



Celebrating your kind and compassionate colleagues on World Kindness Day!

As part of our World Kindness Day celebrations, we asked you to nominate colleagues who show kindness and compassion at work.

Today, we recognise the kindness of just some of those people who have made an impact on their team:

- Angela Slaven, Community Staff Nurse, Inverclyde HSCP
- Angela Smith, Healthcare Support Worker, West CAMHS
- Carol McCartney, Specialist Pharmacy Technician, Gartnavel General
- Cheryl MacIver, Health Records Supervisor, Paisley Vaccination Centre
- Cheryl Hendry, Charge Nurse – Anaesthetics, Adult Theatres, QEUE
- Dawn Zuberi, Staff Nurse, Children and Families, RAH
- Ellie Burt, Staff Nurse, Rowanbank Clinic
- Gayle Harvey, Dental Nurse, East Dunbartonshire HSCP
- Karen Barrington, Practice Development Nurse Mental Health, GRI
- Mairi McDermid, Associate Chief Midwife

Thank you to everyone who took the time to submit a nomination, and congratulations to these colleagues who have gone above and beyond to make colleagues and patients feel special!

Here's what you had to say about these colleagues, and why they're being recognised:



Angela Slaven, Community Staff Nurse, Inverclyde HSCP

“Angela is an unsung hero in our Inverclyde community. Working hard for the people always finding opportunities to help each and every one of us from doing Zumba classes, organising bowls and blethers, teaching people and finding solutions to any problem she encounters. Angela is one in a million!”

“Angela has the biggest heart, she continually gives to others! She buys Christmas presents, Halloween presents valentines presents, Easter eggs for all of her Zumba class to which there is an excess of 50 people to attend on a weekly basis. I’ve never known another selfless human in my life.”



Angela Smith, Healthcare Support Worker, West CAMHS

“Angela goes above and beyond to get the right resources for young people that are person-centred and specific to their interests. She decorates the clinical room to help young people when they are getting procedures performed and uses humour and kindness when engaging with them. Angela goes above and beyond for her team, noticing when others may have had a difficult time and getting them a small present or card. She will check on you and make sure you are ok.”

Carol McCartney, Specialist Pharmacy Technician, Gartnavel General

“Carol is kindness personified. She is generous with her time and always brings in biscuits/cakes especially on a Friday. Anytime that a person is not feeling great in the team, she calls or Teams them to see if there is anything she can do to help. Carol always calls me her 'ray of sunshine' but really, it's only because it's a joy to work with her in the office.”



**Cheryl MacIver, Health Records
Supervisor, Paisley Vaccination Centre**

"Cheryl helped me a lot when my work life balance was in turmoil. She was patient and worked out the best way for me to go forward to continue working and being a mum. Nothing was too much and she listened to everything."

"Cheryl always listens and is quick to offer advice and support. She is kind, compassionate and understanding. Cheryl is quick to make you laugh and can always brighten your mood."



**Cheryll Hendry, Charge Nurse –
Anaesthetics, Adult Theatres, QEUP**

"Cheryll is not only awesome at her job, she goes out of her way to do things inside and outside of work to help build morale, communication, teamwork and make us feel valued. She has created an area on our 'communications' whiteboard for all the team to write messages of support or thanks for each other when they have been kind or gone above and beyond. She prints out a weekly joke, quote or affirmation and she's started a brunch club so that staff can meet up and bond outside of the pressures of work. When Cheryll is on shift, you know you're well supported and the day will be sprinkled with great banter too!"



Dawn Zuberi, Staff Nurse, Children and Families, RAH

"Dawn is one of the most caring people I have ever met. She has a gentle manner which puts everyone she meets at ease and immediately inspires trust. As a breastfeeding champion, she works with women at a really vulnerable time in their lives and the feedback time and again is that she is passionate, knowledgeable and above all supportive. I really feel that Dawn deserves recognition for the great work she does every day."



Ellie Burt, Staff Nurse, Rowanbank Clinic

"The 'Elder Positivity Box' is a wonderful initiative established by our dedicated staff nurse, Ellie Burt, on the Rowanbank Elder Ward. Running for about a year, this initiative aims to boost kindness and staff morale. The positivity box is located in the ward staff room, with post-it notes readily available for everyone to leave cheerful messages. Ellie has set up and established this kindness initiative on the ward which benefits all the staff and really boosts morale."



Gayle Harvey, Dental Nurse, Public Dental Service and Dental Out-of-Hours Service

"Gayle is a dental nurse within Public Dental Service and the Dental Out of Hours service. She has a bubble of infectious energy and a heart full of kindness, and she brightens every room she enters. Her thoughtful words and spontaneous acts of generosity, from surprise gifts to tokens adorned with uplifting messages, absolutely create moments of joy that ripple through both colleagues and patients alike."



Karen Barrington, Practice Development Nurse Mental Health, GRI

"I share a room with Karen and regularly observe her in her incredibly demanding job as PDN for Mental Health. Despite the continual demands on her time, she treats everyone with dignity, exudes an abundance of patience, and always gives her time willingly to support her colleagues around the GRI in caring and managing patients experiencing poor mental health."

"Karen is the dream colleague! One of the people in life who I wish I always got to spend more time with, makes the ward a better place when she visits and I feel like I could speak to her about anything! What a hero!"



Mairi McDermid, Associate Chief Midwife

"Mairi has excellent emotional intelligence. She can tell when a member of the team does not quite feel themselves and is always the first to reach out to offer support and a listening ear - which is very much appreciated."

"Mairi always takes time to ask how her colleagues are and really listens to the answer. Mairi is also always really kind to me, her manager. She is always looking out for me, bringing me wee snacks, checking in if I am not at my best and encouraging me to look after myself."

It is important to share messages with colleagues who do not have access to a computer.

A full archive of printable PDFs are available on the [website](#)