

From: NHS GGC, General Notification
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Subject: North Sector Newsletter - April 2025



April 2025

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Michelle Wardrop to receive Edith Elliot Honour



In a celebration of dedication and excellence in the field of dietetics, Michelle Wardrop, Community Manager of Dietetics at NHSGGC, has been awarded the prestigious Edith Elliot Honour.

Michelle becomes the first person in the UK to receive this award, which will be presented in person in June.

This accolade recognises her significant and sustained contributions to the profession, both locally and across Scotland.

Reflecting on this remarkable achievement, Michelle shared her emotions: "There are a range of words that describe how I feel, including overjoyed, humbled, delighted, elated and thrilled - this list goes on. I love being a dietitian, and it is a joy to have received this award for doing a job I love."

Michelle's journey into dietetics was driven by her passion for health care and nutrition. "I had a real desire to work in the health care environment," she explained. "I chose to become a dietitian as I was fascinated by how nutrition impacts people's health and well-being, across all ages. I loved the fact there are so many different specialties that a dietitian can work in and I have been fortunate to work in quite a number of different roles."

An influential moment in her career path came when she visited a local hospital's dietetic department. "That was it, my mind was made up, I wanted to be a dietitian," she recalled.

Inspiring others is a central theme in Michelle's work. When asked about who inspires her, she mentioned both culinary figures and fellow dietitians.

"Probably like many dietitians, my love of food means I enjoy cookery programmes. I particularly enjoy watching chefs such as Mary Berry, Michel Roux Jr., and Raymond Blanc. I have also worked with many different dietitians during my career, and so many of them have influenced and shaped the dietitian I am today."

She specifically highlighted two early mentors, Roy Bartle and Morag MacKellar.

"Roy taught me and inspired me about the role of nutrition in public health and Morag hugely influenced me professionally about the role of a dietitian in primary care and community," Michelle noted.

For those aspiring to enter the profession, she offers valuable advice. She said, "Work hard, be brave and try lots of different roles. Listen to your colleagues, as you can learn loads from them. And don't lose sight of your values."

Looking back at her career so far, Michelle has numerous highlights, but the most significant is her current team.

"Oh goodness, there have been a few!" she noted. However, in all honesty, I would need to say that my highlight is the team I work with right now. They are highly professional and they all want to make a difference to the patients and their families."

"They challenge themselves and each other - constantly asking what can we do

better, what do we need to change, what does the evidence say, whilst showing kindness and support to each other.”

Michelle Wardrop’s dedication and leadership in dietetics serve as an inspiration, not only to her colleagues but also to future generations in the field.

Patient celebrates 100th birthday at GRI



A patient at Glasgow Royal Infirmary has celebrated their 100th birthday at the hospital, surrounded by family and friends.

Harriet McKenzie, also known as Hattie, said, “This is the most wonderful day I’ve ever had, just absolutely marvellous.”

She hit the milestone age earlier this month, with staff going above and beyond

to ensure she and those around her could celebrate the special day. A space at the GRI was set aside so that family and friends who came from as far as Inverness and Aberdeen could attend, decorate, and enjoy some light bites.

The lively Glaswegian, who has lived in the city her whole life, sang songs, chatted with loved ones, and finally blew out the candles on her cake.

Her son, Gordon McKenzie, said, “My mum is exceptional. She’s a very, very strong-willed lady who brought us (Gordon and his two siblings) up herself. She worked two or three jobs to keep the family together. She’s always been the mainstay and always been there for everybody.”

