HEALTH NEWS

PROGRESS REPORT...
ON THE NEW HOSPITALS PROGRAMME

NHS Greater Glasgow and Clyde is in the middle of an unprecedented programme of works that will create the most modern, high tech hospitals in the country.

Close to a billion pounds is being spent over the next few years on developing and improving a number of sites in Glasgow, including the creation of five brand new hospitals - the new Beatson, Victoria, Stobhill, South Glasgow and children’s hospitals.

Next year will see the opening of the first of those new hospitals - the new Beatson on the Gartnavel hospitals site - with the rest following between 2009 and 2012.

Inside Health News, there’s an in-depth look at these exciting new developments, including a closer look at the new Beatson and what’s happening on the Southern General Hospital site.

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Sobering facts about alcohol and drugs

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Check out NHS listings

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Healing body and spirit

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For more information on all your local health services, visit www.nhsggc.org.uk

Making a fuss of our unsung heroes

They’re the people who work for nothing to make our patients’ lives just that little bit better.

They give up their free time to provide caring and companionship and ask for nothing in return.

But now, NHS Greater Glasgow and Clyde is about to celebrate the work of our volunteers with a special event in September.

To coincide with the event, a special supplement is being produced in partnership with the Evening Times to celebrate the work of our volunteers.

Hosted by our chairman, Professor Sir John Arbuthnott, the event will see around 400 specially invited representatives from our volunteering community.

NHS Greater Glasgow and Clyde has around 2000 volunteers of all ages and backgrounds who regularly help out in our hospitals and other healthcare settings.

All types of people volunteer to provide a wide range of vital services, including:

- Befrienders who chat to or comfort patients on wards and clinics
- WRVS who provide tea and refreshments in our hospitals
- Volunteer tea trolley workers
- A disc jockey
- Volunteer drivers who take our patients to clinic appointments or to social events
- Therapets - animals who visit patients on wards
- Hospital radio volunteers
- Fundraisers, including those who carried out work on behalf of the Royal Hospital for Sick Children/Queen Mother’s and the Beatson.

Professor Sir John Arbuthnott said: “To officially recognise and celebrate the work of the some 2000 people who volunteer their time and effort to our hospitals, health centres and community settings, NHS Greater Glasgow and Clyde is holding a lunchtime event in September to personally thank them for the hard work they have put in over the years.

“The majority of the 400 guests will be volunteers, but some of our staff will also be invited in respect of the voluntary work that they undertake and the real difference they make to peoples lives, not just in this country, but across the world.

“It is pleasing to hear that there are almost as many different types of people volunteering as there are opportunities to volunteer. In particular, I am pleased to see that more young people seem to be getting involved.”

Peter Hamilton, Chair NHS Greater Glasgow and Clyde Involving People Committee, said: “I am delighted that we are using the event to formally recognise the hard work and endevour of our volunteers.

“This event and the special twelve page supplement that will appear in the Evening Times on the day of the event is also an opportunity to raise the awareness of the benefits of giving time, and hopefully, inspiring a new generation of volunteers.”

Makin’ a fuss of our unsung heroes

YOUNG patient Joel Fee (11) is well on the road to recovery … thanks in part to the visits of Therapet Poppy, Anne Macdonald’s Springer Spaniel - one of more than 2000 volunteers who perform a host of services free of charge throughout the NHS.

SPOTLIGHT ON AN ARMY OF FRIENDS - SEE BACK PAGE
Dental service brings a smile to the homeless

EDDIE’S GRIN SHOWS SUCCESS OF PIONEERING PROJECT

A pioneering dentist service for homeless people has officially launched in Glasgow.

The British Dental Association and the NHS Partnerships authority have joined forces to launch a project that will provide dental care to people who are homeless or at risk of becoming homeless.

Professor of Community Dental Health Dr Lucy Reynolds, who leads the Homeless Dental Service, said: “We are delighted to announce that the Homeless Dental Service is now firmly established on the Scottish health care scene. This is the result of a collaborative project between the British Dental Association, the NHS Partnerships authority, and the Glasgow and Clyde Community Dental Health team.

We are thrilled to be able to offer this service to the homeless population, who often have poor oral health and cannot access regular dental care. The service is designed to provide a safe and supportive environment where people can receive the care they need.

