

Welcome to the autumn/winter 2017 edition of NHS News - bringing you news, opportunities and information from NHS Grampian.

Over the past few weeks we have been very busy searching for great articles to share with you, that we hope help you to be healthy, energised and active over the coming winter months.

As we know, winter can sometimes be a challenging time for people, particularly in terms of feeling well, staying healthy and engaging with activities in the local community.

This edition of the NHS News contains lots of information, ranging from health advice, walking groups and information about news and events taking place across Grampian.

If there is something you would like to see that we haven't included, please get in touch and let us know. You will find details of how to contact us on the back page.



## NHS Grampian welcomes Her Majesty The Queen

Her Majesty The Queen visited Aberdeen Royal Infirmary to formally open The Robertson Family Roof Garden.

The garden is aimed at providing a safe, comforting, professionally designed, outside space for patients in hospital.

Her Majesty unveiled a commemorative plaque in front of hundreds of assembled patients, relatives, staff, volunteers and donors to the project.

NHS Grampian Chairman Stephen Logan said: "We are thrilled that Her Majesty was able to come and formally open the Robertson Family Roof Garden.

"The garden was only possible because of the extraordinary generosity of a host of people across the North East as well as further afield. We are also indebted to the huge number of volunteers who have given up their own time to help get us to this point."

The idea for the garden originated in 2012 when Rev. James Falconer, Healthcare Chaplain, began looking for outside space to take trauma patients in their beds.

"We are really proud of the garden and, thanks to the overwhelming support we've received, it far exceeds the initial idea," he said.

"Most of all though, we are proudest to see the difference it is already making for people at the hospital.

"It is of particular physical, mental, emotional and spiritual benefit to critically ill and long-term adults and children, especially those recovering from trauma or facing the future after a life changing or life limiting diagnosis."

The Robertson Family Roof Garden was constructed entirely through donations, totalling an astonishing £667,000.

## New Tourette's Support Group for Grampian



Local mum Lyndsay Hay is championing a new Tourette's Support Group for Grampian after her son Findlay was diagnosed with the condition last year at age nine.

Lyndsay was worried to hear her son had Tourette's syndrome as she had no idea how the condition would develop as he grew older. Lyndsay was desperate to get advice, but found there was no local support group she could turn for help.

"All I knew about Tourette's syndrome was what I saw in the media, and I felt so afraid not knowing what would happen. I now know that only 4% of people diagnosed with Tourette's have the more commonly known Coprolalia characteristic of the condition, which I am thankful that Findlay doesn't have at the moment.

But Lyndsay recognised that other families living through the diagnosis would have the same concerns, so decided to find a way to raise awareness about the condition.

Lyndsay began fundraising to pay Tourette Scotland to deliver training into Findlay's school in Aberdeen and quickly raised £3,000.

Now, with support from Tourette Scotland, Lyndsay has established a Tourette's Support Group for Grampian and the first meeting has already taken place, with plans for a second meeting planned for later in the year.

If you would like to attend a meeting, or find out more about Tourette's syndrome, please contact Tourette Scotland by emailing [info@tourettescotland.org](mailto:info@tourettescotland.org) or by phoning 01738 646742.

You can also help by visiting [www.justgiving.com/fundraising/Lyndsay-Hay1](http://www.justgiving.com/fundraising/Lyndsay-Hay1)

### Keep up to date with NHS Grampian...

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## Fancy a cuddle from Therapet Hugo?

Therapets are increasingly active in all parts of NHS Grampian working their calming magic on patients.

Therapets regularly visit hospitals in Aberdeen. There are now five dogs visiting patients in the Royal Cornhill Hospital, meeting with both adults and children. There are also a number of "doggie" visitors spread throughout the wards in ARI, and also visiting the Stroke Unit at Woodend.

If you know someone who would appreciate a visit from a Therapet, you can contact Canine Concern by phoning 0131 553 0034 or by emailing [info@canineconcernscotland.org.uk](mailto:info@canineconcernscotland.org.uk).

If you would like to see more, you can watch the antics of newly recruited Therapet, Hugo, in the new NHS Grampian video 'End PJ Paralysis - I'm Gonna Be' by visiting YouTube online at <https://youtu.be/pd5-n-OqYQM>

## Silver City Surfers help keep families together through technology



Silver City Surfers helps people aged over 55 with modern technology by providing free individual tutoring and support on all types of modern technology. We work at a learner's own pace through mentoring and one-to-one support sessions provided by experienced volunteers. Our sessions are friendly and welcoming, providing regular social interaction and the chance to sit down with a cuppa, creating the feel of an internet café.

