PATIENTS AND FAMILIES HELP SHAPE FUTURE OF NEW CHILDREN’S HOSPITAL

PATIENTS and families are playing a vital role in shaping the plans for Glasgow’s new £100million Children’s Hospital.

In a groundbreaking project, NHS Greater Glasgow and Clyde is seeking the ideas, advice and comments of young people and families from all over Scotland to help ensure the highest quality of building and services in the new flagship hospital.

Much of the planning for the hospital - on the site of the Southern General - will be driven by the need to deliver the very best clinical care and will therefore be led by staff. There are, however, many aspects where patients and their families can help us to ensure the hospital provides a welcoming environment and patient-friendly services.

Professor Sir John Arbuthnott, Chair of NHS Greater Glasgow and Clyde, explained: “We wanted to ensure that young people had a real say in shaping the plans for the future.”

The feedback received to date will help influence the outline plans for the new hospital.

The new Children’s Hospital will also have a dedicated A&E department for children and young people. This new centre of excellence will treat young people with serious injuries and illnesses aged up to 16 rather than 13 - the cut-off age for the existing children’s A&E department at Yorkhill.

A network of minor injuries units will also be developed across the city where children and young people with minor injuries can be seen quickly and locally.

A balanced account of the challenges

NHS Greater Glasgow and Clyde will spend £2.3 billion in the next year delivering health services to people living within our boundaries.

The huge sums involved are the running costs of a Health Service area which cares for a population of almost 1.2 million across Greater Glasgow and Clyde. This is against a backdrop of the most massive investment in modernised hospital and mental health services in Scottish NHS history.

NHS Greater Glasgow (as it was before 1st April) successfully balanced its books last year. This is not to say the year was not without challenges - significant investment was put into meeting new, nationally set waiting time targets.

A real concern was the unexpected and very steep rise in energy costs. Heating, lighting and power have to be provided for hospitals and clinics and the recent rises have been as tough on the NHS as they have been on ordinary householders.

Notwithstanding this, in the current year, spending plans remain on target and investment will begin to bear fruit with the opening of the new Beatson West of Scotland Cancer Centre early in 2007 and construction beginning on the New Victoria and Stobhill Hospitals.

However, a stiff challenge remains with services in the Clyde area. NHS Greater Glasgow and Clyde has inherited a recurring £28million deficit from the former NHS Argyll and Clyde.

In the short term, the Scottish Executive has provided financial support to help deal with the inherited over-expenditure. But the key will be the introduction of a financial recovery plan aimed at overturning the deficit. Only then can future service delivery be planned on a firm footing.

Income (£m)
Scottish Executive allocation 1,912.6
Other NHS Boards 208.1
NHS National Services 16.2
Additional funding for teaching 18.6
NHS Education 53.9
Other 101.8
TOTAL 2,311.2

Expenditure (£m)
Acute hospital services 1,247.5
Community Health Partnerships 653.2
Other NHS partnerships 133.4
Corporate Services 26.0
Resource transfers 113.1
Other healthcare providers 48.9
Imaging and diagnostic systems 2.2
Approved projects 86.9
TOTAL 2,311.2

ANNUAL REPORT BALANCE SHEETS - SEE BACK PAGE

For more information on all your local health services, visit www.nhsggc.org.uk
ANY people, particularly the elderly, find winter time is fraught with hardships. Worries over heating bills often discourages our most vulnerable householders from turning on the heating, putting their health at risk. But, there’s no need to freeze this winter - follow these few simple tips and make sure you stay safe and warm over the colder months.

Keep yourself warm:
- Eat warm, nourishing meals on a regular basis
- Keep moving - any activity gets your circulation going and warms you up
- Dress for warmth indoors and outdoors - dress in thin layers to trap warm air; wear thermal underwear; a shawl around your shoulders or a blanket over your legs when sitting down will provide a lot of warmth; make sure you’re properly dressed for outdoors; don’t forget your gloves, hat and scarf when you go outside; warm shoes or boots with good grips are also important
- Keep warm at night - use a hot water bottle OR electric blanket to warm your bed up (never use them together); wear thermal underwear, pyjamas and bed socks; have a warm milky drink before bed; keep a flask of a hot drink by your bedside in case you wake up during the night feeling cold; make sure you have enough covers on your bed; keep your bedroom window closed
- Keep the house warm - insulate and draught proof your home

Help the Aged and Age Concern Scotland both produce very helpful free leaflets on how you can stay warm and safe this winter. The leaflets also include advice on grants, paying for your heat, keeping bills down and other useful information. For a copy of ‘Keep out the Cold’, contact Help the Aged, email: adviceleaflets@helptheaged.org.uk, web: www.helptheaged.org.uk or tel: 020 7239 1839. For a ‘Fight the Freeze’ Information pack, contact Age Concern Scotland, email: enquiries@acscot.org.uk, web: www.ageconcernscotland.org.uk or tel: 0131 220 3345.

For advice on saving energy, call The Energy Saving Trust, tel: 0845 727 7200 or the Energy Efficiency Advice Centre, tel: 0800 512 012.

If you’re over the age of 60, you may be eligible for help and advice on heating your house. For more information on heating grants for the elderly, contact the EAGA partnership, tel: 0800 316 1653. For advice on winter fuel payments for the over-60s, contact the Winter Fuel Payments helpline, tel: 0845 915 15 15.

Uniformly great careers

NHS Greater Glasgow and Clyde is the largest organisation of its kind in Scotland offering careers in every discipline. Each member of our staff is just one part of a large, multidisciplinary organisation, continually expanding, innovating and improving to cope with the demands of the 21st Century.

