tournament in NHS Forth Valley. For the past 10 years or so he's organised the Casualty Cup – a seven-a-side competition played between Scotland's accident and emergency departments and emergency ambulance stations. Our Emergency Department were champions in 2010.

Charlie is planning to book a pitch early next May for 20 minute games played over one afternoon. He'll set up a Facebook page – Forth Valley Football – and will accept entries via the page.

This will be a charity event followed by refreshments, and proceeds will go to a hospital in Malawi where Charlie and Roger Alcock, Consultant in Emergency Medicine, helped set up the country's first Emergency Department.

If your ward or office boasts a budding David Beckham, this is your chance to star.

ALTER EGO

STRIKE UP THE BAND!



Every Tuesday and Friday evening, Community Food Development Worker Debbie Ross, leaves her home in Alloa to head for a spot of music practice in what was once an all-male bastion. As 2nd euphonium in Clackmannan District Brass Band, she spends a couple of hours on a repertoire which can range from Susato to Santana – lips and fingers ready to meet the challenge of top-action valves.

The Band are currently Scottish Champions, but brass has been in Debbie's blood since the tender age of 12, when she was encouraged to play cornet whilst a pupil at Alloa Academy. A year later saw her performing at the Royal Albert Hall with the Alloa Band – although on that occasion she was drafted into the percussion section due to lack of numbers! Only now, she says, does she realise the enormity of what she went through.

In her mid-teens Debbie switched to the baritone horn, a smaller version of the euphonium. "My tutor moved me on to it. He said your mouth is too big for the cornet mouthpiece. I don't know whether that was intended as a compliment or not!" The euphonium proper was her next step; by the age of 19 she had worked her way up the ranks to the top seat of solo euphonium.

But Debbie's subsequent career as a full-time chef and Mum put paid to music for more than a decade. However with brass in her blood she couldn't resist returning to join an ensemble. "I couldn't believe how quickly my 'lip' came back. The secret is to get your 'lip' to connect with your brain and fingers. Euphonium players are said to "wallow" – we like a slow piece with plenty of emotion in it... the fast parts can sometimes involve too much fingerwork and put my brain into meltdown."

Between band sessions, Debbie, who works in NHS Forth Valley's Department of Nutrition and Dietetics, practices at home, sometimes much to the annoyance of her two children who complain that the sound of the euphonium drowns out the TV. Debbie also spends a lot of time giving the silver-plated brass instrument plenty of spit and polish; removing valves can reveal dirt and verdigris which is carefully cleaned off in a bath of washing up liquid and water. To replace the instrument would cost £5,000, hence constant fundraising by the band which was formed 20 years ago with the amalgamation of Alva Town and Alloa Borough Bands. The marriage between the two came together because both were short of players and close to extinction.

The rich musical history surrounding brass bands can be traced to the start of the Industrial Revolution. Mills, mines factories and foundries spawned the sometimes velvet, sometimes strident sounds that are so much part of traditional British music. In 1889 there were an estimated 40,000 amateur brass bands in Britain – today there are less than 2000, but band contests are still eagerly anticipated and supported.

After becoming Scottish champions earlier this year, the Clackmannan District Brass Band travelled to the national championships in



Cheltenham. Although competing against some of the so-called 'big boys' they ended up a respectable 7th out of 17 in their section.

Debbie explains that it's not only her love of music that attracts her to the world of brass. "It's also the friendship and the camaraderie that the Band provides. For example we have a quiz on the bus when travelling to competitions, and when we won the Scottish I'll never forget the feeling. We were all cuddling, crying on the phone to loved ones – it was the best feeling ever. The music also is so special. When we played Deep Harmony all the hairs on the back of my neck stood up. Brass banding does consume you sometimes, but I wouldn't have it any other way."

In the lead-up to Christmas the band have a host of engagements, but still require an E flat base, better known as a tuba! Should that be your forte, it's time to blow your own trumpet, and let Debbie know about your talents.

Debbie can be contacted on mobile: 0788 150 2838 or email deborah.ross@nhs.net

If you do anything interesting in your spare time or have any unusual hobbies then Staff News would love to hear from you for a future 'Alter Ego' feature. Just contact NHS Forth Valley Communications Department on 01786 457243 or email nhsfvcomms@nhs.net

MENTORING MAESTROS

More than 50 NHS Forth Valley staff were presented with certificates from the School of Nursing, Midwifery and Health at the University of Stirling for their role in supporting and mentoring students during work placements.

Fiona Doherty, Practice Placement Lead, said the awards provided the opportunity to congratulate mentors for a job well done. "The nursing programme would not be able to produce successful students to practice nursing if we did not have support from the mentors in practice."

NHS Forth Valley Director of Nursing Professor Angela Wallace congratulated everyone on their awards, commenting on how important mentoring is to trainees and acknowledging how hard the

job can be.

