

From: NHS GGC, General Notification
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Subject: North Sector Newsletter - January 2026

NHSGGC - Official



January 2026

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GGC Way Forward - North Sector Update



NHS Greater Glasgow and Clyde has received a heartfelt letter of commendation from Brian Wands, a former patient whose life was saved thanks to the extraordinary care provided by teams at Glasgow Royal Infirmary (GRI).

Brian endured a prolonged, life-threatening illness beginning in 2022 and recently completed his care under the hospital's Nutrition Team in September 2025. His recovery followed a seven-month admission that included 84 days in intensive care, four weeks in a coma, multiple life-saving operations, and a 95-unit blood transfusion.



In his letter, Brian described the experience as “an extraordinary journey back to health, only made possible through the dedication and collective expertise of the hospital teams.”

He credited the multi-disciplinary effort spanning intensive care, high dependency, and wards 64, 65, and 66 for saving his life and enabling him to return to his family and his role as Chief Technology Officer.

Among those singled out for special recognition were:

- Mr Euan Dickson, Consultant Surgeon – praised for surgical skill and calm leadership during critical operations.

- Dr Tara Quasim, Intensive Care Consultant – commended for unwavering presence during Brian’s sickest hours and compassionate support for his family through the InS:PIRE clinic.
- Mr Phil Stevens, Consultant Surgeon – acknowledged for managing complex nutritional care and leading recovery surgery.
- Miss Fiona Leitch, Consultant Surgeon – recognised for persistence and attention to detail in resolving complex issues.
- Caroline and the Nutrition/Dietetics Team – thanked for their expertise and empathy throughout a three-year recovery.
- Jill Meldrum and the Physiotherapy Team – credited with helping Brian regain mobility after weeks in a coma.
- Lesley Tough, Staff Nurse – praised for professionalism, encouragement, and emotional support during long months of care.

Brian also expressed gratitude to the wider hospital community, including ICU and HDU teams, nurses, healthcare support workers, dieticians, physiotherapists, pharmacists, theatre and recovery staff, porters, domestic and admin staff, radiology, and phlebotomy teams.



Reflecting on his recovery, Brian said, “Thanks to these teams, my wife still has a husband, my children still have their dad, and I have been able to return to my role. I think about what happened every single day, and I am profoundly grateful for everything that was done to save me.”

He highlighted the role of the InS:PIRE clinic, which provided innovative aftercare for him and his family, and expressed a strong wish to give back through fundraising, patient education, and staff wellbeing initiatives.



Today, Brian is enjoying milestones he never thought possible: practising Pilates daily, holding a five-minute plank, and even returning to the tennis court. His family is preparing for their first holiday in three years—a testament to the life-changing care delivered at GRI.

Relaunching Meaningful Activities to Support Person-Centred Care



On 3 December, the North Sector hosted a drop-in event to relaunch Meaningful Activities as a key element of person-centred care across our inpatient settings. The session welcomed nursing staff, staff bank colleagues and allied health professionals, offering practical tools and ideas to help embed meaningful engagement into everyday care.

The event showcased a range of resources designed to support staff in tailoring care to what matters most to each individual. This included refreshed “Getting to Know Me” documentation, updates to Care Rounding and Care Planning templates, and guidance from Practice Educators on best practice in personalising care plans.

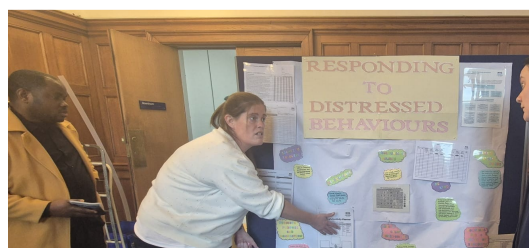
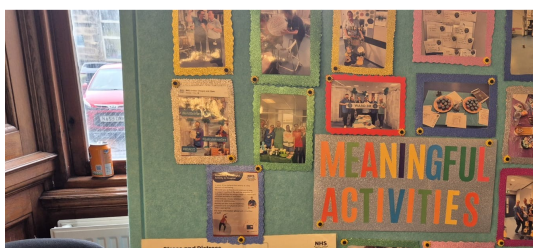
Visitors also benefited from input from the Stress and Distress Management team, alongside contributions from the Hospital Falls Team and Ward 30, who shared quality improvement work and visual displays demonstrating techniques to support patients experiencing stress or distress.

