

ROYAL HOSPITAL FOR CHILDREN

Peer Supporters



Lorna Aitken
Senior Staff Nurse, PICU

Hi I'm Lorna, I work in PICU. I love all things food related although I'm fussy and hate mushrooms. Still game would be my mastermind topic!



Pamela Atkins
ECMO Coordinator,
PICU

I have recently moved back to Glasgow. I have lived in both Valencia and London in the last 12 years. I was a ward sister in cardiac intensive care in London before my new post in Glasgow as ecmo coordinator. I see change as difficult, but positive. I believe that in order to support others you first need the self care to support your self. I see strength in every individual fighting their own invisible battles. I believe in the importance in talking in a safe space being non-judgemental, respectful, approachable, and hopefully enabling others to be listened to in a comfortable way.



Jane Bakker
Emergency Nurse
Practitioner

Hi I'm Jane. I'm an ENP working in ED. I've worked in ED for 8 years which I love due to the variety of patients we see. I like a bit of running and hillwalking.

RHC.PEERSUPPORT@GGC.SCOT.NHS.UK

ROYAL HOSPITAL FOR CHILDREN

Peer Supporters



Natalie Bee
Consultant Paediatrician
in Emergency Medicine

I am a Consultant Paediatrician with a specialist interest in high dependency care. I completed two years working in intensive care to provide the skills to work in an acute field of paediatrics. My role as an A&E consultant combines a fast pace of working with high levels of clinical acuity. I am a keen educator with a focus on non-technical skills and team learning. I have a national quality improvement interest and I am Clinical Co-lead for Evidence Based Medicine and Appraisals for RCPCH. I have numerous hobbies outside work with a love of singing, live music, interior design, photography and paddle boarding I am delighted to be a peer supporter – I am very approachable and always happy to provide a listening ear.



Eilidh Cowie-Reilly
Senior Staff Nurse, PICU

Hey I'm Eilidh, I'm a Senior Staff Nurse in PICU I have worked there for 10 years. I have a 3 year old boy who keeps me busy in my free time, but when I do get 5 minutes to myself I love nothing better than catching up on a Greys Anatomy (no judging :))



Peter Donnelly
Consultant Paediatric
Intensivist

I'm Peter! I am a PICU Consultant and lead for Peer Support. Interested in all things LGBT and known to do a bit of irish dancing and Tik Tok'n in my spare time!

ROYAL HOSPITAL FOR CHILDREN

Peer Supporters



Lynne Beattie
Consultant
Neonatologist

Hi, I'm Lynne Beattie. I'm a consultant in the Neonatal Unit, and the Wellbeing Lead for staff. I'm generally found close to coffee and as a mum of 5, last slept sometime in 2002. I firmly believe that there is no I in 'team', and that our strength comes from supporting each other.



Louise Calderwood
Clinical Nurse Educator,
PICU

Hi I'm Louise. I am a Clinical Nurse Educator in PICU and I have been a nurse for over 16 years. I have 2 young boys, so I regularly take on the role of referee and I have a vast knowledge of superheroes and dinosaurs J!!



Neil Dunlop
Value Management Lead Clinical
Improvement Coordinator

I'm Neil and I am a clinical educator in PICU. However, currently I am working on a little project with Health Improvement Scotland and NES which is Fun! I have worked in loads of places Kota Bharu, Lille, Lyon, London, Paisley. Done lots of crazy things and made loads of friends in doing so. I love travelling, however its much less fun with kids at times! Art always makes me happy and I love my music, but don't enjoy sharing the same Spotify account with the kids! Working in this hospital can be tough but also very rewarding, not always in equal measures. That why we need to remember we are part of one big family and we are there to support each other. I remain passionately committed to drive, improve and innovate in wellbeing Initiatives in the Hospital

Peer Supporters



Karen Fletcher
Staff Nurse, ED

I'm Karen and I have been working as a Staff Nurse in the Emergency Department for nearly 5 years. Previously I worked as an outdoor instructor and still enjoy taking time climbing, biking and sailing. I think we all need a bit of extra support and care sometimes and I am really pleased to be a part of this team helping where we can.



Christina Harry
Consultant Paediatric
Intensivist
ScotSTAR Paediatric
Clinical Lead

I am a consultant in PICU and retrieval. When I'm not working, I love travel and getting out and about in Scotland's glorious sunshine! Failing that, I can be found chasing my tribe of children.



Karen Harkins
Senior Staff Nurse, ED

Hi I'm Karen. I am Senior Staff Nurse in ED & Peer support worker. I enjoy spending time with my husband & 3 kids, catching up with friends over a wine. I am also a Scentsy Consultant!