The use of technology such as mobile phones and tablets has been found to help with feelings of loneliness and isolation for older people, particularly if their friends and family have moved to other parts of the world.

Recently, one of our learners has been using her laptop to keep in touch with her daughter, who has moved to Pretoria, South Africa, for four years. We were able to support her with tuition on how to use Skype, which was particularly important earlier this year when her daughter gave birth to some long-awaited grandchildren – twins! Through Skype, she regularly gets to see the babies, and hear them too!

If you would like to find out how modern technology can help you stay connected, or if you can share your knowledge as a volunteer tutor, you can email [silvercitysurfers@gmail.com](mailto:silvercitysurfers@gmail.com) or by phoning 07799 371329. You can also visit their website at [www.silvercitysurfers.co.uk](http://www.silvercitysurfers.co.uk) for further information.



## NHS Grampian launches local edition of "Fit for Farming"

NHS Grampian's Public Health Team has joined with the National Farmers Union Scotland to launch a local edition of Fit for Farming; an information booklet aimed at helping farmers to lead healthy, happy lives.

The booklet originally produced by the Men's Health Forum was written by farmers for farmers and has been adapted by NHS Grampian to provide local information and support.

The booklet covers physical and mental health topics, including sections on how to be good to your body, your brain and how to handle the ups and downs of life. It also has a useful directory of local services and help lines.

Susan Webb, Director of Public Health for NHS Grampian, said: "I am delighted to launch this booklet, Fit for Farming. We recognise that those working in the agricultural sector in Grampian face daily challenges that can take their toll on the health of the farmer. Working in isolation, often in extreme weather, with hard physical labour, animal diseases and financial pressures can all have effects which may lead to personal health problems and mental strain. A family farming business can be severely impacted through illness or poor health."

"In partnership with the NFU Scotland, we are committed to helping everyone in the farming community to look after their own health."

Davie Winton, NFU Scotland's Regional Chairman for the North East, commented: "NFU Scotland is delighted to be involved with this initiative and it ties in with our work in other regions of Scotland on the health and wellbeing of those in the industry. We hope that this booklet will encourage farmers and crofters to make their health and wellbeing a priority and take time to look after themselves, and those around them."

"Agriculture can often be a lonely industry to work in, particularly for more remote areas, and we hope by raising awareness of this issue that farmers, crofters and those working in the industry take the time to read this booklet, and seek help."

Jim Pollard of the Men's Health Forum said: "We've partnered with several farming organisations to produce a series of editions of this guide and it has been well received all over the country. One farmer's wife told us that it was Fit for Farming that enabled her to persuade her husband to see the GP. You can't get higher praise than that. We think farmers appreciate the high yield of information - all you need to know in just 40 easy-to-read pages."

Copies of the booklet are available from NFU Scotland Regional Manager, Lorna Paterson or by contacting the NHS Grampian Healthline on 08085 20 20 30.



NHS Grampian  
**endowment fund**  
Making a difference...



## Charity starts with NHS Grampian

NHS Grampian Endowment Fund is the charity which safeguards donations made by patients, families and users of health services. The Endowment Fund has strict criteria to make sure that donations are only used to enhance the services that NHS Grampian provides. Everything the Endowment Fund supports must be for the benefit of patients as our patients are at the heart of everything we do.

The Endowment Fund team works with a wide range of healthcare professionals to provide some of the most advanced medical equipment available. Endowment Funds also provide "extras" to make patients' stays in hospital more comfortable.

The Endowment Fund has charitable funds to research all major illnesses. For example, the Fund supports research in Grampian into heart disease, cancer, diabetes, kidney disease and Parkinson's disease.

Research is carried out at Aberdeen Royal Infirmary, often in partnership with the University of Aberdeen, which helps to retain Aberdeen's reputation as a centre of excellence for health services research.

If you have an idea for a project that is health related, you may be able to make an application to the NHS Grampian Endowment Fund. If you would like to discuss this, or any other aspect of the fund, you can contact Sheena Lonchay at [nhsg.charities@nhs.net](mailto:nhsg.charities@nhs.net) or phone 01224 556721 for further information. There is also a website you can visit at [www.nhsgcharities.com](http://www.nhsgcharities.com)

## Sponsored walk celebrates 10th anniversary

The patient led charity Grampian Cardiac Rehabilitation Association (GCRA+), celebrated their 10th anniversary of successful BenStroll sponsored walks at the Back O'Bennachie on 27 August.

Seventy-four members and friends registered for either the short walk (two miles) or the long walk (four miles). Colleagues in the Garioch

Lions prepared the barbecue for those completing their walk. The event was sponsored by Marks and Spencer in Inverurie as their Charity of The Year. To date the BenStrolls have raised over £46,000.

GCRA+ was established in 2002 and now has over 750 members. It runs 41 weekly generic rehabilitation exercise classes from the Moray coast to Laurencekirk

and from Aberdeen to Aboyne.

GCRA+ deliver a number of activities across Grampian. If you would like to find out about activities taking place in your area, you can visit their website at [www.gcra.org.uk](http://www.gcra.org.uk)



## Register you and your family with an NHS Dentist today

NHS Grampian is committed to improving oral health, which is why we are highlighting the importance of everyone being registered and attending a dentist regularly.

An NHS dentist provides free check-ups and advice to help keep your mouth, teeth and gums healthy. You may also be entitled to free treatment if you are claiming certain benefits.

It is important that your children are also registered with an NHS dentist and are attending regular appointments, ideally from birth.

All dental practices in Grampian, who treat children under the NHS, offer Childsmile care. This is a programme, provided by dental teams tailored to meet the needs of each individual child and includes:

- Dental checkups and treatment tailored to your child's needs.
- Oral health advice (e.g. on healthy weaning, diet, teething and tooth brushing instruction).



- Twice-yearly fluoride varnish applications from two years old.

To get help to register with an NHS dentist, call DIAL (Dental Information and Advice Line) 0345 45 65 990 or visit [www.nhsgrampian.com/dentalservices/](http://www.nhsgrampian.com/dentalservices/)

For more information about Childsmile or caring for your teeth please visit [www.TeethTLC.com](http://www.TeethTLC.com) and [www.child-smile.org.uk](http://www.child-smile.org.uk)

## Hundreds in the North-east get active with new walking app

The new Medal Routes app has been developed by Ramblers Scotland and is designed to boost the fitness of people across Scotland by helping people to get active.

NHS Grampian's Public Health Team has commissioned the medal routes programme to help people build exercise into their daily routines. As well as mapped routes covering locations across Grampian, many of the walks are based around GP surgeries and hospital sites with walks of 15, 30, and 60 minutes.

Chris Littlejohn, NHS Grampian's Deputy Director of Public Health, said the introduction of the app promoting walking routes is a step in the right direction. He said: "I applaud this collaboration



between NHS Grampian and Ramblers Scotland and it is great to see staff, patients and the general public using Medal Routes to increase their activity levels."

Medal Routes user, Ian Furness, said the app has helped to improve his fitness. He said: "I found out about it through my local doctors surgery and the app made me realise that I need to get more active. After doing my first walk I was tired but felt motivated and I now know what walks are available around my local area".

For more information about Medal Routes near you, please visit [www.ramblers.org.uk/nhsmedalroutes](http://www.ramblers.org.uk/nhsmedalroutes)



## Seasonal Flu Vaccination

Seasonal influenza is an acute, viral illness that spreads from person to person. Flu can be very serious for some people in higher risk groups who are more likely to experience severe illness and even death.

It is anticipated that we may struggle to cope with the potential burden of a heavy flu season in the coming winter here in the UK.

Symptoms of flu can include a high temperature, cough, headache, sore throat, muscle and joint pains and a runny nose. Individuals with symptoms of flu, and even those who are incubating the infection but do not yet have symptoms, can pass flu on to others.

The best way to reduce the risk of catching flu is to be vaccinated. People who are eligible for flu vaccination include pre-school children aged two to five years, all primary school aged children, all pregnant women and everyone aged 65 years or older. Also, importantly, people who are under 65 years with underlying medical conditions involving the liver, heart, nervous system, kidney, spleen, respiratory system or their immune system are strongly encouraged to be vaccinated. Contact your GP practice if you would like to find out more about flu vaccination.

Health and social care staff are more likely to be exposed to flu through the course of their work and are also eligible for the free flu vaccine ([www.nhsgrampian.org/fluvox](http://www.nhsgrampian.org/fluvox))



## Dementia friendly Aberdeen wins major European award

An Aberdeen Football Club Community Trust (AFCCT) programme was named the best in Europe, triumphing over eight top football clubs including Inter Milan, Lyon, Villarreal, Manchester City and Everton.

AFCCT was announced as the winner of the Best Community and Social Responsibility Programme Award for the Trust's Dementia Friendly Programme at the European Club Association awards in Geneva.

Attracting more than 100 participants

each week, AFCCT's Dementia Friendly Programme includes activities designed to increase mobility and social inclusion, as well as reducing isolation and anxieties for those living with the illness.

The initiative includes football memories sessions where ex-players take the opportunity to present memorabilia to participants and talk about previous matches and experiences, as well as physical activities, such as the popular walking football and TechnoGym classes.