The Homeless Dental Service provides a range of services, including dental examinations, cleanings, and fillings. The service is available at a number of locations across the city, including community centres, homeless shelters, and mobile units.

The service is staffed by skilled and experienced dental professionals who are trained to work with vulnerable populations. The service is delivered in a non-judgmental and supportive manner, and all services are provided free of charge.

The Homeless Dental Service is part of a wider strategy to improve oral health outcomes for all segments of the population. The service is expected to benefit not only the homeless but also other vulnerable populations, such as those living in poverty or with mental health challenges.

The Homeless Dental Service is supported by a number of partners, including the NHS Partnerships authority, the British Dental Association, and community organisations. The success of the project is due to the commitment and collaboration of all partners involved.

The Homeless Dental Service is a welcome addition to the range of services available to support the health and wellbeing of vulnerable populations in Glasgow.

The Homeless Dental Service is a testament to the power of collaboration and the potential for positive change. By working together, we can make a real difference in the lives of those who areoften neglected and marginalized.

The Homeless Dental Service is a shining example of how healthcare can be delivered in innovative and effective ways to support the health and wellbeing of vulnerable populations. The success of this project is a testament to the importance of partnership and collaboration in achieving positive health outcomes.

The Homeless Dental Service is an important step towards ensuring that all people, regardless of their circumstances, have access to quality dental care. The project is expected to continue to grow and expand, reflecting the increasing recognition of the importance of oral health for overall wellbeing.

The Homeless Dental Service is an inspiring example of how healthcare can be delivered in innovative and effective ways to support the health and wellbeing of vulnerable populations. The success of this project is a testament to the importance of partnership and collaboration in achieving positive health outcomes.

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NHS Greater Glasgow and Clyde is giving its support to a national campaign that aims to change perceptions about drinking.

The Scottish Executive’s ‘Friends don’t make friends drink’ campaign was launched this month (August).

Through television and radio advertising, a series of posters, the campaign aims to make people think about putting drinks on their mates during nights out and embarrassing them into drinking too much.

Jane Hasler, from Greater Glasgow Alcohol Action Team said: “The ‘rounds culture’ in Scotland is being repeated and passed on to the next generation of people to keep up with their friends who are drinking faster than them. Peer pressure can put up the slower drinker to keep up and they may be led into having too much to drink even when they don’t want as 25% of drinkers in the Ifc’s than the sober around friends who are drink.”

Unusual behaviour, which is normally frowned upon by society, can be seen as acceptable when people are drunk. In our culture, dysfunction is often celebrated. This is something that groups out drinking in the West of Scotland stand out on the centre part of a good night out.

The campaign is not designed to challenge these beliefs around drinking behaviour and its effects, but to highlight the social consequences of having too much to drink.

The national TV advert uses a thought-provoking scenario where colleagues get together encouraging excessive drinking in the group and the consequences. The slogan: Alcohol. Don’t put it. is used throughout the entire campaign.

Jane added: “The campaign is not saying don’t go out and drink or have a good time. What it is asking people to do is to think about the consequences of their drinking behaviour and its effects. We can help prevent some of these by being generous by buying another round, but if the last drink leads to you or a friend becoming so drunk you behave embarrassingly or risks you put yourself in vulnerable situations .. it’s not really worth it.”

So how can we change? THERE’S NOTHING INFLUENTIAL about Scotland’s heavy drinking culture, by making small changes people can make a difference:● Know how to say no: You don’t have to get drunk just because your friends do. Don’t feel the need to drink if you don’t want to.● Don’t push alcohol on your friends! Think about your attitudes and behaviour to other people when you or your mates go out. Do you need to encourage other people to drink or do you make friends drink?● Don’t be afraid to say no and your friends - Alcohol can make you take risks you normally wouldn’t. Make sure you get home safely, don’t be getting home and stick to the plan.● Watch your measures - Measures poured at home or at parties are usually much larger than standard drink measures.● Be careful - Emergency treatments in Greater Glasgow and Clyde regularly see quite a number of people who are intoxicated and who have drink-related injuries or have been involved in drink-related incidents. Try to limit your drinking so you are still in control and safe when you are out.