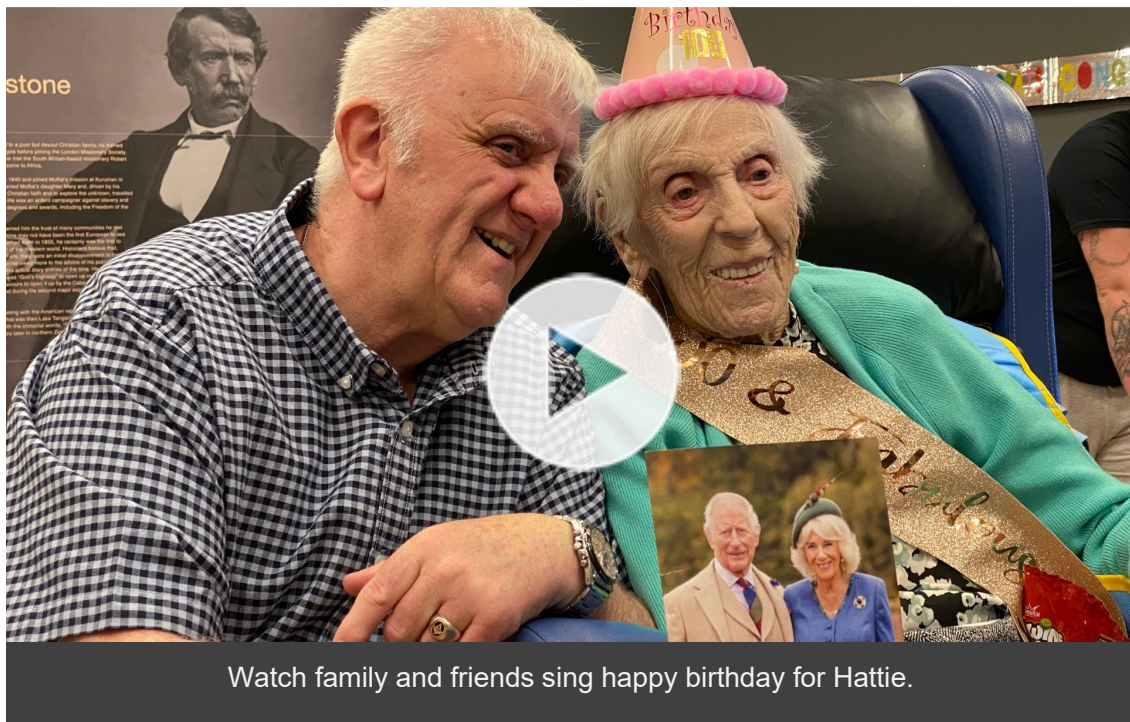
Hattie, who describes herself as “ordinary”, spoke about several different jobs she had done in her younger years, which included sewing for the Army and Navy and joining the Women’s Timber Corps. More recently, she paraglided on her 90th birthday while on holiday with her son.

During the party, she sang some of ‘Luck Be a Lady.’ [Click here to watch the video via Glasgow Times.](#)

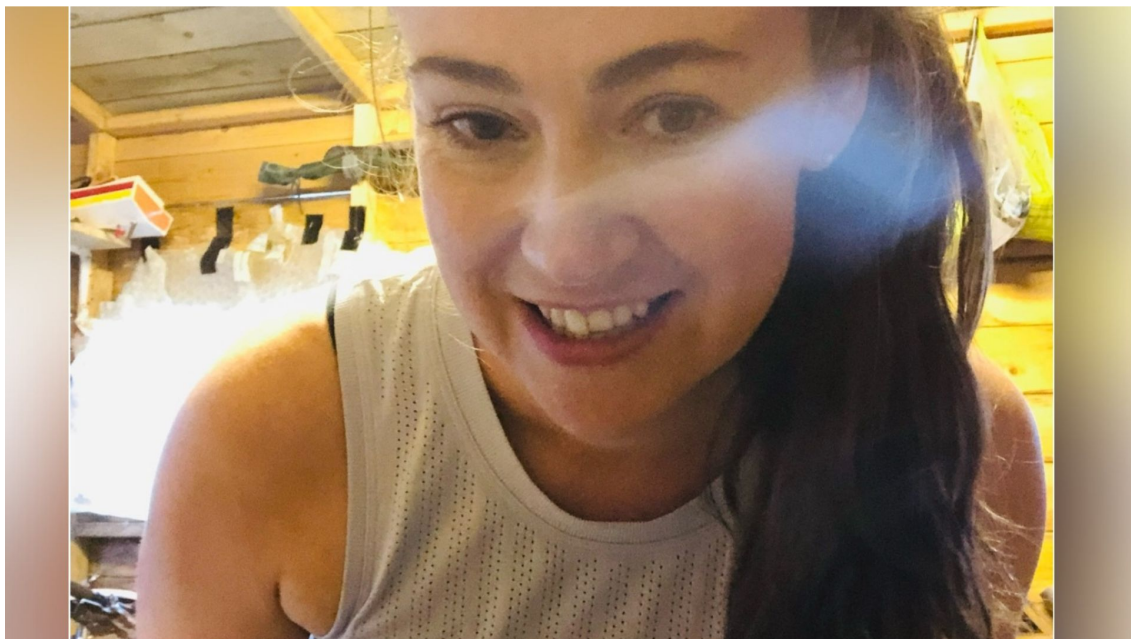
Gordon said, “Singing has been part of her life. She has always been the life and soul of the party.”

