

Volunteering

Malawi cancer care



Staff from Nkhoma Hospital with the Edinburgh team, Sr Hilary Brown, fourth from left; Dr Graeme Walker, centre; Prof Heather Cubie, front, third from right and Dr Christine Campbell, front, second from right

A GROUP of staff from NHS Lothian have taken part in a voluntary initiative in Malawi to help tackle the most common cancer in women.

The team of clinicians from NHS Lothian and researchers from the University of Edinburgh received funding from the Scottish Government development fund for Malawi to set up a sustainable programme of cervical cancer reduction in Nkhoma Hospital.

Professor Heather Cubie, consultant clinical scientist in NHS Lothian, jointly leads the new programme, which will

provide women with access to screening and treatment, teach local people about the problems of cervical cancer and the benefits of screening, and train local staff in all of the techniques which are part of the project.

The programme was launched in Nkhoma Hospital in mid-October 2013 and, in its first month, provided screening for almost 450 women, with treatment where required. Sadly 11 cancers were also detected, a testament to just how essential screening is to save lives.

Power pack strikes gold at PR awards

THE Power Pack – Energy Efficiency Campaign won a gold award for the communications team in the Internal Communications category at the Scotland PRide Awards, hosted by the Chartered Institute of Public Relations in Glasgow, at the end of October.

NHS Lothian's energy efficiency performance in the last six months up to the end of September this year is faring well. Thanks to the weather being kinder, our energy costs have reduced by 6.3 per cent, which equates to a saving of £209,000.

To find out more about the Power Pack, visit <http://intranet.lothian.scot.nhs.uk/subsites/powerpack/>



NHS Lothian's energy efficiency campaign

Dual challenge

MANY people would like a healthier lifestyle, but don't take action until something serious spurs them on.

Following a visit to his GP, director of human resources and organisational development Alan Boyter decided it was time to improve his fitness.

He said: "I knew I had to lose weight, but it wasn't until my GP explained I was at serious risk of



Alan is put through his paces by trainer Andrew

type 2 diabetes that I decided I had to take action."

He signed up to The Gym in Waverley

Gate and, with the help of personal trainer Andrew Stark, now has an ongoing exercise programme. And he is already seeing the benefits.

Alan added: "I certainly notice significant changes. When I walk my dog, I complete the route much faster."

Alan is now supporting Andrew in his bid to climb Mount Kilimanjaro in January for rugby charity Hearts & Balls.

To sponsor him, search for 'Andrew's Climbing Kilimanjaro' on www.justgiving.com or [click here](#).