Peer Supporters



Scott Hendry

Consultant Paediatrician
in Emergency Medicine

I have enjoyed working as one of the Consultant team in the Emergency Department here at RHC since 2005. I know as well as anyone that stressful situations can arise at work and that, sometimes, we may find ourselves surprised how difficult they can be to deal with. For these occasions, myself and colleagues in the Peer Support Network are here to listen, respond and support. Away from work, I value family time and enjoy most sports, although my 5-a-side football career has been terminated by concerned work colleagues.



Hannah Hopper

Senior staff nurse,
Theatres

I did my child nurse training at Glasgow Caledonian University. I have worked in the Emergency theatre at RHC Glasgow for 21 years, with a brief stint at Edinburgh children's hospital prior to this. I am the Trauma link nurse and member of the Wellbeing team in theatres. I believe people should be any organisations priority as well as their best and most valuable asset. When we feel cared for and valued then we are happier and can realise our full potential.



Haytham Kubba

Consultant Paediatric
Otolaryngologist
Associate Professor,
University of Glasgow

Consultant in children's ENT since 2003; survived my midlife crisis thanks to supportive wife and kids, and understanding colleagues; now involved in staff wellbeing initiative with a particular interest in stress, burnout and work-life balance, which for me means music, food and triathlon.

Peer Supporters



Boma Lee

Consultant Paediatric Surgeon

I am one of the paediatric surgery and urology team. I have been a consultant since 2015.

It is important for us all to be in tune with our well being and how it impacts on all aspects of our lives. One of my colleagues once said to me adversity comes to all of us but it is how we pick ourselves up after a knock that is important. It is often easier said than done and I know from experience that the support of peers is critical at these times. As such I am passionate my role in the peer support process of the hospital. My hope is that I can give other people support which has been beneficial to me in the past.



Dawn MacDonald

Emergency Nurse Practitioner

Hi my name is Dawn MacDonald and I have been a paediatric nurse for 18 years now, working in the ED of the Children's Hospital for 17 years.

I currently work as an Emergency Nurse Practitioner seeing minor injuries. I am married and have two children aged 11 and 15. When I am not being a taxi driver for my children ferrying them to their different groups and school, I like to read, sew and cook.



Eilidh MacLennan

Staff Nurse, PICU

Hi, I'm Eilidh. I am a PICU Staff Nurse and peer supporter. I am a single mum of one and a keen gardener and a lover of tea.

Peer Supporters



Marie McGale
Senior Clinical Nurse
Educator, PICU

Hi, I'm Marie, one of the PICU Clinical Nurse Educators and one of the leads for Peer Support. Outside of work I dabble in Photography and I am also involved as a volunteer for a charity called WAY (Widowed and Young). I love a Snapchat filter especially as it annoys my 2 teenagers.



Anne McGettrick
Consultant Paediatric
Intensivist

Hi, I'm Anne, one of the PICU Consultants. Interested in balancing life and work. Spend most of my time not at work home schooling and taxi-ing. Love planning holidays. Aspires to running, one day...perhaps.



Micheala McGlone
Consultant Paediatric
Emergency Medicine

Hi, my name is Micheala and I have been a Consultant in Paediatric Emergency Medicine since 2017. I was part of the group that first introduced the concept of well-being and peer-support within the RHC. I know that working within the hospital setting can be challenging but I have experienced the support of my peers getting me through stressful situations at work and hope that I can help some others in return. In my spare time I entertain 2 young boys and have learned to bake during lockdown. I enjoy walking and yoga as a way to relax.

Peer Supporters



Lesley McKee
Consultant Paediatric
Anaesthetist

I've been a Consultant in the RHC Anaesthetic Department since 2003 (!).

I trained in Glasgow and London but I value closeness to family and the Scottish countryside so I moved back to the West of Scotland. Besides my theatre work I'm a Consultant Appraiser and I have an interest in patient safety and learning from error and clinical incidents. When I'm not at work I'm wrangling teenagers, a chocolate Labrador and trying to find time to keep fit, read and relax.



Sharon McTaggart
Staff nurse, ED

Hello, my name is Sharon, I am a band 5 staff nurse within the children's ED Department. I am married with 2 young children and love spending time with family and friends, going for walks and enjoying fun days within parks and having picnics.



