

RCN Forth Valley Branch Book of Reflection



We have come through a tough storm, we will shine again. 43yrs of nursing never thought I would see so much heartache in my last one.

Carol Gee – Registered Nurse

During the pandemic as a student nurse I had to quickly adapt to online learning. This was very different to what I was used to. I went through a stage of self-doubt and giving up crossed my mind. I continued to work as a HCA which helped me grow in confidence as a student. Looking back I feel extremely proud to be a student nurse and I can't wait to be qualified next year.

Casey McNeill – Student nurse

I am fairly new to the NHS but feel absolutely honoured to join such an amazing workforce at such a difficult time in the world.

Kalli Ferguson – Bank Nursing Assistant

Feels good to be able to help wherever, whenever. I enjoy my job. Love helping the public, doctors.

Anne Rooney – Phlebotomy

I am grateful to have been a part in helping the NHS.

Elaine Eddie – Domestic/Meet and Greet

Its been one of the saddest years I have ever known but a lot of positivity has come out of it too.

Susan Clark – DSU

After 20yrs in the NHS I can say this has been a hard year but happy to be with all our team in OPD Forth Valley.

Arlene – Phlebotomist

Been a pleasure to try and do my bit during these bad times x

Kevin Shaw – Meet and Greet

Smile when you can, life is so short.

Karen –Nurse UCC

Who knew just over a year ago just how life was going to change. The hardest part for me has been accepting the changes. But it has proved to be the best way of dealing with it. Hopefully things will improve as each day goes by.

Auxiliary Nurse AAU – 15yrs

37yrs in NHS Scotland. What a great team to work with over the last year.

Elaine Macdonald – SCN A12

17yrs in NHS Scotland. Great team to work with

Jane Mudskin

Just graduated as a staff nurse during a pandemic!!

E. Buchanan

5yrs in and loving my job.

Chloe

Been a HCSW for 20yrs and can honestly say I still love my job.

A.??

12 years and I still love my job. Love you all lots like Jelly tots x

Debbie

Loving nursing in Scotland, love my team – thank you.

Anne-Lise – DSU

8 months and love what I do!

Heather Morrison

I have been a nurse for 36 yrs., great experience.

Elizabeth Murphy

I have worked as a nurse for 41 years have seen lots of changes and how the NHS thrives all the time.

Elaine O'Hara

I've worked as a clerkess in AAU +CAU for over 2 years now and they are all amazing staff a great team to work with, everyone looks out for everyone else.

Elaine Drummond

Worked in Frailty for the last 2.5yrs. Had many challenges throughout the Covid pandemic. Work with a great team in AAU/CAU

Fraser High

35yrs nursing in Forth Valley – last couple of years have been challenging but so rewarding – I had COVID and survived to tell the tale – many other colleagues sadly didn't – We do this for them.

Carla Tait – Frailty Team

Admin for 3 years in AAU – Great team

Sarah Ramsay

I am permanent nursing auxiliary in AAU/CAU and have been here for 3 yrs. I also do bank shifts in mental health. Proud to work for the NHS

Paula O'Hare

I've been an agency nurse on AAU for 5 months and I've been made to feel part of the family. I love nursing and being amongst other passionate + caring nurses makes me feel amazing! Happy Nurses Day!

Ward Clerk in AAU/CAU and have been here for 3 years and have experienced highs and lows over this time.

Kay Smith

After 30 years working in the NHS the last 2 years have been really difficult. The staff have been excellent right through the pandemic. X

Lynn Wright

Staff Nurse in AAU for 3 years now – feel proud to be part of the team. Happy Nurses Day!

I am an OT working in AAU/ED. I really enjoy working with such a great team here at the front door.

Becky Robertson

I'm a physio currently working with Fastrack – you see it all and I love it!

Shona

Podiatrist working with Diabetes + Vascular teams working together to support each other always.

Paul

Nurse Practitioner on the Acute Care Team. Fab Team to work with. Always Supportive.

Fiona Jarron

Staff Nurse in the Emergency Department for 15 years. The past year has been one of the hardest but has been a pleasure to work with a great team throughout. Happy Nurses Day.

J.Auld – Registered Nurse

Hi I'm Lynda McLaren team leader having worked in FVRH for 10 years I would like to say a big thanks to all the staff in the last year well done and thanks.

Lynda McLaren

Staff nurse in ED for 6 years. Returned from maternity has big changes. What to say a big thanks to all my colleagues for their hard work – well done!

Fabiana

Junior doctor here for 1 year (in A+E) Great experience, learnt lots, helpful team.

Ian

EM reg in FVRH. A great team

Stef

ED Consultant working with a superb team for the last 8 years

Ian

Junior doctor recently started working in ED. Incredibly welcoming and knowledgeable team who have helped me immensely.

Stuart

Junior Doctor worked in ED for 10 months, Great team, and great people to work amongst.

Matt

ED Fellow – junior doctor started working in ED just under 2 months ago. Greatly appreciate the support and encouragement from everyone working here, everyone is incredibly friendly.

Sarah

Bryan – V+A trainer. It has and continues to be a pleasure to train the staff of NHS Forth Valley. Live long and prosper.

Bryan Grome

It has been a hard year for nursing all over, it has been a year of learning for myself and things are starting to look brighter

Lois

Newly Graduated Nurse in the middle of a pandemic has been challenging but had great support from my team B22/SRU

Occupational Therapist working in the Stroke Team. Couldn't have done it without the support of the team.

Cheryl Baillie – Wallace Suite

Staff nurse within stroke rehab in the Wallace Suite. We have supported each other through the highs and lows of the pandemic + as a team have come through much stronger together.