Be protected - Make sure you are alert for the signs of a drink driver.● Keep hydrated - Eat something before and during drinking, and add soft or alternative drinks with every other drink.● Think of the calories: “A drink on the lips, a lifetime on the hips”. Applies to alcohol too. Drinking a bottle of medium strength beer can add 300 calories while four pints of Guinness can add 500 calories.● Take a night off - For every drink that you drink make sure you have at least one night of no alcohol. Your body needs at least two days to recover from the negative effects of alcohol.

For more information on alcohol use go to www.infoscotland.com/alcohol or speak to an adviser on alcohol and going out and about in Glasgow city: go to www.playingitlounge.com

NEW CENTRE FOR KIRKIRK

Worx has now started a new one-stop-shop for health and social care services in Kirkintilloch. The existing TeenHealth Clinic will be replaced with a new improved centre combining both health and social care services under one roof.

Kirkintilloch’s Initiative (KI), a partnership between NHS Greater Glasgow and Clyde and East Dunbartonshire Council, is investing £55million to help regenerate the town and the new centre should be opened for business by mid 2008.

The new centre promises to be a show home of the regenerated town centre and will offer a range of primary and community healthcare services including district nursing, physiotherapy, occupational therapy, community dental, podiatry, primary care, speech and language therapy, community psychiatry, community dentistry, GP , pharmacy, community physiotherapy, community podiatry, community occupational therapy, community respite and social care services.

The new centre includes a café and lounge for people to meet and relax, a library, internet café, GP, podiatry, physiotherapy, community dental, GP, pharmacy, community physiotherapy, community podiatry, community occupational therapy, community respite and social care services.

For more information, log on to www.infoscotland.com/alcohol

SMOKE FREE WENDY WINS TOP PRICE

ONE hundred parents have signed up to a scheme that aims to keep homes smoke free.

Since the launch of NHS Greater Glasgow and Clyde’s Breathe Easy Smoke Free Homes and Zones pilot initiative in November 2005, around 100 parents in Glasgow’s East End have pledged to reduce their child’s exposure to second-hand smoke.

They’ve done this by making a Silver Pledge to smoke in their homes in one room only or a Gold Pledge to make their homes completely smoke free.

At St Timothy’s Nursery recently, parent Wendy Scott was presented with £100 DIY vouchers for winning the Breathe Easy Smoke Free Homes and Zones prize draw.

Presented with her prize by Councillor Jim Calman, NHSGGC Board member and Deputy Leader of Glasgow City Council, Wendy has successfully kept her home completely smoke free after taking the Gold Pledge.

Information: NHS Greater Glasgow and Zones - tel: 0141 550 5023 or email: annmll@eastend.org.uk

CANNABIS use during pregnancy may affect the developing child, leading to premature birth and smaller birth weight. THC the mind altering part of the drug cannabis is believed by many to be harmful to the baby during pregnancy and pass on to the baby through the placenta.

There is evidence that smoking cannabis can reduce I.Q in both men and women and interfere with reproductive hormones.

The Law and Cannabis

CANNABIS is the most widely used illegal drug in the UK and is easily obtainable. Many misunderstand all of this. It is still illegal - it is a Class C drug, which means the maximum sentence for possession is two years in prison and an unlimited fine.

And smoking cannabis during pregnancy is likely to be even more damaging than normal cigarettes.

Cannabinoids are non-toxic and non-addictive and cannabis helps with conditions such as nausea, pain relief and some people with respiratory conditions such as asthma, idiopathic pulmonary hyperplasia and Pulmonary Disease (including bronchitis and emphysema) should not smoke cannabis.

CANNABIS PREGNANCY

Cannabis use during pregnancy can affect the body and the brain of the developing baby. Pregnant women who smoke cannabis report feeling less tired and more relaxed than when they are not smoking.

CANNABIS Heart

Smoking cannabis increases the heart rate within two minutes of starting and this effect can last for around two hours. Blood pressure is also affected, causing the user to feel dizzy or faint. Some people also report feeling sick.

There is no evidence that occasional cannabis use has permanent negative effects on the cardiovascular (heart and blood circulation) system with people who have consumed small amounts of cannabis are strongly advised to avoid cannabis and tobacco.

