Have you had your free flu jab?

Vaccination programme will help protect you — and our patients

STAFF across Lothian are taking the opportunity to protect themselves against flu this winter by getting their free flu jab.

The seasonal campaign is now under way, with vaccinations being offered to staff at flu clinics across NHS Lothian sites.

The flu vaccination is the best way to protect against this serious but preventable disease.

Alex Joyce, employee director, said: “I would encourage every member of staff to take advantage of the free flu vaccinations offered across our sites.

“As a responsible workforce, it is really important that as many of our employees as possible have the vaccination to protect our staff and patients against flu this winter.”

Upcoming flu clinics are detailed on the Intranet, so keep your eyes peeled for the next clinic near you — it’s better to be safe than sorry.

Read about why Wendy Black, auxiliary nurse at Midlothian Community Hospital, always ensures she is protected — p2 >>

Below: chief executive Tim Davison and employee director Alex Joyce are among the many staff who have already signed up for their free flu jab.
Why flu jab is important

WENDY Black, an auxiliary nurse at Midlothian Community Hospital, had never had a flu vaccination until winter five years ago. Wendy came down with the flu and was so unwell she lost a lot of weight and had almost a month off work to recover. Her experience encouraged her to fight her fear of needles and she now gets her free flu vaccination every year.

She said: “People often underestimate the symptoms of the flu. I would encourage everyone to protect themselves and their patients by having the flu jab.”

Upcoming flu clinics are detailed on the intranet.

Connections

YOUR online Connections appears bimonthly. If you have a story for a future issue, contact Alexis Burnett on 0131 465 5647 or alexis.burnett@nhs.net or Sian Mackenzie on 0131 465 5645 or sianmackenzie@nhs.net

Connections is designed by Connect Publications.

www.connectcommunications.co.uk
WE received a record number of entries for the Celebrating Success Awards 2014. Thank you to everyone who submitted an entry. The judging panel found that all the nominations were of an extremely high standard. The shortlisted entries are:

**STAFF MEMBER OF THE YEAR**
- Kelly Black, medical secretary team lead, WGH
- Irene Green, clerkess, Lothian birth centre
- Anna Barr, physiotherapy assistant, WGH

**TEAM OF THE YEAR**
- Rapid elderly acute team in West Lothian
- ‘The Kaizen Chiefs’, emergency department, RIE
- Haemotology, WGH

**BEST EXAMPLE OF INNOVATION, QUALITY AND PRODUCTIVITY**
- Dr Kate Templeton, consultant clinical scientist, and team, RIE/Liberton Hospital
- Leith early years collaborative healthy start pioneer team
- Physiotherapy – MSK and women’s health teams

**MENTOR OF THE YEAR**
- Scott Armitage, charge nurse, ward 27, WGH
- Jane McNulty, lead advanced nurse practitioner, WGH
- Marysia Nash, clinical lead speech and language therapist

**VOLUNTARY SERVICE AWARD**
- Sara Fitzsimmons and SiMBA, RIE
- Irene Ashton and Sandra Marshall, PIONEER
- Niall McGoldrick and Orna Ni Choleain, Edinburgh Dental Institute

**RESPECT FOR OTHERS AWARD**
- Working Health Services Lothian
- Healthy Working Lives bite size literacy and numeracy education project
- Women and children’s strategic planning team

**CARING CHAMPION OF THE YEAR**
- Ian Telfer, chaplain
- Louise MacFarlane, dental receptionist, Sighthill Dental Clinic
- Dr Sara Shafi, clinical psychologist, CAMHS

**IMPROVING PATIENT ACCESS**
- Outpatient department, Leith Community Treatment Centre
- The nurses and doctors of the south east Scotland healthcare services for people in police custody and forensic medical services
- Andrea McBride, nurse practitioner, rheumatology, WGH

**HEALTH HERO**
- Dr Ailsa McLellan, RHSC
- Tracy Gaughan, therapist at LEAP (Lothians and Edinburgh Abstinence Programme)
- Heather McVicars, cancer clinical trials, WGH

**VETERANS First Point is shortlisted for award**

VETERANS First Point (VIP) has been shortlisted in the Health Improvement and Promotion category at the Military and Civilian Health Partnership Awards.

