Health & Wellbeing Day

The University held its fourth Health & Wellbeing Day, the second at the Suttie Centre on Tuesday 30th May. It was successful with many staff, students and some of our Patient Partners attending. This event helped to show everyone what facilities and support can be available to them.

There were various stalls which included Aberdeen Sports Village who were not only advertising their state of the art facilities and membership offers but had a rowing competition. There were also tasters of healthy foods prepared by Campus Services as Part of the Healthy Working Lives initiative and the Rowett Institute offered body analysis.

Occupational Health, HR, AUSA, Student Support and IT also came along amongst others including the Smoking Cessation Service in advance of the new legislation on smoking in Hospital sites.

There were also some sessions that took place during the day. These were; Yoga which allowed staff to enjoy a 50 minute session of specific body postures, breathing and meditation. A presentation on the University’s Mental Health and Wellbeing Strategy and Resilience sessions.

Have a break, go for a walk.
Relax.

Because We Care
abdn.ac.uk/becausewecare
Happy Retirement Norma

Resuscitation Officer Norma Hughson has recently retired after working with the NHS for 40 years. She has been based at Suttie since we opened 8 years ago and was one of our first resident staff. The photo shows her enjoying a retirement tea party with friends and colleagues last month.

Norma has worked within ITU, the Transplant team and retired as the Acting Senior Resuscitation Officer. We wish her all the best with her plans to travel the world and play golf in her retirement.

Gateway2Medicine

University of Aberdeen G2M programme has been designed to transform the aspirations and ambitions of secondary school pupils from a widening access background in Scotland, and who may have considered that application to medical school is too ambitious, unrealistic and out of their reach.

In our unique partnership with North East Scotland College the course will provide an accessible and supportive route into medicine for these applicants, that will allow them to reach their full potential and become doctors.

Our G2M programme is designed to support the delivery of the Scottish Government’s target that by 2030, students from the 20% most deprived backgrounds should represent 20% of entrants to higher education. Our programme is fully supported by the Scottish Government and NHS Grampian. Email: g2m@abdn.ac.uk

#AberDonors

On Saturday 27 May the University of Aberdeen Development Trust held its first Thank A Giver (TAG) day.

The Development Trust organised a programme of activity during the May Festival weekend to raise awareness of fundraising and philanthropic support and to thank our many generous donors. The highlight of this was the installation of over 50 temporary physical “tags”, showcasing items, buildings or areas around the University which have been supported by philanthropy. In addition to increasing awareness of the work of the Development Trust amongst the staff and student bodies, the tags also visually demonstrated to donors what their gifts have helped achieve, reinforcing the idea that donations to the University are used in a worthwhile way.

The Suttie Centre was “tagged” to celebrate its development in collaboration with NHS Grampian. The Centre was supported by thousands of donations during an appeal which raised in excess of £6million some £1.5million over target. Donors to the appeal are recognised throughout the building but most noticeably on the donor panel at the entrance to the building.

In addition to the physical tags, an informative map featuring the location of all tags across both campuses was produced, and an online competition encouraged people to upload “selfie” photographs online, using the hashtag #AberDonors. For more information visit https://www.abdn.ac.uk/giving/difference/tagging-day-431.php

University Open Days

This year we are running 3 Open Days for perspective students. Still to come -

26th August 2017
21st October 2017

If you know anyone who is interested in finding out more about studying medicine they can book a place at https://www.abdn.ac.uk/study/undergraduate-open-day/
Society Reregistration

A number of societies have already had their AGM and submitted their forms for re-registration. Please remember you have 4 weeks after your AGM to submit the form to suttiecentre@abdn.ac.uk.

Forms for re-registration can be found on our website. Forms for updating us about activities can also be found there.

There will be a half day training session in the summer for all society office bearers, an email will be sent out with further information.

New ideas for Societies to register can also be sent to the Suttie Centre mailbox.

Single Use Lockers

Single use lockers have now been installed in the Suttie Centre. These are located on the ground floor close to Rooms 014 and 015 for Years 1-3 during ward placements only. Lockers numbered 37-54 are the only lockers that have this new installation. These lockers are for use on a daily basis when students are on wards and don’t have a locker.

