

**Look Who opened our new teen cancer unit**

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**X-ray vision... the next generation**

PAGE 4



**Preview of new £19m Rowanbank Clinic**

PAGE 10



● **The average life expectancy in Malawi is just 39 years**

● **Hospitals are poorly funded, equipped and staffed**

● **Only 20 percent of the African population has access to cancer care**

● **The continent is in medical crisis...**

**Today, NHS Greater Glasgow and Clyde announces its partnership with the Clinton and Hunter Foundations and pledges to send medical equipment and staff to help ease the suffering.**



**MEN on a mission...** former U.S. President Bill Clinton and Scots entrepreneur Sir Tom Hunter have combined forces to bring much needed aid to some of Africa's poorest nations. Now NHS Greater Glasgow and Clyde's chairman Professor Sir John Arbuthnott (left) has joined them in the quest to provide medical equipment and expertise.

● **International cancer plan**  
● **Foundations for life**  
● **Our staff in the field**

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# MISSION AFRICA

By Emma Gregory

**NHS hospitals in Glasgow are sending a vital shipment of medical equipment to Africa.**

NHS Greater Glasgow and Clyde has teamed up with the Clinton and Hunter Foundations to deliver desperately needed support to hospitals in Malawi.

NHSGGC Chairman Professor Sir John

Arbuthnott said: "Our unprecedented modernisation programme for new Glasgow hospitals and equipment has created this wonderful opportunity.

"The medical equipment we are replacing will now be going to a country where the needs of the poor and sick are desperate... and where it can make life changing differences."

High-tech hospital equipment - including heart monitors, ventilators and

operating theatre kit - will be shipped out to the poverty-stricken country in the next few weeks.

NHS technicians have been busy testing and servicing the equipment to ensure that once it arrives in Malawi, medics on the ground will be able to put it to use straight away.

This newly announced initiative is part of a series of aid packages in which your local NHS is involved.

Our Chairman Sir John is also at the forefront of a hugely ambitious project, supported by the World Health Organisation, to fund and develop unprecedented cancer care across the whole of sub-Saharan Africa.

And already some of our doctors and nurses have volunteered to work in Africa delivering lifesaving treatment and expert advice.



OUR HEALTH EVENT

**IT PROMISES to be a health event with a difference when one of Scotland's foremost historians throws down the gauntlet to the NHS.**

Professor Tom Devine, the Sir William Fraser Professor of Scottish History and Palaeography at the University of Edinburgh, is a renowned commentator on Scottish history, social and constitutional affairs.

He will be the keynote speaker at the latest 'Our Health' event, **Getting the best from your NHS**, which takes place at Glasgow Royal Concert Hall on Thursday, June 14, 2007.

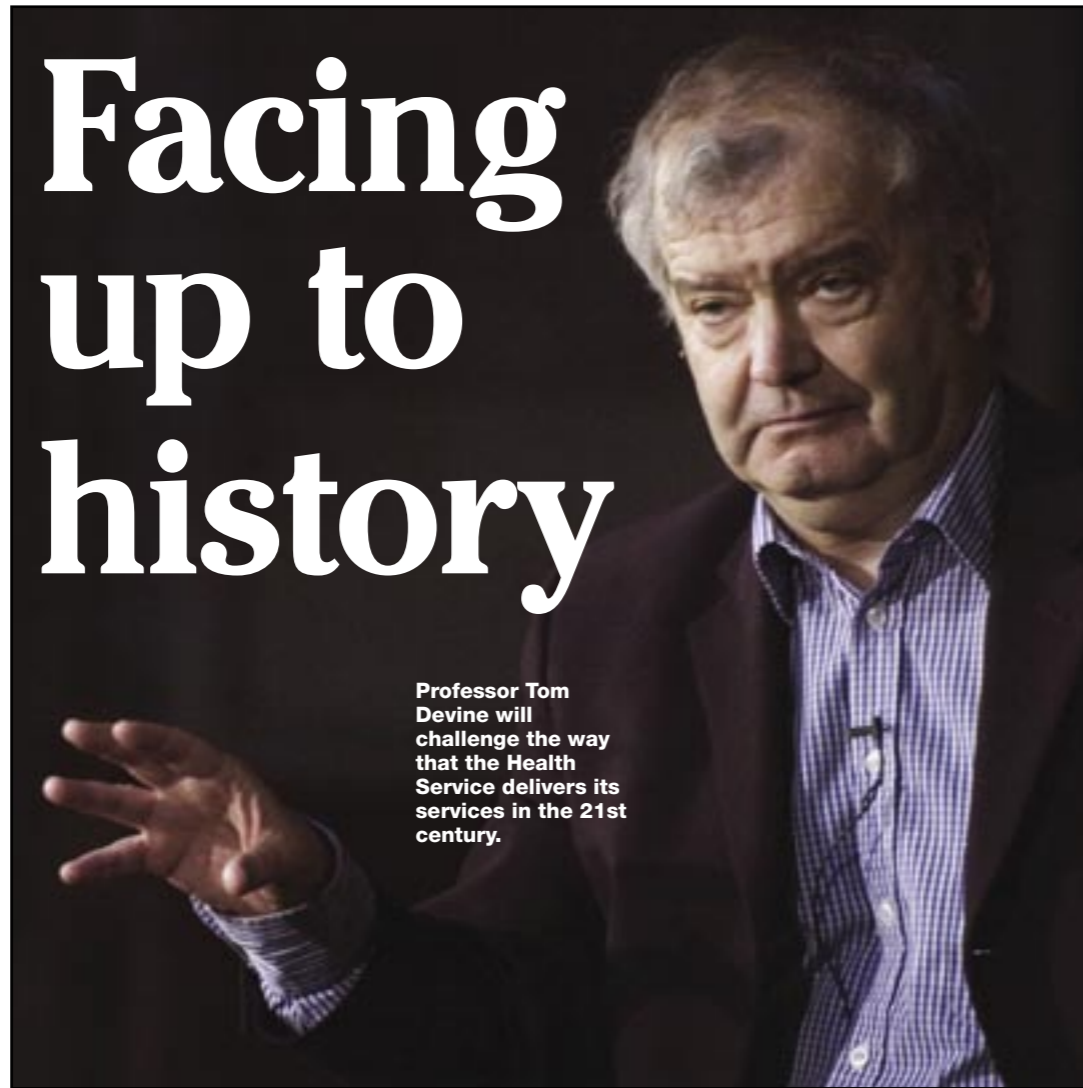
This series of events is intended to 'grow dialogue' between the NHS and the people it serves and regularly attracts more than 400 delegates.

In June, Professor Devine will be showing that, since 1950, Scotland and the West has undergone the most radical and intense changes in society, population, wealth and attitudes it has ever experienced. He will point out that Scotland in 1950 was far closer in every way to Scotland in 1850 than the Scotland of today is to 1950.

The Professor's conclusion is that public services, especially the NHS, have to completely re-think the way they deliver services and asks how NHS 24 and NHS Greater Glasgow and Clyde are facing up to this.

Most of the event, which is being organised jointly by NHS 24 and NHS Greater Glasgow and Clyde, is devoted to discussion sessions in which panel members will be responding directly to questions from the audience about the changing shape of healthcare. Delegates will get a chance to provide their own answers to that question and then hear what

# Facing up to history



Professor Tom Devine will challenge the way that the Health Service delivers its services in the 21st century.



Television and radio broadcaster Cathy MacDonald will host the Our Health event.

our Chief Executive, Tom Divers has to say.

Well-known TV and radio broadcaster Cathy MacDonald will act as host and make sure the public can raise the issues that concern them.

Panel members include Dr George Crooks, Medical Director for both NHS 24 and the Scottish Ambulance Service; Dr Linda de Caestecker, our Director of

Public Health; Dr Norrie Gaw, Medical Director of the NHS Glasgow Emergency Medical Service and prominent local pharmacist, Elizabeth Roddick.