V1P employs veterans and civilians to provide a one-stop shop for veterans and their families. Winners will be announced on 27 November.
**Quest to reduce maternal mortality rate in Kenya**

YVONNE Greig, a midwife at the Royal Infirmary of Edinburgh, recently travelled to Provincial General Hospital in Nyeri, Kenya, as part of a project aiming to reduce maternal mortality rates in Kenya.

She helped to run a week-long course at the hospital in Kenya, teaching staff vital skills in dealing with obstetric emergencies.

Yvonne’s work is essential for helping people to reduce the maternal mortality rate in Kenya, which currently sits at 488 in 100,000 compared to 12 in 100,000 the United Kingdom.

**Haemophilia education day is Scottish first**

SEVERAL members of staff recently helped to facilitate Funcation, a unique event in Scotland which aimed to combine fun and education for boys with haemophilia.

Families from all over Scotland met at Edinburgh International Climbing Arena at the end of July.

They took part in interactive workshops on “How to self-infuse”, led by Irma Shea and Sue Hook, clinical nurse specialists, haemophilia centre, RIE and “Healthy joints and healthy muscles”, which was led by Jenna Reid, physiotherapist, RHSC, with the help of patient Sean Lloyd and Bob the skeleton!

There was also an opportunity for the families of young boys with haemophilia to meet each other.

This was facilitated by Dr Angela Thomas, haematology consultant, RHSC, and charity Haemophilia Scotland.

The highlight of the day was undoubtedly the chance for the boys, parents and organisers to try out climbing.

The day was a great success and will hopefully be the first of many events for boys with haemophilia living in Scotland.

**A bicycle made for three**

ANDY Stanfield and Andrew McKeachanie from the learning disability service, along with their colleague Sarah Wright from the Scottish Mental Health Research Network, cycled an impressive 250 miles from London to Paris in just five days, raising more than £3000 for the Patrick Wild Centre for Research into autism, Fragile X syndrome and intellectual disabilities.

The group completed the challenge in a more unconventional fashion on a bicycle made for three!
Young Luke meets the medics who saved his life

LUKE Minto, 11, who was put into a medically induced coma at the roadside when he was hit by a car, has been reunited with the team who saved his life.

The accident happened last year as Luke was struck by a car while crossing the road near his home.

Lothian’s crack Medic 1 response team were able to save his life and prevent further injury to his brain during the dramatic dash.

Now, for the first time, Luke and his parents David and Kelly, from Whitburn, West Lothian, have been reunited with the doctors and nurses who gave him a second chance.

Luke said: "I was excited but a bit nervous to meet the doctors. It was good to go in the ambulance because I don’t remember being in there the first time. The only thing I remember about the accident is waking up in intensive care on Christmas Day and being a bit upset I’d miss Christmas and New Year.”

Luke had sustained a traumatic brain injury, bruising to his lungs and was suffering from suspected internal bleeding as well as an open leg fracture. In a bid to protect his airway and brain, he was placed in a medical coma by the Medic 1 team before being rushed to the Royal Hospital for Sick Children in Edinburgh.

He spent several days in intensive care and underwent a number of operations to fix his leg.

On Christmas day, almost a week after the accident, he regained consciousness.

Luke’s mum, Kelly, said: “It was the best Christmas present ever. Without the actions of the Medic 1 team my son wouldn’t be with me today. The team is unbelievable and doesn’t get enough credit for what it does.”

Sketcher collaborates with Artlink

AN exhibition of drawings by Mark Kirkham – the Edinburgh Sketcher– documenting his observations as an artist in residence at the Royal Victoria Building at the Western General on ward 72, has gone on show.

Mark is an illustrator in Edinburgh who produces an almost daily sketch blog of life in and around Scotland’s capital.

Impressed with his work, arts and disability organisation Artlink invited him to become an artist in residence in the care of the elderly wards documenting situations and stories from patients and staff on the ward.