Kathryn Ramsay

Staff nurse in Rehab, assessment + Palliative Care, it was difficult for patients with no visits from family so as a team we tried to make sure we face timed or phoned their families daily, to keep their morals up. As a team we done very well to keep our patients safe, working together.

R. Maitland

Nursing Aux within Stroke Rehab, Wallace Suite. Working through the pandemic, observing how well our verbal and non-verbal patients coped with these unprecedented times, gave all the team the strength and reassurance that our care and rehab delivered was as normalised for them as could be.

Amanda Monaghan

A big thank you to all the staff that works for NHS for their care and dedication through this very tough 18 months.

C. Stevenson – Wallace Suite/Stroke Ward

ANP working in Bellfield Care Village and mental health units. Challenging times however everyone pulled together to support each other and provide excellent care to our patients.

Claire Stanners – ANP

April 202 a spring day. I was caring for a lovely lady. On this day I read a letter to a grandmother from her granddaughter a last goodbye. There were tears and laughter but I was so thankful that I could do this last thing as due to no visiting this was not possible. I think of this lady often and her granddaughter. May she rest in peace.

Lynda Reid – Nursing Auxiliary Wallace Suite

Teamwork has been invaluable throughout the pandemic, everyone has worked over and above the call of duty! Lovely to see visitors return to the Wallace Suite and Intermediate Care Units in the Bellfield Centre. Well done Team!

Debbie Innes – Administrator

Just a wee note to say how inspiring it was to watch, and be part of the team here working through the pandemic. The resilience this country has, was clearly on show within these buildings.

David Robbie – Facilities Engineer

As a Speech + Language Therapist working in the Bellfield stroke unit, one of the biggest challenges was supporting patients with communication impairments to keep in contact with their families who could not visit. We did this by phoning families regularly and facilitating phone and video calls with their relatives. It is great to have visitors coming in again

Pippa Faunce Smith – SLT

As a student during the pandemic it has been quite the experience. The Wallace Suite despite this difficult time has accepted me with open arms and it has been so far a wonderful experience learning here.

Rebecca Wilson – Student Nurse

Working through the pandemic has been a challenge! However the way everyone has pulled together and worked as a team, supporting each other has been great.

P.Lincoln

I only started working within the NHS in July 19. But I have to say even working through the pandemic I have found my job very rewarding, all the staff have been brilliant.

Amanda Bowie – Domestic

Coming into the healthcare setting during the pandemic was slightly worrying, however I have been welcomed into the Wallace Suite with open arms and I am really looking forward to learning and gaining new skills in this new environment.

Roisin Toland – ST/P

Coming to work in Bellfield in May I was a bit worried working in the unit regarding covid as I was shielding at the time. Sister reassured me that the unit was covid free. Settled in fine and didn't worry about anything.

Valerie Bruce – Staff Nurse

Working throughout the year 2020/2021 during covid has been the most surreal year of my career. It has been very challenging and very rewarding. I have worked with a great team of nurses, AHPs and domestics and we have helped each other by keeping our sense of humour and pulling together. Proud to be a nurse!!

L.McBride – Staff Nurse – Wallace Suite

I am very proud of my team in the Wallace Suite – all staff nursing, AHP domestics, ANP, medical all worked together under exceptional circumstances. Rules changing daily, but all had the best interest and patient centred care at the core. They went the extra mile to involve the patient as no visitors. Team working made it possible – Thanks to all my team!

SCN Isobel Devoy – Wallace Suite 16/6/2021

Working during a pandemic was worrying to begin with not knowing the full extent of the virus. But working within a great team made it somewhat enjoyable.

N/A Thomson

Working during the pandemic has been both challenging and rewarding. It's been incredible to see how dedicated and adaptable we are when the going gets tough. Seeing patients struggle without visitors has been challenging but through our support of each other, we are now much better carers.

S/N Christie – Wallace Suite

It has been a tough time for everyone. Last 2 years has just been a blur! Hopefully we will all get back to normal soon and enjoy the things we like doing mostly, makes you appreciate what you have and making the most of hard times. With the love and care and team work that we give to our patients we can be thankful we have all survived this tough time. Wallace Suite staff are all amazing.

Tina – Nursing Assistant

When Covid 19 began I was on maternity leave and returned to work in October 2020. I was worried about returning to work but proud to return to a great team at the Wallace Suite! I couldn't have done it without the support of my amazing colleagues and I am proud to be a part of the NHS!

Gail Macleod – Staff Nurse 18/6/21

Working throughout the covid 19 was as a nurse adapt to different ways of caring for people unwell often stressful and challenging at times. Throughout covid 19 I found myself for all feeling extreme pressure and unfamiliar situations. As a team working together to keep our patients safe.

A.Clifford

Hoping to follow in the footsteps of the incredible healthcare staff that give tirelessly of themselves to help others. Struggle to think of a more relevant time to complete my studies and qualify.

S.Allan – ST/P

Working throughout 2020/21 has been challenging but a valuable learning experience. It has been difficult watching patients struggle with not seeing their visitors. We have tried our best to keep them in touch with their relatives. My 10yr old son Callen even went as far as donating his IPAD to the ward to allow Patients to face time relatives. I feel as a team we have all pulled together through a difficult time.

Karen Low – Staff Nurse – Wallace Suite

During Covid 19 and working through this very tough time, it was great to see all the staff working together and supporting each other which made the difference.

Claire Winters – HCSW – AAU

It has been a tough year for me and my student/nursing friends. But seeing everyone support each other and keep each other safe and positive has been inspiring and great to see.

Eckner Adison JR – Student Nurse – 3rd year – AAU

Working during the pandemic has brought a lot of people closer working together to get through this, hope there is a light at the end of the tunnel now.