Speaking about the hospital and staff, he added, “It’s great that the ward allowed us to spend this special day with her. I can’t thank the consultants and staff enough. Not only for the contribution to myself but also for the things they’ve done for my mum. Extraordinary things.

“When you see what individuals do for their patients (within NHSGGC), it makes you very humble. We’re lucky to have it.”



GRI consultant surgeon runs London Marathon to raise awareness for sarcoma



Martha Quinn, a Consultant Colorectal and Sarcoma Surgeon at NHS Greater Glasgow and Clyde (NHSGGC), completed the London Marathon this Sunday.

She used the experience to raise funds and shine a spotlight on the rare cancer that she treats, known as sarcoma.

With eight years of experience at Glasgow Royal Infirmary (GRI), she is deeply committed to supporting her patients through their cancer journeys.

“I am running the London marathon to support my patients with sarcoma,” Martha shared. “I hope it will raise awareness and vital funds to help these patients. Sarcoma is rare—it accounts for only 1% of cancer cases in the UK.

“It can affect anyone, from children to the elderly, and often patients come into the clinic feeling extremely scared and without much information.”

Sarcoma is a type of cancer that grows from the connective tissues in our bodies, such as bone, muscle, fat, and blood vessels, and resources for these patients can sometimes be scarce.

“For those facing a sarcoma diagnosis, there aren’t many reliable sources of support or clear information,” she explained. Sarcoma UK provides essential patient support and excellent resources.”

Martha emphasised the importance of raising funds and awareness for sarcoma, stating, “It’s crucial because it can help alleviate the fears of those diagnosed and provide them with the resources they need.”

When asked why she specifically chose to run a marathon, Martha noted the unique opportunity the London Marathon provides.

“The London Marathon is the largest charity fundraising event in the world. It felt like the perfect platform to raise awareness for sarcoma.

“For me, it’s a massive challenge; I am not a runner! I’ve had to work hard to get anywhere near ready. I’d rather be weightlifting at the gym or climbing a mountain with skis on my back,” she admitted. “But if my patients can be brave

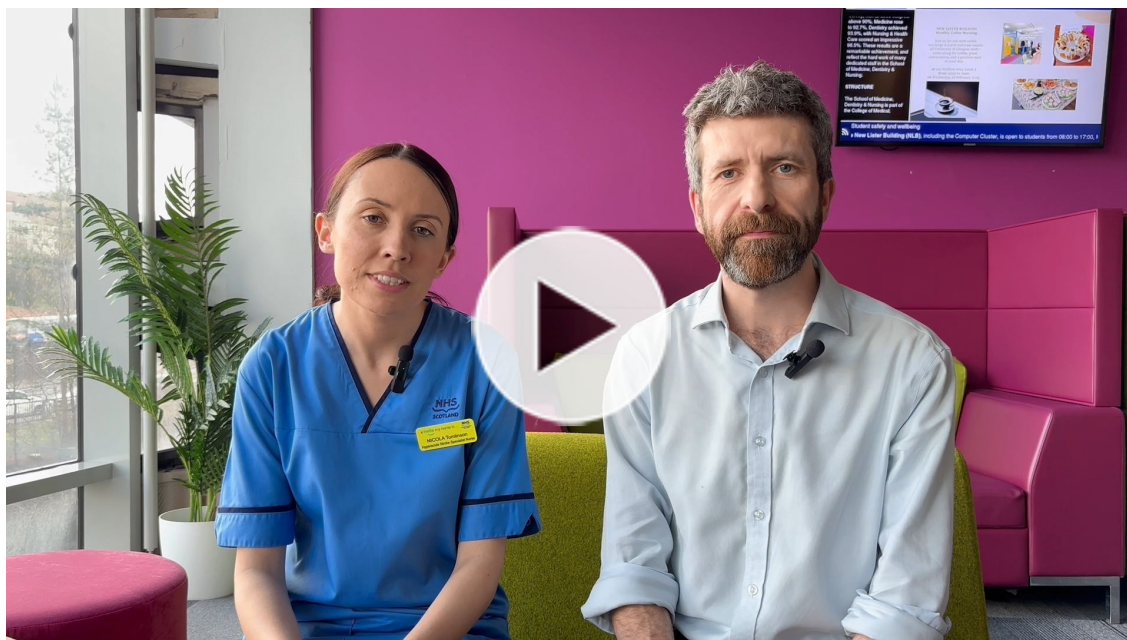
and go through the surgery and rehabilitation needed to treat their tumours, then I can certainly run 26.2 miles for them.”