Addiction

Many people who use cannabis feel that it helps to cope with everyday life. People who are dependent on the drug may experience withdrawal symptoms when they also using cannabis because their body has become used to it. Symptoms include: feeling restless and anxious, difficulty sleeping and loss of appetite.

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Feelings of anxiety and stress, difficulty sleeping, and loss of appetite.

Addiction

Any illegal drug use is a health risk, but cannabis is not the fiction - about cannabis and alcohol. Discover just what effect the drug has on your body and how heavy drinking can affect your life and those of your friends.

Some wacky facts

WHAT CANNABIS REALLY DOES TO YOUR BODY

MANY people believe that using cannabis is completely harmless - perceiving it as a safer drug with no risks. With that in mind, we’ve produced a brief guide on how cannabis can affect your body ... and some of the facts may surprise you.

CANNABIS

The brain

Some users claim that taking cannabis makes them feel relaxed, happy and hallucinating, it can also affect the wayuser sees and hears, sometimes making colours and sounds brighter and sharper. Cannabis users report that using cannabis slows down reaction times and can cause accidents.

It can also make the person feel edgy and anxious, inducing or exaggerating feelings of paranoia. People with a mental illness or a history of mental illness in the family should avoid taking cannabis as it can increase the chances of users developing a mental illness such as depression or schizophrenia.

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Cancer centre making good progress

T he new Beaton is well on track for an early 2007 opening. As you can see from the pictures - taken at the end of July - the centre is still to be finished, but a great deal of work has already taken place.

Stobhill Hospital site

MAJOR works are taking place at the Stobhill Hospital site over the coming years with four new inpatient buildings being constructed on site.

New Stobhill Hospital

The new hospital site has been handed over to the new Stobhill Hospital. Patients and staff are starting to move into the three old ward blocks on the site which have already been refurbished, and work is beginning on the groundsworks and drainage in this period.

Timeline:

● Spring 2009 - the new hospital opens.

Putting the finishing touches to the nurses’ station in Ward 4b.

G lasgow’s Southern General site is in the next line in for major development work over the next few years. A new £100 million is being spent on the creation of two new world-class hospitals - an adult state hospital and a children’s hospital on the site.

The new £210 million children’s hospital will provide the absolute gold standard in paediatric services. Located below and fully integrated with the new adult general hospital and maternity services, it is an integral part of the South Glasgow campus plan. For young people, we will be able to provide across adult and children’s specialists on the same site, as well as creating dedicated facilities in which their care can be provided.

For children with serious head injuries, we will be able to bring together the specialists in intensive care and neurosurgery to provide care by a single team on one site.

The new hospital will open in 2012 and will be the largest acute hospital in the UK and one of the most advanced in Europe. It will have the largest Emergency Department in Scotland.

The next stage of the hospital site is to be revamped with an additional new build block for patients, half of these in individual rooms.

Thirty state-of-the-art operating theatres will offer the best in the world – the most advanced operating theatres in Europe.

The new hospital will sit beside existing facilities including the Northern General Hospital, the Nationality Injuries Unit and the Institute of Neurosciences, which have been partially refurbished to stay but will move from their current home.

One feature will definitely not move - the famous clock tower. As a listed building, this iconic landmark will remain. The helipad will also remain but will move from its current home.

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A massive £550 million is being spent on the Stobhill and Victoria campuses over the next few years.

The new £100 million children’s hospital is scheduled to be finished by the end of 2007, and will replace the existing adolescent wards at Arran Royal Hospital.

Marie Curie Centre

It is hoped that work will begin on building a purpose-built 20-bed Marie Curie Hospice next summer.

Late 2009 - the new hospital opens.

Rowanbank Clinic 2007

Work is progressing well on the construction of the clinic, which will be the home of the Local Forensic Psychiatry Unit. The 74-bed clinic is due for completion next summer.

Adolescent Psychiatry Inpatient Facility 2007

The new West of Scotland Adolescent Psychiatry Inpatient Facility with 24 inpatient beds is scheduled to be finished by the end of 2007 and will replace the existing adolescent wards at Arran Royal Hospital.

