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Front Line for Cancer Nurse



A senior cancer nurse in NHS Forth Valley, who's been called up for active service in Afghanistan, is to feature in a television documentary on women on the front line.

Before leaving, Jane Thomson, an RAF reservist who holds the rank of Flt Lieutenant, was filmed by a camera crew from ITV. The news documentary will feature later this year as part of the Tonight programme.

Jane works between Stirling Royal Infirmary and Falkirk and District Royal Infirmary as a Macmillan Head and Neck Clinical Nurse Specialist, supporting patients throughout their cancer treatment. She will be in Afghanistan as part of Operation Herrick 12 to Camp Bastion in Helmand Province, managing five hospital wards providing a total of 50 beds.

"I have been in the Auxiliary Air Force for nine and a half years and this is what I have been trained for. I don't think it is going to be easy and I think all my skills are going to have to come into play – not just clinical but my leadership and management expertise as well. My coping mechanisms and my decision making ability will also be tested to the limit."

As a member of the RAF Reserves, Jane has previously been called up for duty in Cyprus and Iraq and following these deployments found herself nominated and selected for commission.

She successfully completed her Reserve Officers Initial Training Course in 2004 and was promoted to Flt Lt Nursing Officer within 612 Squadron RAF Leuchars. She now holds the position of Acting Senior Nursing Officer for the Squadron.

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Congratulations Aileen

Extremely stressful – but very rewarding! That's how health promotion officer Aileen Schofield described studying part time to gain an MSc in Health Education and Health Promotion.

Aileen has been with NHS Forth Valley since 2002 and says her newly-acquired qualification has given her greater understanding of the important role that health promotion plays in terms of keeping people healthy. Aileen has worked in a variety of departments and returned after maternity leave to take up a post as education officer for Clackmannanshire.

She says she wants to thank NHS Forth Valley for financial help with the course and for providing study leave.



Healthcare Companion

NHS Forth Valley Chief Executive, Fiona Mackenzie, is now the holder of a prestigious award limited to only 2% of the Institute of Healthcare Management. She is pictured here being presented with the Companionship of the Institute by Malcolm Wright from NHS Education for Scotland.

Fiona's nomination described her as having a high national profile within the NHS in Scotland with particular interests in the



improvement of clinical quality. A supporter and mentor to young managers in their development, it said she is always willing to promote the interests of the Institute in her routine business activities. It also noted that Fiona has built connections in both Australia and New Zealand and facilitated a number of learning visits to Scotland.

Financial Update

NHS Forth Valley, like many other councils and NHS Boards across the country is facing difficult financial times as a result of the economic recession and rising costs.