Mentor and District Nurse Irene Warnock added: "I enjoy meeting the students. Working in the community and by sharing your skills which have been acquired over the years, you get to know them quite well. It's good to make students enthusiastic about the job and we are always learning from them too."

Students and the practice education team utilised Nursing and Midwifery Council mentorship standards in the criteria.



PRESTIGIOUS ROLE FOR FORTH VALLEY SURGEON

Trauma and Orthopaedic Surgeon, Ian Ritchie has been inaugurated as the new President of The Royal College of Surgeons of Edinburgh.



Mr Ritchie was born in Syria to Church of Scotland missionaries. He spent his early life in Aden and East Africa before the family returned to Scotland. A graduate of Aberdeen University, he had a short Service Commission in the Royal Navy before commencing his post-graduate training in Aberdeen and Edinburgh.

Mr Ritchie was appointed Consultant Trauma and Orthopaedic Surgeon in Forth Valley in 1992 and has a general practice with an interest in upper limb problems. Committed to training and supporting trainers, he has delivered courses on training techniques and the principles of adult learning since 1996.

His duties in his former role of Vice President included: Chair of the International Strategy Group, Chair of the Exams Strategy Group and co-Chair of the Trainee Committee. He was also one of the members of the working group which, earlier this year, authored the College's report on trauma care in Scotland.

A++ TOP MARKS FOR MEDICAL PHYSICS

Despite moving to a new equipment management database only two weeks prior to a BSI audit, the Medical Physics Department passed with flying colours. Auditors noted: 'The areas assessed during the course of the visit were found to be very effective therefore we are pleased to recommend the continuation of your registration. There were a lot of well controlled and effective processes demonstrated.'

Head of Medical Physics Bryan Hynd added: "A report like this is only possible to the hard work and commitment shown by everyone since the previous BSI visit a year ago."

BSI certification is a mark of quality assurance. The Medical Physics Department looks after all medical equipment in hospital, from anaesthetic machines and ultrasound scanners, to blood pressure monitors in wards and clinics.



MEET THE FAMILY!

NHS Forth Valley Communications Manager Kate Fawcett dropped in at a recent staff Open Day at the Scottish Clinical Simulation Centre. Although renowned for turning her hand to just about anything, on this occasion she got slightly more than she bargained for.....



Reg, Stan and Hal are a sickly lot. Acute asthma, heart attacks, severe infections, head injuries, surgical complications and allergic reactions. What a family!

But their 'illnesses' are feigned to help thousands of health professionals gain greater experience and give patients better care and treatment. For the three chaps are dummies, used for training.

The Scottish Clinical Simulation Centre is based on the second floor in Forth Valley Royal Hospital at Larbert, and at a recent open day staff were able to watch the models in action. The Centre boasts one mannequin which is the only one of its kind in Scotland - £140,000 worth of kit which can respond to anaesthetic gases. Set up in a mock operating theatre it enables anaesthetists to hone their skills. Putting someone under for an operation I am told, isn't simply giving a jab - other factors need to be taken into account such as height and weight, and whether a patient has a chronic condition like asthma or diabetes. It's a bit like coming up with the best recipe, and Stan is helping them achieve this by 'responding' to questions. Once under anaesthetic, the effects on his body are measured on a monitor display.



Next door is Reg, laid on a bed. Unlike Stan who is high fidelity, Reg is medium fidelity, but he too can breathe, and has a heartbeat and a pulse. Medical students, emergency medicine doctors, advanced nurse practitioners, and nursing students can all take blood from him. He can moan too, and tell you his symptoms. You can hear him breathing. Even his eyes open and close, looking at you. Scary stuff!

Around a thousand medical and clinical staff attend training courses at the Centre every year. It's a simple set-up in terms of what they have to do. The staff are filmed working with a dummy in a variety of scenarios and the video



is then played back for evaluation. Students look at what went well, what perhaps didn't go as well, and learn from any mistakes.

The recordings highlight a raft of could-do-betters, such as poor communication or missed comments between staff. There could be three people in the room but one trying to do everything, hence a lack of co-ordination.

Decision making can also be called into question. Sometimes these can appear haphazard, or see people jumping to conclusions not based on the facts before them. The idea is that watching the playback can give them a chance to re-evaluate their behaviours or techniques.

Simulation Fellow Alistair Geraghty, a surgical trainee explained: "We are definitely able to observe an improvement in the management of emergency treatment when staff undertake these courses. They become much more confident in how they apply their knowledge which can only benefit patients."

Dr Michael Money Penny, Director of the Scottish Clinical Simulation Centre added: "The centre is unique in Scotland and we are focused on improving patient safety using



simulation-based education. We would love to have more local staff come and participate on courses and also find people who are willing to teach on them too."

