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NHS Dumfries and Galloway's new Chairman delivered his first annual review to a public audience in the Education Centre at DGRI on 30 June 2014.

The review focused on the key achievements and challenges the Board faced in 2013 / 14 grouped under three main headings – service targets, workforce issues and resources and estates.

Under service targets Mr Jones highlighted that the organisation achieved its target of discharging or admitting 95% of patients within four hours of attendance at Accident and Emergency, despite Dumfries and Galloway's continued high Accident and Emergency attendance rates.

Workforce issues highlighted during the review included our high staff attendance rates and strong partnership working with staff as well as the achievement of all financial and efficiency targets.

The new hospital featured prominently and Mr Jones reported that the Outline Business Case on the replacement of Dumfries and Galloway Royal Infirmary was approved by Board and Scottish Government.

Mr Jones ended his review with the three strategic challenges which he believes will lead the agenda in the coming months - delivering a fit for future acute facility opening in 2017 / 2018, reshaping health services to meet the demographic, workforce and financial challenges of the next decade and integrating health and adult social care in a way that supports both of these.
Maternity Service Scoops Prestigious Award

NHS Dumfries and Galloway Maternity Services is the latest UK health care facility to be awarded the prestigious UNICEF (United Nations Children’s Fund) Baby Friendly Award.

The Award is given to health facilities/hospitals after an assessment by a UNICEF team has shown that recognised best practice standards are in place. It was presented to the team by Theresa McElhone on Thursday 19 June.

Head of Midwifery, Joyce Reekie said: “We decided to join forces with UNICEF UK’s Baby Friendly Initiative to increase breastfeeding rates and to improve care for all mothers in Dumfries and Galloway.

“Breastfeeding protects babies against a wide range of serious illnesses including gastroenteritis and respiratory infections in infancy as well as asthma, cardiovascular disease and diabetes in later life. We also know that it reduces the mother’s risk of some cancers – breastfeeding is also cheaper and simply less hassle than bottle feeding.”

Infant Feeding Contractor, Liz Hood added: “However a mother chooses to feed her baby, she can be sure that she will be supported to form a strong loving relationship with her newborn – through having maximum skin to skin contact and understanding how her baby communicates with her and needs her to respond.”

Baby Friendly Initiative Programme Director, Sue Ashmore said: “We are delighted that NHS Dumfries and Galloway Maternity Sevice has achieved full Baby Friendly status. Surveys show us that most mothers want to breastfeed but don’t always get the support they need. Mothers in NHS Dumfries and Galloway can be confident that their maternity care staff will provide high standards of care.”
Consultant Midwife Karen King attended the International Confederation of Midwives Congress in Prague in June where she delivered a presentation entitled *Changing culture: promoting and valuing the midwife role in a consultant led unit.*

Karen spoke about how a culture of multidisciplinary team working and mutual respect helped to achieve a rise in spontaneous vaginal births and a reduction in caesarean section rates for the period from 2009 to 2012. These are the highest and lowest rates respectively in Scotland and midwives from around the world reported being inspired to consider similar approaches.

Karen said: “Attending the Congress gave me the opportunity to develop contacts from across the world and I have already learned a great deal about service improvement.

“Despite the many differences across the world there are also similar themes of concern, for example management of obesity in pregnancy, informed choice, shared decision making and risk assessment.

“I would definitely advise colleagues to attend the next Congress in Toronto in three years; I’ve started saving already.”

The event takes place every three years and this year attracted almost 4,000 clinical and academic delegates from over 70 countries.
Dumfries Sports Club hosted the Workforce Directorate’s sports night which was held as part of the Healthy Working Lives campaign.

The event enjoyed an excellent turnout of 16 stalwarts who showed off their skills in squash, racket ball and table tennis.

Adjoa Forson took the honours in racket ball, Lindsay Johnston won the table tennis, the squash was won by Libby Jardine and Rachel Robson was the best overall performer.

Also participating on the night were Lorna Forster, Laura Nisbet, Shelagh Mercer, Andy Howat, Veronica Mason, Alice Walker, Sally Drysdale, Graham Gault, John Glendinning, Lee Rankine, Phil Jones and Martin Kingstree who were all winners on the night.

