

From: NHS GGC, General Notification
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July 2025

Topics in this Newsletter:

- Dr Lesley Thomson KC and Professor Jann Gardner visit Friends of GRI
- Caring Through Science: Kirsty Wright's Role in Gastrointestinal Physiology
- Volunteering at NHSGGC: A Vital Force in Patient Care and Community Support
- Falls Awareness Week - Reduce Falls Together
- Care Opinion - North sector patient feedback
- NHSGGC celebrates Love Parks Week
- Self-care 24/7 – the simple things you can do to help yourself, and the NHS
- Civility Saves Lives & NHSGGC Six Word Story competition
- North Sector Support & Information services
- We want to hear from you!

Dr Lesley Thomson KC and Professor Jann Gardner visit Friends of GRI



Dr Lesley Thomson KC, NHSGGC Chair, and Professor Jann Gardner, NHSGGC Chief Executive, paid a visit to the Friends of Glasgow Royal Infirmary (FoGRI) Museum and Gardens earlier this month.

Their visit highlighted the importance of celebrating the rich heritage of healthcare in Glasgow and at GRI, as well as the ongoing efforts to create welcoming green spaces for staff, patients, and visitors.

The GRI Museum, officially opened on 31 May 2022, showcases the hospital's remarkable contributions to medicine, surgery, and nursing. Exhibitions include the history of vaccinations in Scotland and the history of GRI buildings from 1794 to the present day. Visitors can also explore displays dedicated to the hospital's bee project and garden initiatives.

Dr Thomson and Professor Gardner toured the museum and the surrounding gardens with trustees of the FoGRI, Dr Kate Stevens, Consultant Nephrologist, and Dr Hilary Wilson, Consultant Rheumatologist. These spaces, brought to life through the dedication of staff and volunteers, and supported by donations, offer a peaceful retreat and a vibrant celebration of nature and history.

Dr Stevens said, "We were delighted to welcome Dr Thomson and Professor Gardner to the Friends of GRI Museum and Gardens and have the opportunity

to show them round the museum, and in particular, the garden areas. We have been working hard to try to improve the GRI greenspace, and we want staff and patients, as well as visitors, to make use of these spaces.

“The visit today reflects the value placed on both preserving Glasgow Royal Infirmary’s distinguished history and the conservation work being undertaken by volunteers to improve the greenspaces. These initiatives help make people feel that they are part of something special and are vital for staff and patient wellbeing.”

Visitors are encouraged to explore the exhibitions and learn more about the GRI’s enduring legacy in global healthcare. The museum is a testament to the innovation, compassion, and community spirit that continue to define NHSGGC.

Museum Opening Times

Tuesday to Friday: 11.00am – 3.00pm

Saturday: 12.00pm – 2.00pm

Admission is free.

Entry is via the Cathedral Precinct, with disabled access available through the main hospital entrance on Castle Street.



Caring Through Science: Kirsty Wright's Role in Gastrointestinal Physiology



Kirsty Wright is a Clinical Scientist in Gastrointestinal Physiology at GRI, where she plays a crucial role in diagnosing and supporting patients with a range of

gut-related conditions.

“My role as a clinical scientist in gastrointestinal physiology involves performing a range of diagnostic tests for patients presenting with gut problems, for example swallowing difficulties, acid reflux disease, faecal incontinence or constipation,” Kirsty explains. “I then analyse and report the results to referring gastroenterologists or colorectal surgeons.

“I am also involved in the management of patients with sacral neuromodulation, a treatment available for faecal incontinence whereby a small pacemaker-like device is implanted into the lower back and stimulates the nerves responsible for bowel control.”

Kirsty’s path into the profession was not a conventional one. “I studied Anatomy at university and afterwards, while figuring out what career I wanted to follow, I worked as a carer for elderly people in the community,” she says.

“Despite having never heard of clinical scientists before, I saw the job advert for a trainee clinical scientist in gastrointestinal physiology at NHSGGC, applied and the rest is history!”

What she enjoys most about her work is the human connection. “My job combines my interest in science with my passion for helping people,” she says. “By far, my favourite part of the job is working alongside colleagues and interacting directly with patients.

“I feel privileged to be able to build connections with patients so they can get the most out of their care, especially since patients are often very embarrassed about their condition.”

Kirsty has also embraced opportunities for professional development. “More recently, I have been supervising a trainee clinical scientist in gastrointestinal physiology, which has given me many opportunities to grow professionally, and I am thoroughly enjoying this aspect of my role.”