Three of the question-and-answer sessions will be based around examples of the types of patients now most typically treated by the NHS. Public Health Consultant, Dr Helene Irvine will introduce each example and the panel will aim to show how services are organised around the needs of each patient as they respond to audience questions.

There will also be a chance to visit a number of interactive displays designed to show the range and variety of services

provided by the modern NHS, including a fully-equipped paramedic vehicle.

Getting the best from your NHS begins with registration, tea and coffee at 10.30am on June 14 and will finish at 3.00pm. Attendance is free.

If you would like to reserve a place at the event, tel: 0141 201 4558, email: [lyn.stirling@ggc.scot.nhs.uk](mailto:lyn.stirling@ggc.scot.nhs.uk) or write to:

**Our Health - Getting the best from your NHS**  
Communications Directorate  
NHS Greater Glasgow and Clyde  
Dalian House  
350 St Vincent Street  
Glasgow  
G3 8YZ

## All aboard the Skylark

CHILDREN in Inverclyde are to reap the benefits of a £200,000 integrated children's centre at Inverclyde Royal Hospital.

The new centre will build on existing services provided at the Skylark Ward and will see specialist acute, community and social work services come together under one roof for the first time. The ward will continue to see children for routine outpatient and day surgery appointments, but there will be an expanded service to provide support to children with complex and chronic illnesses.

There will also be an extensive range of specialist services including physiotherapy, speech and language, therapy and social work.

Work will begin in the next few weeks redesigning the ward and is expected to finish within a couple of months.

## Progress on new Renfrew Centre

PLANS are continuing for the creation of the new Renfrew Health and Social Work Centre.

To be built on a site that lies between Renfrew Town Centre and the Braehead development, the new centre will replace the existing facility in Paisley Road.

Purpose-built and larger than the existing facilities, the new centre will house a wider range of services including GP practices, minor surgery, physiotherapy, podiatry (foot care), health visitor and district nursing teams, social work and home care services, and additional nurse-led clinics.

Work is expected to start later this year, with completion set for late 2009.

## Green light for new Barrhead Centre

ANOTHER milestone has taken place in the development of the new Barrhead Health and Social Care Centre.

The Outline Business Case was approved in May and work is now underway to appoint a design team.

The centre, which will be located on the site of the former Carlibar Primary School, will house a wide range of local health and social care services. This includes the three Barrhead GP practices, community nursing teams, day-care and support for older people, and community mental health services.

- Counselling services and emotional health
- Translation services can be provided if necessary

All the services are provided in a relaxed and sensitive way, and are completely confidential.

Sandyford Clinical Director Dr Alison Bigg says the hubs are all about making care available close to home: "Sandyford East Renfrewshire is the fifth in our series of hubs. It offers men, women and young people the very best of sexual, reproductive and emotional health care in the heart of East Renfrewshire."

"All our services are free, confidential and completely non-judgemental."  
Information: [www.sandyford.org](http://www.sandyford.org)

## New Sandyford hubs join community network

GLASGOW and Clyde residents now have even greater access to sexual, reproductive and emotional health services with the opening of a new 'hub'.

The 'hubs' are special clinics linked to the award-winning Sandyford Initiative in the city centre, which provide local sexual health services.

So far, we've opened five Sandyford 'hubs': Southeast Glasgow, East Glasgow, Inverclyde, North Glasgow and East Renfrewshire. Plans are in hand to open a further two - Sandyford Renfrewshire and Sandyford West Dunbartonshire - in the future.

Sandyford East Renfrewshire is the latest such clinic to begin seeing patients. Like the Sandyford hubs, it brings together



Lead Nurse Aileen Spiers measures a patient's blood pressure.

and builds upon existing family planning and sexual health services in the local community.

Based in Barrhead Health Centre, Sandyford East Renfrewshire is open three days a week, offering a number of sexual, reproductive and

emotional health services for men, women and young people under one roof. This includes:

- Designated clinic times for men, young people and women, both scheduled (i.e. you have an appointment) or as a drop-in
- Care and support for sexually transmitted infections
- Free condoms and lubricant
- Contraception and emergency contraception
- Pregnancy testing
- Well woman screening and specialist clinics such as menopause
- Priority walk-in services for young people (The Place)
- Library and information service with books and leaflets on all aspects of health
- Free internet access

**SCOTTISH actor, director and writer David McKay is well-known thanks to a twenty-year career in theatre, film and television. In April 2005 he sustained serious head injuries in a motorcycle crash in Glasgow. Here, he tells Health News about how NHS Greater Glasgow and Clyde staff helped bring him back to health.**

"I can't remember the accident but I remember bits and pieces at the Victoria A&E, where I went into a coma.

"At first they thought it was hopeless, but one of the nurses got a neurology specialist who sent me straight to the Southern General. The ambulance sped me over there and the team started surgery immediately, thanks mainly to this nurse.

"Luckily I came through the surgery, but I was still in the coma. When I first came to I was even speaking German! My brother had to put the nurses straight that I was Glaswegian!

"As I started getting better, that went away and thankfully now we can laugh - I say thankfully because it could have been a lot worse. Staff at the Southern told my family if I did come out of the coma I might be in a wheelchair, so everybody was terrified.

"The next stage was really about getting my life back. I was frustrated because I'm a big Robert Burns fan and I play guitar, but I couldn't remember any Burns poems or how to play the guitar. The more I tried, the more frustrated I became.

"But I'll never forget this. They let me out of hospital for small amounts of time, then eventually overnight. One morning, I woke up and started reciting 'Tam O' Shanter' from memory - I couldn't believe it!

"The number of people involved in my recovery was overwhelming and they were great - patient, understanding and very compassionate. A lot of it was very basic. One man would ask me things like: 'What's that on my wrist?' and I'd have to say: 'it's a watch'. It was as basic as that.

"Occupational therapy staff were great, they got me to cook an omelette

SCOTS ACTOR AND WRITER DAVID MCKAY WAS A WELL KNOWN FACE ON OUR TV SCREENS... BUT A HORRIFIC ACCIDENT LEFT HIM CLINGING TO LIFE...

# Why I love our NHS

and we all tucked in!

"After being at the Southern then the Vicky, I left hospital and went to the wonderful people at the Community Treatment Centre for Brain Injury in the Gorbals. Their job was to see what I remembered and that went on for months.

"In August 2006, I was asked to direct a programme called High Times. I wasn't supposed to work for two years, but the woman who worked with me at the Community Treatment Centre was a great support and I did it.

"I also did a 1000-mile walk for a wee boy called Ivan McGaw who has a brain disorder and was being helped by



MAIN PICTURE: David as McTaggart in Shoebox Zoo. PHOTOGRAPH COURTESY OF THE BBC. INSET: David McKay... back to full health.

dolphin therapy. I saw his story on TV news and it just got me ... this wee boy fighting to communicate.

"Suddenly my accident didn't seem as bad. I rang round big companies, asked for a pound a mile and they all said yes. We raised £20,000 a year after my accident."

The High Times series directed by David won a BAFTA Award. He returned to acting in the Tron Theatre Company's production of Shakespeare's The Tempest. He has recently completed a nationwide tour of the play Aalst with the prestigious National Theatre for Scotland.

"My accident's taught me a lot about

our NHS. I certainly knew how big and beautiful it was, but until I actually needed it to save my life, I hadn't seen how it all comes together and how important it is for us all.

"When I was recovering, I asked to meet the A&E team who were on when I came in. We shook hands, hugged, cried and I thanked them. There was this one nurse who was there who couldn't believe I'd survived and she said a wonderful thing to me... she said she was getting a wee bit down in the job, but when she saw she'd helped saved my life, she changed her mind.

"I'm living proof that the NHS is a brilliant institution."