Ahead of the marathon, Martha felt a mix of excitement and nerves.

“Honestly, I just want to finish,” she said with a smile. “I haven’t had much time to think about it because work has been incredibly busy!”

In terms of fundraising, Martha has made remarkable strides and has currently raised over £6,700, which is well over her target of £4,500. [You can donate by clicking here.](#)

Potentially life-saving treatment for those having a stroke available at GRI



NHS Greater Glasgow and Clyde (NHSGGC) is reminding the public to act quickly when they believe someone is having a stroke.

Glasgow Royal Infirmary (GRI), Queen Elizabeth University Hospital, and Royal

Alexandra Hospital all offer a specialist thrombolysis service.

If this treatment is carried out within the first few hours of stroke symptoms starting, it can limit the damage from strokes.

The earlier you receive the treatment, the better. The best results come when the medication is given in the first few hours after stroke.

Thrombolysis is used for the treatment of ischaemic strokes – those caused by blood clots – which account for approximately 85% of all cases. It's a type of medication which dissolves blood clots and restores blood flow to the brain.

Professor Terry Quinn, Stroke Consultant at GRI, said: “Any delay can result in a substantial loss of brain tissue and functional abilities.

“The delivery of thrombolysis treatment within the first few hours of symptoms starting can ensure blood flow to the brain is restored quickly, reducing the risk of disability and other lasting effects in stroke survivors.

“Studies have shown that for every 15-minute delay in administering thrombolysis, there is a corresponding loss of approximately one month of healthy life, primarily due to increased time for rehabilitation.

“If you suspect a stroke, it is vital that you or the person you are concerned about get to hospital as quickly as possible.”

Professor Quinn and Nicola Tomlinson, Hyperacute Stroke Specialist Nurse, recently featured in an [NHSGGC campaign video](#) to promote the FAST test. Symptoms in the FAST test identify most strokes and the acronym stands for **Facial weakness, Arm weakness, Speech problems, and Time to call 999.**

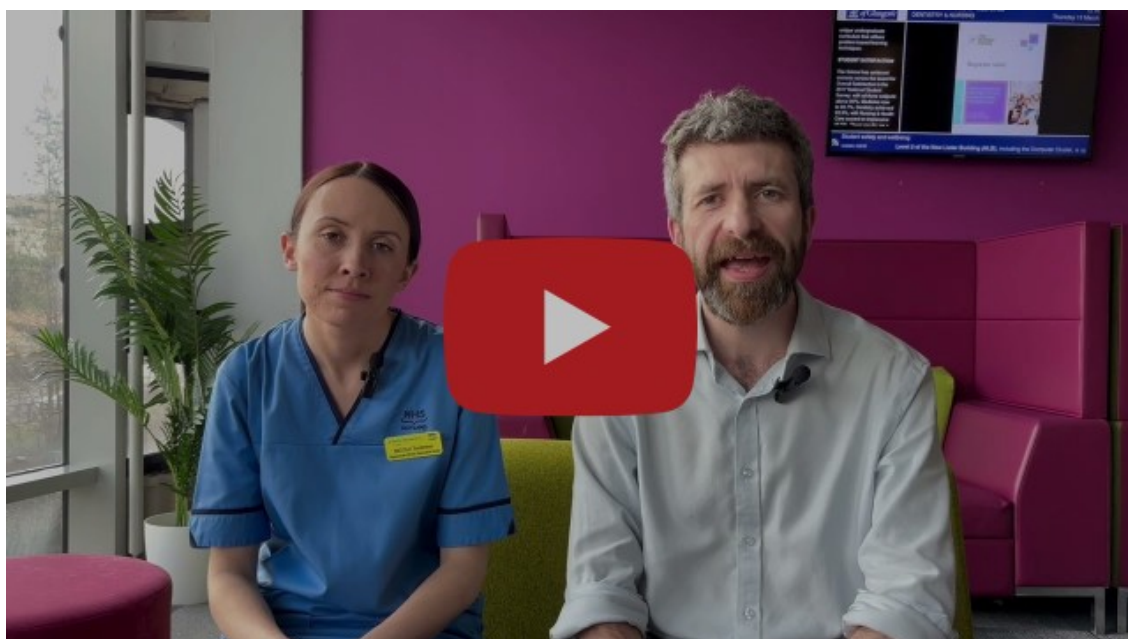
- **Face** – Has the person's face fallen on one side? Has their eye or mouth drooped, and are they able to smile?