When asked what kind of person would thrive in her role, Kirsty says, “A compassionate and caring individual who has a clear interest in science and the human body, namely the gastrointestinal tract. The person must be committed to lifelong learning and have an enthusiasm for quality patient care. Lastly, this particular role requires someone who is not put off by discussing and working amongst bodily functions!”

Kirsty is passionate about raising awareness of her field. “There is a general need to increase visibility of healthcare science roles alongside an increasing necessity to recognise the skills and expertise we can offer the NHS,” she says. “For anyone interested in science and working with people, the role of a clinical scientist in physiological sciences is an exciting and rewarding career path.”

Volunteering at NHSGGC: A Vital Force in Patient Care and Community Support



Volunteers play a vital role within NHSGGC, and no one knows this better than Rosemary Cameron, the area’s Volunteering Manager (job sharing with Mary

Nolan). With decades of experience across health, social work, and the voluntary sector, Rosemary brings a deep passion and insight into the transformative power of volunteering.

“I’ve been really inspired just seeing what the volunteers do,” Rosemary shared. “The incredible roles that they fulfil, the way the clinicians have embraced the service—it’s been amazing.”

Rosemary’s journey has come full circle. She began her career in the NHS as a 17-year-old auxiliary nurse at Gartnavel Hospital, later moving into social work and then spending 20 years in the voluntary sector, including roles at RNIB Scotland and Visibility Scotland.

Now back in the NHS, Rosemary is helping to grow and support a vibrant volunteer community.

“I love volunteering,” she said. “I love the world of volunteering. I love to see people on their journeys and the difference it makes to them, but also to the people that they’re serving. It’s really rewarding work.”

Volunteers contribute in countless ways—from easing the workload of clinicians to enhancing patient services.

“There’s so much scope for development and potential to increase those roles,” Rosemary noted. “You can see the difference it makes.”

Beyond the hospital walls, volunteering offers personal growth and opportunity. “It brings about diversity. People come with their own life experiences, their own set of skills,” Rosemary explained. “It can be a route to work, a way to build confidence and self-esteem, meet new friends, improve your CV, and get more training. It’s a win-win situation for everyone.”

For those considering volunteering, Rosemary encourages reaching out. “Have a look at our website. Come and speak to myself or my colleague Mary. Even speak to a volunteer—they’d be happy to share their experience and inspire

you.”

Whether you're looking to give back, gain experience, or simply be part of something meaningful, volunteering with NHSGGC could be the next rewarding step for you or someone you know.

[Click here to find out more about NHSGGC volunteering](#)

Falls Awareness Week - Reduce Falls Together

NORTH SECTOR FALLS BOARD COMPETITION



Create a
personalised falls
board in your ward.
It should include
information tailored
to your wards
speciality.



Highlig
importa
Active'



Include visual prompts and tools
that support delirium
identification and prevention



Include fal
leaflets,
relevant
posters

This year, Falls Awareness Week is celebrating the theme "Reduce Falls Together," a call to action for all of us to work collaboratively in preventing falls and promoting safety across the north sector.

To mark the occasion, we'll be hosting a series of activities across our three sites in the North Sector, with a special focus on education, awareness, and community involvement.

📍 Join us for a Drop-In Session

📅 Wednesday, 18th September

🕒 10:00 – 14:00

📍 Lecture Theatre 1, New Lister Building, GRI

These informal sessions are open to all staff and will feature:

- Information and resources on fall prevention strategies
- Interactive displays highlighting best practices
- A showcase of entries from the *North Sector Falls Board Competition*—come and see the creativity and commitment of your colleagues in action!

Whether you're clinical or non-clinical, your role in reducing falls is vital. Let's come together to share knowledge, spark ideas, and strengthen our collective efforts.

Care Opinion - North sector patient feedback



Patients and relatives have been leaving praise through the independent Care Opinion platform for staff across the North sector for their care. Just some of the feedback this month included:

Lightburn (Palliative Care)

My Dad has been in "Lightburn" hospital for a month now, he has great care from all the staff, you can recognise that they all work as a strong team.

From giving their time when possible to sit and talk to patients to daily nursing care. This gives great comfort to Dad and family at this difficult time.

Stobhill (Day Surgery)

From the moment I arrived at Stobhill Hospital Day Surgery, the staff couldn't have been kinder, from reception admin staff, nurses, nursing assistants all made me feel calm and relaxed.

The consultant and anaesthetist were very attentive asking if I had any questions and taking time to listen to me.

But I need to highlight one person in particular who went above and beyond in caring, that was the student nurse, I think her name was Megan who made me feel relaxed and couldn't have done enough for me. She is going to be a brilliant nurse.

Thank you to the amazing staff for making my time at Stobhill Day Surgery very comfortable and very much less stressful.