If you would like to find out more about the opportunities available to you visit www.nhsggc.org.uk
NHS Greater Glasgow and Clyde

PLANNING FOR THE WINTER

Make the best of NHS 24 ... a great health service ... by phone!

Busy months ahead for NHS 24 experts

INTER tends to be the busiest time of the year for the NHS and this year is likely to bring the same additional demands to all parts of the Health Service.

Knowing how to best use the out-of-hours services will help us all ensure that we in the Health Service can deliver the best possible care to those who really need it and, as the patient, you receive that care when you need it.

NHS 24 is a confidential telephone health advice and information service available throughout Scotland. NHS 24 is your first point of contact when you telephone your local out of hours GP service. It provides patients with health advice and help when GP surgeries are closed - during the night, at weekends and on public holidays.

If you or someone you care for is unwell and feel that it can’t wait until your GP surgery re-opens, then you should call NHS 24. You will first speak to someone who will ask you a number of questions so that they can capture important information about you and your reason for calling. Then your call will be directed to either an experienced nurse for assessment or a health information advisor for further information.

Following clinical assessment from a nurse, you will be advised what you should do next. You may be advised how you can look after yourself at home or you may be referred to an NHS Greater Glasgow & Clyde’s out-of-hours GP centre, Accident & Emergency Department or to a community pharmacist.

Where clinically appropriate, a visit to your home by a Greater Glasgow out-of-hours GP or an ambulance may be arranged.

If your condition is immediately life threatening then you should dial 999 for an emergency ambulance.

So what happens after you’ve spoken to NHS 24?

If you are referred to an out-of-hours GP centre...

DEPENDING upon your symptoms, you may see a nurse or a doctor. Where clinically appropriate, it is better for patients to visit an out-of-hours GP centre rather than have a GP home visit because there is more equipment on-hand and more patients can be seen than if each were to have a GP home visit.

If you are referred to your local Accident & Emergency department...

YOUR details will have been forwarded by NHS 24 to the hospital you attend. Health staff there will see you as soon as possible depending on your ailment and how busy the department is with more serious cases.

If you are to receive a GP home visit...

NHS 24 will pass your details to NHS Greater Glasgow & Clyde so that they can arrange to have an out-of-hours GP visit your home.

If you have a question that can be answered by a pharmacist...

COMMUNITY Pharmacists can answer questions you may have about choosing and using the right medicine, provide easy to understand advice on treating everyday ailments and will help you decide if you need to see a doctor.

NHS24 also has a number of Community Pharmacists who are able to answer pharmacy-related calls that may come into the service thus freeing up nurse advisors to deal with clinical symptom based queries.

What can you do to help?

TO help reduce the increased pressure on the Health Service during the winter, there are a number of other things you can do to help ensure that you are prepared for the coming colder months.

These include:

- Stocking your medicine cabinet - make sure that your household medicine cabinet is sufficiently stocked with things like paracetamol, ibuprofen and aspirin, along with sore throat and cough remedies to help relieve the symptoms of common winter ailments. Your local community pharmacist will be able to advise you on the most suitable remedies.

- Repeat prescriptions - If you take regular medication, you should ensure that you have an adequate supply to see you through weekends, public holidays and holidays away from home. You should make sure that you have your request for your repeat prescription into your GP surgery in plenty of time so that you can collect your medication from the pharmacist before they close.

Did you know?

NHS 24’s website can also provide you with lots of information and assistance. For example, you can find out the opening times of your local community pharmacist, or you can access the online health encyclopaedia and self-help guide.

www.nhs24.com
Beat the misery of winter flu bug

DON’T put yourself at risk this winter. Get along to your GP and get yourself a flu jab.

That’s the message from NHS Greater Glasgow and Clyde’s public health experts to the over-65s and all other people eligible for free flu vaccines.

The vaccine is strongly recommended for the over 65s, and anyone of any age who suffers from asthma or diabetes or any other medical condition that may put them at risk.

It is available at no cost from a local GP to anyone in these eligible groups. If you’re not sure whether you are eligible or not, speak to your GP.

Consultant in Public Health Medicine with NHS Greater Glasgow and Clyde, Dr Syed Ahmed, is keen to see as many eligible people take advantage of the service as possible.

He said: “I would encourage anyone who is eligible to take up the offer of a free vaccine, and I would also urge anyone who knows someone in one of these at-risk groups to encourage that person to visit their GP and get the vaccine.

“It’s free, it’s very simple and all you have to do in the first instance is to get in touch with your GP to check whether you’re eligible. Each GP practice will be arranging its own schedule for vaccinations so you may not get it straight away.”

“For the majority of healthy people, flu can be a nasty illness that can leave them feeling very ill for several days. It usually requires lots of rest, lots of fluids and some paracetamol. But flu can also be a serious illness and can lead to very serious complications for people over the age of 65 or people who have underlying medical conditions, so it’s very important for those people to get vaccinated before the winter months.”

Last year NHS Greater Glasgow and Clyde exceeded the national target of immunising 70% of people aged 65 and over. This year, the aim is for this figure to be even higher.

A SIMPLE flu jab can prevent days of nasty illness.

Who is eligible for the free flu jab?

FLU and Pneumococcal vaccinations are recommended for ALL people who are aged 65 or over and for adults and children who are deemed to be at risk, including those who have: chronic heart complaints; asthma; chronic kidney disease; diabetes; lowered immunity due to disease; people who have no spleen of splenic dysfunction; people who are taking medication such as steroids or cancer treatments.

What are the symptoms of flu?

SYMPTOMS of flu can include fever, shivering, muscle aches, tiredness and sore ears. In very young children flu can manifest itself as irritability and vomiting and/or diarrhoea. People often describe colds as flu, but the symptoms of flu come on very suddenly and are different from and much more severe than colds.