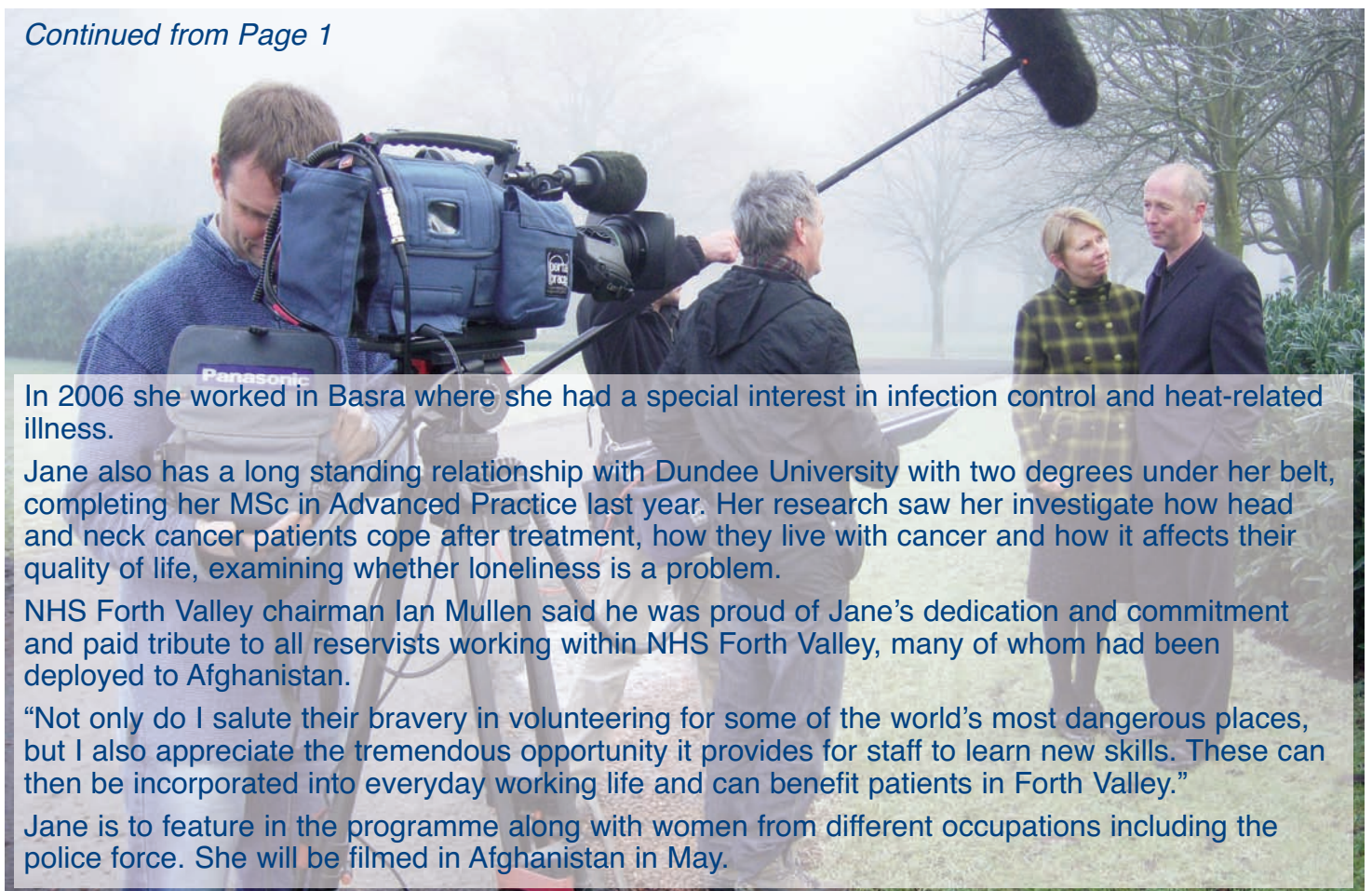
At the recent Board meeting there was detailed discussion on the financial plans for the year ahead, including the need to identify around £26.5m of savings by the end of March 2011.

Although there is no doubt that this will be a challenge, around a third of these savings have already been found as part of an ongoing savings programme.

Over the next few months we will continue to work further to identify further savings to ensure a balanced financial position is maintained from April 2011 onwards.

This will include looking at prescribing costs and the way goods and services are purchased, to ensure contracts are as cost effective as possible.





In 2006 she worked in Basra where she had a special interest in infection control and heat-related illness.

Jane also has a long standing relationship with Dundee University with two degrees under her belt, completing her MSc in Advanced Practice last year. Her research saw her investigate how head and neck cancer patients cope after treatment, how they live with cancer and how it affects their quality of life, examining whether loneliness is a problem.

NHS Forth Valley chairman Ian Mullen said he was proud of Jane's dedication and commitment and paid tribute to all reservists working within NHS Forth Valley, many of whom had been deployed to Afghanistan.

"Not only do I salute their bravery in volunteering for some of the world's most dangerous places, but I also appreciate the tremendous opportunity it provides for staff to learn new skills. These can then be incorporated into everyday working life and can benefit patients in Forth Valley."

Jane is to feature in the programme along with women from different occupations including the police force. She will be filmed in Afghanistan in May.

Are You a Reservist?

NHS Forth Valley supports employees who are members of the Royal Naval Reserve (RNR), the Royal Marines Reserve (RMR), the Territorial Army (TA) and the Reserve Air Forces (RAFR and RAuxAF). In addition, this applies to Regular Reservists (ex-regulars who may retain a liability to be mobilised).

A register of employees who are Reservists is required to be kept by the HR Department. In order to ensure we hold the correct information, please contact: Linda Robertson, Senior HR Adviser, Staff Governance Team, Carseview House, Castle Business Park, Stirling, FK9 4SW or l.a.robertson@nhs.net

Centre of Excellence

The radiology department in NHS Forth Valley has been recognised as a Centre of Excellence for sharing their experiences of major changes to the way X rays are viewed and handled. The nomination, from international technology company Carestream Health, recognises a willingness to share best practice, and host visits to show other healthcare providers how the system works.