As part of the Allied Health Professional (AHP) national delivery plan all NHS Boards must have a local delivery plan to highlight local changes being driven by national requirements.

In Dumfries and Galloway the Associate Director for AHPs and Heads of Service wanted to ensure that as many people as possible were aware of the changes taking place locally so they hosted a showcase in the Education Centre at Dumfries and Galloway Royal Infirmary on Tuesday 1 July.

It was a lively event during which over 60 AHPs heard presentations from Chief Executive Jeff Ace, Executive Nurse Director Hazel Borland and the Scottish Government Health Department’s Chief Health Professions Officer Jacqui Lunday Johnstone.

A further three events were held in Newton Stewart, Thornhill and Annan to give as many people as possible the chance to see the excellent work being carried out by AHP teams and services across Dumfries and Galloway.
New Advice Service at Dumfries and Galloway Royal Infirmary

When people are facing a stay in hospital due to illness or an accident it can be stressful for them and their loved ones and money worries can make things worse.

A new partnership between NHS Dumfries and Galloway and Dumfries and Galloway Citizens Advice Service (D&G CAS) aims to address this by providing a weekly advice service designed to help people navigate the complex welfare and benefits system.

An experienced D&G CAS adviser will provide information and advice to patients, visitors and staff in a confidential area behind the DGRI reception between 2.00pm and 5.00pm every Monday.

Chief Operating Officer Julie White said: “I am delighted that NHS Dumfries and Galloway has entered into a new partnership with the Citizens Advice Service. This service will bring huge benefits to staff, patients and their families as it will offer advice and support on a range of issues that affect people's lives.

“The service that Dumfries and Galloway Citizens Advice Service provides takes each person's circumstances into account. It will provide help with issues like repaying debt and ensuring people are getting the benefits they are entitled to. I would encourage staff to use this service if they would find it beneficial.”

D&G CAS also runs advice clinics at MacMillan Cancer Centre (DGRI), Dalbeattie Clinic and Kelloholm Health Centre.

Advice is also available from D&G Carers and Dumfries and Galloway Council's Financial Inclusion Assessment Team (FIAT) at DGRI.

Fit in 14 is an official Scottish Government Legacy 2014 programme and is targeted at employers across Scotland with the objective to encourage them to get their workforce more active throughout 2014.

Ultimately, the aim of this campaign is to increase physical activity among the working population of Scotland, regardless of their starting point, to improve their health and wellbeing.

By working with employers to raise awareness of the many benefits of a healthier workforce, it is hoped they will champion their staff to increase their physical activity levels within (or around) their working day.

There are plenty of ways to increase your levels of activity. 150 minutes is the recommended amount of physical activity we should all take in a week. It may sound a lot, but it can be broken down into manageable chunks and can be something as simple as taking the stairs.

Why not visit the Fit in 14 website (http://www.fitin14.org/pledge) and get ideas to help get you started on your Fit in 14 journey. You can also make a pledge. What will your pledge be? Why not get in touch and tell us about your Fit in 14 pledge no matter how big or small.
Carers Week 2014

Carers Week is a UK-wide annual awareness campaign which took place from Monday 9 to Sunday 15 June 2014. It aims to improve the lives of Carers and the people they care for by raising awareness of Carers at a national, regional and local level. Hundreds of organisations and individuals join in each year to make it one of the UK’s most successful awareness campaigns.

During Carers Week staff from the Dumfries and Galloway Carers Centre hosted an event at the Council Chambers in Dumfries to inform local Councillors and staff about Carers’ needs, the services available to them and the Carers Strategy. A number of events for Carers were held across the region including craft groups and information sessions.

At DGRI the main lobby featured a stand with information about Carers’ health and wellbeing, the services available to them and Carers’ Centre referral process.

Hospital Carers Support Coordinators Lindsay Sim and Sharron McGonigle delivered a presentation to the trainee Dementia Champions at Dudgeon House about how best to support those who provide care to people living with dementia. To contact Lindsay and Sharron please phone 33384 or email dgcarers@nhs.net
World Continence Week 2014

World Continence Week (23-29 June) aims to promote global awareness and break down taboos around bladder and bowel problems which can have a catastrophic impact on people's quality of life.