A highlight of the event was the demonstration of Meaningful Activities Boxes, generously donated by the Dorcas Charitable Trust. These boxes contain a variety of materials to support therapeutic engagement and everyday activities, reinforcing the importance of connection, stimulation and comfort in promoting recovery and wellbeing.

This refreshed approach underlines our ongoing commitment to ensuring care

is shaped around each person—their history, preferences, routines and interests—and not solely their clinical needs.

A heartfelt thank you to the Dorcas Charitable Trust for their generous donation and for helping us bring meaningful engagement to life across our wards.



Dorcas Charitable Trust: Supporting Patients, Relatives and Staff Through Mabel's Tearoom and Beyond



Many staff at GRI will be familiar with Mabel's Tearoom, a welcoming space near Outpatients that has become a favourite stop for patients, visitors and colleagues alike. Whether you enter via the Alexandra Parade entrance or walk through the hospital, you can't miss it.

When we last visited, the tearoom was buzzing with activity and warm feedback. Staff, patients and visitors praised the food, service and friendly atmosphere, an experience that reflects the hard work of the team behind the counter. But Mabel's Tearoom is more than just a great place for a cuppa. It is the heart of the GRI Dorcas Charitable Trust, a long-running charity dedicated to providing comfort and care for patients.

Over recent months, the tearoom has continued to thrive. Thanks to the commitment of the tearoom staff, profits have enabled the Dorcas Society to:

- Maintain weekly stock for the Dorcas Clothing Room, supporting patients who need fresh clothing, dignity wear and toiletries during their stay
- Approve a wide range of staff requests from wards across the hospital

Recent granted requests include:

- Bariatric chairs
- Recliner chairs
- High-back chairs
- Visitor chairs
- Reception tables



These items directly support patient comfort, safe mobility and improved environments in wards and communal areas.

Two specific recent requests highlight the impact of Dorcas funding:

Memory Boxes for Patients with Dementia

Submitted by Tricia Myres, Associate Chief Nurse (above)

This request introduced memory boxes to help patients living with dementia maintain links to their past. These boxes support conversation, reduce anxiety and boost mood by offering familiar, comforting items.



Comfort Bags from the Specialist Palliative Care Team

Dorcas also funded comfort bags for patients and carers receiving palliative care. Each bag includes:

- Soft blankets
- Portable radios with earphones
- Neck pillows
- Toiletries
- Snacks
- Notebooks

So far, seven bags have been distributed and warmly received, providing small but meaningful comforts during difficult moments.

The Dorcas Society encourages requests from all departments within GRI where an item or resource would enhance patient care or comfort.

Before submitting:

- Ensure the request aligns with hospital policies (Infection Control, Health & Safety).
- Discuss estimated costs with Procurement (Purchasing Team Lead).
- Complete a Dorcas request form.
- Provide a short paragraph explaining how the item will benefit patients.

Requests can be submitted via:

- The Dorcas website: www.Dorcas.org.uk
- The Mabel's Tearoom manager (for paper submissions)

BME Leadership Development Programme – Applications Now Open

Applications are now open for NHSGGC staff from Black and Minority Ethnic (BME) backgrounds to join the 2026 BME Leadership Development Programme, delivered in partnership with PATH Scotland. Now entering its fourth year, the programme has provided invaluable development opportunities for previous participants.

The programme is designed for staff who are already working in managerial or clinical management roles, as well as those with the potential or aspiration to progress into leadership positions. It focuses on developing key leadership skills while also supporting participants to navigate additional barriers that BME staff may experience when developing their careers.

About the Programme

There is increasing recognition that a diverse and inclusive workforce—one that reflects the communities we serve—strengthens patient care and supports better outcomes for staff. Research across the NHS shows that effective, inclusive team working improves patient experience and reduces staff stress.