A plaque to mark the success was unveiled by NHS Forth Valley chairman Ian Mullen, who is pictured here with staff and representatives from Carestream. Mr Mullen praised staff for being on the leading edge of technical healthcare, which he said was proving to be of great benefit to patients and said he was proud their commitment had been recognised.

The new National Picture Archive and Communications System (PACS) has meant a move from conventional film X rays to digital imaging. Clinicians are now able to view X rays from computers in wards and clinics. It also enables X rays taken at one hospital in Scotland to be viewed in another centre hundreds of miles away, without having to wait for films to be transferred. This means doctors can make immediate decisions on the basis of imaging rather than having to wait for scan results.

Being a Centre of Excellence for the UK and Ireland has allowed NHS Forth Valley to feature worldwide on the Carestream web site.

Target Met on Cancer Waiting Times

Latest figures show that NHS Forth Valley is continuing to deliver speedy treatment for cancer patients. Waiting times for people urgently referred and diagnosed with cancer have now surpassed the national target for nearly two years, which is among the best results in Scotland.

In the third quarter of last year 95.2 per cent of people in Forth Valley suspected of having cancer were seen within 62 days; the national target is 95%.

Jonathan Procter, NHS Forth Valley Director of Access said: "We are heartened by the latest figures. In six out of the nine cancer categories we are recording a 100% success rate against waiting times. These are breast, lung, ovarian, melanoma, lymphoma and upper GI. This puts us in a strong position to progress towards the new Government target which aims to see all cancer patients start treatment within 31 days of the decision to treat by December 2011."

Missed Appointments

With around 1700 patients a month failing to turn up for hospital and outpatient appointments, a series of messages were relayed via a giant screen to remind people that by not attending, others could suffer. The campaign, produced by a TV company, featured as part of community health events in Falkirk and Stirling.

Amanda Forbes, NHS Forth Valley 18 week Referral to Treatment Programme Manager said: "Four hundred or so missed appointments a week is very disappointing because it means that other patients who require an appointment may have to wait longer. It is particularly disheartening because over the



past few years in NHS Forth Valley we have managed to reduce waiting times considerably for people to access the services they require.

Unfortunately missed appointments is a Scotland-wide problem."

The 'commercials' were screened at shopping centres in Stirling and Falkirk, together with information on how to contact Patient Focus Booking to change or cancel appointments.

In addition to flagging up the missed appointments via a big screen, NHS Forth Valley is also to trial texting, phoning, or e mailing patients a week before their appointment is due in an effort to remind them.

Spring Into Health

What better than a spot of yoga to spring into health? Or a soothing hand massage? These are just a couple of treats being offered at wellbeing events for staff which are being held next month in Falkirk and Stirling.

They will feature input from several departments including Braveheart, men's health, smoking cessation, occupational health and health promotion.

The sessions will take place on Monday April 26th within the Conference Centre at Stirling Royal Infirmary, and on Wednesday April 28th at the Training Centre in Falkirk and District Royal Infirmary, and will be open between 11.00am and 3.00pm. We'd be delighted to see you.

Til Death...and Beyond

Two nurses at Bo'Ness Hospital have bequeathed their skeletons to a scary visitor attraction to highlight the shortage of bodies donated to medical science.

Once they die, the bodies of Andrew and Janine Leishman will be sent to Edinburgh University medical school which, when it has finished with them, will pass the skeletons on to Edinburgh Dungeon. There, they will go on show as exhibits.

They also wanted to highlight the shortage of organ donors. Both are big fans of the dungeon and the idea of being exhibits after death appeals to them.

The dungeon launched a search to recruit skeletons to tie in with its new show about the exploits of Edinburgh's 19th-century serial killers Burke and Hare.

Anyone who wants to donate their body for medical research has to put it in writing, have it witnessed and lodge the paperwork with their will. The only condition is that donors must also register to donate any viable organs.

Breaking Free

This year's message delivered by health promotion staff on No Smoking Day centred on the worrying trend of rising lung cancer figures amongst women.

Urging them to break free from the habit, NHS Forth Valley Smoking Cessation Co-ordinator Kate Johnstone said Government figures show that the number of women who died from lung cancer between 1998 and 2008 increased by 11.5%.