Flu complications

Flu complications can prevent the potential complications of flu.

DON’T risk the miseries when a simple visit to your GP could prevent the potential complications of flu.

Parents urged to ensure children are vaccinated

WINTER is often associated with an increased threat of illness, so make sure your child is protected from a range of preventable diseases.

In September, important changes were made to the routine immunisation programme for children to ensure that youngsters are offered protection against serious preventable diseases, including measles and meningitis, as early as possible.

NHS Greater Glasgow and Clyde is one of the first Boards in Scotland to get the new programme up-and-running.

But what does this mean for parents?

The new programme will mean that infants will be offered different combinations of vaccines at two, three and four months. A pre-school booster for children aged between three years four months and five years is also given without the Hib component.

Pneumococcal conjugate vaccine (PCV) protects against seven common strains of pneumococcal bacteria which is responsible for 80% of serious pneumococcal disease (a type of meningitis and blood poisoning) and is given to babies aged two, four and 13 months.

Meningococcal conjugate vaccine (Men C) protects against a form of meningitis and is given at three, four and 12 months.

MMR vaccine given to children at 13 months protects children against mumps, measles and rubella. A second dose is also given with a pre-school booster.

VITAL PROTECTION ... early vaccination can prevent a host of diseases.

and four months, with a total of three injections being offered at four months old.

Dr Syed Ahmed, Consultant in Public Health Medicine hopes parents will take the opportunity to get their children vaccinated.

He said: “Parents will be receiving letters and information leaflets inviting them to bring their children along for vaccination and it’s important that infants are vaccinated earlier rather than later to offer them protection against serious diseases.

“Any parents with any concerns can either contact their health visitor or their local GP who will be able to answer any questions they may have.”

So what do the vaccines protect against?

DtaP/IPV/Hib vaccine protects against diphtheria, tetanus, whooping cough, polio and Hib (a type of meningitis) and is given to children at two, three and four months. A pre-school booster for children aged between three years four months and five years is also given without the Hib component.

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Minor ailments... cured on the spot

COMmunity PHarmacists EASE PRESSURE ON GPs

Winter is always a time of increased pressure on GP surgeries as more people come down with colds, flu and other common ailments.

So it’s good that your local community pharmacy can now offer a Minor Ailment Scheme to provide treatments to patients with minor ailments who do not pay prescription charges.

Not only will this take some of the pressure off GPs, but means eligible patients will be able to get treatments for minor ailments without having to book an appointment with their doctor.

Introduced in July, the scheme is open to people who have registered with a GP surgery in Scotland; who don’t pay for their prescriptions (including children); and don’t live in a nursing home or residential care home.

How it works is simple: you register with your chosen community pharmacy and go and see them when you have an ailment. The pharmacist can then provide you with the medicine you need to treat your symptoms free of charge.

You can only register with one community pharmacy at a time for this scheme.

The scheme covers a wide range of conditions including: acne, athlete’s foot, backache, cold sores, constipation, cough, diarrhoea, earache, eczema and allergies, haemorrhoids (piles), hay fever, headache, head lice, indigestion, mouth ulcers, nasal congestion, pain, period pain, thrush, sore throat, threadworms, warts and verrucas.

If your pharmacist feels that it would be better for you to see your GP, then you may be referred directly or advised to make an appointment with your GP.

That’s not the only new service available at your local community pharmacy. They will also be able to give lifestyle and health improvement advice thanks to the introduction of the Public Health Service scheme. Although details have yet to be finalised, the scheme may extend to national programmes such as the flu immunisation campaign and advice on stopping smoking.

Further details are awaited so look out for more information in your local pharmacy.

These changes are part of a new contract for community pharmacists, which governs the range of services community pharmacies undertake on behalf of the NHS.

Further changes are anticipated later in 2007 with the introduction of the community pharmacy Chronic Medication Service (CMS). This service is being introduced to allow community pharmacists to provide extra support for patients with a stable long-term condition such as diabetes or asthma, over and above the care they already receive from their GP.

We’ll tell you more about this new service when it’s launched next year.

The final change to how community pharmacists work will be the introduction of the new computer-based Acute Medication Service (AMS) which will replace the current model of paper based prescriptions. This depends on the introduction of new computer software, currently in development, and may not be available until later in 2007.

David Thomson, NHS Greater Glasgow and Clyde’s Director of Pharmacy (Primary Care), said: “These new services have been introduced to further improve services for patients and to complement the existing array of services available at your local community pharmacy.

With 306 community pharmacies within Greater Glasgow and Clyde, the majority open over six days each week and many offering extended opening hours including Sundays, the wider range of services now available from these locations provides patients with easier access to health care.”

INSTANT CURES... your local community pharmacist can provide you with the medicines you need without a visit to your GP’s surgery.
Making it magic

YOUNGSTERS’ IDEAS WILL HELP MAKE NEW CHILDREN’S HOSPITAL BEST IN THE UK

ROUND-BREAKING work is underway to put children and young people at the heart of exciting plans to develop Glasgow’s new flagship children’s hospital.

In one of the most ambitious projects of its kind, young people and families from across Scotland will play a major role in influencing what the new £100m hospital will look like.

Much of the planning will clearly be driven by the need to deliver the very best clinical care and will therefore be led by staff. There are, however, many aspects where patients and their families can have a real say to ensure the hospital provides a welcoming environment and patient-friendly services designed around the specific needs of children, young people and their families.

Professor Sir John Arbuthnott, Chair of NHS Greater Glasgow and Clyde, explained: “When plans to build a new children’s hospital on the Southern General site were approved by the Board earlier this year we wanted to ensure that young people had a real say in shaping the plans for the future. We therefore made a commitment to involve children, young people and their families at an early stage and throughout the process.”