## Who opened the new teen cancer unit... not the Doctor!

**ROCK legend and Who frontman Roger Daltrey has officially opened Scotland's first specialist unit providing dedicated care for young cancer patients.**

The six-bedded unit at the Beatson West of Scotland Cancer Centre was funded by the Teenage Cancer Trust and includes internet access, flat screen TVs with satellite access, DVD players, games consoles and state-of-the-art sound systems.

The £500,000 unit also contains a day room with panoramic views across the city and a cafe-style area.



ROGER Daltrey at the opening with patients Allister Boyd (left) and Scott Saunders.

### INFO SPOT

- WANT to know where to find your nearest pharmacy, dentist or optician?
- Want to know more about seeing your medical records or changing your doctor?
- Interested in finding out more about your local health services?
- Want to find out more about the building of our new hospitals?
- Not sure what time you can visit your friend or relative in hospital?
- Want to view the wide range of job opportunities within the NHS?

All the answers are on our new-look website. Go to: [www.nhsggc.org.uk](http://www.nhsggc.org.uk)

# Digital era PACs the KO punch for X-rays

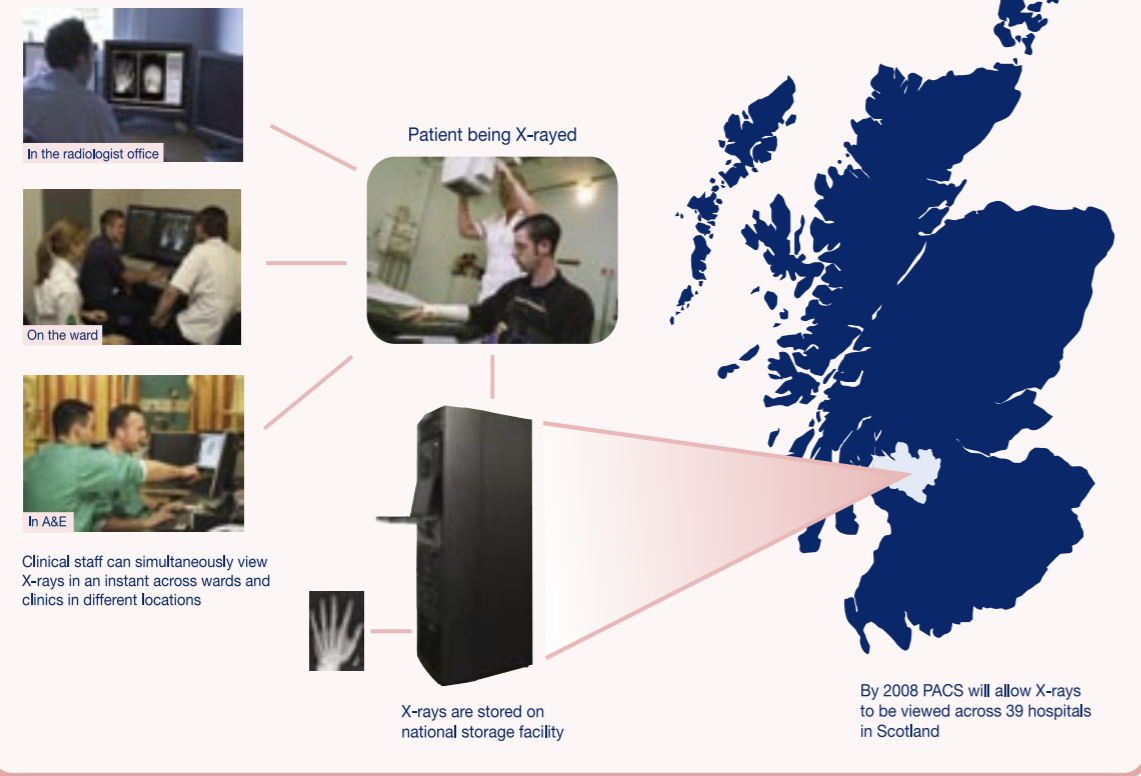
ANY fan of ER or Casualty will be used to the sight of doctors crowding round a viewing box, examining a patient's X-rays.

This traditional method of viewing X-rays will soon be a thing of the past. A new national computer system is set to revolutionise the use of x-rays and other images in hospitals.

First introduced at the Victoria Infirmary and Southern General Hospital last year, it is now being rolled out to 39 hospitals across Scotland. In Glasgow, this will be complete by 2008.

Here, we report on how the new system will benefit patients.

## How PACS works



PACS (Picture Archive and Communications System) is a computer system which allows the digital capture, viewing, storage and transfer of X-rays and other scans, such as CTs and MRI.

Once an X-ray is taken, a digital image is immediately captured on computer, where it is stored along with previous images and reports. For the radiologist who is responsible for interpreting an X-ray, this means instant access to current and old images ...and for the patient, this means a faster, more accurate diagnosis.

Computer workstations in wards and clinics throughout the hospital will allow clinical staff to view X-rays and results instantly. No longer will clinical staff have to chase X-rays films or wait for paper reports to be sent to them from the x-ray department. PACS will ensure that images can be viewed simultaneously in different locations by all those responsible for their care.

Dr Andrew Downie, a radiologist based at the Victoria Infirmary where PACS has been installed, is the lead consultant for the roll-out of the system within Glasgow's hospitals. Explaining its benefits, he



EXAMINING X-rays with a viewing box will soon be a thing of the past, thanks to the PACs system.

said: "If you need to attend A&E with a suspected broken bone, A&E staff can now review and manipulate images on a PC and compare with previous images and reports instantly. They can, if necessary, seek an immediate second opinion from specialists working elsewhere in the hospital - who are also able to view the images on their computer.

"Furthermore, as a radiologist, I can report the examinations promptly, without the need to remove the images from the ward, or transport film packets around the hospital. We now report every examination, and yet we do it faster."

The images will also be stored in a central national storage facility, meaning that X-rays can be shared by doctors working in different hospitals

and in different Health Board areas if necessary. This will be especially useful in Glasgow's hospitals which provide a number of regional and national specialist services.

Dr Downie explained: "Glasgow's hospitals provide a wide range of highly specialised services for the population of the West of Scotland, such as specialist cancer services and neurosurgery. PACS will allow doctors treating these patients within our hospitals to access images and reports from the referring hospital. This will help deliver a faster, more accurate diagnosis and more efficient emergency referrals, such as for serious head injuries.

"This will also aid cross-city working, which will increasingly be a feature of how patients are treated once

Glasgow implements in full its major hospital modernisation programme. Whilst patients will continue to get the majority of their care locally, inpatient care will be concentrated in three hospitals. PACS will allow CT and MRI scans taken at the New Stobhill and Victoria Ambulatory Care Hospitals to be viewed and reported electronically by specialist radiologists, regardless of which hospital they are working in."

For some patients, the most obvious difference will be the fact that their images are available when they attend the clinic. The current reality is that some X-ray films are lost or missing at the time of consultation. This can mean patients having to repeat their X-ray or being recalled to the clinic when the X-rays have been found. With PACS, all current and previous digital images will be available automatically and almost instantly.

Dr Downie added: "One of the most frustrating things about using conventional X-ray films is the time that is wasted searching for those that have been misplaced or are in use in another part of the hospital. It is time-consuming for medical and clerical staff. More importantly, it can delay reaching an accurate diagnosis. With PACS, we no longer have these problems, but have all our patients' medical images at the click of a mouse."

## History of medical imaging

MEDICAL imaging has come a long way since the discovery of X-rays at the end of the nineteenth century.

German physicist Wilhelm Conrad Roentgen discovered X-rays in 1895 and received the Nobel prize for physics in 1901. For the first time physicians had a non-surgical tool to see inside the body. His achievement heralded the age of modern physics and transformed medical practice.

The medical use of ultrasound started in Glasgow in the late 1950s. Professor Ian Donald and his colleagues working at the University of Glasgow's Department of Midwifery were the first to apply ultrasound in the field of obstetrics and gynaecology.