"This contrasts sharply with a 21.1% decrease in male lung cancer deaths reported in the same period. The expectation is that unless women who smoke give up, lung cancer will be more common amongst females than males by the end of the decade.

These figures were emphasised when we staffed stalls at shops and supermarkets across the area."

NHS Forth Valley provides numerous, easily accessible clinics for smoking cessation, where people are four times more likely to stop than they would if they tried to quit on their own. A Government target for 8% of the area's 56,000 smokers to quit cigarettes for four weeks every year until March 2011 has almost been met, with another 537 men and 750 women giving up between 2008 and 2009.



Watch out for Feedback

A pilot for a new model of care for adult mental health is due to end on April 28th. It began last November and evaluation has been an ongoing and key component of the process. The results will be collated and presented to relevant stakeholder groups.

Please check future staff newsletters which will feature articles to feedback to all staff. If you would like to know more please visit the intranet site below or contact Graham McLaren (Service Development Manager) on graham.mclaren@nhs.net or 01324 639009.

<http://intranet.fv.scot.nhs.uk/home/Depts/MentalHealthResources/CGMH/AdultMentalHealthPilotModelofCare.asp>

Vaccinations to Continue

Following communication from the Chief Medical Officer, we have been advised that vaccination for H1N1 (Swine Flu) is to continue for frontline healthcare workers.

H1N1 vaccine will be available at both Occupational Health Departments at the following immunisation clinics:-

FDRI

Monday	2p.m. – 4p.m.
Wednesday	9a.m. – 12 noon and 2p.m. – 4p.m.
Thursday	9a.m. – 12 noon

SRI

Tuesday	9a.m. – 12 noon
Thursday	2p.m. – 4p.m.
Friday	9a.m. – 12 noon

NHS Forth Valley healthcare staff working at Clackmannanshire Community Healthcare Centre should contact the Occupational Health Department at FDRI on 01324 614388 to make an appointment to have this immunisation.

Building Bricks for the Future

Scared of your purple practice development folder (KSF)? The answer for a group of 14 healthcare support workers within six of the allied health professions, was a training session which included team building exercises using ten sheets of newspaper, a 30cm tape and a brick! It was all part of an idea to develop team working and the importance of recognising learning styles, both individual and those of patients and colleagues.

The course content was mapped to the Knowledge and Skills Framework by Eileen Sharp, Practice Education Facilitator and was delivered by Kate Stoker and Tracy Binnie, occupational therapists. Other sessions focused on reflective practice, feedback, communication, assertiveness techniques, conflict management and interpersonal skills (Better Health, Better Care (2007)).

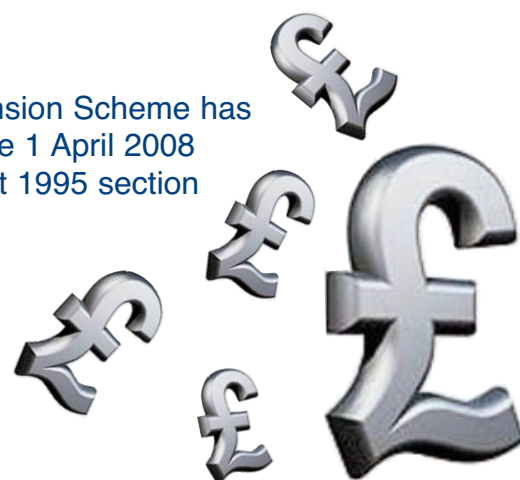
Feedback was positive and completing a reflective account of a clinical situation generated healthy discussion and provided a piece of KSF evidence for the purple folder!

Your Pension Your Choice


Make your mind up by June 30th! From 1 April 2008 the NHS Pension Scheme has two different sections. If you were a member of the Scheme before 1 April 2008 you will be asked whether you would like to move from the current 1995 section to the new 2008 section.

An information pack from SPPA will be sent to you in the next few weeks directly to your home address. The information provided in this pack is to assist you in deciding whether you want to choose to transfer to the new 2008 section of the pension scheme.

Further information is available on the SPPA website at <http://www.sppa.gov.uk/nhschoice.htm>



Make Your Smile Count



NHS Forth Valley has something to smile about after a major food retailer has agreed to a request to display toothpaste by fluoride concentration rather than by brand. Three Asda stores across Forth Valley are the first nationally to pilot such a scheme, which will make it easier for shoppers to choose the correct strength of toothpaste for themselves and their family.

