

Welcome to the Spring 2016 edition of NHS News

Bringing you news, opportunities and information from NHS Grampian



This newsletter is one of the ways in which we try and share information with you about health services and about how to be healthier. Our focus is very much on the people of Grampian and how you can, and do, influence healthcare in your area.

We want the people of Grampian to see themselves as partners in the delivery of services, rather than just receivers of services. We want you to have a greater say in the services we

deliver, to be better informed about what is happening in Grampian and, most importantly, to receive the best possible care and treatment to meet your needs.

We hope you enjoy reading this newsletter, and we would like you to tell us your opinions about the content and if there are any articles you would like to see in future editions. You will find the details of how to contact us on the back page.

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More than £150 million will be invested in building new facilities at NHS Grampian's Foresterhill Campus in Aberdeen over the next five years.

Plans for the project have been lodged with Aberdeen City Council and could result in 10 new facilities.

The plans include the state of the art Baird Family Hospital, the ANCHOR Centre, a patient hotel, a multi-storey car park and a new life sciences centre,

NHS Grampian announces £150 million Foresterhill redevelopment

which will be shared with the University of Aberdeen.

The plans show an overall vision for Foresterhill over the next five years. They include the creation of a new Foresterhill Health Centre and a replacement for the existing mortuary.

A 'Green Exercise' area and extensive landscaping work on the site will add to ongoing work to the therapeutic roof garden at Aberdeen Royal Infirmary.

The latest announcement will compliment other development work being carried out to modernise and enhance existing buildings on the site which resulted in a new £13.6 million Radiotherapy Department opening its doors last year.

Malcolm Wright, Chief Executive of NHS Grampian, said:



“ We've been delivering excellent care to the North East at Foresterhill since the early part of the 20th century and, while it has served us well, it is important that we keep looking forward. These new facilities will help us provide modern, specialist care right in the heart of the North East for years to come. ”



MALCOLM WRIGHT, CHIEF EXECUTIVE OF NHS GRAMPIAN

Hospital care for children and young people in Grampian commended

Care for older people, children and young people in Grampian has been singled out for praise by the country's top independent health watchdog.

Healthcare Improvement Scotland (HIS) said that their unannounced inspections at Royal Aberdeen Children's Hospital, Woodend and Aberdeen Royal Infirmary were "very positive".

Highlighting the good relationships between staff and patients in all three hospitals, inspectors also noted

several other strengths including treating older people with dignity and respect, helping patients feel more at ease in hospital and supporting children, patients and their relatives during their time on a ward.

The inspection of Royal Aberdeen Children's Hospital was particularly impressive and is one of the best received by any Scottish hospital dedicated to children in several years.

Cameron Matthew, who is Divisional General Manager at Royal Aberdeen Children's Hospital, said: "We are

delighted to receive this kind of recognition from inspectors. Being in hospital is never easy but, day in and day out, we see exemplary levels of commitment and dedication from staff in order to make it as comfortable and as welcoming as possible.

"While it's great to see those efforts rewarded with such a glowing report, it's important to stress that it isn't just down to the hard work of staff. It's a real team effort and the help and support we receive from relatives, carers and our voluntary and charity partners all play a massive part."



Largest health centre in Scotland set for Aberdeenshire

A new £14.6 million state of the art health and social care hub is being planned for Inverurie.

The proposed facility would be constructed within the site of the town's community hospital and include GP and community health facilities, a public dental and community maternity unit, as well as diagnostic and treatment services such as X-ray and cardiology.

The building, with an estimated floor area of nearly 4,000 m², will accommodate the largest single GP practice in Scotland and proposals include provision of 38 consulting rooms and some 250 car parking spaces.



Project Director Stan Mathieson said: "The project is the result of a number of years of planning and follows widespread dialogue with both the community and medical staff. It is important that the public continue to help shape the project as we move forward and I would encourage people to make their views known via the dedicated section on our website."

A 3D video flyover of the proposed new facility is available on the NHS Grampian youtube channel:

<https://youtu.be/xnmi8hrDOOc>

The latest information on the project is available at :

<http://www.nhsgrampian.co.uk/nhsgrampian/InvolvingYou>

Get outdoors with Aberdeen Football Club Community Trust



Aberdeen FC Community Trust (AFCCT) can't wait for the summer to arrive so they can encourage people over the age of 65 to 'Get Outdoors'. Get Outdoors is a programme where Aberdeen's older residents can come along to Pittodrie and enjoy a vast range of gentle physical and social activities. Thanks to funding from the NHS Grampian and Aberdeen City Council through The Change Fund, AFCCT are able plan and deliver a range of activities.