Carolann Hanlon – Housekeeper AAU3

I am so privileged to work with such a fantastic, caring, professional team. I couldn't have made it through such a time without the team.

Kelsey Waugh – Senior Staff Nurse – ITU –Forth Valley Royal Hospital

Worked in FVRH throughout the pandemic supporting surgical teams in ICU. Very lucky to have such supportive nursing and physio colleagues!

Katrina Steel – Band 6 Physiotherapist

Worked across FVRH and Stirling Hospital during the pandemic – what a difficult time – but we made it through! Thanks to all the amazing staff and patients.

Kristina McKeown – Band 5 Physiotherapist

This has been an interesting year to start working in Intensive Care. Its been difficult and very emotional at times but my team has helped us get through. I hope the next year is better but either way we'll get through it.

Caitlin Stewart – Staff Nurse- ICU

This has been a challenging 18 months for all in the medical profession. It has been stressful for all, especially for some of the junior nursing staff, who have not had to deal with deaths on this scale and to this level of trauma. Everyone has played their part from domestic staff to consultants – have all worked as a team. They have supported each other in times of stress and anxiety. I am glad it looks like it might be starting to ease but it hasn't finished. Hopefully there are very few deaths from Covid but we will get through this.

Michael Murphy – Staff Nurse – ICU

I am very proud to have been part of the ICU team during the pandemic. It has been a very challenging time for the whole team but my fantastic colleagues have all worked together to support one another.

Fiona Calvert – Staff Nurse- ICU

Had the fear and worry at the start of covid but settled into its disease. Got Covid, didn't need hospital, had to be braver than I felt for my patients to stop them worrying, but we all got through, and survived. Worked harder, seen colleagues move on to other areas and we are still here. Survived covid, working the new normal.

Susan

During this challenging period, among the staff each one looks after each other making sure we take breaks, get some fresh air #incredible. Keep this going #wellbeing

Jay Selwyn – Consultant

So proud of my profession and to work alongside such hardworking, dedicated colleagues in our intensive care unit. We have been through so much together in the last year – we will never forget.

Eilidh Anderson – Staff nurse – Intensive Care Unit - FVRH

A big shout out to all the estates staff who during these challenging times like all staff went the extra mile in helping keep everyone safe. Installing barriers and screens, fitting dispensers (everywhere) installing signage and helping with social distancing effort.

Craig Paterson – Estates- Unison Steward

In such a difficult time for the nursing community, we came together and showed commitment and resilience, so proud of my colleagues across the country.

Tracy Ross – B23/ICU – FVRH

I am a dietician working in acute care wards including ICU. I also manage the dietetic service in FVRH. I have never been more proud to work within these teams as I have been in the last year. The staff effort and support has been immense and we will hopefully come out of this stronger.

Fiona Struthers – FVRH

It has been a very trying time for health care. I am so proud of what we have overcome. It made me more appreciative of normal life.

Emma Fotheringham – Staff Nurse – ICU

It has been a year I could never have imagined. Its been a rollercoaster. Hoping my colleagues and I continue to give the best care in not the best circumstances.

SN Jo White – ICU – FVRH

I'm really proud to have been part of an amazing team throughout this tough time. It's been a very difficult time and the commitment shown by our profession has been inspiring.

Mary Findlay – Staff Nurse – ICU – FVRH

ICU – Great team, very proud of them all.

Nadine Sinclair – Housekeeper – ICU - FVRH

It is a fantastic team I work with. I don't know what I'd do without my nursing colleagues.

Neil Stewart – Consultant – ICU

Glad to be part of the team. Been an experience I will never forget.

Jean Grant – Domestic – ICU – FVRH

Everyone came together during such a difficult time and made it an honour to work here! Best wee team!

Amy Robertson – Domestic – ICU

I joined the ICU team just under a year ago. It was without doubt the most challenging time of my career looking after covid patients but the amazing team in ICU have been so supportive and they really are the most amazing group of people!

Ashley Auld – Staff Nurse – ICU – FVRH

An amazing team of nurses, medics, physios who all came together in horrendous circumstances to give 10,000% and deliver exceptional care to patients.

Laura Stott – Staff Nurse – ICU – FVRH

I joined the ICU team 4 years ago, they are a very supportive team and even more so over the last year during the covid pandemic. It has been a very challenging time for us all and my amazing colleagues have been a fantastic and such needed support system. We pride ourself on providing excellent person centred care to all.

Nicole Sinclair – Staff Nurse – ICU – FVRH

I joined the ICU team after working in a nursing home for 9 yrs, I must say this was a very difficult time for residents, family and staff. However we all came together to provide amazing person centred care/holistic care while providing empathy to family members. I joined intensive care and I must say all of the multidisciplinary team I work with are amazing (plus know their staff). I have been welcomed into the team and settled in well.

Lee Haggart – nursing assistant –ICU – FVRH

An amazing team to work with always and especially throughout covid. Each and every staff member worked together to support each other during the most difficult time in our careers. Excellent team throughout the hospital.

Martina Howlin – Staff nurse – ICU – FVRH

Over the past year the team in ICU have been utterly amazing. Everyone has supported each other 100% we have shared happy and sad and stressful times knowing we have had each other's backs. Onward and Upwards

Shirley Ambrose – Nursing assistant – ICU – FVRH

Never thought we would be working through a global pandemic but its been a great supportive team.

Graeme Stevenson – Ward Clerk – ICU – FVRH

It has been an incredibly stressful experience working through Covid 19 pandemic. Very scary for everyone. Hopefully we have got through it now.

Rosalind Kettlewood – Staff Nurse – Cardiology Ward – FVRH

Glad it's nearly over – missed the pub!