Babies and children up to the age of seven should use toothpaste of around 1,000 parts per million fluoride, and youngsters seven and over and adults, should brush with toothpaste with a strength of around 1500 parts per million fluoride. To spread the message, Asda staff agreed to have the numbers painted on their faces.

The move is part of a campaign called Make Your Smile Count which links different numbers with dental health behaviour. Number two for example, is a reminder to brush teeth twice a day, once in the morning and always before bed.

Walking Winner

The Big Fit Walk, a community project in Forth Valley which encourages people to step out for 30 minutes to promote a healthier lifestyle, has received the 2010 Active Nation Award in a ceremony organised by the Scottish Physical Activity Health Alliance.

Founded six years ago, the annual Walk allows people to take part from their own doorstep, or in organised groups. It attracts all ages, from pensioners to pre-school children and last year more than 8,000 people put their best foot forward.

Being active cuts the risk of heart disease by half, reduces the risk of a number of cancers, particularly bowel and breast cancer, helps prevent the development of type 2 diabetes and improves mood and reduces depression.

In June, MSP Cathy Peattie, who represents Falkirk region at the Scottish Parliament, and the Walk's founder Jenny Lim, will lead a Big Fit Walk up the Royal Mile in Edinburgh.

For more information please contact Joanne Baillie, Falkirk CHP Administrator. Tel:01324 614661 or e-mail joanne.baillie@nhs.net



Feed-Good Factor in Forth Valley

Breastfeeding support staff from NHS Forth Valley have helped promote the message that breast is best for both babies and mums at a series of events across the area.

The 'FeedGood Factor Roadshows' were part of a national campaign to improve breastfeeding rates in Scotland. Belinda Morgan, Health Improvement Programme Manager at Health Scotland said: "All the evidence shows that if women are supported by partners, parents and in-laws, they are more likely to choose to breastfeed.

The roadshows were held in local superstores and not only highlighted the health benefits of breastfeeding but also its role in strengthening bonds between mother and child.

With breastfeeding rates remaining relatively stable since 2001, the Scottish Government has set a target for increasing the numbers of babies who are exclusively breastfed at 6-8 weeks from 26.6% in 2006/07 to 33.3% in 2010/11 – HEAT target 7.

For more information visit www.feedgoodfactor.org.uk or call the National Breastfeeding Helpline on 0300 1000212.



Bonnybridge Hospital Recycles More

Bonnybridge Hospital has begun recycling, big time! Paper, mixed tins, tetra pak and plastic containers which previously went to landfill for disposal are now being collected in wards and departments. The waste is then transferred to large blue containers which are emptied weekly by a company subcontracted to Falkirk Council.

The new scheme is part of an initiative by the local authority to increase the amount of waste recycled from industrial and commercial sites. Initial calculations show that around 25% of waste material generated at Bonnybridge Hospital has been diverted from landfill.

In the past Bonnybridge Hospital has participated in recycling cardboard and made use of glass bottle banks located on the site. The success of these schemes demonstrated the willingness of staff to support recycling hence the decision to expand arrangements.

Over the coming months it is hoped to extend the recycling service to other NHS premises within the Falkirk area.

Better Deal for Patients



A group of volunteers are continuing to make a big difference for patients in NHS Forth Valley. They belong to the Patient Public Panel patient safety sub group, and are helping to promote high standards of infection control including encouraging visitors to use hand gel in hospitals.

The group also monitor domestic services and some of their achievements to date have been to get certain areas re-decorated. In addition, the group have been actively involved in shaping services at the new Forth Valley Royal Hospital. They also help promote NHS Forth Valley through an annual schools poster and calendar competition, which attracts hundreds of entries

Green Light for Woodland Park

An ambitious scheme to breathe new life into more than 70 acres of green space and woodland surrounding the new Forth Valley Royal Hospital at Larbert has been agreed by NHS Forth Valley and Forestry Commission Scotland.

The project, costing hundreds of thousands of pounds, will see new woodland planting, existing paths ungraded, cycle tracks, the woodland brought back in to management, the protection of wildlife including brown long-eared bats and common toads, and the provision of a community ranger.