Marion Douglas, one of the participants who came to one of the first ever sessions, has been on an extraordinary journey. From initially attending our Health Walks, to becoming a Health Walk Leader herself, she has recently been awarded 'Volunteer of the Year' by Sport Aberdeen. Marion continues to volunteer with the Trust by planning Health Walks, attending various events on their behalf as well as assisting in the office. Everyone at AFCCT would like to thank Marion for all her hard work and hopes she will continue to spread the name of AFCCT across the city.



Walking and cycling opportunities continue to grow in Moray

Walking and cycling routes are on the increase in Moray, in response to demand from residents and tourists.

There are currently 11 Health Walk Groups operating in Moray. Health Walks are short, safe and social walks in the local area that are delivered by qualified leaders and are a great way to become more physically active and meet new people.

You can join a Health Walk at any point and simply need to turn up at a weekly session of your preference. A buggy walk is also available for mums or dads with babies/young children. An Autism Health Walk also operates in Forres on a monthly basis, and a Quarriers' Alzheimers session also takes place in Elgin. New members are always welcome at groups and many walks will finish or

include a refreshment stop along the way.

To find out how to join walking events and more about cycling routes, contact Moray Council's Sports Development team on 01343 563657. You can also log onto the Moray Speyside Tourism website to download a copy of the Cycle Moray Speyside Guide at: www.morayspeyside.com



Aberdeen Royal Infirmary's new Therapeutic Roof Garden opened its doors for the first time on the 25 January 2016.

This green space, which is being funded entirely by charitable donations, was designed by award winning garden designer Professor Nigel Dunnett. It will provide patients with a lovely space to reflect and heal.

Lined with wooden seating, the garden includes Chinese Dogwood trees, a host of other plants, as well as a water feature and a Pavilion. It is also floodlit.

'Innovative' Therapeutic Roof Garden opens

Rev James Falconer, who helped spearhead the campaign to raise money for the garden, said: "It's a garden that is a clinical space; a place especially for patients to think through where they are on their health journey. Staff can use the garden when they need some 'time out' but it is predominantly a place for those patients and relatives who are asking what is the future going to be for me? How am I going to cope? How is my family going to manage?"

The garden is open 24 hours a day, except during unsuitable weather. Patients, staff or visitors who wish to use the garden are welcome to do so at any time. Patients can walk or be taken into the garden in a wheelchair or a bed.

Find out more:
www.nhsgrampian.org/ariroofgarden
www.facebook.com/ari.roofgarden
Email: nhsg.ariroofgarden@nhs.net
Tel: 01224 554905



Facilities revamp at Cullen Health Centre

NHS Grampian has unveiled £200,000 plans aimed at revamping a Moray Health Centre.

The proposed plans for the modernisation of Cullen Medical Centre were officially lodged with Moray Council in January.

Heather Pirie, Practice Manager, said: "The proposed refurbishment will include a complete renovation of the interior, modern disabled facilities, replacement windows and a new heating system. The works are anticipated to last around six months during which time local services will be delivered via Seafield Medical Centre in Buckie, should the project go ahead. We appreciate this will cause some disruption, but the end result will be a much improved facility for patients in and around Cullen."

New multicultural health and wellbeing forum for NHS Grampian

People from different cultural and ethnic backgrounds access NHS services in different ways. NHS Grampian is working hard to develop innovative ways to involve people and provide opportunities for feedback about their experiences of using NHS Services. A new Multicultural Health and Wellbeing Forum (MCHWF) has been developed and is being warmly received.

The Forum currently consists of representatives and individuals from a number of Aberdeen's local ethnic communities, volunteers and paid staff from organisations who work with people from minority ethnic backgrounds. However, anyone who is interested in issues relating to the health and wellbeing of people from minority ethnic backgrounds is invited to be part of the forum. It is a very inclusive group and everyone is welcome.

Liz Howarth, Public Involvement Officer from NHS Grampian, said, "The Multicultural Health and Wellbeing Forum is such an exciting and engaging place to be, and the diversity of the group means we have a wonderful mix

of ideas, thoughts and perspectives. As a group we have been focusing on developing priorities for the forum to work with and everyone has such fantastic ideas which we will now be able to work with in the future.