Alex Miller Hunter – HCA – Cardiology Ward – FVRH

It has been a pleasure working with amazing staff in every placement I have had during the Covid 19 PANDEMIC. Each and every staff member has been supportive of each other, amazing team work. Hopefully it will soon be all over.

Theresa O'Donnell – 3rd year Student Nurse

During the pandemic I was a senior nurse in ICU. As stressful and emotionally draining as it was – the team were wonderful. I have never been so proud to be a nurse.

Lorna Perry – CNS – Addictions

During the pandemic working with covid patients was very hard as patients were ill and family weren't allowed into see them made me feel so upset. But working with amazing staff at FVRH everybody pulled together and supported each other.

Susan McDiarmid – HCSW

It has been a very challenging time for everyone but we all pulled together as a team. I have drank more wine and gained a few pounds in the process. I look forward to more normality in the future. Proud to work for the NHS.

Chantell Ellis – HCSW

Had to shield twice was terrible time of my life so glad to be back at work missed B11 so much.

Shirley Hardie – HCSW

During the pandemic I worked in a covid surgical ward. I found it very stressful and upsetting to deal with patients deteriorating but we all worked so well as a team supporting each other. I am glad things are settling and getting back to normal. One thing I have learned and took away from covid is “live everyday as it’s your last”.

Jenna Brennan

I am a 3rd year student nurse on my final placement in B11. Just about to start my first job with the immunisation team.

Kelly McDermott – Student Nurse

I recently started here in B11 surgical ward as a staff nurse. I was working in Falkirk Community Hospital during the pandemic as a newly qualified nurse and in the Wallace Suite during wave 1, so much to learn and I’m grateful to be here.

Claire Hempstall – Staff Nurse

I have worked through the entire pandemic in B12 and SAU. It has been a huge change and a great challenge to work through as I’ve started my career.

Wade Pauley – Staff Nurse

I have worked throughout the pandemic, I work in SAU which has been really busy with lots of challenges.

Lesley McLay – Staff Nurse

I have worked all throughout the pandemic, we as a ward was very busy and pulled together as a team moving wards and dealing with the pandemic.

Laura Duncan – HCSW

My name is Claire Sobze a 3rd year Student Nurse. Since the pandemic started I have not stopped working. It has been a challenging time for patients and staff, however we have made it through here. It means all together can work to chase away the pandemic. I have loved being a student during that time, I have learned a lot and can't wait to qualify.

Claire Sobze – Student nurse

My name is Laura Tetstall, I landed my dream job working with the NHS on the staff bank didn't think I'd be starting during a pandemic but I've loved going to all the different wards and seeing everything and I look forward to the pandemic being over and seeing the hospital environment going back to normality.

Laura Tetstall

My name is Courtney King. I am a third year student nurse. Since the pandemic started I have been hands on in the hospital and within the NHS. Getting through the hard times has proved to me that the career I have chosen is just right for me and so rewarding. It has been such a challenge but proud to be part of the team in B21/22.

Courtney King – Student Nurse

Its been such a difficult year for everyone, but its been great to see everyone work as a team.

Nicola Mitchell - Student Nurse 2nd Year

So proud of our Unison Reps throughout the pandemic.

Karren Morrison – Branch Secretary – Unison

My Name is Margaret McBride. I am a Rep with Unison. During the pandemic we spent a lot of our time along with our colleagues from RCN and GMB to make sure that staff were supported and their concerns listened to. We hope that we can all come through this with huge lessons learned for the future. I just want to thank all the Reps and staff for their courage and commitment at an extremely difficult time.

Margaret McBride – Unison – Forth Valley Health Branch

My name is Valeria Elizabetha Cracium Staff Nurse in CCHC Ward One. In last 18 month all team done great work, supporting each other, struggle when short staff, challenging time for all of us.

Valeria Cracium – Staff Nurse

Hi, my name is Elaine Ryan and I currently work in CCHC Ward 1. I am one of the newest members of staff. A lot of my time has been worked during times of Covid. I have often felt glad I am here, as the team here are great at supporting each other. The other thing I think stands out is the way we all follow correct procedures, no questions asked. This has made this a better place to work.

Elaine Ryan – Staff Nurse

My name is Carol Innes. I have been working in Ward 1 CCHC throughout the pandemic of Covid. The team of nurses, OTs, AHPs and cleaning, housekeepers etc. are an excellent team. Well done to us all.

Carol Innes

My name is Katrina Graham. I'm a staff nurse at ward one CCHC. I have worked here for the last twelve years. Throughout covid our team new and old staff have bonded well, supported each other and have come out the other end better people.

Katrina Graham – Staff Nurse

Hello my name is Cheryl Todd. I am a nursing assistant in CCHC ward one. I started here as a bank nursing assistant in 2009 and I was offered full time in 2016. I have worked here for 5 years and enjoy every bit of the challenges that we get. The Covid pandemic especially has been challenging, equally difficult with childcare circumstances. But the team have been amazing with the support they have provided and I couldn't have imagined experiencing this in any other ward with any different team. They are simply the best.

Cheryl Todd – Nursing Assistant

I'm a second year nursing student who started my uni placements during COVID. It has been an eye opening experience to see so many different environments and how they have come together to make the past 2 years easier.

Hayleigh Paterson – Student Nurse

I am a Staff Nurse in a dementia ward in a community hospital. We have been very fortunate to have avoided the worst aspects of the pandemic but impacted by the consequences of it. The social consequences (mask wearing, lack of visitors) has had an effect but it is surprising how well people adapted to the "new norm ". Glad when its all over.

D.S.Thomson

I am a staff nurse in CCHC. I have worked throughout the pandemic, as much as our ward has been fortunate to avoid covid so far, it has been a challenging time to work in the NHS. However, rewarding and has brought us closer together as a team.