In 1972, British engineer Godfrey Hounsfield invented CT scanning. CT combined X-ray images with a computer. If you take many X-rays of the same area, at slightly different angles, a computer can put the information from the X-rays together, to create a cross-sectional image. The first CT images took 11 minutes each to acquire and compute; a modern scanner can generate 1000 images in 20 seconds.

While CT scans use X-rays, MRI uses magnet technology to take images. The first clinical use of MRI took place in Nottingham University Hospital in 1967.

## PACS facts

- Nationally, the PACS system will be rolled out across 39 hospitals and 67 satellite centres with X-ray departments
- It will manage an estimated 3.2 million examinations per year - more than 700,000 in Glasgow alone
- The system is already in place in the Southern General and Victoria Infirmary where the hospitals are "filmless" - the use of conventional X-ray film has been almost eliminated
- Installation of the system is currently underway at the Yorkhill Hospitals, the Western Infirmary and Gartnavel and work will begin at Stobhill and Glasgow Royal Infirmary later this year
- The hospitals in Clyde, the Dental Hospital and major health centres will be considered in the next phase of development

# THE AFRICAN MISSION



FOUR PAGE SPOTLIGHT ON HOW YOUR NHS IS HELPING TO IMPROVE MEDICAL CARE FOR MILLIONS

HEALTH Board Chairman Professor Sir John Arbuthnott, has been at the centre of a major global conference calling for urgent international action to tackle Africa's impending cancer crisis.

Backed by the Gates Foundation and the World Health Organisation, the conference brought together the Health Ministers of 23 African nations, many of the world's leading cancer specialists and the international cancer agencies.

Following two days of intense discussions, the 'London Declaration on Cancer Control in Africa' was agreed by the conference delegates.

The declaration - to raise awareness of the magnitude of the cancer burden in Africa and to call for immediate action to bring comprehensive cancer care to African countries - has now been tabled at a World Health Organisation meeting by African Health Ministers.

Sir John explained: "Africa is on the brink of a cancer epidemic. However, international efforts to help tackle health issues in sub-Saharan countries have, to date, largely focused on HIV/AIDS, TB and malaria and many poor countries are simply unable to cope with the accelerating burden of cancer.

"By 2020, there are expected to be 15 million new cases of cancer every year worldwide, 70 per cent of which will be in developing countries. Africa will account for more than a million new cancer cases every year and it is least able to cope in terms of health infrastructure."

Held in London at the beginning of May this year, 'Cancer Control in Africa' marked the start of the creation of an international action plan for cancer management in Africa, in partnership with the African Ministers for Health who attended.

Sir John said: "The conference allowed us to review the enormous scale of the challenge ahead and also agree the six key steps needed to avert disaster. We will develop a way forward for concerted international action to be implemented urgently.

"We are calling on research institutions, international organisations, national governments and civil society in developed and developing countries to unite



# Chairman leads global project to prevent African cancer disaster



PROFESSOR Sir John Arbuthnott, Chairman of NHS Greater Glasgow and Clyde with Dr Basilio Mosso Ramos, Health Minister, Cape Verde.



THE global conference brought together the Health Ministers of 23 African nations, The World Health Organisation and some of the world's leading cancer specialists to discuss the range of issues and solutions to Africa's growing health problems.

and work together to bring comprehensive cancer care to Africa."

Together with Sir John, fellow Scot, Professor David Kerr of Oxford University, and Alan Milburn, former Secretary of State for Health, were also instrumental in coordinating the conference.

Following the meeting, a

report will now be produced and work will start on a detailed action plan to develop an international coalition and establish a funding drive.

AfrOx, a new organisation set up by Professor Kerr, will lead the way in this work.

Professor Kerr said: "Cancer care services in Africa are desperately limited. Life-

saving radiotherapy is available in only 21 of its 53 countries, or to less than 20% of the total population. Lack of resources and basic infrastructure mean that millions of people have no access to cancer screening, early diagnosis, treatment or palliative care.

"At the same time, more than one third of cancer deaths in

Africa are due to rampant viral infection, poor nutrition and widespread tobacco use. Many of these lives could be saved through prevention strategies including vaccination, education and investment in public health.

"With concerted early action, cancer in Africa is a disease that can be tackled."

# Foundations for life

Even for those without HIV, the average life expectancy in Malawi is just 39 years... now NHS Greater Glasgow and Clyde is joining the Clinton Hunter Development Initiative to help bring hope to a country in crisis

By Emma Gregory

**A** FORMER U.S. President and Scotland's best known entrepreneur are teaming up with Glasgow's hospitals in the hope of saving thousands of lives in Malawi.

NHS Greater Glasgow and Clyde (NHSGGC) has joined forces with the Clinton Hunter Development Initiative (CHDI) to deliver desperately needed medical equipment to hospitals across the poverty-stricken country.

NHS Greater Glasgow and Clyde Chairman Professor Sir John Arbuthnott, said: "We are delighted to be able to support the people of Malawi, with whom NHSGGC already has strong links.

"Thanks to our own modernisation programme in Glasgow, we not only have the opportunity to improve services for the people of the West of Scotland, but also to make a significant improvement to health services in one of Africa's most densely populated countries."

Sir Tom Hunter said: "This is a pragmatic and focussed partnership that will undoubtedly make a significant and lasting difference to Malawi - I'd like to thank Sir John for his personal leadership of this initiative. We have much to do in CHDI and welcome this type of partnership with open arms."

High tech hospital equipment - including ventilators, heart monitors and operating theatre kit - will be shipped the 5,290 miles to Malawi in the next few weeks.

Among the hospitals that will benefit from Glasgow's aid package will be Bwaila Hospital, one of the country's main maternity facilities based in the capital city of Lilongwe, and Neno District Hospital, in the impoverished rural area of Neno.

Former U.S. President Bill Clinton and Scots entrepreneur and philanthropist Tom Hunter teamed up their charitable Foundations last year to deliver aid to Malawi. They have now joined with NHSGGC to identify equipment which would be useful in Malawi, bringing it into the country and placing it in facilities where it is most needed.

NHS technicians have been busy testing and servicing the equipment to ensure that once it arrives in Malawi, medics on the ground will be able to put it to use straight away.



**ALAN Hannan, Manager, Technical Services for Bioengineering, testing an anaesthetic machine before it is shipped to Malawi, where hospital conditions (pictured below) are in crisis.**



MALAWI PHOTOGRAPHS COURTESY DONALD MACLEOD, THE SCOTSMAN AND AUBREY FAGON, VSO

## MALAWI FACTFILE

### Health of the nation:

- Malawi has a population of around 12 million people and is one of the most densely populated countries in the African continent.

- Life expectancy in the country is 39 years - five years lower than it was 50 years ago. This drop is due to insufficient nutrition, poor access to medical treatment, low income (most Malawians earn less than \$1 per day... around 60 pence) and other factors.

- Child mortality - 103 children die per 1000 and there are more than a million orphans, 700,000 of which became orphans because their parents died of AIDS.

- Tens of thousands of Malawians die from AIDS every year and around 14.2% of the population is HIV-positive.

- Malawi's staple food is maize and most farmers rely on subsistence farming. However, the country is prone to natural disasters including drought and heavy rainfall, which affect crops and means that the people need thousands of tonnes of food aid every year.

### The country

- At a just over 45,000 square miles (20% of which is taken up by Lake Malawi), the Republic of Malawi is one of Africa's smaller countries.

- It is situated in south-eastern Africa, bordering on Tanzania to the north, Zambia to the west and Mozambique to the east and south.

- Lake Malawi is the third largest lake in Africa and is sometimes called the Calendar Lake as it is 365 miles long and 52 miles wide.

- The capital is Lilongwe and the largest city is Blantyre, named after the Scottish birthplace of Victorian explorer and missionary David Livingstone.

- David Livingstone was the first Westerner to make significant contact with the people of Malawi in 1859.