With no medical knowledge whatsoever, but never squeamish - after all, I was in 'theatre' when my cat underwent a Caesarean and poked about in a petrie dish containing a partially formed foetus - I was quite keen to try my hand at a bit of simulated keyhole surgery.

The lap trainer is a handy box for practising skills, using mock instruments to tie knots, cut tissue etc. Scissors in my right hand, a clamp in my left hand to hold the organ in place whilst cutting, I dug deep, watching the results on a TV monitor. However, I soon realised my fine motor skills were definitely lacking. Not only could I not cut round the diseased bit, but I couldn't clamp the affected organ either, missing entirely! Good job it was never my ambition to become a surgeon!

FRESH SHOOTS AT FALKIRK COMMUNITY HOSPITAL

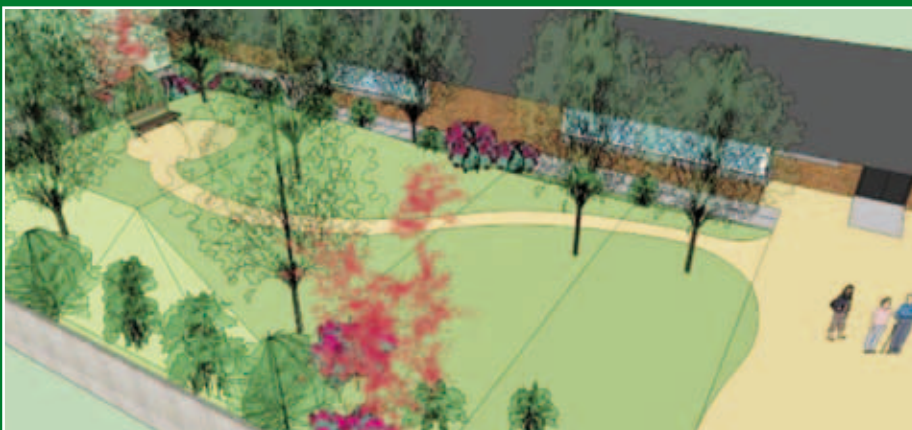
Fresh shoots will soon be appearing in the grounds of Falkirk Community Hospital thanks to a generous donation from the WRVS.



Some of this funding is being used to create new gardens for older people at Falkirk Community Hospital. One will be located in an inner courtyard area, which can be accessed by patients in the four inpatient wards and a separate landscaped garden will also be developed in the area outside the day hospital.

Both will be accessible for inpatients and their carers to ensure they are able spend time outdoors in pleasant surroundings. Careful attention will also be given to the materials used and the colours, textures and smells of plants within the gardens to create an enjoyable and interesting sensory experience.

The design and layout of the gardens are still to be finalised but initial impressions have been produced which give an idea of how they could look. It is hoped that the gardens will be completed by Spring 2013. Garden areas are also being created for older people at Stirling Community Hospital.



EXTRA SERVICES AT STIRLING COMMUNITY HOSPITAL

Big changes have been taking place at Stirling Community Hospital. Inpatient services formerly based at Bannockburn Hospital have now transferred across to an inpatient unit on the ground and first floor of the former Maternity building. The unit looks after patients who need rehabilitation, palliative and complex care.

A new garden area, which can be used by older people and their families, is also being created using funds donated by the WRVS.

Meanwhile the Bannockburn site is being sold and will bring to an end

more than a century of healthcare there which began in 1894 when Bannockburn opened as a fever hospital. It was subsequently extended with the addition of a convalescent home in 1905-06, together with further wards and a psychiatric assessment unit in the 1930s.

Also relocating to Stirling Community Hospital over the next few months will be a number of mental health services for adults and older people.

These include adult mental health services from Kildean Hospital which will move into the former Ward 30 and a day hospital for older people which will move from Orchard House Health Centre to a new Rehabilitation 'hub'



which is currently being developed on the site. The 'hub' will also house a range of outpatient and community based services including community rehabilitation teams (ReACH service), orthotics, diabetes education and wheelchair services.

Other services due to move across to the site in 2013 including the Psychology Department which is currently based at the University of Stirling and a number of services for children and young people.

THUMBS UP FOR OUR REACH TEAM



The Forth Valley ReACH team, who help people under 65 with physical disability and brain injury, have been given the thumbs up by patients for playing a huge part in their recovery programme.

A survey carried out over a six month period praised staff for treating patients with respect, giving just the right amount of compassion and empathy to build a relationship of trust, and always having a positive attitude.

NHS Forth Valley Rehabilitation Specialist Nurse Denise Wilkinson said: "We felt it was important to find out what patients thought of the service, and whether there was anything they would like to see improved. One concern expressed was around waiting times for referral. We are the first multidisciplinary team in Forth Valley to be engaged in the national initiative Releasing Time to Care in the Community, designed to free

up nursing time, and this is very high on our agenda."