Monique McLeod
Consultant Paediatric
Anaesthetist

I moved to Scotland in 2017 from sunny Australia. I came to do a post-CCT fellowship at RHC but never left, won over by the lovely people, the amazing landscape and the proximity to Europe. I have a strong interest in staff wellbeing and am the lead for Wellbeing and Peer Support in Theatres, a trained mentor, and on the committee for GGC Medical Wellbeing. I dabble in PICU and am interested in trauma, developing world medicine, medical ethics and learning from excellence. Outside of work I love food, wine and travel and have a toddler and 2 cheeky chihuahuas.

ROYAL HOSPITAL FOR CHILDREN

Peer Supporters



Nicola Miller
Senior Staff Nurse,
Theatres

Hi, my name is Nicola Miller, I'm a senior staff nurse working in theatres at the Royal Hospital for Children where I have been for the past 10 years. I am proud to be part of both the Peer Support and Wellbeing in Theatre groups, which are in place to encourage and empower people to talk about mental health. Over the years I have needed the support of my colleagues and I am grateful to now be in a position that I can lend an ear and offer support to others. In my time off from work I enjoy making music, running and yoga.



Asma Akram
Senior Clinical Fellow
Paediatric Anaesthesia

I am Asma Akram, I recently joined RHC as clinical fellow Paediatric Anaesthesia and delighted to be a part of it. I am mother of 3 daughters and that's most of my out of work WORK 😊.

I come from a country where families are very close knit and supportive. I see in modern busy world we are so isolated and hence less aware of each other. Joining the wellbeing gang just to make sure that we support our colleagues when they need us.



Anna Pomfret
Staff nurse, ED

I'm Anna and I'm a staff nurse in the Emergency Department. I moved to paediatrics from adult ED back in 2015 when the hospitals moved. My favourite thing to talk about is my cat, so if cute cat photos are what you need, I'm your woman!

RHC.PEERSUPPORT@GGC.SCOT.NHS.UK

ROYAL HOSPITAL FOR CHILDREN

Peer Supporters



Jennifer Scarth
Consultant Paediatric
Intensivist

I'm Jennifer, PICU Consultant. I've experienced both sides of the NHS over the last few years so have some insight into the challenges and rewards of returning to work after Mat Leave and sickness absence, I also believe in the healing power of cake (both baking and eating it!)



Siobhan Sweeney
Consultant ED Physician

I'm Siobhan Sweeney. I've been a consultant in the Paediatric Emergency Department in the children's hospital since 2012. I hugely value the support that I have received from my peers over my working life, and am invested in ensuring we have an approachable network of peers working to provide this same support for anyone who needs it. I am a mum of two wee girls, and very much enjoy fine food, wine and company. I love to cook and read and travel. Please get in touch if you could do with a non judgemental listening ear.



Aly Walker
Consultant Paediatric
Anaesthetist

Hello my name is Aly and I am a Consultant Paediatric Cardiac Anaesthetist. I am passionate about creating the best experience for patients, parents and staff alike in our theatre suite. Looking after our staff helps us to provide the best care we can for our patients, and peer support is part of this. Out of work, I cherish time with my three kids, enjoy playing piano and am fast becoming a gardening geek.

RHC.PEERSUPPORT@GGC.SCOT.NHS.UK

Peer Supporters



Mark Worrall
Consultant in PICU,
ScotSTAR & Paediatric
Anaesthetics

Hi I'm Mark and I've been a consultant since 2018 in RHC, working in PICU and theatres.

Always happy to chat, as people who have met me will know 😊

I like doing outdoors stuff.

Gillian Pollock
Clinical Nurse Educator,
PICU

Hi my name is Gillian, I am one of the Clinical Nurse Educators in PICU. I have worked in PICU for 7 Years before starting this role, and previously moved to GOSH to work in the Neonatal unit for just over a year before moving back home to Glasgow. I am a mum of 2 beautiful girls and we are a musical household with a love for all things Musical Theatre! I am a huge advocate for work-life balance and truly believe that to be able to look after someone else, you have to look after yourself first!

Laura McLaren
Consultant Paediatrician

Hi I'm Laura and have the privilege of working as a Consultant paediatrician in RHC. I have been a Consultant for 4 years, training in the west of Scotland with interludes in New Zealand and maternity leave.

I am here to offer support, tea/coffee, cake/biscuit.

Peer Supporters



Alana Christie
Consultant Paediatrician

I'm a Paediatric Consultant with a Special Interest in Inherited Metabolic Disorders. I am a new Consultant but I was an old trainee due to completing the majority of my training less than full time. I was the West of Scotland LTFT Trainee Rep for several years and am passionate about work life balance and LTFT training in general. Over the years I've received great support from my colleagues in RHC and am delighted to be able to pay that back as a Peer Supporter. When I'm not in work I like to be outside with my children and enjoy running, cycling paddleboarding, and island hopping in our campervan.