- **Arms** – Can they raise both arms and keep them there?
- **Speech** – Is their speech slurred or garbled? The person may not be able to talk at all despite appearing to be awake and they may have problems understanding what you're saying to them.
- **Time** – It's time to dial 999 immediately if you notice any of these signs or symptoms.

Occasionally, a stroke can cause different symptoms, which might include problems with balance and coordination, a sudden and very severe headache, and a loss of feeling in one side of the body. However, there can be other causes for these symptoms.

Professor Quinn added: “If you think someone is having a stroke, acting quickly could greatly improve their outcome and recovery, and could even save their life.”

For more information about strokes, please visit <https://www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/stroke/>.



Professor Terry Quinn, Stroke Consultant at GRI, and Nicola Tomlinson, Hyperacute Stroke Specialist Nurse.

Stobhill DSU Theatres staff taking part in Distinguished Gentleman's Ride

The Distinguished Gentleman's Ride 2025
SUNDAY 18TH OF MAY ACROSS THE GLOBE



Sponsor Me! gfolk.me/KirstyFollett254261

Kirsty Follett, a dedicated theatre practitioner at Stobhill Hospital, has spent over 30 years working within the NHS. Alongside two of her colleagues, she will be taking part in the Distinguished Gentleman's Ride on the 18th of May.

Kirsty is passionate about raising awareness of prostate cancer, men's mental health, and male suicide, subjects that are often overlooked in conversations

about health.

"Men are not good at talking or addressing health or mental health issues," she shares, highlighting the need for open discussions and support.

For the past five years, Kirsty has been participating in the DGR, an event that blends her love for motorcycles with a critical cause.

"I was asked to participate by male motorcycle friends, and I have been involved ever since," she explains. "We're all excited to take part. It's great to see more and more people joining the ride each year."

The DGR, which this year will start from Hampden, is a global event designed to raise money for local support groups.

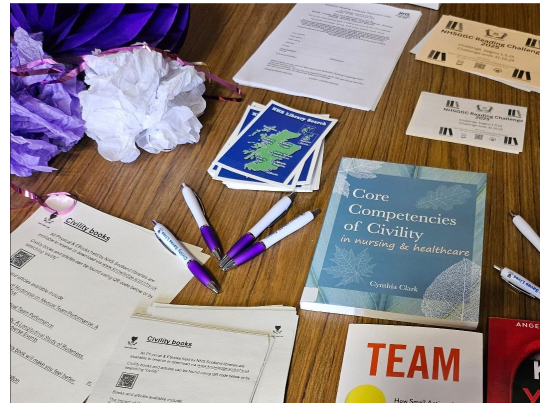
"With the charity growing every year, we see a wider variety of appropriate styles and ages of motorcycles taking part," Kirsty notes.

Kirsty has set a fundraising target of £750 and is already nearly halfway there. "Every year I have hit my target, thanks to the incredible support from my colleagues," she states proudly.

As she prepares for this year's ride, Kirsty invites everyone to contribute to the cause. You can [support her efforts by clicking here](#).

Civility Pop-up Café & Civility Saves Lives





The GRI held a Civility pop-up café within the Boardroom earlier this month (16th April). This was an opportunity for staff to come together and find out more about Civility Saves Lives.