December 2006 - the Outline Business Case will be submitted to the Scottish Executive for consideration at Glasgow’s Capital Investment Group meeting.
Generation game story is serious family study

50,000 VOLUNTEERS WANTED FOR NATIONWIDE RESEARCH

A MILIES across Scotland are being invited to take part in the Scottish Family Health Study, one of the nation’s largest health studies - and one which is likely to have a huge impact on our medical, social and economic future.

Carried out by health researchers, Generation Scotland, the study aims to improve their understanding of why certain diseases run in families and to develop better ways of preventing, treatment and, for some, cure.

The study is being launched as part of a unique national research into how health inequalities are developed.

Developed by the Glasgow Centre for Population Health (GCPH), the Psychological and Biological Determinants of Disease (PsyBioD) study (pronounced ‘sib-id’) is looking at the different social, economic and psychological profiles and biological health of different groups. This includes the health profile of any particular group as it relates to the different areas of social, economic and psychological profile.

PsyBioD researchers will contact around 780 residents aged 15-64 asking them to take part in the research. The researchers, led by Professor Chris Packard, are hoping to encourage as many of those invited as possible to take part to give a full picture of how health is created and developed.

Professor Packard said: “The study begins today December 1 and we have so far been successful in getting a wide range of different people taking part. We’re hoping to involve a large number of different groups and we are keen to see as many people involved, continue to do so. However, we have not attracted enough younger men into the study, and are keen to see more people taking part throughout the remainder of the glasgow.”

One of the health areas they will be looking at, by the way, will be heart disease. “We will also start the set of techniques to build a picture of the health of the community and work out why poor health is more prevalent in the least affluent areas of the city. GP researchers will contact around 700 residents who have been invited to take part in the study. If you are invited to take part in the PsyBioD study, please see your GP, discuss the study with them, and see how it might improve their health. For more information contact: Glasgow Centre for Population Health, 210 Lochee Road, Kilmarnock, G1 4NZ. Tel: 0141 773 4333, or email: info@gcphealth.org

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Know your rights on human organs donation

NEW laws on human tissue and organ retention, donation and transplantation come into force next month.

The Human Tissue (Scotland) Act 2006 includes direction on the use of tissue for transplantation, authorisation for post-mortem examination and the display of organs (in museums) and the use of them in research, training and education.

According to the legislation, the activities are the main focus of the Act. The consent is implied by the individual when he or she dies or is alive or will be requested from their relatives if they have made a request for organ authorisation prior to their death.

If you wish to organise your own donation, you can sign up to the Organ Donor Register. You don’t have to ask for consent; you have the legal right to give authority for your body parts to be used.

To find out more about donating organs or tissues, contact the Scottish Organ and Tissue Donor Authority (SOTDA; tel: 0141 228 2020) which is the national resource for organ and tissue donation._Taskforce@cot.org.uk

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Cancer support services on your doorstep

A two-year study, the first of its kind involving people affected by cancer, has been launched by the Scottish Cancer Network. The Cancer Support Service (CSS) is a programme of confidential, non-judgemental support provided by trained volunteers to assist people affected by cancer, their families and friends.

The CSS is designed to be flexible and offers information and support for people affected by cancer. The service can be provided in person, by telephone or by e-mail. Volunteers meet people affected by cancer, offer them emotional support and help them to develop a support network.

The Scottish Cancer Network has developed the CSS as part of its commitment to improving the quality of life for people affected by cancer. The CSS is based on the principles of the MRC, the Macmillan Cancer Relief and the NHS. It is a programme that is supported by the Scottish Cancer Network and the Scottish Health Council.

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Spiritual healing is all part of the service

The right hand of the NHS

By Robert Blair, Head of NHSGGC’s Chaplaincy Service

It is very sad when someone is dying and there is little or nothing that medical people can do. It is a time when people are not encouraged to have a confident spiritual life and to express their own spiritual wishes. If we have a spiritual life, it will have a profound effect on our physical health and, indeed, on the guilt and pain that is associated with people. It is a time when people have to make decisions about the nature of their life and the state of their soul. It is a time when people have to reflect on the meaning of their life and the meaning of their future. It is a time when people have to be ready to step out of this world and into the next world.

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An army of friends

THE NHS is truly grateful to the thousands of people who regularly volunteer in our hospitals and other healthcare settings.