Jo Wylie
Senior Staff Nurse, PICU

Hi I'm Jo, I work in PICU, I love a bit of DIY and I get frustrated at middle lane drivers! However, I'm firm believer that kindness is key and that protecting and supporting the wellbeing needs of others is so important in a productive workforce. My favourite way to deal with stress is to chop wood for the stove!



Wendy Christie
Perioperative Clinical Educator, Theatres

Hi, my name is Wendy and I am the Clinical Educator, based within the RHC theatre department. I joined the RHC in April 2020 and truly admire the heart and soul that the staff within the theatres and recovery put into the care that they deliver. I undertook Clinical Supervision training in 2019 in order to better understand how to help people and listen to them. Peer support has been a next step in understanding how to listen effectively. I believe in listening. Too often we try to find solutions to offer people in times of stress, but quite often all they want to be heard. I am a Mindfulness Teacher and have used the skills that I learned on the programme to help both staff and myself to find moments of peace in this busy world. The other peace I find is when walking my lovely dogs in the Balloch Country Park, looking out for red squirrels and deer. I see self-care as important, as only when we know how to care for ourselves can we truly care for others.

Peer Supporters



Lynsay Stewart
Major Trauma
Coordinator

I'm Lynsay, one of the Major Trauma co-ordinators. I've worked in RHC since 2002, and in a previous life you would find me in the Radiology Department, where I worked as radiographer.

Out of work I enjoy spending time with my husband, 3 kids and my friends. I am passionate about caring for myself and others, and in my spare time you'll find me on my spin bike trying to keep fit or planning my next holiday.



Rachel McDougall
Senior Staff Nurse, ED

Hi, I'm Rachel and I work in the Emergency Dept as a Senior Staff Nurse. When not in the hospital you'll find me consuming coffee & cake, watching Finding Nemo on repeat with my daughter or going for long walks with my crazy dog, Vinnie.



Michelle Hughes
Senior Charge Nurse

Hi I am Michelle and work in Theatre Recovery. I have worked here for 19 years and I love my job and the team I work with. I am passionate about staff well-being and believe a little understanding, compassion and listening can really make a difference in someone's day. Outside of work I enjoy finding activities that help my own well-being so I do some wild swimming and paddle boarding, neither very well, walking my dogs and gardening. My 5 children are my greatest achievement and I am at my happiest when we have time to all be together.

ROYAL HOSPITAL FOR CHILDREN

Peer Supporters



Leanne Boyle
Staff Nurse, 2C

Hi, my names Leanne I'm a staff nurse in Ward 2C! I recently qualified in 2020, so every day is a learning day! I'm looking forward to being a peer supporter as I have had my own anxieties in the past and understand how daunting they can make you feel. I'm a lover of coffee and going to the gym!



Val Welch
Staff Nurse, Theatres
Recovery

I'm Val and have worked in the NHS for 42 years and love my job in recovery. I volunteer and help with abuse victims and love walking my 2 black labradors, reading and gardening. I have 3 daughters and 3 grandsons. I am excited to be doing peer support.



Lucy Piggot
Paediatric Surgical
Registrar

I'm Lucy, one of the paediatric surgery registrars. I've worked in RHC for a year and will be between here and Edinburgh for my surgical training. When I'm not at work you'll find me out and about up a hill or on my bike. Always happy to chat to anyone about anything!

Peer Supporters



Craig Swinburne
Consultant Paediatrician

Hi, I'm Craig. I joined the general paediatrics team in RHC in 2019 and count myself lucky that I'm able to work with supportive colleagues who help each other navigate the challenges of work and life. Time outside of work is all about friends and family although I'm also an amateur sax player/musician. Proud to be part of the peer support network. Here to listen and to support. Tea/coffee and empire biscuits included.



Cat Robinson
Staff Nurse, 2C

I'm a staff nurse in ward 2c and have worked in this area for 20 years. I can honestly say I love young people and working them is really rewarding. Hearing about Peer Support and the role it can play in emotional first aid made me keen to join the team. It was an easy step for me as I feel it's important for colleagues to know there are people willing and trained to make difficult situations that occur in the workplace and beyond smoother to process and therefore easier to accept and move forward from.



Emma Allison
Clinical Coordinator, RHC

Hi my name's Emma. I've been a staff nurse for 14 years on general medical/ active receiving wards. I have had some great experiences during my career but I have also encountered some really hard times. I feel very motivated to be a part of the peer support group and wanted to let you know if you need a listening ear feel free to seek me out for a chat. Out of work I enjoy working out and then eating my body weight in chocolate as a reward!