As well as using traditional methods such as focus groups to find out more about the views of young people, staff also enlisted the services of graphic illustrator Maria Hubbert to help young people express their ideas visually. She asked them how they would like to be involved and to describe the type of issues that were most important to them. Their suggestions were then captured on a colourful wall banner.

Many young people felt there was a real need to have their own bedroom and personal space as well as having social areas where they could mix with other patients of the same age. They also highlighted the importance of receiving regular information and being told what was going to happen to them.

Although many of the suggestions related to facilities within the new hospital, initial feedback shows that young people also care about the external environment. For example, many highlighted the importance of green space, and areas for recreation and sport.

Morgan Jamieson was Medical Director of the former Yorkhill NHS Trust and is the Medical Director for the New Children’s Hospital Project.

He said: “The feedback we have received to-date has been invaluable and we will ensure that this is reflected in our outline plans for the new hospital that will be submitted to the Scottish Executive in December.”

Morgan is also keen to point out that the survey work undertaken to-date is just the start of an ongoing process of involvement and engagement over the next few years until the new hospital opens in 2011.

He explained: “Over the next few months we will be developing a new Family Panel and a Youth Panel. These will give parents, families, carers and young people the opportunity to share ideas and get involved in the planning and design of the new hospital.

“A new children’s hospital website has also been launched to ensure the public are kept updated as plans develop. The website includes an online mailing list facility where you can register to receive regular updates and progress reports.

“It will also host online surveys so that staff can canvas the views of children, young people and families on a wide range of topics.”

We wanted to ensure that young people had a real say in shaping the plans for the future

- Professor Sir John Arbuthnott, Chair of NHS Greater Glasgow and Clyde

For further information on the new children's hospital including details of how you can become involved please visit: www.nhsggc.org.uk/newchildrenshospital.

For information on developments across the Southern General Campus, including the new South Glasgow Hospital and maternity services, please visit: www.nhsggc.org.uk/southerngeneralcampus.
The external environment. For young people also care about suggestions related to facilities age. They also highlighted the areas where they could mix with other patients of the same type of rooms. These suggestions were then captured most important to them. Their help young people express their needs of children, young people. This new centre of excellence will treat young people with serious injuries and illnesses aged up to 16 rather than 13 - the cut off age for the existing children’s A&E department.

A network of minor injuries units will also be developed across the city where children and young people with minor injuries can be seen quickly and locally. These units will be equipped with the specially trained staff and facilities required to treat children with a wide range of injuries such as sprains, minor burns and wounds requiring dressings or stitches. They will also have close links with the A&E department in the new Children’s Hospital to provide a joined-up network of services for children across the city.

The plan is to create minor injuries units at Glasgow Royal Infirmary, Gartnavel General Hospital and the new state-of-the-art Victoria and Stobhill hospitals. Work to develop the model of care and agree the design of these new units is now being taken forward by A&E and minor injuries staff across the city.

A review of acute hospital services, including A&E services, across Clyde is also underway with the aim of delivering as many local services as possible. This will build upon existing work and ensure there is a co-ordinated approach to the development of acute services for adults and children across Greater Glasgow and Clyde.

New National Guidelines

The Scottish Executive recently issued new national guidelines on emergency health care for children and young people. For further details please visit the latest news section of the new children’s hospital website: www.nhsggc.org.uk/newchildrenshospital
Thanks to our volunteers

GALA EVENT CELEBRATES GREAT WORK

WE thank you for all your hard work!

That was the message to NHS Greater Glasgow and Clyde volunteers at a recent event to celebrate the contribution they make.

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

To honour them, we invited 400 representatives from our volunteering community to a special gala lunch in September. Compered by comedian Andy Cameron, the event also saw three volunteers give after-lunch speeches about the work they do.

We also produced a twelve-page volunteers’ supplement to coincide with the event to be distributed throughout Greater Glasgow and Clyde. The supplement, which looks at the different types of services the volunteers are able to bring to people, was also inserted in every Evening Times on the day of the gala lunch.

Professor Sir John Arbuthnott, Chairman, NHS Greater Glasgow and Clyde took the opportunity at the event to formally thank the volunteers and praise them for giving so much of their time and skills to make patients’ lives a little bit better.

He said: “I was delighted to be part of the celebration of NHS volunteers. The gala lunch and the 12-page supplement gave us the perfect opportunity to look at just some of the ways our magnificent band of volunteers, who willingly give of their time and skills, make patients lives a little bit better. “The event was about all of them.”

WANT TO BECOME A VOLUNTEER?

NO previous experience is needed, just an interest and enthusiasm to help others. We will give you all the help and support you need and welcome applications from all sections of the community and are keen to continue to diversify our volunteer workforce.

To find out more about the many volunteer opportunities across NHS Greater Glasgow & Clyde contact:

Bryan Bannerman, Voluntary Services Manager
Phone - 0141 201 2748
Fax - 0141 201 2999
Email - voluntary.services@sgh.scot.nhs.uk
Or go to www.nhsforg.org.uk/volunteering

Medal success for Glasgow transplant kids

ELEVEN young patients from the Renal Unit at the Royal Hospital for Sick Children (RHSC) have triumphed at the British Transplant Games in Bath.

The team brought a total of eighteen medals back home - surpassing all expectations!

The young squad, ranging in age from 11 to 17, have all received kidney transplants at the Glasgow hospital and are now fighting fit and fresh from competing in Britain’s national “Olympics” for former child transplant patients. The team’s haul of gold, silver and bronze medals was two more than that. “

Bronze medal winner Emma Baxter from the South Side is a veteran of several Transplant Games and this year entered heats in running, badminton, long jump and ball throw.