Kirsten Smith, senior charge nurse on the ward, said: “It was great having Mark on the wards. It was a positive experience for staff and patients.”

Mark’s work is on display in the link corridor between the Alexander Donald building and the Anne Ferguson Building.
Help us to beat MS!

You can help us find a cure...

By leaving a gift in your will to help the 10,500 people living with MS in Scotland

Our vision: a world free from the effects of MS

Our mission: Our ultimate goal is to find a cure. Until then we will do all we can to enable people with MS to live life, knowing that they do not have to face MS alone.

We know it’s a big ambition, which is why we need your help.

Please consider leaving a legacy in your Will to the MS Society, so we can continue this important mission.

Call us in confidence on 0131 335 4050 or email msfundraising@mssociety.org.uk

Multiple Sclerosis Society. Registered charity nos 1139257/SCO41990. Registered as a limited company in England and Wales 07451571.
The Royal Edinburgh’s annual fete raised more than £1500 for ward funds. The fete, on 8 August, has been an annual event at the hospital for the past five years. Open to the public, it hosted a range of attractions and stalls, including George Watson’s School Pipe Band, musicians, flamenco dancing, miniature assault courses and a bouncy castle.

A huge thanks to all those involved in organising and to the many companies and local Morningside businesses who donated generously to the raffle prizes.

The photograph shows a flamenco dancer from the group ALBA FLAMENCO performing on the stage at the fete.

The NHS Lothian Weight Management Service has recently launched a community based programme, Get Moving with Counterweight, which provides support to adults with a BMI greater than 30kg/m².

In September, the team hosted an update day in conjunction with partnership organisations at the Royal Commonwealth Pool on 24 September. The day, attended by a wide range of health and care professionals, was a great success. It included updates on outcome measurements, patient feedback and a physical activity taster demonstration.

The event was an excellent example of the level of support available for patients wishing to manage their weight more successfully and lead healthy active lifestyles.

Two gardens have been created at Ferryfield House using funds from a gifted legacy from the late Nancy McGruer, who was a patient there.

Ferryfield House is a 60-bedded unit that cares for frail elderly and psychiatry of old age patients.

A request for the £60,000 funding was agreed following an application to Edinburgh & Lothians Health Foundation. The garden was officially opened by Tom Arnott, operations manager, and Helene Anderson, who is seen in the photograph cutting a ribbon. Helene has been a patient at Ferryfield House for the past 12 years.

The design of the gardens aims to create a dementia-friendly area with a sense of calm through the use of flowing lines and loosely structured planting. They provide a safe space for residents, their families and staff and are suitable for hosting a range of activities.
Train for a challenge
Edinburgh Marathon Festival
30th - 31st May 2015

Laugh with the ladies
Girly Get Together
25th September 2015, Prestonfield House

Sieze the day
Sick Kids Tandem Skydive
April, June & September 2015

Identify a masterpiece
Postcards for Sick Kids
6th – 8th November, Lyon & Turnbull

Help to make it better
Sick Kids Friends Foundation

Shop 'til you drop
Sick Kids Christmas Fair
30th November, Meadowbank

Play with the pros
Sick Kids Invitational Pro-Am
18th - 19th October, Archerfield Links

Kick start the festive season
Carols for Christmas
9th December, St Cuthbert's Church

Walk for Sick Kids
Edinburgh Kiltwalk
3rd May 2015

You don't have to be a doctor to help make Sick Kids even better!

Visit www.edinburghsickkids.org  Call 0131 668 4949
Joint facility will boost life sciences sector

NHS Lothian and Fife College have joined forces to address the future skills shortage within the life sciences sector.

They have established the Science Training School, a bespoke facility in the lab suite in St John's Hospital.

The school facilities consist of resource areas, a teaching room and a laboratory that operates to industry quality standards.

The school is surrounded by diagnostic laboratories and experienced scientists whose expertise will be used in the facility.

The Science Training School offers students a tailored blend of specialised skills and qualifications to prepare them for careers within the NHS and science sector.