This includes volunteers who work for charities and charitable organisations and all the individuals who give up their free time for our patients.

We’ve chosen a few to give you an idea of the type of voluntary work they do.

Anne and her Therapets bring joy to the wards

Anne Macdonald is a Therapet and Canine Concern Scotland volunteer at the Royal Hospital for Sick Children in the in-patient psychiatric unit and also helps children with severe dog phobias.

She has two dogs - Eilidh, an 11-year-old English Springer Spaniel who, with Anne, has been visiting hospitals for the last 10 years, and two-year-old Poppy who started last year.

Anne said: "Eilidh has been a great advert for Therapet and appeared in STV’s documentary about the Sick Children’s Hospital. Eilidh has probably made about 1000 visits over the last ten years.

“Poppy is involved in ‘phobia visits’ with children who have a fear of dogs. It is important for them to experience a livelier dog, under control.”

Eilidh is an award-winning part of the volunteers team at the Royal Hospital for Sick Kids, having won Therapet of the Year in 2001. Anne, herself was awarded the prestigious Iain Whyte Memorial Award in 2005 in part for her work in persuading the hospital of the therapeutic value to children and their parents of having a dog visit them while in hospital.

Me and my trolley

FOR the past 14 years, Pat McAlpine has been a familiar face on the wards of Parkhead Hospital.

She regularly gives up her free time to staff the mental health hospital’s Mobile Trolley Shop.

Pat said: “I like to help people especially those suffering from illness and I feel that I can try to help them during their time in hospital.”

Pat added: “I love my voluntary work and over the years have made a lot of friends. In 2003, along with two other volunteers, we were nominated by the patients and staff of Parkhead Hospital for the Nationwide Award for Voluntary Endeavour, for running the mobile trolley shop service to the wards and departments within the hospital.

After winning the Scottish Regional Award, we went forward as one of ten finalists to the UK finals in London where we received the runners-up award. It was very heartwarming to be nominated and was very much appreciated.”

The League of Hospital and Community Friends

THE volunteers of the League of Hospital and Community Friends have been working for the people of Inverclyde for 33 years.

They operate a transport service, driving patients and their relatives to hospital appointments locally, Glasgow and often further afield. They also run the teabar at the Dunoon unit of Ravenscraig Hospital, which is a hospital for people with mental health illnesses.

The majority of League volunteers work the teabar at Inverclyde Royal Hospital, where many members have given around 20 years of weekly service. Here volunteers provide snacks to patients, visitors and staff. Produce from local suppliers include 3284 rolls, 1200 scones and 700 cakes consumed every week!

Profits from the teabar and donations from collecting cans are substantial and enable the League to provide for the wellbeing of patients both in hospitals and the community. Gifts of equipment have ranged from £63 for a nursing chair to £7,000 for a bladder scanner. Since its launch in 1972 contributions amount to £721,700.

DJ Michael helps through music

EVERY Friday night Michael Thomson gives up his time to DJ at Community Discos for Stobhill’s mental health patients.

Five years ago Michael heard the Befriending Services Department at Stobhill Hospital was looking for a DJ and jumped at the chance to do something he enjoyed at the same time as helping others less fortunate than himself.

Michael said: “I find the voluntary work I am involved in very rewarding when I know in a small way I am doing something worthwhile to help the patients. The number of discharged patients now living in the community and attending the discos has increased over the years and it’s nice for me to know they are popular and enjoyed by many.

Simon Kyle - befriender at Southern General

TWENTY-one-year-old Simon Kyle is one of our younger volunteers and until his recent graduation, worked one day a week at the young, physically disabled ward at the Southern General Hospital.

Simon and friend Chris Graham were both studying for an MA (Hons) in psychology when they decided to volunteer. They believed that the befriending programme running in the ward would give them an insight into both physical illness and the mental health issues that underlie such disabilities.

Volunteering for the last year, both Simon and Chris have found the experience to be very worthwhile, offering them not just an insight into cognitive conditions which Simon has a particular interest in, but also the NHS as an organisation.

However, Simon admitted it was difficult in the beginning as some of the patients in the ward are severely disabled.

He said: “I think it was slightly easier for me as I was volunteering with a friend and we became a bit of a double-act. I think this benefited patients, it certainly made things a bit less formal.”