Robyn MacLeod, Senior Occupational Therapist added: "The sort of things we are looking at developing include an email service where patients can give us feedback electronically. This was one of the suggestions which came out of the survey."

He added: "We are also considering new ways of putting families in touch with one another as a support mechanism however, we are always mindful of confidentiality and data protection."

The survey was conducted as part of the Patient Experience Champion project.

CALL FOR ABSTRACTS

Would you like to showcase the fantastic work that is going on in care pathways within your service? Abstracts are now being sought for next year's International Care Pathways Conference at the Grand Central Hotel Glasgow on the 20th and 21st June 2013.



Around 250 people from Europe and beyond are expected to attend, with delegates from a range of academic, scientific, clinical and other professional backgrounds.

The process for submissions is now live, so please go to the SPA website <http://www.scottishpathways.com/news/> for information.

More details on the conference programme and registration process will be circulated later. To find out more please contact dthomson2@nhs.net or Linda.mckechnie@nhs.net

FOR THE RECORD

The launch of the Electronic Patient Record Programme (EPR) at a recent lunchtime event at Forth Valley Royal Hospital proved extremely popular, with more than 100 staff attending including consultants, nursing staff, medical secretaries, managers, admin staff and others.

Dr Henry Robb, Associate Medical Director, and Scott Jaffray, Head of ICT/eHealth gave a presentation outlining the key aims and requirements of the programme. These include:

- Clinically led with clinicians, admin staff & ICT/eHealth working together
- Building an EPR to support clinician



workflow and patient care

- A phased approach with basics first
- Getting tools and technology right
- Agreeing standardized working practices
- Focus on data quality, ease of access and availability of systems

Staff were able to see how EPR will work in practice and the potential

benefits of being able to access information from many different systems through a single portal.

Further events are planned throughout 2013/14 to keep staff updated. For further information about the programme and how to get involved contact Mary Cameron, EPR Programme Manager (mary.cameron@nhs.net)

IN THE SPOTLIGHT

How did you arrive in your current job?

I qualified as a Litigation Paralegal about 23yrs ago. Before moving to NHS Forth Valley I was employed in a large firm of solicitors in Edinburgh for 13 years which consisted of very long working hours. In 2010, I took a life changing decision to leave and find employment nearer to home, having commuted for the best part of that time. Although I've covered a number of different areas of law, ironically it was professional medical negligence that I specialised in of late and now I work as a PA in the Public Health Department of NHS Forth Valley! It was a good decision.

What do you enjoy most in your professional role?

Each day is varied and I liaise with public, professional staff and local authorities. Apart from organising/attending meetings and the usual workload my role can sometimes involve public health outbreaks which is interesting in a different way. I thrive on dealing with problems and I am most happy if I can help someone.

When I was nine.....

I used to watch Pans People on top of the pops (for those of you who remember them!) and tried to learn the dance moves. I was given my first radio tape recorder which was as big as myself and I caught the mumps....

The biggest adversity I have overcome

Many years ago there was an incident involving a client who threatened both my boss and I with a very large knife. It was in the office at very close proximity. It is true what they say, your life does flash before you, but I held my breath, and between us we managed to calm the situation down. The next day I arrived at the office and carried on as before – sometimes it's the only way to do it!

The most inspiring book I've ever read was...

Well....if I was to tell you it was a recent number one bestseller you probably wouldn't think it was very inspiring but it was definitely interesting...and I think most women would agree with me! However the most inspiring would



Wendy Davitt
PA, Public Health Department

have to be To Kill a Mockingbird...I studied it at school and its stayed with me ever since.

If I won the lottery....

I love animals so I would open up a home for all unwanted dogs, cats and horses, help my family and friends to do the things they always wanted and then take a nice long holiday...its so good to dream!

The wisest thing I have ever been told....

Life is too short, if you want something in life you have to do it and not just think about it....sometimes I have taken this advice and other times I should have!

Music or cinema?

A little of both... I have always been a bit of a film buff but at the same time I do like my Lady Gaga

Burning ambition

Ambition is healthy. I always wanted to be an actress, or is it actor now (?)...closest I came to this was being lead in a local panto....

Not many people know that I....

I have been on Wheel of Fortune many moons ago, a Sunday School Teacher, Guide Helper, worked with Nicola Sturgeon, and David Weir the footballer was in my class at high school.

My motto for life

In view of my great love of dancing this one is my favourite.....Ginger Rogers did everything Fred Astaire did, except backwards and in high heels!!

Follow us on Twitter @NHSForthValley or like us on Facebook at www.facebook.com/nhsforthvalley

www.nhsforthvalley.com

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.