"We would love to invite anyone who is interested to find out more and to get involved. We appreciate that not everyone can come along to meetings, however, we will be looking to develop alternative ways of participation, such as social media and virtual meetings as the group develops. We value the opinions and ideas of all the people that access NHS services, and we hope that by developing this forum, we are taking a step closer to giving everyone the opportunity to do that, whilst at the same time bringing people together from different backgrounds to collaborate around some real grass roots pieces of work."

If you are interested in joining the NHS Grampian Multicultural Health and Wellbeing Forum, or would like to find out more please email Liz Howarth at Elizabeth.howarth4@nhs.net or telephone 01224 550952.

Aberdeenshire ADP Community Forums

Aberdeenshire Alcohol and Drug Partnership (ADP) has three Community Forums which meet regularly in north, central and south.

The aim of the forum is to prevent and reduce harm from alcohol and drugs. While many members will have been affected by issues related to alcohol, drugs or mental health, the forums are open to anyone interested in helping achieve positive change in our communities.

The work of the forums has already resulted in a variety of local events and projects. A Recovery Café is now running in Inverurie and in Huntly; there have been several "wee blethers" in the south along with an alcohol-free event at the Folk Festival in Stonehaven; while, in the north, a new Recovery Cafe has opened in Banff and a film project is underway. The North Forum is also organising a "big blether" on mental health, substance use and recovery.

If you would like more information on the work of the forums, please contact Naida Sneddon, Senior ADP Community Engagement Officer, on:

- 01467 641444
- naida.sneddon@aberdeenshire.gov.uk



Chaplaincy Volunteers Visitors Service scoops award at GRAFTAS

The 2015 GRAFTAS (Grampian Recognition Awards For Teams And Staff) were a glittering affair hosted by NHS Grampian Chairman, Professor Stephen Logan. During the evening, he commended everyone and spoke of his pride and admiration for "their professionalism, dedication, teamwork and innovation".

One such award was presented to the Chaplaincy Volunteers Visitors Service which sees volunteers providing a much valued befriending service to patients in Aberdeen Royal Infirmary, Royal Aberdeen Children's Hospital and Woodend Hospital.

There is plenty of ongoing support

and training, including an annual review, training days and a reflective practice group for volunteers, which meets four times per year.

Fran Scott, who is a volunteer with the service, said, "I was personally drawn to visiting after my dad was hospitalised later in life for an extended period. I was very aware that many people in hospital had no visitors, and by taking time to speak to patients, before or after visiting my dad, it could lift a person and seeing them smile was good. Many patients, especially the elderly, open up about their life stories and to have someone willing to share that is a real privilege."

For further information contact Mark Rodgers, Head of Spiritual Care by email at mrodgers@nhs.net or by phone 01224 553166.

Community Chaplaincy Listening

Community Chaplaincy Listening (CCL) is a service provided by NHS Grampian's Healthcare Chaplains who are experienced and trained in active listening.

CCL makes it possible for you to meet a member of staff who will listen to your story.

Whether you are a patient, carer or member of staff, it offers you space to talk about what troubles you, makes you anxious or upset. It is confidential and non-judgmental. It may help you to reflect on your situation, change how you see things and help with coping strategies.

Religion or spirituality will not be spoken about, unless raised by you.

The appointment time allocated is 50 minutes.

If you would like to make an appointment or find out more speak to the Main Reception staff at Aberdeen Community Health and Care Village or telephone 01224 655555.

No Ward Like Home Adult health and social care in Grampian is changing

The new integrated Health and Social Care Partnerships come into being on 1 April 2016. This means that your adult health and social care needs will be delivered from a single source and where possible, in your own home.

In what has been called the biggest transformation of health services in a generation, the new partnerships are intended to deliver better, integrated care for people when and where they really need it, allowing them to live longer, in good health, in their own community. People can expect to receive a coordinated, seamless system of care and support that recognises their individual needs whenever they need it.

In Grampian, three Health and Social Care Partnership will operate covering Aberdeenshire, Moray, Aberdeen City. They will bring together services previously delivered by NHS Grampian, the local authority as well as those provided by voluntary and charity groups.

More information on adult health and social care integration is available at:

Aberdeen City:
achscp-enquiries@aberdeencity.gov.uk
Aberdeenshire:
integration@aberdeenshire.gov.uk
Moray:
fiona.mcpherson@moray.gov.uk
Or at www.scotland.gov.uk/hsci

There are several ways to let us know what you think of our services:

- Feedback: nhsgrampian.feedback@nhs.net
- Patient opinion: www.patientopinion.org.uk



Are you interested in healthcare cleaning standards?