NHS Forth Valley Director of Strategic Projects and Property Tom Steele said: "It's a fabulous public sector collaboration linked very much with the aspiration of NHS Forth Valley to improve health and well being and safeguards the management of the site in perpetuity. Cycle tracks and somewhere to walk the dog will add to the attractions."

The Larbert House estate dates from the late 18th and early 19th centuries and has been in public ownership since the 1920's when it was acquired and developed for a national mental health hospital. This hospital closed in 2002. Many of the original trees, such as oak, beech, lime, chestnut, sycamore and Scots pine, have either been commercially felled or are over mature, and the deteriorating condition of the woodlands confirms the need for early intervention. In addition rhododendron is a big threat, particularly around a lochan with a large population of common toads. Careful removal will create wet woodland for cover and damp meadow for foraging.

NHS Forth Valley will contribute £250,000 towards the project in the first three years, with additional resources hoping to come from the Commission's Woods In and Around Towns challenge fund.

Forestry Commission Scotland will manage the woodlands under a management agreement supported by its partner Central Scotland Forest Trust.



Clackmannanshire Healthier Lives is a community based programme which offers support and advice to people in Clackmannanshire to help them make changes that can improve their health and well-being.

The programme is funded by Fairer Scotland through the Clackmannanshire Alliance and its main aim is to improve health and

employability through the provision of assessment and tailored packages of support designed to meet clients' specific needs.

CHL provides a full range of services from holistic health assessments and confidence building to how to increase your physical activity, support to stop smoking and healthier food shopping, cooking and dietary skills.

In December, CHL launched its own website - www.healthierlives.org.uk - containing detailed information about each of the services it offers.

For more information about CHL or to access any of the services contact Nicola McGann on 01259 452201 or 07816 665361.



Team Triumph at Pharmacy Oscars!

The pharmacy team from Stirling Royal Infirmary picked up two top gongs at the glittering Scottish Pharmacist Awards ceremony held in Edinburgh.

The team fought off extremely tough competition from throughout Scotland to scoop the prestigious Hospital Pharmacy Team of the Year Award at the inaugural Awards, hosted at the Edinburgh International Conference Centre. The Award was sponsored by Martindale Pharma. The team also picked up the Innovation and Change in Pharmacy Practice Award, sponsored by the National Pharmacy Association.

The NHS Forth Valley team are hugely valued by patients, doctors and other healthcare professionals working in the hospital and are making sure that taking medicine is becoming safer still. They have developed a streamlined system to ensure that the correct medication is continued when a patient is admitted to hospital. Any changes needed are recorded onto an electronic data base so that anyone involved in their care is aware of the changes and the reasons. It also enables GPs to access information more quickly and accurately when the patient returns home.

Jann Davison, Lead Pharmacist Acute Services said: "The awards are a great achievement for us and my team deserve to be congratulated for all their hard work. As we move towards the opening of the new Forth Valley Royal hospital we have progressed our ways of working in an exciting and innovative way, embracing new technology which will include using robotics."

Dress Rehearsal

Here comes the bride.... but what on earth is she wearing? And why has the groom got such a strange top hat?

Thankfully this was only a dress rehearsal for the marriage of Lorna Ferguson and David Seaton, whose eyes first met across an operating theatre at Stirling Royal Infirmary 14 years ago!



The mock event was arranged by staff, many of whom attended the real ceremony at Glenskirlie Castle.

Lorna's hospital wedding gown was 'hand-stitched' by a nursing sister and the blushing

bride was paraded through the corridors of Stirling Royal Infirmary.

The couple have just returned from a snowboarding honeymoon in the Canadian Rockies and supplied Staff News with the official wedding photo.



Insight



The Royal National Institute of Blind People Scotland has launched a big campaign inviting members of the public to take just a moment to think about what they'd miss most if they lost their sight.

Please post a comment, short video clip or photo on what you'd miss most if you couldn't see on the campaign website - www.whatwouldyoulose.org.uk - and if you're on Facebook you can also link to our campaign page at - <http://www.facebook.com/home.php?#/group.php?gid=287184051112&ref=nf>



Driving Force

NHS Forth Valley was represented at the launch of a hard-hitting road safety initiative to try to educate youngsters to drive safely. The Safe Drive, Stay Alive campaign mainly targets young and inexperienced drivers because statistically, they're more likely to be involved in a crash as either driver or passenger.

More than 900 pupils from the Stirling area took part in the week-long event and met emergency services personnel, victims of road accidents, and families hit by such tragedies.