The Trust has also organised afternoon discos following feedback from

participants stating concerns about the lack of opportunity to get out socially or not feeling comfortable doing so.

AFCCT delivers its Dementia Friendly Programmes with support from key partners including Life Changes Trust, Alzheimer's Scotland, Aberdeen Sports Village, Sport Aberdeen and Aberdeen City Council Health and Wellbeing Team.

If you would like to find out more information about the Dementia Friendly Programme at AFCCT or get involved please email [dementiafriendly@afccommunitytrust.org](mailto:dementiafriendly@afccommunitytrust.org)



[www.nhsinform.scot](http://www.nhsinform.scot)  
0800 22 44 88



## Sports Foundation has a healthy vision for Moray



Something exciting is on the horizon for Moray and the north of Scotland as a new fitness and sports facility, Moray Sports Centre, located in Elgin is backed by the Council Planning Department.

Moray Sports Centre will be home to a gym, exercise studios, a sports hall, covered tennis courts, coffee shop, restaurant, children's soft play and will be able to host key events as a result of the 500 bleacher seats.

The design has been developed to be accessible and inclusive, catering to all from beginners to those with key sporting ambitions.

Moray Sports Foundation, the driving force behind the state of the art sports centre, is currently fundraising to reach the £12 million required to deliver the facility.

With support from local businesses and money raised at local fundraising events, the charity are already well on their way to reaching their target having recently hit the £2.5m mark. It is hoped that the centre could be opened as early as January 2019.

There are a number of ways you can get involved and support the new Moray Sports Centre, including fundraising, attending and promoting local events, and through various volunteering opportunities.

If you would like further information, you can email [hello@moraysportscentre.co.uk](mailto:hello@moraysportscentre.co.uk) or call Kathryn Evans on 01343 552 550. There is also a website you can visit at [www.moraysportscentre.co.uk](http://www.moraysportscentre.co.uk)

## Local Residents Support Community Wildlife Garden



Local residents in Torry have been working with the Communities Team at Aberdeen City Council to use £30,000 to redevelop an unused, overgrown and currently inaccessible area within the local community.

An initial door to door survey was carried out to gather ideas from local residents and the majority supported a plan to create a community wildlife garden. There were lots of great suggestions including building pathways, low level wooden structures, bird houses, bug mansions and a community growing area.

The Communities Team is now in the process of costing the work and will be visiting local groups over the next few months and into early 2018 to encourage people to get involved.

The Communities Team would like to hear from anyone who has an interest in growing, plants and wildlife.

For more information or to get involved, you can contact Anne-Marie Steehouder-Ross by calling 01224 498164 or by email at [asteehouder@aberdeencity.gov.uk](mailto:asteehouder@aberdeencity.gov.uk)

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

In Grampian there are a range of services available to help you get the right medical assistance when you are ill, injured or living with a long term condition.

Going directly to the person with the appropriate skills is important. This can help you to a speedier recovery and makes sure NHS services are run efficiently.

Many people don't know for example, that a pharmacist can help with minor problems like coughs and colds, aches and pains and you won't need to make an appointment.

Most local opticians can help with emergency appointments too and may be able to solve your eye problem without having to visit your GP.

We can help ourselves by making sure we don't run out of prescription medicines if the GP surgery is going to be closed over the holidays, also by making sure we have medicines like aspirin or paracetamol for adults and children in the house.



To find out more on the range of services available and how to access them visit [know-who-to-turn-to.com](http://know-who-to-turn-to.com) or call NHS inform on 0800 22 44 88.

If you attend Accident and Emergency with a health problem that could be treated by a non-emergency service, you may be redirected away from A&E to a more appropriate person such as a GP or pharmacist.



## CAF4E and Company Lunch Club for older people in Danestone and Bridge of Don

Come and join us at Danestone Community Centre for a great opportunity to meet others from your community. Enjoy a meal and get involved in lots of activities. Transport can be provided if required.

If you would like to come along or find out more please contact the Lunch Club co-ordinator, Grace Doris, by emailing [grace.caf4e@outlook.com](mailto:grace.caf4e@outlook.com) or phoning 07920 554261.

### Lunch Club dates:

Between 12.30 to 2.30pm

- Friday 3rd and 17th November
- Friday 1st and 15th December

Cost of £5 per person.



## 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 up 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 lots of opportunities to get involved in the work of NHS Grampian, from monitoring of cleaning services in the hospital, 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 get in touch with our Public Involvement Team, either by emailing: [nhsg.involve@nhs.net](mailto:nhsg.involve@nhs.net) or by phoning 01224 558098.

## 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](mailto:nhsg.involve@nhs.net)



01224 558098



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(no stamp required)

We look forward to hearing from you!