NHS Grampian is currently looking for members of the public to assist in the monitoring of cleaning standards in healthcare locations. We have vacancies at Aberdeen Royal Infirmary and at Woodend Hospital. We are looking for members of the public, who have a genuine interest in the environmental cleanliness of healthcare premises, to participate. Members need only give a few hours of their time to join our well established group of public representatives. Training will be provided and expenses will be paid. The monitoring programme operates Monday to Friday with the number of audits scheduled to suit the public representative. The work can involve

being on your feet for two to three hours and can sometimes be physically demanding, depending on the clinical setting and number of areas to be visited. In addition, the Monitoring of Cleaning Services Public Involvement Group meets once every six months. Interested public representatives go through an informal interview process and if successful, are offered a three year appointment. There is a three month probationary period which includes one audit.

For informal enquiries, please contact our Public Involvement Officers Liz Howarth or David Cooper on 01224 550952 or 553161 or e-mail the Public Involvement Team at nhsg.involve@nhs.net

You're Not Alone!

Come along to the 'You're Not Alone!' launch event on the **16th of May** for a fun filled evening!

'You're Not Alone!' aims to provide an easy to access online resource for anyone in Aberdeen that feels they'd like to talk to someone but don't know where to start.

At the launch event you'll be able to have a go at colouring in for adults and of course for children too. There will be a prize for the best picture in both the categories and we're hoping that an extra special guest will be there.



Refreshments will be available. The event will run from 5.30pm until 7.30pm and will be held at the Central Library – feel free to drop in.

Let us know your thoughts about NHS News

We hope you find this edition of NHS News interesting, informative and useful. Please get in touch to tell us what you think and also what you would like to see in future editions.

You can also contact us to receive a copy of NHS News directly into your email inbox. You can contact us:



nhsg.involve@nhs.net



01224 558098



'Freepost, NHS Grampian'
(no stamp required)

We look forward to hearing from you!

Have your say – get involved

Patients and members of the public are involved in the work of NHS Grampian in lots of different ways, helping to make a difference to services now and our future plans.

The Public Involvement Network (PIN) is made of patients, carers and members of the public and is open to anyone. Members do not need any special skills, knowledge or experience – just an interest in health services across Grampian.

There are many opportunities to get involved in the work of NHS Grampian, such as monitoring cleaning services in hospitals, attending events and focus groups, participating in our forums and attending various committees and other meetings.

If you would like to get involved or find out more, please contact our Public Involvement Team, either by emailing nhsg.involve@nhs.net or by phoning 01224 558098.

Do you know who to turn to when you're ill or injured in Grampian?



People are being urged to use Emergency Departments in Grampian responsibly as part of a high profile campaign.

Doctors in Grampian have said that the number of people turning up at A&E without genuine emergencies has been as high as 30,000 in a single year.

Medical staff said that these people would be better treated elsewhere by the NHS and were potentially putting people with genuine medical emergencies at risk.

The move is part of the "Know Who To Turn To" campaign by NHS Grampian which aims to help people choose the service best suited to treat their illness or injury.

More than 140,000 households across Grampian have been sent an information leaflet detailing the local healthcare options available and how to access them.

NHS Grampian Chief Executive Malcolm Wright said: "We will never turn anyone away who has a genuine medical emergency and are committed to providing people with the highest standard of care as quickly as possible but, in order to continue to do that, we need the public's help."

"It is vital that people do the responsible thing by only visiting the emergency department when they actually are in need of emergency treatment."

"Selecting the right service not only ensures you receive the right care treatment in the shortest possible time, it also helps the NHS run efficiently, freeing up emergency services for those who need them most."

People can find out more on key NHS Grampian services at www.know-who-to-turn-to.com or by calling the free healthline on 0500 20 20 30. A copy of the campaign leaflet is also available on the website.

We are completely SMOKE FREE!

Since March 2015, all NHS Grampian hospital grounds became smoke-free.

What does this mean for you?

Smoking, including the use of e-cigarettes, is not allowed anywhere on site at any of the hospital premises.

What about visitors?

If you are visiting a friend or family member in hospital, you are not allowed to smoke anywhere in the hospital buildings or in the grounds. Therefore, it is in your own personal interest to plan your visit to the hospital and bring nicotine replacement products to maintain your cravings, such as patches and/or gum.

Do you want to stop smoking?

If you wish to stop smoking, call the smoking advice service free on 0500 600 332, or visit your local pharmacist for advice.

www.NHS.co.uk/smokefree

SIGN UP NOW!