Save a Life Workshop
with the Aberdeen University Paediatric Society (AUPS)

Over the past four years, the Aberdeen University Paediatric Society (AUPS) has been developing it’s ‘Save a Life with AUPS’ project. The project is run as a collaboration between the AUPS and the Royal Lifesaving Society (RLSS) UK and workshops are organised and taught by Aberdeen University medical students who have completed their RLSS Community Instructor and Life Support training. They primarily focus on delivering outreach workshops to the local community such as ‘Save a Baby’s Life’ and ‘Save a Child’s Life’.

During these sessions, they endeavour to educate members of the public on basic emergency first aid, primarily focussing on infant and child CPR, as well as training on what to do if a baby or child is choking and drowning prevention. With the sessions being delivered from the Suttie Centre, they offer medical students a fantastic opportunity to obtain practical experience in communication with members of the public and also allow them to teach skills which could be potentially lifesaving.

In September, a representative group of AUPS members travelled down to London in order to accept the Brian Morrissey Trophy at the RLSS UK National Honours Ceremony. This honour is awarded to groups in recognition of their work within the community and their dedication to delivering high quality workshops. It is hoped that the project will continue to move from strength to strength.
Sighted Guiding with the Guide Dogs Charity

NHS Grampian held its annual Sensory Impairment Awareness Week between the 6th and 10th November. One of the events of the week was an open-event for staff and students to learn about sighted-guiding. This was hosted at the Suttie Centre on 6th November in the Atrium. Staff and students were taught how to guide a person with visual impairment. This event was planned in conjunction with the charity ‘Guide Dogs’ who organised a member of staff and volunteers to attend to provide information and demonstrations.

Michael Seed (My Guide Ambassador, East Scotland) from ‘Guide Dogs’ spoke to individuals giving information and demonstrations of navigational skills, how to guide a person with visual impairment. The demonstrations were done in pairs with one person putting on a mask to cover their eyes. The other leading them to a specific set of instructions. This included the use of the stairs, indoor and outdoor walking, all with the use of a guide. The guides were giving instructions to their partner making sure that they knew exactly what was happening and where they were going. The navigational skills provided a look into the My Guide training package for volunteers with ‘Guide Dogs’.

While Michael Seed was providing the navigational skills to staff and students there was a couple of volunteers (Andrea and Janet) with their guide dogs (Yaris and Iona) by the information table. The volunteers focussed more on giving information about the dogs and how they are involved in more than being a guide dog for them. This information included campaigning on issues that affect those who are blind or partially sighted and also fundraising for the charity to meet the needs of the puppies and dogs. Further information was made available through the leaflets which gave readers the opportunity to find out how they can be involved in this charity in a variety of ways.

Fine Art and Medicine Exhibition

At the beginning of December artwork produced by seven third year medical students was on display in the Atrium of the Suttie Centre. These students had been undertaking visual art for 6 weeks as their option for medical humanities.

This work was again put on display for attendees of the Medico-Chirurgical Society Heritage Event on the 14th December. It is remarkable what the students have achieved.

Don’t worry if you have missed seeing the artwork during these times. There are further opportunities to see the work in the Suttie Centre. They will be on display in the cases on the first floor in the student breakout area and second floor in room 220.

Dates for your Diary!

A New series of Café Med will commence in the New Year:

- 29th January
- 19th February
- 12th March
- 23rd April
- 28th May

*Fine Art and Medicine Exhibition*

*Dates for your Diary!*

*Demonstration of Navigational Skills*

*Yaris (2 years old) and Iona (4 ½ years old)*
So you want to be a Doctor?

Aberdeen Medical School has an extensive programme of outreach events for those who are considering medicine as a career.

On 4th October and 1st November this year we ran So You Want to be a Doctor workshops for S4 pupils from schools across Grampian. Similar workshops are held in Inverness for Highland pupils.

Over the two days there were 88 attendees. The programme comprises three interactive workshops on anatomy, trauma management and the management of a patient who has had a stroke. In the latter workshop staff from the Robert Gordon University joined us to ensure that the multidisciplinary nature of healthcare is represented.

There were talks from primary and secondary care doctors about their working lives and information about the admission process into medicine. Attendees had the opportunity to talk to medical students who gave them the low down on what being a medical student is really like.

Overall feedback was very positive with the majority of pupils commenting that the event had further enhanced their interest in studying medicine or another health discipline. Comments from pupils included “I have gained a much better understanding of what studying medicine is really like and all the different directions it can take you in”- S4 pupil from Moray.

If any staff would like to be involved in the outreach programme, please contact Dr Karen Foster, Admissions Lead for Medicine, on k.foster@abdn.ac.uk

Aberdeen Shoulder Meeting

The 5th Aberdeen Shoulder Meeting was hosted at the Suttie Centre on 6th & 7th October, this was well attended and hosted a very well respected faculty from around Europe.

The delegates and faculty complimented the organisers and facilities throughout the meeting and found the entire experience very valuable to them in respect to education and training. They are already asking if we will be hosting the meeting in Aberdeen again in the future.

The Suttie Centre proved to be a perfect venue and the Conference Room (402) perfect for the number of delegates and faculty that attended. The Aberdeen orthopaedic upper limb group once more showed the visitors that Aberdeen is in fact fast becoming a centre of excellence in all aspects of shoulder surgery.
Unattended Items

Last month there was almost a full evacuation of the Suttie Centre, this was due to a bag being left unattended with nobody in close proximity to claim it. Leaving bags and other personal belongings lying around unattended is a security risk.

This risk is not only to your belongings which could be taken by someone else but also others who are in the building. Please do not leave any bags or personal belongings unattended.

If you spot anything which has been left unattended or which looks suspicious let reception know for the safety of everyone who is using our building.

Can’t get a Room because it’s unavailable?

In the last 3 months 675 hours of usable teaching space have been wasted due to failure to cancel on time.

- September – 196.75 hours
- October – 188.5 hours
- November – 289.75 hours

This has gone up from 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

Contact Us

Visit us on the web at www.abdn.ac.uk/suttie-centre

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

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Friskis & Svettis

Mondays 17.15-18.15

What is it?

Friskis & Svettis is an all-round exercise class suitable for all fitness levels, whether you are looking to build up or maintain your fitness. Originating from Sweden, Friskis & Svettis means healthy and sweaty. The classes are set to music which is varied, fun and matched to the exercises to ensure a full body workout.

What to Expect?

There are no complicated routines to learn and all you need is a pair of trainers, clothes to exercise in and a bottle of water. The class starts in a circle and we do a warm up which includes jogging before stretching and going down on to the floor (the floor is padded so no need for mats) where we do various exercises such as sit-ups, press-ups, planks. We then come up for a Cardio section before going back on the floor. There’s a final Cardio section before we Cool Down, Stretch and Relax (the best part of the class).

Why do it?

There are many reasons why members come to this class but one of the main reasons is it’s fun. There is much laughter in the class and they like it because people don’t take themselves too seriously. It’s also at an ideal time as it means they get exercise in before heading home – so there is no excuse (you just need to remember your kit on a Monday morning).