GRI (Imaging)

Attended Glasgow Royal for an ultrasound scan during what was clearly a busy morning for the department.

Met by a friendly receptionist before I had my scan with Dr Ezhil. Will was the

healthcare support worker in the room and he was very chatty, caring and clearly helps the department run smoothly.

Dr Ezhil was friendly, informative and spoke me through what the scan showed and possible next steps for the clinical team.

All of the rooms had a constant flow of patients being seen with a team of staff that were cheery, polite and an asset to the NHS.

My only slight complaint would be that the department looks very tired and aged, especially compared with other newer hospitals in the area. Nothing a lick of paint wouldn't fix.

Thank you again to everyone.

Care Opinion is a national resource that gathers feedback anonymously and shares it with NHS services so they can pass on positive feedback and learn from any instances where levels of care may fall short of expectations.

Care Opinion is one of a number of ways feedback can be shared with NHSGGC. As well as being valuable in helping to inform the care staff deliver, it also gives staff an opportunity to answer the feedback they receive, if appropriate.

NHSGGC encourages any patient or relative with first-hand experience of its care to share their feedback through Care Opinion.

If you would like more information about Care Opinion please email the Patient Experience and Public Involvement Team @ ggc.patientexperience@nhs.scot or visit <https://www.careopinion.org.uk/>.

NHSGGC celebrates Love Parks Week (25th July – 3rd August 2025)



Well-managed green and open spaces around NHS Greater Glasgow and Clyde's healthcare buildings play an important part in the physical and mental health of patients, staff and visitors.

In celebration of Love Parks Week, an annual national campaign to celebrate and support local greenspaces, NHSGGC has rounded up five gardens across its estate to be enjoyed.

These spaces, along with many others across NHSGGC, also support and contribute to enhanced local biodiversity, climate change adaptation and mitigation, active travel, and a reduction in the effects of air pollution, excessive noise, heat, and flooding.

Some NHS Greater Glasgow and Clyde gardens include:



Medicinal Garden and Biodiversity Garden, new burial ground, Glasgow Royal Infirmary

The Medicinal Garden, Biodiversity Garden and new burial ground are located at Glasgow Royal Infirmary and provide easy access to nature in an urban environment.

These areas have been developed by Friends of Glasgow Royal Infirmary and offer sensory stimulation and quiet contact with nature amongst the medicinal plants and small wildflower meadow. Just round the corner there is the new burial ground, where you will find a peaceful green oasis, including an alleyway of beautiful pear trees.

All of these areas are adjacent to the GRI Hospital Museum and are accessed from Cathedral Precinct. The Medicinal Garden and Biodiversity Garden are open to staff, patients and visitors when the museum is open, Tues to Fri 11am-3pm and Sat 12-2pm. The new burial ground has unrestricted pedestrian access.



Walled Garden, Gartnavel

The Walled Garden at Gartnavel Royal Hospital is a hidden gem amongst NHSGGC's greenspace. It was once the garden of the hospital superintendents and their families but is now open to the public. The garden has a rich variety of plants and wildlife making it a beautiful space to relax and connect with nature.

The Walled Garden can be found adjacent to the Summerhouse, to the north of the Administration Building and is open 7am - 7pm Monday to Friday and 10am - 4pm Saturday and Sunday.



Willow Circle/Halo Garden, Stobhill Hospital Mental Health Campus

The Willow Circle/Halo Garden at Stobhill Hospital offers a perfect, tranquil space for everyone to enjoy. The garden is an intimate, accessible place where staff, patients and visitors can socialise, or just rest and reflect away from the clinical environment.

The Willow Circle, designed by willow artist and sculptor Geoff Forest, is surrounded by flowers and plants to provide year-round structure, colour and scent. The Willow Circle also provides shelter and privacy for users of the Halo Garden.

The Willow Circle/Halo Garden is situated to the east of Jura Ward and is open at all times to patients, staff and visitors.



GRO Garden, QEUH

The Gro Garden is located at the Queen Elizabeth University Hospital and is the perfect spot for staff to enjoy breaks and patients to spend time with visitors.

The sheltered garden provides a calm peaceful space on an otherwise busy hospital site. There are plenty of seating options including picnic benches and

there are a variety of planters with flowers and greenery, making it an ideal spot for relaxation and mindfulness.

The Gro Garden is open to visitors from 8am – 6pm, Monday to Sunday and can be found near the entrance of the QEUH by Car Park 2.