Fife College has also collaborated with NHS Lothian to develop a career pathway for NHS Lothian staff and in February next year a day release pathway will be launched to progress employees from HNC to HND level study allowing them entry into the third year of a degree.

A special signing event was held recently between the two organisations to mark the success of the programme and to pledge their ongoing commitment and future growth.

Health and wellbeing

Keep Living it Up over 50!

LIVING it Up is a new digital service to support better health, wellbeing and active lifestyles in Scotland.

It is initially aimed at people over 50 and will be of particular interest to carers, people living with long-term health conditions or those who just want to ensure they stay happy, healthy and connected.

NHS Lothian is one of five boards involved in the design and implementation.

Angela Lindsay, NHS Lothian strategic lead for Living it Up, said: “People have told us that they have difficulty finding accurate, reliable information on local trusted services, as well as advice on how to keep well and find out what’s going on in their community.

“Living it Up vows to change all that. It’s a digital one-stop shop for all this, as well as being a platform to promote and support independent lifestyles and much more.”

The Living it Up team has been holding events across Lothian. If you would like them to raise awareness in your service or area or you would like more information contact lynsey.brodigan@nhslothian.scot.nhs.uk

You can also sign up on www.livingitup.org.uk to see how your patients might benefit from this service. To sign up, please click here.

Think FAST and save a life

STROKE affects more than 12,000 Scots each year, killing many and leaving many survivors with physical disability.

NHS Lothian’s FAST campaign aims to increase people’s awareness of stroke symptoms and the need to seek urgent emergency care by dialing 999.

We’ll be circulating the FAST cards to all community pharmacists and you’ll hear a FAST message on Radio Forth in early October.

A smartphone app has also been developed for iPhone and Android and is available in the Apple Store or Google Play – just search for “fast test”.
**Lorraine Edwards**

THE intensive therapy unit (ITU) at St John’s has received a donation of £847.65 from the funeral of Lorraine Edwards, who sadly passed away in August.

Lorraine worked in NHS Lothian for many years and the staff in ITU who trained or worked with her over the years are deeply saddened by her untimely death.

Her husband George and the rest of the family have asked for the money to be used to benefit the ITU. The team hopes to use the funds to help purchase items in Lorraine’s memory for the relatives’ room, which will shortly be upgraded.

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**Linda bids farewell after 37 years**

AFTER many years of dedicated service to nursing and NHS Lothian, Linda Harvey has retired from her role in business continuity and emergency planning.

Linda has served us well these past 37 years. Her career started as a student nurse at the Western General in Edinburgh (student nurse Spratt), with her first charge nurse appointment at the Royal Victoria Hospital in 1984.

Her colleagues and friends across NHS Lothian wish her all the very best for a happy and healthy retirement — she deserves it!

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**Five FREE portrait photography sessions worth £150 each up for grabs!**

LOCAL photographer Phil Stanley Dickson (PSD Photography) is offering an exciting prize of portrait photography for five lucky winners.

Phil, whose studio is in Meadowbank, Edinburgh, has lots of experience with all types of portrait shoots from family groups, couples or individuals to model portfolios.

Take advantage of this fabulous offer and get yourself, your friends or family down to the studio for some seriously stylish snaps. This offer will see our winners receiving:

- a studio shoot for up to 45 minutes
- your favourite four photos on disc
- special 15 per cent discount on all framed prints and wall display products.
- Even if you’re not lucky enough to win a free photography session, you won’t miss out.

PSD Photography has also thrown in a special offer for NHS Lothian staff of a 30 per cent discount on all portrait photography sessions — simply quote “NHS October offer” when booking.

To be in with a chance of winning this amazing prize, simply email us the answer to the following question:

**Where is Phil Dickson’s studio?**

Send your answer, name and phone number to lothian.communications@nhs.net or communications department, NHS Lothian, Waverley Gate, 2–4 Waterloo Place, Edinburgh, EH1 3EG by 5 December.

For examples of Phil’s portraits, visit www.psdphotography.com

Prize sourced by NHS Staff Benefits.

For details of benefits and discounts for staff in Lothian, [click here](#).