The news from NHS Dumfries and Galloway's Community Continence Service is that there's great potential for improvement or cure and people should seek a referral to their local continence clinic at the earliest opportunity. As part of their drive to raise awareness the team has just launched a new leaflet with self management tips and their contact details.

If you, or someone you care for, has bladder or bowel problems please contact the Continence Service on (01387)244405 dumf-uhb, Continence-Service@nhs.net

Ann Jamieson Care Home Memorial Awards

Recently, the Continence Service celebrated the bi annual Ann Jamieson Care Home Memorial Awards, in memory of a former continence team manager. The awards are sponsored by Tena and recognise care homes and link care home staff who are striving to make a difference in the continence care of their residents.

Members of the continence team, winners of the individual care home staff award and Steve Martin

Runners up of the Care Home Award from Carlingwark House, Castle Douglas and Nicky Luke

Winners of the Care home award from Alma McFadyen House, Dalbeattie and Nicky Luke
Getting Active

At the Queen’s Baton Relay

Specialist Menopause Nurse Katrina Martin with son Cameron carrying the Baton in Gretna

Volunteers from Council and NHS in Castle Douglas

Dragon Boat on Carlingwark Loch

Castle Douglas Primary School flag bearers

Banner designed by Kirkcunzieon Primary

NHS Practice Education Facilitator Bill Irving carrying the Baton in Newton Stewart

Speech and Language Therapist Kirsty Paton and Physiotherapy Assistant Gillian McClymont with Games Mascot Clyde in Stranraer

Taking part or volunteering at the Commonwealth Games 2014 in Glasgow?
Let us know. We want your stories and photos too! email or phone the Communications Team
dgcommunications@nhs.net
01387 272752 (32752)
We look forward to hearing from you!
Getting Active

At Run4Health

Warming up

On your marks...

From Estates - Chris Lyon

From Organisational Development
Shelagh Mercer

The finish line in sight...

From Speech and Language Therapy -
Fiona Murchie, Laura Lennox and Adele Cockayne

Laura and Adele with their medals

Malcolm and Kathleen McVeigh
recruiting for Organ Donation

Nithsdale Health Improvement
Information Stand
Latest News

Donations

Last year’s Dumfries Devorgilla Rotary’s annual Run4Health donated £1,000 to the Oncology Unit Endowment Fund at Dumfries and Galloway Royal Infirmary

As part of the annual Guid Nychburris celebrations in Dumfries, the Queen of the South, Cornet, Cornet’s Lass and attendants visit various wards at Dumfries and Galloway Royal Infirmary
Letters of the Month

Thank you letter for Newton Stewart Hospital

To all the team at Newton Stewart Hospital,

I would like to thank you on behalf of our family for the way you looked after our father.

We are grateful for all your kindness and support both before and after he passed away. Both my mother and father before he passed away told us how good you all were and how

appreciated your help and assistance.

The greatest compliment I could pay you all is to say if I was ill, Newton Stewart Hospital would be where I would wish to be.

We wish you all the best for the future.

Thank you letter for staff at Kirkcudbright Hospital

All the staff at Kirkcudbright Hospital

Thank you very much indeed for your caring, your patience and your encouragement during my stay in hospital.
In 2015, the government will be changing the rules so make the most of being part of a family friendly organisation and sign up for Childcare Vouchers today - a benefit that can save you up to £1,860 in tax and NI over the next year.

Vouchers are valid throughout the year so if you pay for sports clubs, music lessons, afterschool activities, breakfast and homework clubs or summer camps, for children up to 15 or 16 if disabled, you could save money simply by paying for it with Childcare Vouchers.

THIS IS NO ORDINARY CHILDCARE VOUCHER SCHEME
You can also access your voucher account on the move with our mobile friendly site; useful information via our Parent Hub; relevant high street offers via Advantages; helpline support via our Family Issues helpline.

DON’T DELAY - Take back some of your household spending power by finding out how you can make super savings with Childcare Vouchers.

www.childcarevouchers.co.uk