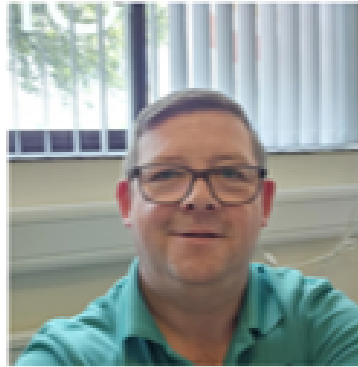
A huge thank you to all those who attended. There were lots of good conversations and shared learnings!



NHSGGC has delivered a professionally developed Civility Leads Training, and we have some of our very own Civility Leads in the North!



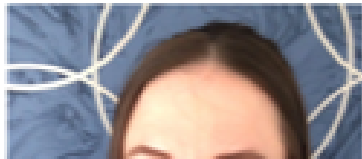
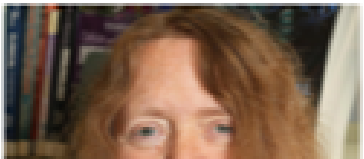
Hazel Miller, Consultant Older People Services 0141 211 8762 or hazel.miller2@ggc.scot.nhs.uk



Neil Craig, Porter, Glasgow Royal Infirmary 07719 435 153 or neil.craig@ggc.scot.nhs.uk



Paul Grant, Healthcare Champion GRI, PRM and Lightburn 016302 or paul.grant2@ggc.scot.nhs.uk



There are three main components to the support offered by Civility Leads:

- **As a Listening Ear:** To provide empathic, non-judgmental space for colleagues with one-to-one, non-directive support, empathy and advice on a strictly confidential basis.
- **As a Coach:** To help a colleague think through any further action that they would like to take.
- **As an Advocate:** To advocate on a colleague's behalf if they are not confident or feel powerless to give feedback.

If you're dealing with rudeness and incivility and are looking for support, our leads would be happy to support.

There are a Number of leads across the NHSGGC so if you wanted someone outside of the North area they would be happy to support you as well. You can find the full list of Civility Leads at NHSGGC here: [Civility Saves Lives - Civility Leads](#).

Did you know...

A group of staff volunteers meets monthly to discuss and find practical ways to take Civility Saves lives forward in the North. Membership is open and informal, all staff based at GRI site, Stobhill and Lightburn, including colleagues from all teams, units and directorates are welcome. Feel free to attend one meeting or all, we want to include everyone when they can make it. Sessions will be hybrid and held at one of the GRI, Stobhill or Lightburn sites. We hope you can join us and input into the conversation and action.

[Register for the sessions here.](#)

- May 8th: 14:00 - 15:00, GRI - David Livingstone Theatre, (2nd Floor, Surgical Block - close to Ward 30) (or online)
- Jun 19th: 14:00 - 15:00, GRI - David Livingstone Theatre, (2nd Floor, Surgical Block - close to Ward 30) (or online)
- Jul 17th: 14:00 - 15:00, Lightburn, Physiotherapy Gym (or online)
- Aug 14th: 14:00 - 15:00, GRI - David Livingstone Theatre, (2nd Floor, Surgical Block - close to Ward 30) (or online)
- Sep 11th: 14:00 - 15:00, GRI - David Livingstone Theatre, (2nd Floor, Surgical Block - close to Ward 30) (or online)
- Oct 16th: 14:00 - 15:00, Stobhill - Seminar Room 5, Ground Floor (or online)
- Nov 13th: 14:00 - 15:00, GRI - David Livingstone Theatre, (2nd Floor, Surgical Block - close to Ward 30) (or online)
- Dec 18th: 14:00 - 15:00, GRI - Staff R&R Hub, Centre Block Ground Floor

For any other questions, suggestions or support around Civility contact Claire Robertson, Senior Organisational Development Advisor,
Claire.Robertson@ggc.scot.nhs.uk.