Rainbow Garden, Larkfield Unit, Inverclyde Royal Hospital

The Rainbow Garden sits within the courtyard of the Larkfield Unit at Inverclyde Royal Hospital. A team of staff and volunteers have transformed the patch of ground into a tranquil space that is full of colour and life and is enjoyed by patients, staff and visitors. It offers an outdoor area for staff on breaks and for patients who are able to get outside.

The Rainbow Garden team has worked with local community groups like Compassionate Inverclyde and Inverclyde Community Food Network to support the garden and organise small events, such as the Christmas lights switch on.

The Rainbow Garden is only accessible via the Larkfield Unit, but is available to patients, staff and visitors within the building.

Self-care 24/7 – the simple things you can do to help yourself, and the NHS



NHSGGC is urging people to think carefully about how they can take care of their own health and wellbeing.

Self-care is anything we do to keep ourselves mentally, emotionally, physically, socially and spiritually healthy. It could be something as simple as taking a walk, eating healthily or spending time with friends.

Recently, International Self-Care Day was observed (24th of July) to underscore the role of self-care as a “24/7” consideration in preventing illness, managing chronic conditions, improving mental health, and helping to support the NHS.

Beatrix Von Wissmann, Consultant in Public Health at NHS Greater Glasgow and Clyde, said: “Self-care is one of the simplest and most effective ways people can help themselves while also supporting the NHS.

“We often view self-care as a ‘luxury’ and it’s usually the first thing to go when our life or work gets busy, demanding and challenging. However, if we don’t practice and prioritise self-care, we risk our well-being and invite burnout.

“Being active, having a healthy diet and planning ahead are all small steps that can make a huge difference.”

Here are a few simple ways to take care of yourself, and support the NHS:

- **Get active:** Do [what works for you](#). A gentle walk, wheel or some exercise can get you out in nature and fresh air, simple steps that are proven to lift your spirits and boost your physical health.
- **Eat a balanced diet:** Healthy eating is essential for maintaining overall wellbeing. You can find advice [here](#).
- **Find support:** Our dedicated [mental health app](#) can help you recognise and manage triggers, be aware of your symptoms, and discover tips for managing your mental health and wellbeing, including sleep, breathing exercises, eating healthy food or starting a new routine.
- **Quit smoking:** You can get support to stop smoking through the [Quit Your Way](#) service.
- **Get the right help when you need it:** Getting the right help, from the [right place](#), at the right time is one of the best things we can all do to look after ourselves and to help ease the pressure on the NHS. By doing this, people help us to prioritise care for the most urgent and life-threatening cases, while also being more convenient and simpler for you. Every community pharmacy in Scotland provides the NHS Pharmacy First Scotland service, which offers advice, support and treatment for a range of minor ailments from coughs and colds to earache and heartburn. Anyone can walk in and be seen by a qualified member of the pharmacy team, with no appointment necessary.
- **Get ready:** Here are some common treatments and can be useful to have to hand to treat minor symptoms. If you are unsure about

symptoms or have concerns or questions about taking any treatment, please speak to your local community pharmacist:

- Painkillers – paracetamol and ibuprofen tablets for headaches, pain or fever.
- Antiseptic cream – to help clean minor cuts and abrasions.
- Plasters and bandages – having a small selection to hand will help with a range of cuts and scrapes.
- Antihistamines – to treat mild allergic reactions and hay fever.
- Practice good hand hygiene to stop the spread of infection.

Choosing self-care where appropriate helps to support a sustainable NHS for everyone. For further information about prioritising self-care, you can download more tips [here](#).

Civility Saves Lives



Six Word Story Competition



NHSGGC Six Word Story competition

Write a story using only six words

To celebrate the 10th anniversary of the Library Writing Programme we're getting together with Cymru issue you with a challenge

Can you write a story about kindness using only six words?

It takes good writing skills, not just imagination.
Much more than a sound bite or clever phrase,
it must tell or suggest a meaningful story.

Here's what our fantastic creative GGC finalists have written in the past;

Black fur. Green eyes. Best friend.- C. McIlroy
Tolerance, I thought, well why not.- C. Lyrain
Work. This time machine will never - A. Le

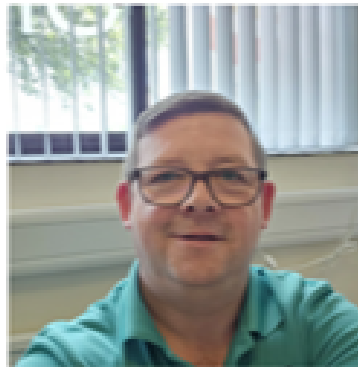
Prizes:- 1st Prize £50 Amazon voucher
2nd Prize £25 Amazon voucher

[Click here to enter the NHSGGC six word story competition](#)

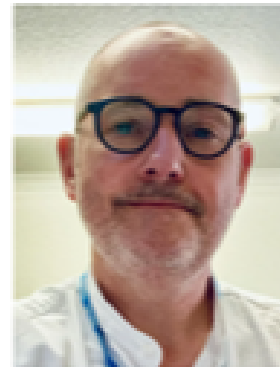
NHSGGC has delivered a professionally developed Civility Leads Training, and we have some of our very own Civility Leads in the North!