The 17-year-old was entering the Children’s Games for the last time and revealed she’ll miss the competition. She said: “I’ve had a brilliant time taking part in the Games. You push yourself, you achieve new things and you meet other people who’re all in the same situation as you, but you have such a great time too”.

The team receives financial support from Kidney Kids Scotland, Kidney Research UK, Children in Need and two Glasgow businesses, David Mitchell Plaster and Building Maintenance and Glencrest.

CITY TRANSPORT SERVICE FOR EVENING VISITORS

NHS Greater Glasgow & Clyde, in conjunction with Strathclyde Partnership for Transport (SPT) and Glasgow City Council with support from the Scottish Executive have entered into a partnership with Community Transport Glasgow and its five Community Transport Operators to provide an evening visitor scheme for Glasgow City.

The Evening Visitor Service Scheme provides a free door-to-door service to Glasgow Royal Infirmary, Western Infirmary, Victoria Infirmary, Stobhill Hospital, Southern General, and Gartnavel General.

Anyone who lives within the Glasgow City postcode boundary is eligible to use the service which operates between 6pm and 10pm Monday to Friday.

The project is being overseen by Christopher Drapper, the Board’s recently appointed Transport Projects Manager, the first post of its kind in Scotland’s NHS. He said: “This initiative will not only help family and friends of patients visiting them in hospital, but also address concerns around personal safety while travelling at night.”

For more information or to book the service, tel: 0845 128 4027.

GREAT WORK GALA EVENT CELEBRATES GREAT WORK

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New Heart and Lung Centre set for summer opening

THE new West of Scotland Regional Heart and Lung Centre is well on its way to a summer 2007 opening.

Spread over three floors of the Golden Jubilee National Hospital in Clydebank, the new modern, purpose-built facilities will provide heart and lung services to patients across the west of Scotland.

The Centre will be a dedicated surgery unit for planned heart and lung operations and procedures. However, any patients who require urgent treatment will continue to be seen at their nearest Accident and Emergency department.

So what will the new centre incorporate? It will have eight operating theatres and four cardiac catheterisation (cath) laboratories – special X-ray rooms for diagnosis of heart conditions and the treatment of blood vessel blockages around the heart.

It will carry out:

● All adult cardiac and thoracic surgery that is currently carried out at Glasgow Royal and Western Infirmarys - including coronary artery bypass surgery, heart valve surgery and other complex procedures

● All adult thoracic surgery currently carried out at Hairmyres Hospital, including lung, oesophageal and chest wall surgery.

The heart transplant unit will transfer from Glasgow Royal Infirmary. A working group is scoping out what aspects of the advanced heart failure service will also transfer and grown-up congenital heart surgery (heart operations in adults who have had a childhood heart problem) will also be based. The West of Scotland Regional Heart and Lung Centre.

Most interventional cardiology services, including angioplasty, (the technique of stretching up narrowed heart arteries with a fine balloon then possibly holding the narrowed section open with a small metal coil), angiography (outlining the heart’s blood vessels) and any narrowing in them by passing a fine tube via an artery in your leg or wrist into the heart vessels), electrophysiology (the diagnosis and treatment of abnormalities of the heart rhythm) and complex pacemakers, will also be provided at the new centre.
SEXUAL HEALTH
IN Greater Glasgow and Clyde we’ve got a range of sexual health and wellbeing services available.
In Glasgow, the Sandyford Initiative provides sexual and reproductive health services for women, men and young people. This includes Well Women clinics, contraception and specialist clinics for health issues such as menopause and vasectomy. It also provides a range of counselling services and other specialist services, including services for women experiencing physical, mental and emotional problems.
For more information, contact: The Sandyford Initiative, 2 Sandyford Place, Sauchiehall Street, Glasgow 03.71B.
Tel: 0141 211 8600
Web: www.sandyford.org.uk
Email: help@sandyford@glacomenc.co.uk
Information on sexual health services is available at: www.yourexsexualhealth.org.uk
For people living in the Clyde area, there are a range of sexual health services available at the following healthcare centres:
Russell Institute, Paisley
0141 889 1649
Inverclyde Royal Hospital
01475 504 978
Dumbarton Joint Hospital
01389 812 001 / 034
Barnhead
0141 880 6161

STOP SMOKING
There’s lots of support available for people who want to stop smoking: Starting Fresh is available in more than 100 pharmacies throughout Glasgow, where trained staff can offer one-to-one support with Nicotine Replacement Therapy (NRT), on a drop in basis, once-a-week for up to 12 weeks. For more information about participating pharmacies tel: 0800 389 3210.
Stop Smoking groups also meet in most areas of Glasgow once a week, offering one of the most effective ways to quit. Details about these groups are available by contacting 0141 201 9262, or log onto: www.smokingconcerns.com.
If you live outside the Glasgow area, there are a number of places you can go to for help. Please call the relevant number for your area:
Paisley
0141 842 4829/4833
West Renfrewshire
07810 832 167
Barhead, Renfrew and Erskine
0141 314 0815
Inverclyde
01475 724 477
Dumbarton, Vale of Leven and Lochside
01389 812 344

EXERCISE - FIRST STEPS TO A FITTER LIFESTYLE
The Live Active Exercise Referral Scheme
The scheme may be appropriate for you if:
- You are not currently regularly physically active and you are thinking about becoming more active
- You are doing some activity but would like to do more and feel additional advice and support would help you
- You have been advised to become more active, eg by your GP or Practice Nurse, but you don’t really know where to start.
Contact your GP, Practice Nurse or Physiotherapist for a referral to this scheme which offers advice, support and encouragement to help you exercise more. Information: Fiona Hamilton - tel: 0141 201 4756.
First Steps Programme
This is an eight-week rolling social support programme for people who are new to physical activity and require some support and motivation to become more active. This programme takes place in ten leisure centres across Greater Glasgow and allows people to taste a variety of local physical activities in a friendly and supportive environment. Information: Hugh McNish - tel: 0141 287 0238.