Lyndsay Brown – Staff Nurse 29.10.21

I am a Nursing Assistant in CCHC 2, I have worked during the pandemic although I have not had to deal with covid directly. It has been a stressful and difficult working environment.

I am a staff nurse in CCHC 2. We haven't had any cases of covid on the ward which has been a blessing but working throughout the pandemic with staff shortages and all the other effects of covid has been difficult. Home schooling 2 school age children who have both been affected socially and mentally has also been hard. Having the support of my colleagues has helped.

I am a Bank Nursing Assistant in CCH2. We have been very fortunate as we have had no cases in the ward, however it has still been a challenging and difficult time.

I am a Senior Charge Nurse working in specialist rehabilitation. During the last 2 years I have worked in both FVRH and now the Thistle Suite in Stirling Care Village. We have developed a brand new service during the Covid pandemic and I couldn't have achieved all we have achieved without my fantastic team of nurses, physios, OTs, SLT, Neuropsychology, rehab support workers. We have supported each other through all the challenges as well as supported individuals who have gone through life changing events whilst visiting has been restricted. The commitment they have all shown is amazing. Nursing has risen to the challenge.

SCN Craig Finlayson – 11th March 2022

I am a staff nurse currently working in the specialist rehabilitation unit, for the past 2 months which has been excellent. I worked in ward B11 which was a covid ward and was very challenging. Being unaware of what was coming it presented a scary time for all staff. We worked hard as a team which was challenging due to staff shortages, extra PPE which was changing regularly. Staff worked at the best of their capabilities, the ward was back to normal surgical ward when I left, however has changed due to covid with elective patients going to day surgery.

Tina Pendlebury – Staff Nurse

I am a nursing auxiliary in the Specialist Rehab Unit in Stirling, it is an amazing place to work. I only started working here in January 2022 but already feel so settled. I worked in a care home during the toughest times with covid outbreak. It was hard for our residents being locked down and not being able to carry out their normal activities. It was scary time working throughout the pandemic but it's a good feeling to think we are over the "worst" of it hopefully!

Carla Maclean – Nursing Auxiliary

I am a nursing assistant in a specialist rehab unit in the Stirling care village in the Thistle Suite in the Bellfield. I worked in an elderly medical ward during the pandemic. It was stressful during that time but we all pulled together. I am really enjoying working in the rehab unit having time with the patients, watching them through their rehab journey – It is wonderful not to have the stress of it all anymore.

Elizabeth Ramsay

It has been so difficult the last 2 years, everyone has come together to support each other in every department, it has been an honour to say that I am a nurse.

Alana Khan – Staff Nurse – 11.3.22

As a second year student nurse, covid made my training experience so much more urgent. I was given more opportunities to learn, with hands on experience working on quarantined covid wards. I will say I found it daunting and intimidating learning a new skill with such a new virus running rampant across the country. But the staff I worked with and were taught by were incredible men and women who didn't flinch at any challenge, made sure I remained safe and well and welcomed me. Thank you for making my learning experience so unique.

Chloe Stephenson – Student Nurse – 11.3.2022

As a second year student it has been quite daunting working with covid. My last placement was in ITU and I worked and supported many covid patients. My mentors supported me to keep myself safe and also to give maximum support to these patients who were critically ill. It was quite a good experience as it will enhance my professional development to gain new experience working in adverse conditions.

Calistus Younieve

I am Huldha and I am newly recruited staff nurse from India. It has been a pleasure working in NHS Forth Valley. I have to get my PIN number to work as a registered nurse here. I am excited to work here.

Huldha – International Nurse – 20.4.2022

I am Linta Marion Thomas, hail from India, newly recruited here in MHS Forth Valley as Band 4 pre-registered staff nurse. I am very happy to work here as a registered nurse after passing my OSCE exams. I am sure that the hospital will definitely help me to enrich my professional development as well.

Linta

I am Rahana Elizabeth Babu, came from India as Registered nurse and I am going to work in NHS Forth Valley Royal Hospital as Registered nurse after OSCE exam.

Rahana – International Nurse 20.4.2022

I am Maries Shyne Pakrath, Indian national came to Scotland on 8.4.22. It was my big dream to come to UK. It is good to be in Forth Valley Royal Hospital and I am glad to be part of Royal College of Nursing. I will have a good future and life in UK.

Maries Pakrath – International Nurse 20.4.2022

My name is Chinchumol Thankachan. I am from Kerala India. Previously I was working in Saudi Arabia. Then I planned to move in UK. I know that healthcare systems in the UK is much too advanced so I would like to work in such an advanced technological environment. NHS Scotland Forth Valley Royal Hospital provided good guidance and support. I am happy to work in this hospital. Thank you.

Chinchumol Thankachan – International Nurse 20.4.2022

I am Anumol Maria Vaighere from Kersala India. It was my dream to work as a part of NHS team. God gave an opportunity to complete my dream. I was joined with NHS Forth Valley team on April 8.12.2022 Thank you very much for the great support.

Anumol Vaighere – International Nurse

I am a staff nurse working in Day Surgery Unit. I have worked throughout the pandemic. It has been a challenge, day surgery as a team were re-deployed to other areas throughout. This was very daunting however we all supported each other as colleagues and this has made us stronger as a team.

Joanne Grant – Staff Nurse

I am a staff nurse in the day surgery unit. The last several years have been very exhausting and challenging but we have an amazing team who support each other (band 5 and band 2) but I still enjoy my job.

Megan McNeill – Staff Nurse

Staff nurse in Day surgery, I have worked through the pandemic, I was re-deployed to a medical ward in which I felt was out of my depth. My mood became low during this time and it made me feel inadequate as a nurse. Day surgery was one of the best units in the hospital with such a great team as I'm sure other wards were. I am privileged to work with such great nurses and we have supported each other through this.