Last year 11 people died on Central Scotland roads and 134 were seriously injured – 28 serious casualties were from the 17-25 age group.

Pictured, (second left) is NHS Forth Valley Medical Director Gareth Davies, with other partners from the Central Scotland Road Safety Partnership who organised the event.

Picture by Allan Water News

Let's Get Engaged!

Thousands of leaflets are being printed inviting the public to become involved in shaping their future healthcare in NHS Forth Valley. These will be distributed throughout GP waiting rooms, dental surgeries, community pharmacies and in hospital outpatient areas.

Entitled Pick Me Up – Let's Get Engaged, they will provide information on how to become involved – whether it be through the Public Involvement Network, a database of people who have registered to be kept up to date with what is going on in NHS Forth

Valley through a newsletter, or through joining an organisation known as the Patient Public Panel. The Panel is a group of local people who, on a voluntary basis, are interested in acute services including patient experiences, patient safety and the new hospital at Larbert.

For those interested in local healthcare there are Public Partnership Forums in Stirling, Falkirk & Clackmannanshire. Each has six elected representatives to take views from their wider community to the Community Health Partnerships. The PPFs hold meetings with their communities every two months to discuss different topics and their local impact.

You can get a full copy of the Patient Focus Public Involvement Strategy at www.nhsforthvalley.com

On Line Study

NHS Forth Valley Library Services have recently launched their own website

The website provides details of the wide range of services available, for example, how to:

- get the most out of the new eLibrary, The Knowledge Network
- register with the library access the online Shelcat (Scottish Health Libraries Catalogue)

NHS Forth Valley Library Services provide a range of services to all NHS staff and students and are aware of the important role the libraries at FDRI and SRI play in supporting the work and studies of those involved in health care. We are here to help, so if you think we can be of assistance, please let us know.

For more information, please visit the website at:-

http://www.nhsforthvalley.com/home/NHSFVLibraryServices/LS_home.html

In the spotlight this issue is . . .

Elsbeth Campbell Head of Communications



A typical day?

I start the day by listening to the news on my drive to work – switching between Good Morning Scotland and the Today programme. I scan the papers when I arrive for any relevant coverage, catch up on emails, arrange meetings with key leads, work on communication plans for major developments and catch up with the team on plans and priorities for the week ahead. I've learned that you can only plan so much as things can change very quickly and no two days are ever the same.

Your career before your present job?

After graduating from University, I started work as an editorial assistant within a busy communications department and just worked my way up from there. Most of my career has been spent in the NHS but I've also worked for local and national government and did a stint with a commercial property developer.

How would you describe yourself?

Well my friends call me Miss Organised and Scout Leader so I guess I would say organised with a good sense of humour, a keen sense of curiosity (aka nosiness!) and a black taste in films.

On the box or iPod shuffle?

I love documentaries like Cutting Edge, Dispatches and Panorama. I'm also a sucker for Wildlife documentaries, property programmes (Kirsty and Phil make an ideal couple) and the Antiques Roadshow (still waiting to find a piece of Faberge jewellery for 10p in a local car boot sale).

What's always in your fridge?

Cheese, white wine and yoghurts.

Weekends – away or at home?

Away if I can persuade my husband but it's also nice chilling out at home.

On your bookshelf?

Quite an eclectic mix of things since I joined a new bookswap club (www.readitswapit.co.uk) – it's good to try out new authors but I have had a few turkeys as well.

Time traveller – where would you like to land?

In a grand country house in the 1930's (maybe a bit like the one in Brideshead Revisited) – I would be the lady of the house of course with lots of servants, dogs and fabulous clothes.

Pet like/ dislike?

Like – dogs, especially greyhounds Dislike – being cold and not getting enough sleep.

What might people not know about you?

I That I was pipped at the post in a bonny baby competition when I was 6 months old – my mum still thinks to this day that I was robbed.

Where do you see yourself in five years time?

Hopefully still working in NHS Forth Valley and looking for the next set of communication challenges as the Healthcare Strategy will be fully implemented by then!

Alter Ego

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 e mail: kate.fawcett@nhs.net; julie.medlicott@nhs.net

Do you like Staff News?

Let us have your comments or suggestions for future articles on Staff News by either emailing us on: FV-UHB.YourHealthService@nhs.net or by telephoning us on 01786 457243