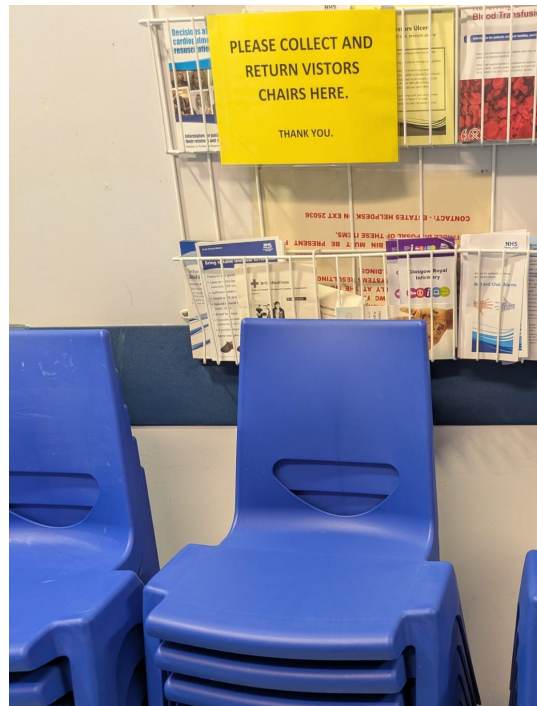
[You can watch the Civility Saves Lives Video Here to learn more.](#)

The GRI Dorcas Charitable Trust

Last month, we wrote about the Mabel Mackinlay Tearoom and the GRI Dorcas Charitable Trust. We spoke to Jackie Wright and Christine Millar, who have over 74 years of combined nursing experience and are part of the Board of Trustees.

Since then, the Dorcas have already seen more requests for items submitted to the staff at the tearoom and increased use of the clothing room (GRI Centre Block). Staff within GRI are encouraged to keep submitting item requests and using the clothing room.

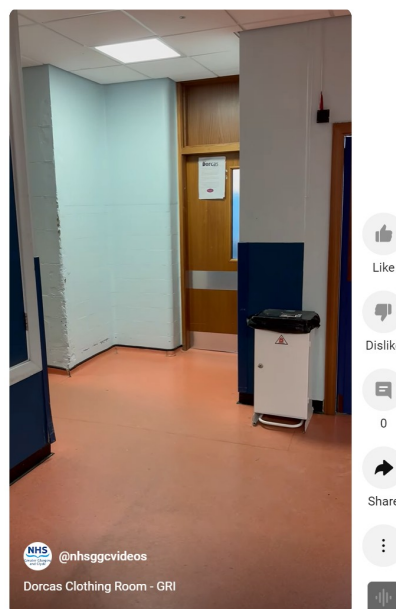
An example of this, after submitting item requests for the Dorcas Trust to consider, Ward 9 benefited with six high-back chairs and multiple visitor chairs. These have been able to help make patients' and relatives' experiences better at GRI.



Clare Richmond, Charge Nurse Ward 9, said, "Thank you very much to the Dorcas Society for donating six high-back patient chairs and visitor chairs to our ward.

"The high back chairs are so important for our patients as they promote better posture, provide support, can help with pain and discomfort when the patient is up sitting and make it easier to get up from a seated position.

"These chairs make a difference to patient care, and we appreciate the donation."



Here's how you can find the clothing room within Centre Block at GRI.

International Administrative Professionals Day



Professi
Admini



The North Sector Admin Staff celebrated International Administrative Professionals Day on Wednesday, April 23rd.

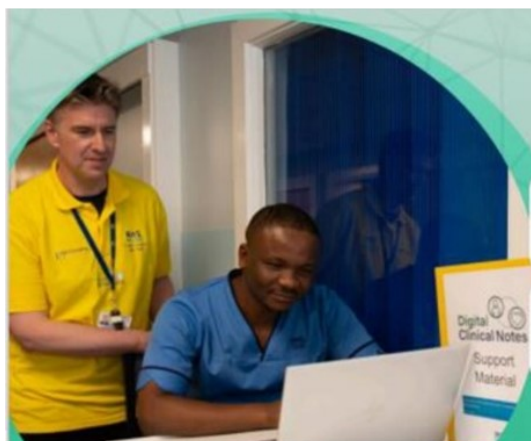
This day recognises the significant contributions of secretaries, administrative assistants, receptionists, and other administrative staff. Their diverse skills in communication, technology, project coordination, and organisational management are essential for the smooth operation of our organisation and the delivery of exceptional patient care.

It's the perfect opportunity to formally acknowledge and thank those who keep our offices running smoothly.

Let's celebrate the problem solvers, gatekeepers, cheerleaders, and all-around office heroes!