Yvonne Evans – Staff Nurse 21.4.2022

At the beginning of the pandemic I worked in B31 Respiratory medicine as a healthcare support worker. It was a challenging and exhausting time but we all supported each other to get through it. Now I work in Day Surgery Unit and have a great team both band 2 and band 5, we all work together and support each other.

Sarah Howard – HCSW

I worked in NTC during the pandemic. During this time we were closed x 3 times. Twice we became a medical ward and on the 3rd occasion we were closed and all redeployed. During this time it was very stressful and at times overwhelmed as been a surgical nurse and now looking after medical patients and felt also at times out of my depth. I did not feel supported. Now in day surgery where every day there is the uncertainty of whether being moved without given an option to refuse. Due to all these uncertainties I made the decision to take early retirement which was a hard decision to make as I previously loved my work.

I am a Senior Charge Nurse at Lochview, learning disability service. I have been fortunate to have been promoted during the pandemic. I have learned and developed to improve the care I give over the pandemic looking at new ways of working. The pandemic has allowed me to think more creatively about how we work. The pandemic brought many challenges for learning disability nursing, we worked through two outbreaks in our unit, which was a challenging time for all. The allowed us to work much more integrated without health and social care partnerships. We learned about each other's roles, we learned from our skills and now work together to improve our service. I feel proud to have worked in such an enthusiastic and caring team over the pandemic.

Abbie Thomson – Senior Charge Nurse – Lochview

I am a staff nurse within Lochview hospital (in patient unit for people with learning disabilities). The past few years have presented some challenges due to covid. We have had several patients and staff who contracted covid and many have long term health issues as a result. The pandemic has improved the team working and has allowed staff to reflect on the job we do on a daily basis. We are a fantastic team and have overcome many challenges in the care and treatment of people with learning disabilities. I started training as an Advanced Nurse Practitioner pre pandemic and manage to continue by studies with support from various other health professionals across Forth Valley. I am extremely grateful to work in the NHS.

Clare Davie – Advanced Nurse Practitioner – Lochview

I am Ruaidhri a learning disabilities nurse working in an LD inpatient unit. The covid 19 pandemic started as I qualified drastically changing my knowledge and experience of care. However, with a fantastic team, colleagues and patients, we have all learned and developed, and overcome countless challenges – all with a smile on our faces. I am proud to work for the NHS and with my caring colleagues.

Ruaidhri Hutton

I am a deputy charge nurse in an inpatient learning disability unit. I worked throughout the pandemic, when patients and staff tested positive for covid. What I will always remember is the sheer resilience of patients and staff, how everyone pulled together in the face of unknown adversity, and the fantastic team work that I witnessed. The NHS at its best!

Heather Russell

I hope and pray we made a difference to all the staff who found themselves at increased risk, who were on long term absence with clinics and treatments cancelled, and those with long term effects of covid.

Chris Kalman – Consultant – Occupational Health

I am an Occupational Health Nurse adviser and worked throughout the pandemic. It has been a very difficult 2 years which I hope never to see again. Like Chris, I am hopeful that OHS made a difference to staff by supporting them in very challenging times. I often think about the beginning of the pandemic and the “terror” felt by some staff members, however they and our team pulled together and shared our resilience and determination to provide the best support service.

Pamela Scoular – OHS

I have never experienced anything like this in my career. A time of so many changes, challenges, worries and concerns. Personally and professionally. Our team spirit is what I remember most. The phone in Occupational Health did not stop ringing. Our team pulled together and were a fabulous bunch to work with. We tried to support as many staff as possible.

Sheila Goodman – OHS

I am currently a staff nurse working within Occupational Health however moved from the community at the beginning of the pandemic. We have all faced challenges over the past few years which have impacted on us both personally and professionally. The teamwork and support demonstrated by all NHS staff during this time has been nothing short of inspirational and without a doubt, the reason for me personally being able to maintain resilience through this time. You are all amazing!

Emma Houston – OHS

It has been an honour to lead the OH team through the pandemic. I am so proud of everyone in the OH team. There have been so many challenges and we have managed to get through them all. Most of all it was amazing to deliver OH services and support the workforce of NHS Forth Valley. We have learned so much and will go onto do great things together! NHS staff are the best and I admire every one of them.

Elizabeth Murdoch – Lead Occupational Health Adviser

No winter lasts forever, people always endure.

K. Drysdale –Staff Nurse

Happy International Nurses Day! I am reflecting on the year that has passed. I am as always, amazed, proud and thankful that FV nurses across the large and diverse landscape always have patients and families at the heart of what we do!!

Elaine Kettings – Chief Nurse

My name is Mary Wright. I have worked with the NHS for 14 yrs, I work in Falkirk Community Hospital I am presently working in unit 5 dementia unit. I have worked throughout the pandemic it has been very tough and challenging for the NHS, and everyone has worked hard and pulled together, we have amazing staff and like myself our aim is the care and attention of all our patients.

Mary Wright

My name is Susan Johnson. I have worked with the NHS for 35 yrs been in Bellsdyke and then Bonnybridge and now FCH 5 worked all through pandemic and helped with video links with family with lots of good feedback staff all worked well together and a good Charge Nurse. Retiring in July to feel its time to go for new staff who bring new skills x

Susan Johnson.

Hi my name is Colin Poolman. I have been a nurse for over 30 years. Today is Nurses Day 12 May 2022 and a time to celebrate the difference nurses make every day. Proud to be a nurse and to see the work of my fellow nurses making the difference across Scotland. Best of Nursing.