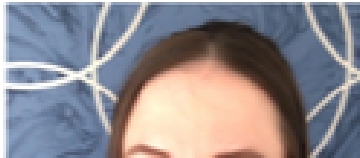
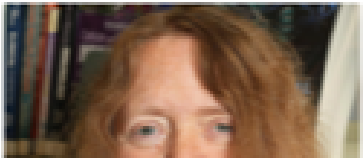
Hazel Miller, Consultant Older People Services 0141 211 8762 or hazelmiller2@ggc.scot.nhs.uk



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



Paul Grant, Healthcare Champion, GRI, PRM and Lightburn 016302 or paulgrant2@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.](#)

- 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.](#)

North Sector Support & Information Services



The Glasgow Royal Infirmary Support & Information Service is based on the ground floor of the Queen Elizabeth Building in GRI.

This service is open Tuesday to Thursday 10am - 4pm, and Friday 10am - 3.45pm.

Stobhill Support & Information Service is based on the ground floor atrium.

This service is open Tuesday to Thursday, 10am - 4pm.

These services are here to support all patients, carers and staff who use our hospitals.

They can offer support in a variety of non-clinical matters, helping to signpost people to the most appropriate service that matters to them.

Some examples of services they can provide:

- Money Advice (Benefits, Income Maximisation Checks etc)
- Crisis Home Energy Services - support to anyone struggling with home energy matters
- Signposting to carers support services
- Two day Emergency foodbags for vulnerable patients going home
- Signposting to Community Support Services

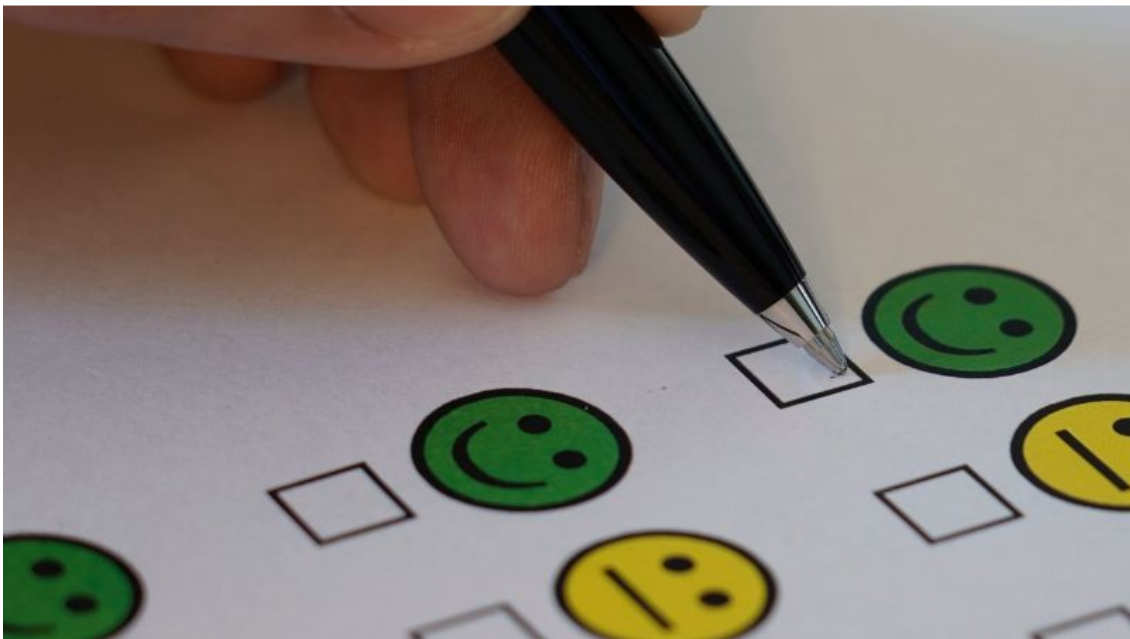
These are just a few examples of ways they can support.

Everyone is welcome to drop in, say hello, and find out more about what they

do.

You can also email them with any enquiries at ggc.sis@nhs.scot or call 0141 531 9127 (GRI) / 0141 355 1527(Stobhill).

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](#).