- Malawi's official languages are English and Chichewa.

- Malawi gained its independence from the UK in July 1964 and became a republic in July 1966.

- The currency is the Kwacha.

- The country's economy is heavily dependent on agriculture and its three most important export crops are tobacco, tea and sugar.

Glasgow  
SCOTLAND

5290  
miles

Lilongwe  
MALAWI



Conditions on a Malawian ward.

PHOTOGRAPH COURTESY DONALD MACLEOD, THE SCOTSMAN

**O**UR links with Malawi are already well established. As this edition of Health News hits the streets, we have doctors and nurses living and working in Malawi and other parts of Africa delivering vital healthcare.

Others have already returned home following successful health aid missions in the poverty-stricken continent. Elsewhere, Greater Glasgow and Clyde doctors are involved in essential training for Malawian medics.

Here we profile some of the incredible work of your local NHS staff in a variety of African health projects.



JOANNA with new colleague Cris Sapele, Monitoring and Evaluation manager of the project in Zambia.

## VSO opportunity takes Joanna to Zambia project

JOANNA Dawes is an NHS Physiotherapist whose normal work routine is with some of Scotland's most vulnerable and needy people.

She works for the Homeless Service based at Hunter Street in Glasgow's Gallowgate but took advantage of a chance offered by VSO to take up the challenge of helping a vital HIV AIDS research project in Zambia.

Although many VSO healthcare secondments involve periods of around two years Joanna took advantage of more recently available short-term placement which took her out of Glasgow and over to Zambia for three months.

Speaking from the Comprehensive HIV AIDS Management Programme centre in Lusaka, Zambia, Joanna spoke of the "tremendous opportunity" to learn about Zambia and its people...and a



THE Monitoring and Evaluation Centre in Lusaka.

Joanna said: "Since graduating, I always wanted to work with VSO but life never lent itself to a two-year placement. When I heard about the short-term placements I got in touch.

"While there were no physiotherapy placements at that time to match my skills it was suggested I opt for the research post.

"And I am glad I did and would encourage others to consider VSO."

\* If you are interested in finding out more about VSO opportunities, visit: [www.vso.org.uk](http://www.vso.org.uk)

**T**WO Glasgow nurses, Beverley Wellington and Ellen Mackenzie, are now back on our wards having just returned from training nurses in Malawi.

The two Orthopaedic Nurse Specialists spent three weeks in the city of Blantyre training local nurses in specialist orthopaedic care.

Beverley, who is based at the Victoria Infirmary, has now made three trips to Malawi to help train and develop the country's orthopaedic nurses.

In fact, such has Beverley's contribution been to orthopaedic nursing in Malawi that she won Radio Clyde's 'Unsung Hero' award in 2005, following her initial visit to the country.

The trip was the first time Ellen, a joint replacement specialist based at Glasgow Royal Infirmary, had visited Malawi.

During their time in the East African country, Beverley and Ellen were based at CURE International Hospital, which is managed by American Charity, CURE.

The training they provided included specialist courses that built on the education projects Beverley set up on her first mission in 2005.

Beverley said: "It was wonderful to return to Malawi and see that the educational opportunities set up in 2005 are continuing to thrive, providing staff with the skills and knowledge to deliver high quality care in difficult circumstances."

One of Beverley and Ellen's main projects was to run a course that was attended by orthopaedic nurses from across the whole of Malawi.

Beverley said: "Working in Malawi is like turning the clock back 20 years. There is no point in teaching the



ORTHOPAEDIC Clinical Nurse Specialist, Beverley Wellington at CURE Hospital in Malawi.

## Nurses in a journey 'back in time' to bring hope to kids

staff 21st century Western hospital ward methods.

"You have to look at what they can do with the resources they have - it is a real challenge."

The Glasgow nurses also travelled to Bottom Hospital in Lilongwe, where they shared their expertise and knowledge with local staff.

In 2005, Beverley was invited to spend two weeks working at several hospitals in Blantyre.

Having been a specialist nurse in orthopaedics since

1983, Beverley said that she was "appalled" by the conditions at the government hospital

- Queen Elizabeth Medical Centre - where anaesthetic supplies would regularly run out.

She said: "The hospital was very ramshackle and there were 70 patients in a ward with only one nurse.

"Sheets and mattresses were torn and it was quite concerning to see patients lying in these degrading conditions.

"The week before we arrived, the hospital had run out of dressings and while we were there, they ran out of anaesthetic gas.

"They were just dreadful circumstances."

Beverley also said that drugs were in short

supply and nurses were trained only up to a very basic level.

Orthopaedics is an important medical specialty in Malawi where many children are born with congenital abnormalities and antenatal services are scarce.

The high number of road traffic accidents also adds to the demand for key orthopaedic skills.

Beverley added: "Despite the challenges of working in Malawi, I am humbled by the motivation of the hospital staff and the warmth of the Malawian people - it will always be a very special place to me."

## Sight-saving help from Glasgow eye docs

EARLIER this year, an historic agreement was signed which will see some of our top eye surgeons train local Malawian doctors to save the sight of thousands of children.

At present Malawi has five eye surgeons to serve some twelve million people and none of these surgeons have had specific paediatric training.

As part of the VISION 2020 objective to eliminate avoidable blindness, the Malawian Ministry of Health plan to establish an

international centre of excellence in eye care for children in the country's largest city, Blantyre.

Leading the vital project for NHS Greater Glasgow and Clyde is Associate Medical Director of the Woman's and Children's Directorate, Dr Iain Wallace.

He said: "A team of specialists from Glasgow has already spent some time in Malawi assessing the most important areas of need. We hope to start the programme this summer."



Dr Iain Wallace.

# Filling the need for better dental hospital

Multi-million pound facelift plan

**P**LANS are being developed for Glasgow's famous Dental Hospital in Sauchiehall Street which could see it approved for a multi-million pound refurbishment campaign.

The move follows years of uncertainty about the future of the hospital. At one point the condition of the Dental Hospital led many to believe the site would need to be vacated and a new one built elsewhere.

But then a specially commissioned NHS report showed that, provided we continue to look after the fabric of the buildings, they could last many more years. This has led to the development of a refurbishment plan that would ensure the landmark site remains in business for many years to come.

The proposal is only at the planning stage at the moment... but if the Scottish Executive approves a business case the work could start before the end of 2008.

The work could mean a full "scale and polish" for the Dental Hospital including:

- A complete internal modernisation
- Improved teaching and training facilities for students
- Enhanced safety and security features

It's planned that the proposals will be the subject of a staff and public consultation in June.

Current proposals would see the hospital undergo a major multi-million pound



KEVIN HILL... building should last many more years.

improvement to facilities and redesigned services for patients, staff and students at the Glasgow Dental Hospital and School.

The modernisation plans include both the tower block on Sauchiehall Street and the 'old building' in Renfrew Street.

There are also plans to centralise administrative functions in the 'old building', turning the tower block over to mainly clinical services where patients will continue to be seen and treated.

A brand new reception area would also be created at the Hospital's Sauchiehall Street entrance to make it more welcoming to patients and visitors.

Other plans include the centralisation of the hospital's Medical Records and laboratories. Teaching and training facilities, which the hospital provides in partnership with Glasgow University, would also be improved.

Security and safety improvements are also on the drawing board.

Kevin Hill, NHS Greater



THE Sauchiehall Street building.



OPEN TO IMPROVEMENT... the Dental Hospital's facilities and services will both benefit from investment.

## THE STORY SO FAR...

UP to the latter half of the 19th century, if you needed a filling or a tooth extracted, your choice of dentist could often be a hit or miss affair.

Before this time, many 'dentists' set themselves up in practice without any formal training.

However, following the introduction of the Dentists Act of 1878, it became compulsory to possess a diploma or licence to practice from one of the licensing bodies.