Colin Poolman – RCN Scotland

Hi my name is Tracey Gow. I am a SCN in Falkirk Community hospital. I moved to this post during covid, I felt it was so important to help families visit their patient in hospital while trying to remain. I feel we as a ward were able to do this well. I am so proud of my team who came in on days off at times so that patients had contact and could do activities.

Tracey Gow – SCN – Falkirk Community Hospital

Hi, my name is Irene Martin and I am a Clinical Nurse Manager. Having worked 20+ years in NHS I am extremely proud of all the nurses who have managed to work through “covid” and still remain professional, kind and determined to look after their patients and each other. I work with many teams of nurses and I am so lucky to work with them. Happy Nurses Day.

Irene Martin – Clinical Nurse Manger

I am currently a trainee school nurse and moved to the team during covid, prior to that I worked within CAMHs. I am incredibly proud of all my colleagues who have worked incredibly hard to continue supporting children, young people and their families during a very difficult time for everyone. I am so lucky to work with an amazing team of nurses! Happy Nurses Day!

Carolyn Gentleman – School Nurse

I am a SCPHN school nurse, having studied and completed the SCPHN course during the covid pandemic. I was temporarily deployed to a wonderful district nursing team for a short period. This was an extremely challenging period for all NHS staff and I am so proud of each and every one!! I work with a fabulous team and I am so lucky to work for NHS Scotland.

Karen Ormiston – School Nurse

Nearly completed post grad SCPHN – delayed. Redeployed to DN team – only 3 staff working extra in assessment centre, extra shifts in hospital. The world was quiet – so so quiet, we were not.

Shirley Robertson – School Nurse

The staff mobilisation to set up the assessment centre – all staff – nursing, medical, admin, domestic, ANP set this up within about 24 hrs – no one was too precious to empty a bin or clean a room – we saw seasons come and go and still the patients came. The testament to team working. Every night I stopped at the door and went straight into a shower – I was terrified to hug my children. I sat alone in my car in a hospital car park writing letters to my kids in case I never saw them again. My nursing buddies mean the world to me. Now completed post grad in a pandemic. Long live our NHS our most beloved asset.

I am currently working within the school nursing team as a family support worker. As this is a new role, I am still finding my feet but the team have been extremely supportive. Having previously worked in education throughout the pandemic, the resilience of people never fails to amaze me!

Nicole Hunter.

I have worked in NHS FV for 43 years and am now at the end of my nursing career. Reflecting on my career and in particular working through a global pandemic – something we could never have imagined. I am extremely proud of the profession and the amazing school nursing and health visiting teams I have the privilege to work with.

Sandra Gourlay.

40 years this month working with children and families. 40yrs of happy days and sad days. Change and challenge. Glad to work for the NHS. Best wishes to everyone on International Nurses Day.

Rhona Cameron

I am a community staff nurse, I have only worked in community since qualifying 3 yrs ago. It is the best job! I have the pleasure of working in an amazing team.

Gelina Cooper

11yrs qualified and 3 yrs working in community. The pandemic has been very bittersweet for me. Very tough and challenging both in personal life and working life but looking back and seeing how far myself and team have come makes me so proud to have went through this together.

Kelly Jack

I am a community staff nurse, working with the team for the last 11 months. Covid has been a challenge however it has brought the team together and taught me to appreciate those around us. What a time to work and care for patients!

Amy Sinclair

I am a community staff nurse working 10 months with the team its been a privilege to work with such an amazing team throughout the pandemic and provide care for our patients.

Sharon Hunter

I am a Clinical Nurse Manager for community nursing in Clacks- Stirling. Have been a proud nurse for 39 years. I am extremely proud of all the community teams and the great teamwork they have shown throughout the past couple of years. Its been challenging but hoping we are out through this pandemic intact.

Diane Sharp

I am a District Nurse in Clacks with 22years service for the NHS. I am so lucky to work with the most amazing team of nurses. We have faced many challenges throughout covid. However each one of us has helped and supported each other every day. I am so proud of all of our nurses strengths, resilience and high standards of care provided to our patients throughout.

Lynda Coulter

I am a district nurse who next year will celebrate 40 years in Nursing! I have seen many changes and challenges over the years but the last 2 years with the pandemic have been the most challenging but equally rewarding. I am so proud to be part of the district nursing profession and have an amazing team behind me. District nursing is such a rewarding and fulfilling career.

Linda Ross

The pandemic has changed many things over the past 2 years and many challenges are still ahead. The NHS has stayed strong and united throughout. It has been tough working during the restrictions and a privilege to be an active community staff nurse.

Suzanne Hunter

Have worked in community nursing for 22 years, I am the biggest supporter of our community teams. The last 2 years, have been a privilege to look after both staff and patients.

S. MacDougall.

This has been the most extraordinary period of my career.... Who would have thought would be faced with a pandemic in our lifetime.... Yet I have been truly humbled and inspired by the way in which nursing teams across all areas of practice have responded. Colleagues have showed incredible leadership, care and compassion – not only for people in their care, but for each other too. As history has shown it is during times of great uncertainty that is where the nursing profession excels rising to the challenge of being involved in new areas of practice and ways of working. What has been achieved has been quite remarkable – working under such immense pressure and now there is light at the end of the tunnel as we move into recovery mode. I remain in awe of my colleagues and so proud of this profession we belong to.

Ellen Hudson – Deputy Nurse Director

Hi my name is Shirley Bickerton. I have worked as a HCSW 2004 in AAU, working through the pandemic was a very challenging time for us all which created anxiety and stress but as a team we gained strength and determination from one another and got through one of the toughest times in our careers. I especially remember the staff would help out by doing extra shifts even though they themselves were exhausted. I am so proud at my colleagues and the bond we have and also the reassurance and trust that was gained throughout! Team AAU

Shirley Bickerton – HCSW – AAU

Worked on the doors during covid where we helped to stop people coming into the hospital who might have covid or put patients at risk if they carried it in. Was hard going, long hours and faced loads of grief from members of the public but knowing I was helping to keep our patients and staff safe, it was all worth it.

