

Algorithm for Getting Involved in Global Citizenship

Active Global Citizenship
What is it?
and how can I be an active global citizen?



Getting Involved

Register as a Board [Global Health Champion](#) (some overseas experience) or the [People Register](#) (no global health experience but lots interest!)

Volunteering Opportunities

There are lots of ways, at home or overseas. As a first step link with your board lead and/or local champions. Drop us an email for their contact details.



Helping from Home

- Support local global health and sustainability networks.
- Contribute your skills and expertise to local Health Partnerships, for example mentor/support colleagues overseas.
- Provide remote education and training and peer support.
- Fundraising to support local and global partnerships.



Helping from Home

Discuss with your line manager how your voluntary global citizenship work might contribute to your Continued Professional Development (CPD).



Contribute overseas

- Review the [Health Partnership Mapping Tool](#) to explore partnerships where you might contribute.
- See our [Guide to Volunteering](#) for principles of partnership working and toolkits.



On return from overseas,

Debrief with a colleague, complete your Continued Professional Development (CPD) global health questionnaire and share the work on the [Health Partnership Map](#).

For more information, and to **get involved** please see www.scottishglobalhealth.org

Further Information

The NHS Scotland Global Citizenship Guide *Doing it Well* provides advice and guidance for NHS Boards and staff about how to get involved in Global Citizenship.

This includes advice on how we can help from home; and if volunteering overseas, what needs to be considered in terms of risk assessment, safeguarding and maximising the impact of our commitment; guiding staff towards building sustainable partnerships and relationships which deepen and strengthen with time.

This guidance should be used together with contextually specific information and professional advice.

If you have any queries then please contact:

Scottish Global Health Co-ordination Unit
Tel: 0131 244 8950 E: Kerry.Chalmers@gov.scot

www.scottishglobalhealth.org

Follow us on Twitter @ScottishGHCU



Photograph shows the fistula surgery team - enjoying the satisfaction of working hard to treat [Childbirth injuries in Uganda](#)



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NHS Scotland Global Citizenship Doing it Well

Your guide to getting involved



What is Global Citizenship?

There are several definitions of Global Citizenship, all expressing the following broad sentiment:

“It is a way of living that recognises our world is an increasingly complex web of connections and interdependencies. One in which our choices and actions may have repercussions for people and communities locally, nationally and internationally.”

Source: IDEAS

Why get involved?

Many NHS staff want to contribute to global health in low- and middle-income countries because they want to be part of making a positive contribution overseas and develop their skills. The motivations for getting involved in global citizenship are multiple, but a common theme is the recognition that access to healthcare is a human right and that many people possess the skills in demand to help alleviate the gaps.

Exercise: As a starting point it's worth asking yourself why you want to get involved in global health.

For example:

- Do you have skills that match with the needs?
- Can you teach and share your skills with others? (whether you have experience in medicine or nursing; or you are an engineer, technician, data analyst, or anything else!)
- Do you want to develop your skills and knowledge and meet new colleagues and build collaborative partnerships?
- Do you want to do research and contribute to global health in this way?



Case Study: Chris Faldon, Nurse Consultant, NHS Borders

In 2012 I made a visit to our NHS Borders officially twinned partner St Francis Hospital, Zambia. Since then I have been privileged to make a contribution to a number of projects including: water, sanitation and TB control. Some of the main things I learned and gained personally and professionally are:

- 1. The importance of listening.** Need for flexible, locally-grounded approaches that recognise complexity and aim to find solutions.
- 2. The need to bring back the learning to the UK.** Despite overwhelming workload pressures I have witnessed remarkable results from a team of dedicated workers and volunteers – better than that achieved back in Scotland with respect to TB treatment completion rates. My findings and recommendations have been presented to TB Nurses across Scotland and to a national multidisciplinary TB conference.
- 3. The often under exploited value of peer-to-peer support and shared experience.** I am much more tuned into opportunities to better engage with the third sector.
- 4. A greater appreciation of the NHS.** Despite our real pressures we are comparatively well served in the NHS – especially with our workforce capacity. Am I utilising the strengths of my team to the fullest?
- 5. The positive impact of witnessing in action a workforce with a glass half-full attitude.** As a nurse consultant this has inspired me to take on local and national leadership roles back in the UK that I may have not been so confident to embrace without this global health experience.

How do I get involved?

- As a first step, you can get in touch with your NHS Board's Global Citizenship Lead Champion who can guide you to further information and other staff already involved. Contact the Scottish Global Health Co-ordination Unit for details.
- You can also search the [Health Partnership Database](#) which will give you an idea of the different health partnerships that are underway and what is involved.
- The Scottish Global Health Co-ordination Unit shares opportunities as they come up. Check the Co-ordination Unit website www.scottishglobalhealth.org and follow us on twitter [@ScottishGHCU](#) for the latest updates and news.
- Another way to volunteer overseas is to go with a Charity. We have compiled a list of [Charities and Organisations](#) who can provide volunteering opportunities, which you can use as a starting point to explore further.

We recommend fully researching any option you consider. For more detail please visit www.scottishglobalhealth.org and see the full *Doing it Well* Guide.

Active Global Citizenship

Everyone can get involved in Global Citizenship by making the connections between our day-to-day decisions at home and the potential impact these choices have on people who live in low- and middle-income countries. Traditionally global health work has been considered through the lens of overseas volunteering. However, you can contribute in **multiple and innovative ways from home**, including:

- **Mentoring** healthcare staff from low- and middle-income countries
- Providing **remote support** including virtual learning, clinical networks, coaching and mentoring using a wide range of technology
- Providing additional **cover and support** when a team member is volunteering overseas
- **Fundraising** to support local and global initiatives
- **Voluntary work** within Scotland to support refugees/asylum seekers
- Supporting **healthcare system development** in a low- and middle-income country with skills, experience and tools in areas such as project and financial management or quality improvement

See Shobna Vasishta's story in the full guide (available at www.scottishglobalhealth.org) for more information and inspiration.