However, staff from BME communities remain under-represented at senior levels within NHSGGC. This Leadership Programme is one of the steps being taken to help address this inequality by supporting staff to develop skills, confidence and access to career progression opportunities.

The programme will help participants to:

- Reflect on their current performance
- Recognise their strengths as managers and leaders
- Develop and build on existing skills
- Consider how best to use those skills in future roles
- Set meaningful goals aligned to their values and career vision

[Application form: 2026 BME Leadership Development Programme](#)

If you need support completing the application, please email

ggc.staffexperience@nhs.scot

An Information Drop-in Session will take place at 12pm on Tuesday 3 February 2026 for anyone who would like to hear more about the programme. Please sign up using the link provided.

Closing date for applications: Wednesday 11 February (end of day).

Winter Staff Wellbeing Resources

This time of year can be a difficult time for people and we want to ensure staff have access to the most appropriate services and resources that they need.

Mental Health And Wellbeing - Mental health and Wellbeing is 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](#)

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](#)



Home Energy Scotland - With the weather changing, the cost of energy might be on your mind at the moment.

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](#)

Active Staff - Thinking about working on your physical health 2025? Active Staff have a range of fitness classes on offer for people of all fitness levels.

More info: [Active Staff](#)

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

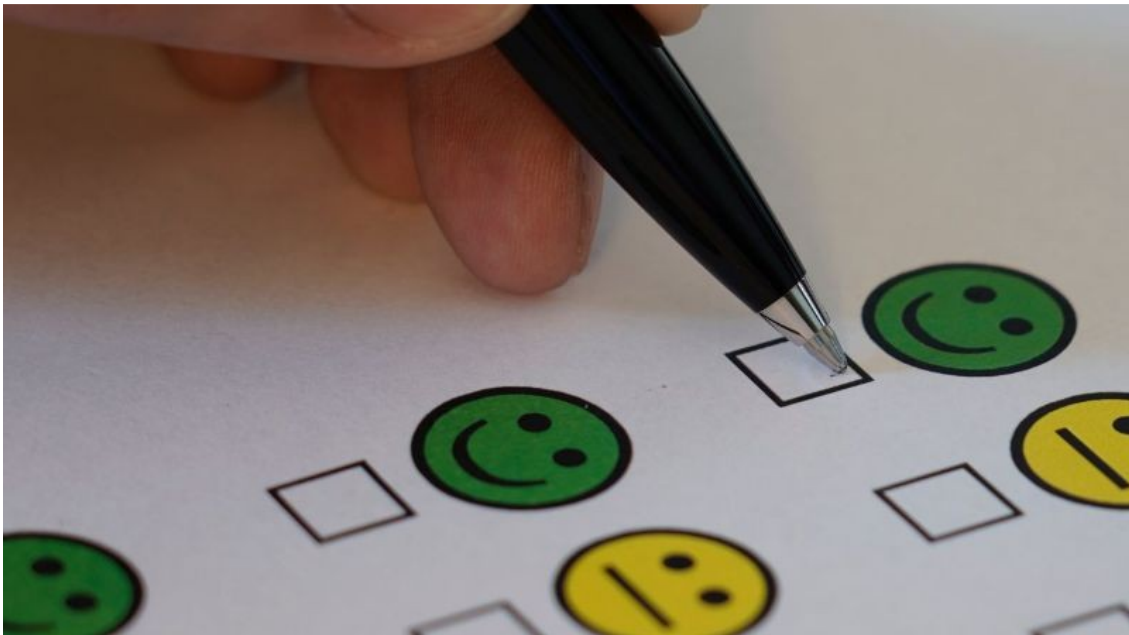
do.

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

Upcoming February Dates

- [February - Heart Month](#)
 - [February - LGBT+ History Month](#)
 - [4 February - World Cancer Day](#)
 - [5 February - Time to Talk Day](#)
 - [23 February to 1 March - Eating Disorders Awareness Week](#)
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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 the button below or [clicking here](#).

[Click here to submit your feedback](#)