Vikki Thomson

The organisation as a whole came together to support each other. The staff bank service has always had great relationships with other departments and wards, working throughout the pandemic has made these bonds stronger. The staff bank team although office based, still come into the office to support and recruit new staff to help the service at this critical time. We have a responsibility to keep our bank staff safe as well as each other. Very proud!

The Staff Bank Team

Overwhelming feeling of being a “team” – supporting one another to get through it. Afraid of bringing “it” home to your family but never hesitating to support patients. Change of role overnight from community to ward work – hope it is over – if it comes again – will the public clap?

KC

My name is Clare Allan, during the pandemic I was doing my nurse training as well as being a care home carer. As well as a new mum it was tiring, hard going in and broke my heart several times. To all healthcare staff, keep chins up one day it will be better.

Clare Allan

My name is Robyn Finlay I qualified as a nurse during the pandemic, I have seen the effects this has had on staffing and morale within wards. I am proud to be a nurse within the NHS and seeing everyone come out the other side. I hope one day our efforts and hard work are reflected in our pay.

Robyn Finlay

My name Chvonne. I am a newly qualified nurse. NHS have seen and still see tough challenges they've never faced before. Staff are exhausted and demoralised. Nursing staff are amazing and are more than worthy of a decent pay rise- I really hope the Government appreciates their value and we can begin to repair our broken invaluable NHS.

Chvonne

My name is Carol Wallace ANP in mental health assessment team working within acute hospital and community. Throughout the pandemic it has been extremely challenging and continues to be. I hope at some point that our efforts will be rewarded.

Carol Wallace

I am really proud of myself for working and graduating during the covid 19 pandemic! I feel proud to be a part of the NHS even though it has been the most stressful 2 years of my life! I hope that at some stage our efforts will be rewarded.

I doubt future generations will understand the fear and sacrifice that NHS endured during this pandemic (covid 19) my fear is based on how my generation thought of the Spanish Flu. We knew it had killed more than the Great War, we knew it was possible that a pandemic would kill millions. BUT WE DIDN'T REALLY THINK IT WOULD HAPPEN ON OUR WATCH. It did and I spent the first few weeks in a tent in my garden, terrified that I would bring a virus home that would kill my wife and children. The early days before we understood the virus and before the vaccines were truly terrifying for those who understood the science. We lost far too many to this disease. Take this warning nurses of the future. Always be vigilant, always be prepared.

Charlie McCarthy – Emergency Department – ENP – Forth Valley NHS – Branch Chair Forth Valley Unison Health.

My name is Robert Clark I am so proud of being an NHS worker and the pandemic has made me proud to be working in such a dedicated NHS team.

Robert Clark

My name is Jayne Trimble I have worked I the NHS for 20 years, the last few years have been difficult due to the covid pandemic, difficulties juggling work and home life – home schooling and caring for elderly relatives. We survived this through the dedication and loyalty of all the NHS staff. Proud to be part of such a wonderful workforce.

Jayne Trimble

The last 3 yrs have took its toll on our staff and patients. Hopefully we are on our way up but we have lost a lot of colleagues along the way.

Margaret McBride

My name is Caroline Smith I am proud to be an NHS worker. The covid years have taken its toll on many of us – but we are proud of our National Health Service therefore we turn up to work. Chin up everyone.

Caroline Smith

I am a staff nurse who completed my training and qualified during the pandemic. It was amazing how much everyone came together as a team! The amount of support from the public and colleagues made me proud to be a nurse and proud to work for the NHS! The past few years have shown that we can get through anything together.

Holly Sutherland

My name is Steven Duguid – I am an ambulance technician who worked on the frontline throughout the covid 19 pandemic, whilst it was a vent time both emotionally and physically it was amazing to see how staff from the ambulance service and the hospital worked so closely together for the patients and in supporting each other through hard times. Proud to work for the amazing NHS.

Steven Duguid

I joined the service during the pandemic when the demand for ambulance service and nursing staff was high. Despite this nursing staff and crews worked hard and supported each other in the time of need helping everyone through the pandemic. With this and the incredible support from the public made working for the NHS a privilege.

Jordan Davidson – Technician – Scottish Ambulance Service

My name is Emma McNiven, I am a Healthcare support worker in the Acute Assessment Unit at Forth Valley Royal Hospital. Throughout the pandemic I have had the privilege to care and help comfort patients in their time of need, as family members were not able to visit. I have been able to work alongside amazing people that have shown teamwork, kindness and resilience. Despite the heartache and worry that the pandemic brought, I feel that it brought out the best in all staff that work in within healthcare.

Emma McNiven

My name is Carolyn Reid, I am a staff nurse In Acute Assessment Unit at FVRH. When the pandemic hit the UK, I was 12 weeks pregnant with my 3rd baby. It was an extremely daunting and anxious time, as no one knew the full effects of covid 19, other than people were dying and critically unwell. I worked for 1 month before having to finish up on maternity leave, earlier than anticipated. As I was deemed high risk. It was a period of mixed emotions, as I felt guilty for not working and incredibly proud of the NHS and all the staff. I returned to work the following June 2021, and found the new challenges of covid 19. Significant after 15 months of covid 19 hitting the UK, patients were requiring admission to hospital, families couldn't visit unwell relative and restrictions were still in place. Everyone should be proud of our NHS, the resilience, professionalism and integrity of all the staff is incredibly. Truly a moment in history.

Carolyn Reid – Staff Nurse - AAU