Are YOU Digital Clinical Notes (DCN) ready?



DCN for nursing documentation within TrakCare is coming to Glasgow Royal Infirmary.

After a successful implementation in Institute of Neurological Sciences Unit, Gartnavel General Hospital (except the Beatson), New Victoria, Stobhill and Lightburn Hospital wards, DCN will be rolled out across all inpatient wards in Glasgow Royal Infirmary from April to November 2025.

This innovative, multiprofessional approach to allow nursing staff to assess, plan, implement and evaluate patient care using digital documentation, will be supported by Practice Development, eHealth and local Clinical Educators.

The Practice Development Nursing team and your local clinical educators will be in touch with your area in advance of Going Live, however you can prepare by doing the following as soon as you can:

Are you a Registered Nurse or Health Care Support Worker?

Do you have access to TrakCare and can you log on?

- If you do not have an account or have been locked out, log a request via [eHelp](#).
- If you require *basic level* TrakCare training, complete learnPro module.

eHealth Systems

GGC eHealth: TrakCare: Intro to TrakCare

- If you require further facilitated TrakCare training, log a request via [eHelp](#).
- Complete the DCN learnPro course relevant for your job role:

Role Specific Mandatory Modules	GCC: 325 Digital Clinical Notes - Registered Nurses	ADD
Role Specific Mandatory Modules	GCC: 326 Digital Clinical Notes - Health Care Support Workers	ADD

- Visit [Practice Development Digital Clinical Notes](#) for more information.

Values Based Reflective Practice® Essential Toolkit training



Spiritual Care Service
Hope, Identity, Wellbeing,
Stories, Meaning

Values Based Reflective Practice® Essential Toolkit training is available to all North Sector staff, and will be held at the Royal Alexandra Hospital (RAH).

Values Based Reflective Practice, otherwise known as VBRP®, uses the principles of reflective practice to enable practitioners to understand and recognise their personal and professional value. This supports them in delivering safe, effective, and person-centred care. It is a model which has been developed by NES to help staff deliver the care they came into the service to provide.

The 1-day, in-person course is open to all health and social care staff free of charge and with no pre-course requirements. Upon completion of the Essential Toolkit course, participants can use the tools to enhance work-based practice. Learning goals include:

- To create a community of learning
- To explore the VBRP® tools
- To explore and experience the value of reflective practice
- To experience the VBRP® approach first hand

At the end of the Essential Toolkit course, participants can reflect on their own practice using the tools of the Essential Toolkit, as well as participate more fully in a group or meeting facilitated by a registered facilitator where the tools are used to reflect on past or future practice.

This training is available on the following dates at the RAH:

- 21st October 2025
- 3rd December 2025
- 14th January 2026
- 20th February 2026
- 17th March 2026

Spaces are limited, so we encourage you to book early to secure your spot. If the training is oversubscribed, your name will be added to a waiting list.

[To book your space please fill in this form.](#)

Staff wellbeing resources



Active Staff - Thinking about working on your physical health as we approach summer? Active Staff have a range of fitness classes on offer for people of all fitness levels.

More info: [Active Staff](#)

Mental Health And Wellbeing - Mental health and Wellbeing are just as important as physical health. The hub provides links to further information and services available that can help improve your mental health and wellbeing.

More info : [Mental Health and Wellbeing - NHSGGC](#)

Home Energy Scotland - With the cost of energy increasing, it might be on your mind.

Home Energy Scotland is pleased to be working with staff in the North Sector to offer you support with free and impartial energy advice and support.

More info: [Home Energy Scotland](#)

NHS Credit Union - NHS Credit Union exists to financially empower employees and their families, by offering savings and affordable lending

products to meet our members' needs.

More info: [NHS Credit Union – People Not Profit](#)

Your stories and feedback



We want to hear from you!

We want to highlight all the amazing and dedicated work going on throughout the North sector. No matter how small you think your success or your story might be, please let us know. It could be about you, your colleagues, your team, or anything within the North sector.

Either contact your line manager with your story, who can contact the newsletter team on your behalf. Alternatively, [email us](#) and be sure to copy them in.

We also want your feedback. Is there something you want to see more in the

newsletter? Or something you'd recommend we change? Big or small, send us your feedback by [clicking here](#).