The Act also allowed the Faculty of Physicians and Surgeons of Glasgow to train students, institute examinations and grant diplomas in dental surgery. Although this was a positive step forward, it quickly became clear that there was a real need for the establishment of a dental school in the city and the first was set up within Anderson's College in George Street.

The first lecture of the Glasgow School of Dental Surgery took place in June 1879, making Glasgow the first place in Scotland to open a dental school. A dental hospital, where students could practice, was opened in November 1879.

When Anderson's College became part of the new Glasgow and West of Scotland Technical College in 1882, the dental school had to find a new home.

New premises were found at 56 George Square and the new Glasgow Hospital and School opened in January 1885. The hospital and school moved again to 4 Chatham Place (now Cathedral Street) in 1889, to 5 St Vincent Place in 1896, and 15 Dalhousie Street in 1904.

In 1932, the hospital and school moved again into what was the 'new building' in Renfrew Street and an extension to this building was officially opened by HRH the Duchess of Kent on December 3, 1970... you'll know these buildings as the 'old building' and the tower block that are still home to the Dental Hospital and School today.

Glasgow and Clyde's Director of Oral Health, said: "A number of years ago, we were faced with the possibility of having to build a new dental hospital on another site somewhere in Glasgow. There were fears about the condition of the current buildings and whether they could continue to provide a quality dental facility.

"However, two years ago, a Board-commissioned report showed that, provided we continue to look after the fabric of the buildings, they could last many more years.

"Work has already been carried out to maintain the outside of the buildings and now we're looking to refurbish inside to introduce modern dental clinical facilities.

"The plans for the site would mean the hospital remaining in its current location providing far superior dental facilities for patients, staff and the students who train there.

"We'll be looking for input from patients and staff during consultation later this year. We want to see what they think of the proposals for reorganising services to see how they think this can be best done and if they think what we are proposing is the right way forward."

Meanwhile there have been a number of interim improvements to some facilities at the Dental Hospital including a facelift for Level 5, the Paediatric Dentistry Department and the Central Sterile Services Department.

## INFO SPOT Health News online

SEE our terrific new online version of Health News at [www.nhsggc.org.uk](http://www.nhsggc.org.uk)

Bigger, brighter pages that are easier to read, the online version has a host of new features including instant access to any website address mentioned within the newspaper and printer-friendly pages.

# The new vision for mental health care

£19MILLION ROWANBANK CLINIC TO PROVIDE MODERN, INNOVATIVE, SECURE CARE SERVICES

**R**OWANBANK Clinic, the new £19million medium secure care centre on NHSGGC's Stobhill site, is due for completion within the next two months.

As the final touches are made to the building, we spoke to the project's key figures to paint an accurate picture of this innovative mental health facility.

Martin Montgomery, General Manager for Forensic Mental Health Services, said: "Although Rowanbank is a specialist mental health facility, it looks just like any other modern mental health hospital. It is single storey, has small wards with individual bedrooms, separate therapy areas and consulting rooms.

"Obviously it does have additional security features, however these have been built into the design and fabric of the building to ensure they are not obvious to the surrounding area. By doing this we have avoided the need for external perimeter walls or fences. This is particularly important as Rowanbank is an NHS hospital, not a prison."

Unlike other mental health hospitals where the average length of stay is around six weeks, patients at Rowanbank will normally spend around three years undergoing treatment and rehabilitation before they are transferred to another hospital or discharged.

As patients will spend the vast majority of this time inside the building, they need to have access to a range of facilities and activities to occupy their time during the day.

Professor Sir John Arbuthnott, Chair of NHS Greater Glasgow and Clyde, said: "We have a duty to care for all patients. It is vital that those who through mental illness may be a risk to themselves or others have access to the specialist care and treatment they require to give them the best possible chances of recovery.

"Recovery includes equipping patients with the practical skills and experience to help them cope after they are discharged. Rowanbank, therefore, has a number of recreational and therapeutic facilities including a sports hall, gym, learning centre and therapy kitchen. Patients will also have the opportunity to get involved in a number of arts and crafts, and gardening



THE new Rowanbank Clinic at Stobhill.



We wanted to create a bright, modern and attractive hospital which would aid the recovery of patients and provide a good working environment for our staff.'

- MARTIN MONTGOMERY

projects."

Rowanbank's innovative design and layout was developed over many months and incorporates many of the latest features and technology used in other parts of the country.

Martin Montgomery explained: "We wanted to create a bright, modern and attractive hospital which would aid the recovery of patients and provide a good working environment for our staff.

"We visited a number of similar centres across the UK to look at how they had been designed and spoke to staff about what worked best. By learning from this experience and taking on board feedback from our own staff and patients, I'm confident we now have one of the most modern, innovative secure care centres in the country."

This view is echoed by many key mental health support groups.

Steven Bell from the Circles Advocacy Project - a voluntary organisation which specifically supports patients undergoing treatment in mental health secure care centres - said: "Rowanbank Clinic is a symbol of a new vision for mental health care and promises to be the benchmark of excellence for future secure care centres.

"It is encouraging to see much-needed investment being made to develop new purpose-built mental health service facilities which will deliver 21st century care."

Donald Lyons, Director of the

Mental Welfare Commission for Scotland - an independent organisation which works to safeguard the rights and welfare of people with a mental illness, said: "It is a principle of mental health law in Scotland that people should have their freedom restricted as little as possible. A very small number of people with mental health problems need secure care. Rowanbank will help to ensure that such people get the right level of security, at the right time, as part of their overall care and treatment."

As well as making sure that Rowanbank is ready for patients, Martin Montgomery and his team are also preparing to unveil Rowanbank Clinic to the outside world.

He explained: "Over the next few weeks, before we admit the first patients, we will be organising a wide range of visits to give staff, partner agencies and mental health organisations the chance to see round the Clinic before it becomes operational.

"We also plan to give representatives from local resident groups, housing associations and schools the opportunity to see round the new centre and find out more about how it will be run. This will be an important first step in building a relationship with the local community and challenging some of the common myths and misconceptions surrounding secure care services."

## FAQs

**What is a medium secure care centre?**

Medium secure care centres are specialist mental health hospitals, which provide treatment for the small number of people with a mental illness who may be a risk to themselves or others because they are unwell.

**Are medium secure care centres prisons?**

No, they are NHS hospitals and the people treated there are patients not prisoners.

**Is Rowanbank just a mini Carstairs?**

No, medium secure care centres are very different from high security hospitals and any patients in Scotland who need to be cared for in a high security environment will continue to be admitted to the State Hospital at Carstairs for treatment.

**Will all patients have committed a crime?**

No, around one third of patients currently treated in medium secure care centres will not have committed any type of offence. In addition, some patients may be admitted directly from court or prison for mental health assessment or treatment. These patients are unlikely to be of significant risk to anyone and the crimes they may have committed will usually have been minor.

**Is Rowanbank the first centre of its kind in Scotland?**

No, the Orchard Clinic in Edinburgh opened in 2000 and a third secure care centre is expected to be built in Perth to serve the north of the country.

**What about the plans for a West of Scotland centre?**

Plans to develop a separate West of Scotland centre at Dykebar Hospital in Paisley have been postponed pending the outcome of a review of mental health services across Clyde. In the meantime, it has been agreed that Rowanbank Clinic will be used as a West of Scotland facility on an interim basis.

**Will medium secure care centres increase the risk to the general public?**

No, providing patients with the specialist therapy and support they need will actually improve public safety as patients who have undergone treatment and rehabilitation are less likely to become ill again or re-offend after they are discharged.

**Will medium secure care centres increase the risk to the general public?**

No, providing patients with the specialist therapy and support they need will actually improve public safety as patients who have undergone treatment and rehabilitation are less likely to become ill again or re-offend after they are discharged.

## FACTFILE

No. of beds - 74.

No. of wards - 8.

Total investment - £19million.

Number of staff - around 300.

Average length of stay - three years.

# The DIRECTORY

## NHS 24

08454 24 24 24

Confidential telephone health advice and information service for people in Scotland.