The lockers cannot be reserved and will require £1 to use where upon return you will get it back. At the end of each day lockers will be emptied and belongings will be put into lost property. Lockers will also be emptied at random if no Year 1-3 are on ward placements but lockers are being used.

Booking Titles

When requesting a room it is important to give the booking an appropriate title. Making sure that the title of the booking matches the information given to those who will be attending is important. In a single day there can be anywhere up to 100 different sessions running.

As you can imagine there are numerous students, university staff, NHS staff and public who come through the doors at the Suttie Centre in a day. Some of those don’t know where the rooms are and need help to find where they should be going.

The first point of contact is reception and if the title of the booking that they are asking for doesn’t match what is booked on the system it can be very difficult to point these individuals in the right direction. This can cause them to be turned away if we are not able to track down the course they are looking for. Remember this also applies to catering!

Requesting to Book MedChi

From the 31st July 2017 the way University staff request a booking for MedChi is changing. For requests Monday to Friday between 09.00 and 17.00 you will now have to email the university’s central timetabling team at roombookings@abdn.ac.uk. Within this email you will need to include all the information and requirements for room bookings to deal with your request appropriately.

NHS staff should contact Suttie and we will deal with this on your behalf.

With regards to booking requests for the evenings after 17.00 and weekends, this will continue to be requested through the Suttie Centre website. Please note that the guidelines for MedChi can be found on the Suttie Centre website.

British Empire Medal

We would like to say a huge congratulations to one of our patient partners, Gordon Ingram.

He was awarded a British Empire Medal in the Queen’s Birthday honours list.

This was for his “hands on” service making a significant impact on the local community in Aberdeenshire for over 40 years being involved in the community council, sports club and charity organisations.
**Bicycle Toolkit**

As part of a cycling project with the Campus Cycling Officer we have adopted a bicycle toolkit. This project is helping to work towards Scotland’s Cycle Friendly Campus Award. The toolkit is available to all staff and students to use for free from the Suttie Centre Reception. This aids those who require to make a quick fix or adjustment to their bike while on campus to at least make it home. Contents of the kit include a bike pump and puncture repair kit along with other tools.

The bicycle toolkit can be signed out from the Suttie Centre Reception where you can also look at the terms of use and basic how to guide. This can be signed out using a valid student or staff ID card. Your ID card must be left while the toolkit is in use, upon return you will get your ID card back. Consumable items can be permanently removed from the kit however, it is asked that all other tools are returned so that the next student or staff member is able to use these. There is the chance to leave a comment for feedback on the sign out sheet.

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**Wasted Space**

In the last 3 months **558.25** hours of usable teaching space have been wasted due to failure to cancel on time.

- March – 241 hours
- April – 183.5 hours
- May – 163.75 hours

This is slightly down on the previous quarter. Please help us to ensure space is available for your next teaching or learning session – where ever possible cancel an unrequired space a minimum of 14 days in advance. Your confirmation email contains a link to cancel/email suttiecentre@abdn.ac.uk

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**Paws Against Stress**

The Suttie Centre recently organised for some fluffy friends from the Canine Concern Scotland Trust, Therapets to drop by for half a day on 12th June.

This allowed students and staff to take 20 minutes out from their day to pet a dog or two. It was a great success and was highly attended with all sessions at full capacity.

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**Contact Us**

Visit us on the web at [www.abdn.ac.uk/suttie-centre](http://www.abdn.ac.uk/suttie-centre)

Room booking can be found at [http://www.abdn.ac.uk/suttie-centre/room-booking/rooms/help](http://www.abdn.ac.uk/suttie-centre/room-booking/rooms/help)

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**The Suttie Centre for Teaching & Learning in Healthcare**

There will be a new series of specials coming in the winter term starting on 11th September with:

**Tomorrows Doctors – what does being a teaching hospital mean to you.**

Academic and clinical excellence go side by side and being part of a teaching hospital means that our patients are helping to make the best possible future doctors. Come along and hear about all the benefits this can provide. Professor Ah-See and Professor Myint. Come along and join in the discussion.