DATES FOR THE DIARY...

Next Board Meeting
NEXT date for the NHS Greater Glasgow and Clyde Board, Dalian House, 350 St Vincent Street, Glasgow - Tuesday, December 19, 2006 at 9.30am.
Christmas Fayre
THE Friends of the Glasgow Homeopathic Hospital are holding a Christmas Fayre in the hospital’s reception area on Saturday, November 11, 2006 between 1.30-3.30pm. The hospital is based on the Garnetvail Hospitals site in the West End of Glasgow.
On sale will be mugs, Christmas cards and other goods. Proceeds to buy ‘extras’ to make life that bit more pleasant for the hospital’s patients.
Make Time To Remember
Third Thursday of the month at 7pm, Chaplaincy Centre, Southern General Hospital, Govan
Family and friends who have lost loved ones at the Southern General Hospital are invited to A Time To Remember. The service is open to anyone who has lost a loved one at the hospital. Information, tel: 0141 201 2156.
Smoking ban sparks an army of quitters

THOUSANDS KICK THE HABIT WITH NHS HELP

As the smoking ban marked its six-month anniversary recently, it’s clear that the ban has encouraged more and more smokers to quit.

Since the ban on smoking in enclosed public places came into force in March, NHS Greater Glasgow and Clyde’s stop smoking services have seen a dramatic rise in the number of people wanting to stop.

This includes our pharmacy-led ‘Starting Fresh’ scheme, the first and biggest service of its kind in the UK, which has seen the number of people wanting help to quit double. The service is provided by community pharmacists who offer stop smoking advice and help to quit.

Liz Grant, Public Health Pharmacist with NHS Greater Glasgow and Clyde, said: “Since the introduction of the smoking ban in Scotland in March, more than 4000 clients have accessed Glasgow smoking cessation services.

“It is really great to see so many people trying to tackle their smoking habit. Even more rewarding is that, since the ban, more than 1500 people in Glasgow have still kicked the habit four weeks later.”

Agnes McGowan, Principal Health Promotion Officer for Smoking Concerns, NHS Greater Glasgow and Clyde’s specialist tobacco project, said: “In the build-up to the legislation, NHS stop smoking services were introduced into each local community, with additional staff based within health centres offering groups in a variety of community halls and NHS premises like hospitals and health centres.

“The intensive support services have seen a threefold increase in attendance.

“Many smokers report that having places like pubs and restaurants smoke free reduces the temptation to smoke in those early days of adjusting to being a non-smoker.

“We want to assure smokers in the city that when it’s the right time in their lives for them to quit that the Glasgow Stop Smoking Services are here to help them.

“All the evidence suggests that getting intensive support together with Nicotine Replacement Therapy means that they are four times more likely to be successful.”

Family first for Margaret

THREE generations of the same family have given up since the ban - and all for different reasons.

There was no doubt in Margaret Rice’s mind the reason why she felt she must give up the ciggs for good - for the sake of her four children.

Margaret (43), from Paisley, was smoking nearly 40 a day before quitting in September.

It was the birth of son, Darryl, 19 months ago that really kick-started her desire to stop.

She said: “The main reason I wanted to give up was because of my health. I wanted to still be around to see Darryl grow up.”

Margaret heard about the smoking cessation group which meets at her cousin’s house nearby. Her cousin had suffered a stroke and is housebound so the service comes to him!

Margaret said: “I was so encouraged by the group that I persuaded my daughter and my mother to go too.”

Margaret Snr (70) has been puffing for 40 years. Her reasons for giving up are financial.

She said: “I simply can’t afford to keep smoking, but I’m glad I’ve stopped.”

Granddaughter Stephanie (19) has been smoking for three years. She said: “I used to be against smoking, but I only took it up because of peer pressure. I don’t ever want to smoke again.”

Since attending the smoking cessation group, all three have now vowed to stub out the cigarettes for good.

Cigs cash now spent on the house

SIXTY-six-year-old Helen Gold from Paisley smoked her last cigarette on April 6, shortly after the ban came into force and following 53 years of puffing through 20 cigarettes a day.

Helen says her success in quitting is due to the range of smoking cessation services and products, and the ban.

She said: “I decided to stop when I caught a chest infection and my GP asked if I wanted to stop smoking. I’m a pensioner and I really couldn’t afford it. I was spending £32 a week on cigarettes.

“I started saving the money in a jar and since April, I’ve used the cash to buy things for the house, including a new shower and blinds, and helping to pay bills.”

Denise helps mental health patients stub it out

A NEW pilot Smoking Cessation Service has been launched by NHS Greater Glasgow and Clyde, specifically designed for mental health inpatients.

Based at Leverndale and the Southern General Hospitals, the pilot - which will run for 12 months - specifically targets people with mental health problems, a group that traditionally tend to be long-term smokers.

Denise Meldrum, Smoking Cessation Link Practitioner (Mental Health), is the healthcare worker who is delivering the service at Leverndale Hospital.

She said: “A high percentage - around 80 percent - of inpatients who access our mental health services smoke and they tend to have smoked for a number of years. With this new service, we aim to help them give up tobacco and support them throughout the entire process.”

This includes providing patients with personal stop smoking programmes and extra support beyond the seven-week programme, which is normally offered by smoking cessation groups. Patients will be offered assessment, education and intensive one-to-one support. There’s also the opportunity for patients who are not ready to quit to attend a drop-in quit clinic, which aims to help them get ready to stop smoking.

Denise, a trained nurse, said: “It’s not just the obvious health aspects that’s encouraging our mental health patients to give up smoking. There can also have a affect on their medication and dosages may have to be altered to accommodate this.”

To contact Denise, tel: 0141 211 6564 or 07920 750391, or by email: denise.meldrum@ggc.scot.nhs.uk.

Following the end of the pilot year, it is planned to roll the service out across other mental health services in Greater Glasgow and Clyde.
National award for our mental health nurses

PHOTO ID HELPS MEDICATION PROJECT

Two mental health nurses have won the national Scottish Evidence into Practice Award for their work in improving how mental health patients who receive medicine are identified.

Practice Development Nurses Stephen McGinnness and Margaret Aitken were awarded the top prize in the Safe and Effective Practice category.

Stephen, who is based at Dykebar Hospital in Paisley and works throughout the Clyde area, said: “We and our colleagues developed a way to make it easier for mental health patients who receive medication to be more easily identified by staff. It has been a real team effort and a pleasure to receive the award for all the team.”

“We did a bit of research into how these patients are identified on wards. What normally happens in a general hospital is that patients with allergies, for example, are given a wristband so that staff know about their condition. This doesn’t work for mental health services as our patients don’t always stay in hospital and won’t want to wear the band whilst away from our healthcare sites.

“The new system we devised is really simple: we take photos of patients - with their permission - and attach it to their medicine prescription sheet. Prescribing staff can then look at the photograph and identify the patients clearly. It minimises the chances further of misidentification.

“We have also identified the potential of having nursing assistants involved in the administration of medicines as a further checking mechanism for the registered nurse dispensing the medicines.”

Stephen revealed that the system had only been used within mental health services in the Paisley and Inverclyde areas and he and Margaret, who is based at Ravenscraig Hospital and works in elderly mental health services, will use their £10,000 prize money to roll it out to mental health colleagues across Greater Glasgow.

He said: “We’re planning to spend the prize money on buying new equipment such as more digital cameras and in training staff in the new system.”

Stephen and Margaret were presented with their prize by Health Minister, Andy Kerr at the NT Live conference in September.

No need to hide excellence

AN NHS Greater Glasgow and Clyde inspired recruitment campaign entitled “No Need to Hide” (aka the mummy poster) has been short-listed for a prestigious Health Care People Management Association excellence award.

The nomination - which was in the Effective Recruitment Advertising category - highlights our equal opportunities and fair for all recruitment stance.

We have also been nominated in the e-technology section of the competition for our innovative HR electronic recruitment solution.

The awards were presented at an event in Cardiff in October which celebrates good practice in the NHS.

The awards are UK-wide and nominations are made by other HR professionals, so everyone involved is feeling “rather chuffed!” according to NHS Greater Glasgow and Clyde’s Advertising and Redeployment Co-ordinator Noelle Norman.

Noelle continued: “It’s an honour to get this far and obviously we would be delighted if we won in either category, but to be nominated gives real recognition to the quality of work that NHS Greater Glasgow and Clyde can produce with limited resources. It also acknowledges its willingness to develop staff and encourage home-grown talent.”

1m brings big changes for Neurology Service

PATIENTS attending the Southern General’s neurology department will have noticed a number of changes at the unit.

Following a £1 million investment, thanks to cash from the Centre for Change and Innovation, a new outpatient wing has been created.

Designed to make the patient’s experience more welcoming and communication between staff and patients easier, the new wing houses 13 new consultant rooms, specialised neuro-ophthalmology facilities and ten offices housing new clinics.

In addition to the building work, a new and improved triage (prioritising) system for referral letters has also been introduced, which has improved how the service is delivered and is making a big difference to waiting times.

Jonathan Best, Director for Regional Services, NHS Greater Glasgow and Clyde, praised the staff for their patience while work on the new outpatient wing was going on.

He is pleased with the results.

He added: “Neurology is a regional service and provides general, specialist and outreach services for more than 2.8 million people in the West of Scotland.

“We have spent approximately £1 million on a combination of equipment and building changes to support the redesign initiatives. The changes have improved both the patient experience and the overall waiting times for neurology services.”

SUPPORTERS GET BEHIND 2014 BID

SCOTLAND’s bid for the 2014 Commonwealth Games has gained support from four major companies who will bring significant cash, goods and marketing support to the bid to bring the games to Glasgow.

Clydesdale Bank, First Group, Highland Spring and O2 have signed up to become Major Supporters with exclusive access to the Glasgow 2014 brand.
NHS GREATER GLASGOW

FINANCIAL INFORMATION

Gross expenditure on Clinical Services of £1798.4 million is shown in the following chart.

THE last financial year (2005–2006) has again been one of challenges as NHS Greater Glasgow integrated with NHS Argyll & Clyde to create one of the biggest health authorities in the UK.

On this page, we highlight the performance against financial targets for NHS Greater Glasgow and NHS Argyll & Clyde and we show details of the Board’s balance sheet and operating costs for the year ended March 31, 2006.

A copy of our annual financial report will be available on our website: www.nhsggc.org.uk along with Health Minister Andy Kerr’s findings following our Annual Review (as soon as it’s available).

Facing the Challenge

For the Year ended 31 March 2006

OPERAting COST STATEMENT

<table>
<thead>
<tr>
<th></th>
<th>2005</th>
<th>2006</th>
<th>2006</th>
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<tbody>
<tr>
<td></td>
<td>£’000</td>
<td>£’000</td>
<td>£’000</td>
</tr>
<tr>
<td>Clinical Services</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hospital and Community</td>
<td>1,305,227</td>
<td>1,423,638</td>
<td>1,423,638</td>
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<tr>
<td>Less: Hospital and Community Income</td>
<td>351,327</td>
<td>351,327</td>
<td>351,327</td>
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<tr>
<td>Family Health Services</td>
<td>374,753</td>
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<td>374,753</td>
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<tr>
<td>Less: Family Health Income</td>
<td>17,194</td>
<td>17,194</td>
<td>17,194</td>
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<tr>
<td>Other Non Clinical Services</td>
<td>29,870</td>
<td>29,870</td>
<td>29,870</td>
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<tr>
<td>Less: Other Operating Income</td>
<td>33,712</td>
<td>33,712</td>
<td>33,712</td>
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<tr>
<td>Other Non Clinical Services</td>
<td>16,168</td>
<td>16,168</td>
<td>16,168</td>
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<tr>
<td>Local Health Councils</td>
<td>1,268,057</td>
<td>1,358,018</td>
<td>1,358,018</td>
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<tr>
<td>Net Operating Costs</td>
<td>1,333,575</td>
<td>1,333,575</td>
<td>1,333,575</td>
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</table>

SUMMARY OF REVENUE RESOURCE OUTTURN

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<tr>
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<th>2005</th>
<th>2006</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>£’000</td>
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<tr>
<td>Net Operating Costs (per above)</td>
<td>1,333,575</td>
<td>1,333,575</td>
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<tr>
<td>Less: Capital Grants to / from Public Bodies</td>
<td>7,570</td>
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</tr>
<tr>
<td>Less: FHS Non Discretionary Allocation</td>
<td>71,603</td>
<td></td>
</tr>
<tr>
<td>Less: Local Health Council Allocation/Expenditure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Less: Other Allocations (Public Health Trainees)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Net Resource Outturn</td>
<td>1,358,018</td>
<td></td>
</tr>
<tr>
<td>Revenue Resource Limit</td>
<td>1,370,302</td>
<td></td>
</tr>
<tr>
<td>Saving/(excess) against Revenue Resource Limit</td>
<td>12,284</td>
<td></td>
</tr>
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</table>

NHS GREATER GLASGOW

Performance against Financial Targets

The Scottish Executive set three budget limits at a NHS Board Level on an annual basis. NHS Boards are expected to stay within these limits. The performance against these limits during 2005/06 was as follows:

<table>
<thead>
<tr>
<th></th>
<th>Limit as set bySEHD</th>
<th>Actual Outturn</th>
<th>Variance (Over)/Under</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>£’m</td>
<td>£’m</td>
<td>£’m</td>
</tr>
<tr>
<td>1 Revenue Resource limit</td>
<td>1,370.3</td>
<td>1,358.0</td>
<td>12.3</td>
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<tr>
<td>2 Capital Resource limit</td>
<td>69.5</td>
<td>69.3</td>
<td>0.2</td>
</tr>
<tr>
<td>3 Cash Requirement</td>
<td>1,323.4</td>
<td>1,323.1</td>
<td>0.3</td>
</tr>
</tbody>
</table>

NHS ARGYLL & CLYDE

Performance against Financial Targets

The Scottish Executive set three budget limits at a NHS Board Level on an annual basis. NHS Boards are expected to stay within these limits. The performance against these limits during 2005/06 was as follows:

<table>
<thead>
<tr>
<th></th>
<th>Limit as set bySEHD</th>
<th>Actual Outturn</th>
<th>Variance (Over)/Under</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>£’m</td>
<td>£’m</td>
<td>£’m</td>
</tr>
<tr>
<td>1 Revenue Resource limit</td>
<td>616.1</td>
<td>615.5</td>
<td>0.6</td>
</tr>
<tr>
<td>2 Capital Resource limit</td>
<td>18.0</td>
<td>14.5</td>
<td>1.5</td>
</tr>
<tr>
<td>3 Cash Requirement</td>
<td>592.3</td>
<td>592.3</td>
<td>0.0</td>
</tr>
</tbody>
</table>

NHS GREATER GLASGOW

BALANCE SHEET

As at 31 March 2006

<table>
<thead>
<tr>
<th></th>
<th>2005</th>
<th>2006</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>£’000</td>
<td>£’000</td>
</tr>
<tr>
<td>FIXED ASSETS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intangible Fixed Assets</td>
<td>297</td>
<td>1,385</td>
</tr>
<tr>
<td>Tangible fixed assets</td>
<td>877,173</td>
<td>923,633</td>
</tr>
<tr>
<td>Total Fixed Assets</td>
<td>877,470</td>
<td>925,018</td>
</tr>
<tr>
<td>Debtors falling due after more than one year</td>
<td>3,789</td>
<td></td>
</tr>
<tr>
<td>Cash at bank and in hand</td>
<td>68,485</td>
<td>71,510</td>
</tr>
<tr>
<td>CURRENT LIABILITIES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creditors due within one year</td>
<td>191,115</td>
<td></td>
</tr>
<tr>
<td>Total assets less current liabilities</td>
<td>758,629</td>
<td></td>
</tr>
<tr>
<td>Creditors due after more than one year</td>
<td>222</td>
<td></td>
</tr>
<tr>
<td>PROVISIONS FOR LIABILITIES AND CHARGES</td>
<td>(107,205)</td>
<td></td>
</tr>
<tr>
<td>693,666</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

FINANCED BY:

General Fund                          | 439,912    |
Revaluation Reserve                   | 244,161    |
Donated Asset Reserve                 | 9,693      |

OUR PARTNERS

NHS Greater Glasgow and Clyde works with a number of partner local authorities, charities and other organisations such as Strathclyde Police and NHS 24. Our main partners are:

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