NHS online health guide: [www.nhs.gov.uk](http://www.nhs.gov.uk) and click on the link or visit [www.nhs24.com](http://www.nhs24.com)

USEFUL PHONE NUMBERS

## ADDICTIONS

### Alcohol and Drug Addiction Services

National Alcohol Information Line

0800 917 8282

Alcoholics Anonymous (AA)

0845 769 7555

[www.aa-uk.org.uk](http://www.aa-uk.org.uk)

Alcoholics Anonymous, 50 Wellington Street, Glasgow

0141 226 2214

Al-Anon (for families of people with alcohol problems) 020 7403 0888

[www.al-anonuk.uk](http://www.al-anonuk.uk)

Al-Anon Information Centre, 22 Mansfield Street, Partick

0141 339 8884

For information on your local Community Addiction Teams

0141 276 6602

## BEREAVEMENT

The Family Bereavement Service based at Yorkhill works with parents, siblings and carers of children who have died. They can be contacted by phone, tel: 0141 201 9257, or via email at: [yfbs@yorkhill.scot.nhs.uk](mailto:yfbs@yorkhill.scot.nhs.uk) CRUSE Bereavement Service 0141 248 2199 or contact the National office, tel: 01738 444 178.

## CARERS

Special information and support line for carers, tel: 0141 353 6504, email: [care.support@nhs.uk](mailto:care.support@nhs.uk) or go to: [www.nhs.gov.uk](http://www.nhs.gov.uk) and click on Health in the Community for more information for carers.

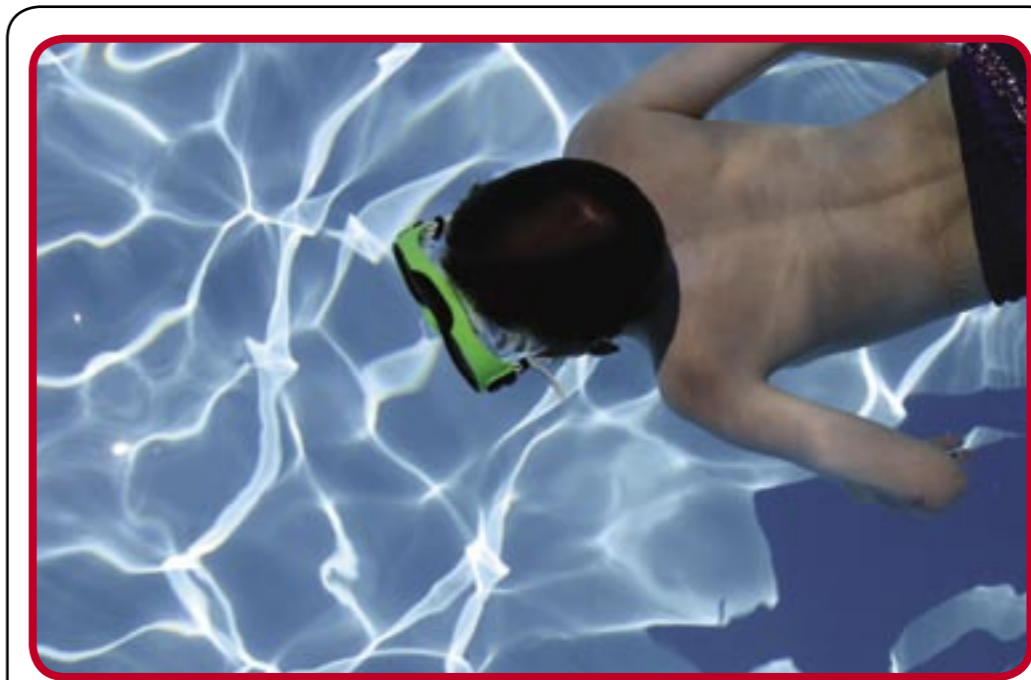
## EXERCISE

The Live Active Exercise Referral Scheme - Contact your GP, Practice Nurse or Physiotherapist for a referral to this scheme, which offers advice, support and encouragement to help you exercise more.

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. Information: Hugh McNish - tel 0141 287 0238.

## MENTAL HEALTH

Breathing Space which is a website and telephone helpline for people experiencing low mood and depression. Tel: 0800 838587 or [www.breathingspacescotland.org.uk](http://www.breathingspacescotland.org.uk)



## Playing safe on holiday

GOING on holiday soon? Make sure you're in holiday heaven not holiday hell this year by following our top tips.

A few simple preparations before you go can save you or your fellow travellers becoming unwell:

**Immunisations** - before your trip, look at the potential health risks for the country you're going to. Your doctor can give you advice and arrange any immunisations and anti-malaria medication you need, or you can go to a specialist travel clinic. Don't leave this until the last minute and allow yourself at least four weeks as some vaccines take at least two weeks before they are effective.

**Sexual Health** - it's important to enjoy your holidays, but don't put yourself at risk whilst doing so. Make sure you have your friends with you and look out for each other. Pace yourself when drinking and be careful not to get too drunk... advice have found themselves in compromising or unsafe situations due to overconsumption of alcohol. Don't forget your condoms - research has shown people have a higher risk of acquiring a sexually transmitted infection (STI) whilst abroad.

**Food and drink** - take precautions against diarrhoea by using bottled water abroad for drinking, washing food and cleaning your teeth; avoid ice; make sure food has been freshly and thoroughly cooked; avoid uncooked food.

**Sun safety** - avoid painful sunburn and lessen your chances of getting skin cancer by staying in the shade between 11am and 3pm; cover up, use at least a factor 15+ sunscreen; take extra care with children and babies should never be exposed to direct sunlight; make sure you keep yourself hydrated by drinking lots of non-alcoholic liquids.

**Getting treatment abroad** - always ensure you have adequate private health insurance to cover you in case of accident or illness whilst on holiday. If you're going to a European Economic Area (EEA) country or Switzerland, you should also make sure you've got a European Health Insurance Card (which replaced the E111 form) as well as private health insurance. Information: your local Post Office or [www.dh.gov.uk](http://www.dh.gov.uk)

## DATES FOR THE DIARY...

Next date for the meeting of NHS Greater Glasgow and Clyde Board, Dalian House, 350 St Vincent Street, Glasgow - Tuesday, June 26, 2007 at 9.30am.

**Our Health - Getting the best from your NHS** - Thursday, June 14, 2007 at the Royal Concert Hall, Glasgow.

Deafblind Scotland's Annual Forum - June 11, 2007, The Campanile Hotel, 10 Tunnel Street, Glasgow, tel: 0141 777 6111 or email: [info@deafblindscotland.org.uk](mailto:info@deafblindscotland.org.uk) or write to: Deafblind Scotland, 21 Alexandra Avenue, Lenzie, Glasgow, G66.5BG

**Community Health (Care) Partnership Committee Dates**

Your local Community Health (Care) Partnership (CHCP), which manages your local health services, holds regular committee meetings. These meetings are open to the public

who can come along and observe decisions being made.

The dates below are for three of our 11 CH(C)P committees. We'll let you know when the dates for the other eight CH(C)Ps are decided.

**East Dunbartonshire CHP Committee meeting dates for 2007:**

June 29

August 31

October 26

December 28

All meetings take place in the Corporate Meeting Room at Stobhill Hospital, starting 9.30am. Contact: Karen Gillespie, tel: 0141 201 4217, email: [karen.gillespie@glacomen.scot.nhs.uk](mailto:karen.gillespie@glacomen.scot.nhs.uk)

**West Dunbartonshire CHP Committee dates 2007/08:**

July 11 - The Foyer, Denny Civic Theatre, Dumbarton (2pm)

September 12 - Conference Room, Dalmeir C.E. Centre (4pm)

November 14 - The Foyer, Denny Civic Theatre, Dumbarton (4pm)

January 23, 2008 - Conference Room, Dalmeir C.E. Centre (2pm)

March 12, 2008 - The Foyer, Denny Civic Theatre, Dumbarton (2pm)

Contact: Gordon Whitelaw, tel: 01389-812318, email: [gordon.whitelaw@glacomen.scot.nhs.uk](mailto:gordon.whitelaw@glacomen.scot.nhs.uk)

**East Glasgow CHCP Committee dates 2007:**

July 30

September 17

November 26

All meetings are held at 9.30am, Newlands Centre, 871 Springfield Road, Parkhead, Glasgow unless otherwise stated. Contact: Eileen McGinness, tel: 0141 277 7452, email: [eileen.mcginness@glacomen.scot.nhs.uk](mailto:eileen.mcginness@glacomen.scot.nhs.uk)

October 26

December 28

January 23, 2008

February 20, 2008

March 19, 2008

April 16, 2008

May 14, 2008

June 11, 2008

July 9, 2008

August 6, 2008

September 3, 2008

## 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.

For more information, contact: The Sandyford Initiative, 2 Sandyford Place, Sauchiehall Street, Glasgow G3 7NB.

Tel: 0141 211 8600

Web: [www.sandyford.org](http://www.sandyford.org)

Email: [helpsandyford@glacomen.scot.nhs.uk](mailto:helpsandyford@glacomen.scot.nhs.uk)

Information on sexual health services is available at: [www.yoursexualhealth.org.uk](http://www.yoursexualhealth.org.uk)

For people living in the Clyde area, there is 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

Barrhead

0141 880 6161

## STOP SMOKING

Starting Fresh is available in more than 160 pharmacies throughout Glasgow, where trained staff can offer one-to-one support. Contact: 0800 389 3210.

Stop Smoking groups also meet in most areas of Glasgow once a week. Contact: 0141 201 9825, or log onto [www.smokingconcerns.com](http://www.smokingconcerns.com)

If you live outside the Glasgow area: Paisley 0141 842 4829/4833 Renfrewshire 0141 314 0236

Barrhead, Renfrew and Erskine

0141 314 0815

Inverclyde 01475 724 477

Dumbarton, Vale of Leven and

Lochside 01389 812 344

## YORKHILL FAMILY COUNCIL

THE Yorkhill Family Council is an informal meeting for parents and carers or voluntary organisation representatives. People can come along and hear about what is happening, raise issues (but not individual complaints) and help us by giving your views.

Our 2007 meetings are:

August 20 (6-8pm)

November 19 (10.30am-12.30pm)

Information: [family.council@yorkhill.scot.nhs.uk](mailto:family.council@yorkhill.scot.nhs.uk) or

Marjorie Gillies, tel: 0141 201 9354 (Mon-Thur).

## EMERGENCY PLANNING CHIEF AND HIS TEAM PLAY KEY ROLE IN UEFA GAME

**T**HERE was a "third" team at this year's UEFA Cup Final at Hampden Park and, in their own way, they were key players at the glamour tie between Spanish teams Sevilla and Espanyol.

The NHS was right at the heart of planning for the event so that, had anything gone wrong on the night, we were there to help.

Along with colleagues from the Police, Fire and Rescue, Ambulance Service and voluntary first aid groups, we provided a behind-the-scenes safety net for the 30,000 football fans who descended on the city.

And representing the NHS on this 'super team' was Head of Civil Contingencies Planning, Alan Dorn and a team of medics.

Alan said: "A lot of detailed planning went into this event to ensure that we were ready for anything. Around 30,000 fans of all ages attended the match and we had to be prepared for any kind of eventuality and to offer any medical support they might need."

That included assessing the likelihood of injuries, guessing how fans would behave and looking to see whether there were any likely 'flashpoints'.

One of the things the team did was to "divide" the city into two fan zones - one in

**ALAN Dorn** outside Hampden.

PHOTOGRAPH COURTESY OF THE EVENING TIMES.



# Our man at the cup final

George Square and the other in the Merchant City - each with two experienced doctors, four accident and emergency trained nurses, and an ambulance with a paramedic.

"We also had four nominated hospitals on standby in case of a major emergency, including the Royal Infirmary and the Victoria Infirmary," said Alan.

This isn't the first time Alan has been involved in such a huge football event. The 58-year-old former RAF Flight Lieutenant was also involved in the planning behind the successful Champions League final at Hampden in May 2002.

He said: "For the Champions League game we only had to deal with minor casualties and it

all went very well."

He's also had a lot of experience in dealing with other major events and incidents ranging from organising the return of wounded Scots soldiers in the early stages of the Iraq war, co-ordinating the response to the Stockline Plastics explosion and providing cover for major rock concerts.

## Physio Heather is world choice

WHEN the world's top badminton players arrive in Glasgow for this year's world championships, they will be in the safe hands of South West Glasgow CHCP Physiotherapy Manager, Heather Sharp.

Heather will be seconded to the event as Director of Physiotherapy Services during the championships, which take place at Scotstoun Leisure Centre between June 10-17.



It is the second time Heather, through her work with Badminton Scotland, has organised the physiotherapy cover for the event in the city, the first time was in 1997.

A keen badminton player herself, she said: "You are called to treat on court injuries and while a doctor goes on first, the players still need attention from a physio."

"The championships are televised worldwide, so it can be a little nerve-wracking, but it is a fantastic experience."



## Stepping up the Games bid

JUNE sees the arrival of the Commonwealth Games Federation's (CFG) Evaluation Commission to Glasgow.

The aim of their visit is to assess if Glasgow meets the CFG's requirements to host the Games. It is their job to examine every aspect of the bid and produce a technical evaluation of the city to decide if Glasgow will be ready to stage the biggest sporting event this country could ever hope to host.

Glasgow 2014 Bid Director Derek Casey said: "This visit provides an opportunity to bring our bid to life and demonstrate the passion Scotland has for hosting these Games."

NHSGGC is backing Glasgow's bid and if you haven't done so already, you pledge your support at: [www.glasgow2014.com](http://www.glasgow2014.com)

# Drum-ming up support for health

ONE of NHS Greater Glasgow and Clyde's top priorities is to improve the health of future generations.

Getting youngsters to be more physically active is crucial in creating a healthier Scotland and that's why your local NHS is proud to support the Scottish Women's Football Association

And it's also why one of our top doctors is praising Drumchapel Amateurs Girls Football Club for their efforts in getting scores of local girls to play sport on a regular basis.

Director of Public Health, Dr Linda de Caestecker thinks Drumchapel Amateurs is a model for how to get youngsters, and girls in particular, to play more sport.

She said: "Getting children physically active is very important if we're to try to make our society fitter in future, and Drumchapel Amateurs Girls is a fantastic example of how it should be done."

"Traditionally, girls haven't played as



**FOUR of the Under-15 squad in training - Michaela Brown, Jodie Mooney, Emma McMonagle and Samantha McManus.**

much sport as boys, so it's great to see so many girls taking part and having fun playing football. The benefits are enormous - not just the physical exercise, but the team spirit and the discipline they learn is wonderful for the girls. I hope the club goes from strength to strength."

The girls have been playing football with the club for five years, bringing sought-

after silverware to the cabinet - as well as creating a new generation of football stars!

Club Secretary Susan Gray said the girls' football is hugely popular and successful: "We've got fifteen teams of girls aged between nine and fifteen, and they love it! They train four nights a week and play games on top of that, so they're getting plenty of exercise as well as fun."

"The under-15s have been playing the longest so obviously they're the most successful. They've won the League Cup in the past and also been League runners-up twice, and this year they've got to the top of the League and played in both the Scottish Cup final and the League Cup final."

She added: "Our girls are very dedicated and so are the volunteers who give up their time to train and encourage them. The girls enjoy what they're doing and they show 110% commitment. One of our girls has even won her first cap for Scotland already, so fingers crossed we may even be sowing the seeds of national success too!"

### 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:

