



30 Years of Pioneering Travel Health

May 2015

Hello!

And welcome to the third Travax newsletter of our 30th anniversary year. Where the last issue looked back over our history, this time around we look at the present and take a trip round the current Travax team. Will the insights provided give you enough clues to lead to success in our fun game of 'Whose Shoes'?

We'd also like to say thank you for all the lovely feedback you have given us on our newsletters so far; we really appreciate it. Please keep it coming and, don't forget, we'd love to hear your own Travax Tales. Send them to us at nss.travaxanniversary@nhs.net.

In the meantime, enjoy the read and Happy Trails!

The Travax Team.

Meet the TRAVAX Team

The TRAVAX team have notoriously itchy feet and have shared a few of their travel tales but can you guess whose shoes are whose?

Introduce yourself: **Fiona Genasi**, born and bred in West of Scotland.

Key Role at Travax: Keeping control of Chris but I'm also the Travel and International Health team's nurse consultant.

Dream destination: Antigua, in Guatemala, Central America where my in-laws live – no contest.

Favourite travel experience: We had a family reunion in Positano, Italy a few years ago to celebrate my father-in-law's 80th birthday. The place was incredibly beautiful, the food (and wine) spectacular, all enjoyed in the company of family – which made it the most perfect trip of which I have great memories.

Mode of transport: Windsurfer or set of skis.



Introduce yourself: **Helen Sutton**, born and bred in Paisley.

Key Role at Travax: Nurse Specialist in Travel Health.

Dream destination: I love Italy.

Dream destination not yet visited: I've never visited Paris. I'm waiting for someone nice to take me...

Favourite travel experience: Being part of a medical team in Peru on board the Amazon Hope.

Holiday reading: If not a long menu in Italian, then a crime/thriller novel.



Introduce yourself: **Lorna Boyne**, born in Glasgow and brought up in East Kilbride.

Key Role at Travax: Travel and International Health team's nurse lead.

Dream destination: Definitely India; I returned this year for the first time in 12 years – I was concerned that I wouldn't enjoy it as much as I had in previous visits but it hadn't lost its magic. We visited the Taj Mahal which I found really moving (and romantic).

Worst food experience: Ordering unknown food from a French restaurant in Calais on a day trip to France. I was served mussels followed by sheep's brains (which looked exactly what they were, sprinkled with some parsley). Unbeknown to me at the time, I am allergic to mussels... We then had one of the roughest hovercraft journeys home you could ever imagine. I will leave the rest to your imagination.

Mode of transport: First Class air travel (in my dreams). Indian trains are great fun.

Introduce yourself: **Mary O'Neill**, born and bred in Glasgow.

Key role at Travax: Travax team administrator, I love dealing with the public (I'm quite a chatty person).

Dream destination: I would love to go to Vegas to see if the hotels really are as amazing as they are supposed to be.

Mode of transport: I quite like the car.

Holiday reading: Killer Sudoku!



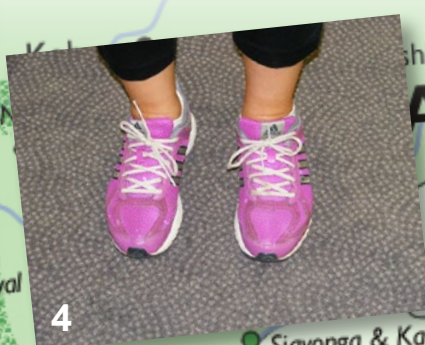
Introduce yourself: **Kitty Smith**, from London – meaning I was born in London.

Key role at Travax: Medical lead for the Travel and International Health team.

Favourite travel experience: Flying over the dunes at Sossusvlei, Namibia.

Worst food experience: An Arctic buffet in Greenland. Polar bear stew, seal flipper, fledgling sea gulls and muk tuk (rotted whale blubber). I tried most of it but in the end ate only a prawn cocktail.

Holiday reading: My iPad with lots of books on it. I like reading novels set in the country I'm visiting.



Introduce yourself: **Clare Suckling**, born and raised in Yorkshire, now Glasgow based.

Key Role at Travax: Nurse Specialist in Travel Health.

Dream destination: Depends. Sometimes I want the respite of a relaxing beach holiday; sometimes a cultural city break and sometimes I just want adventures – such as cycling through South East Asia or skydiving 14,000ft onto Mission Beach!

Best food experience: Eating glass noodles in a glass floored and fronted skyscraper restaurant in Singapore; that was surreal.

Mode of transport: Aeroplane, I love the anticipation of adventures to come that I get during takeoff (I also don't have a car which offsets my carbon footprint guilt!).



Introduce yourself: **Shayron Porcelli**, born in Lanark, Scotland.

Key Role at Travax: PA to the Travel and International Health team.

Dream destination: I don't have a favourite destination – many places I've been to are special for different reasons – France for chilled-outness, sunshine and food; New York for biz and variety... and food; Carradale in Kintyre for peace, scenery and... food; Vienna, Rome, Venice, Luxembourg, New Orleans...

Favourite travel experience: Too many experiences to mention! Memorable ones are viewing the sea-life on a coral reef under the

Red Sea through a mask, standing on the edge of the reef looking into the abyss below! I trusted my dad, who was holding my hand! Driving from Jeddah to Taif in Saudi Arabia – it was both nerve-wracking and fascinating.

Introduce yourself: **James Munro** and I live in Glasgow (it rhymes!).

Key role at Travax: Healthcare Scientist.

Dream destination not yet visited: Copenhagen would be interesting.

Best food experience: I recall a very nice pork knuckle at the Stieglkeller in Salzburg.

Mode of transport: Train.

Holiday reading: I don't read on holiday.

Introduce yourself: **Chris Redman**. I'm from Fife which explains a tendency to argue.

Key role at Travax: Doing what Fiona tells me to do but I'm also a Senior Epidemiologist for the Travel and International Health team.

Dream destination: Home.

Favourite travel experience: Standing in the dusk on the Zambezi watching a family of elephants cross the river on the horizon.

Best food experience: Fermented mare's milk during a fast 10 hour taxi ride. It made the second half of the journey more relaxing.

Holiday reading: Something meditative on the Life of the Lord Jesus Christ.



A testimonial by Mike Jones, Dean of Travel Medicine, Royal College of Physicians and Surgeons of Glasgow

It's my huge pleasure to congratulate Health Protection Scotland (HPS) on the occasion of the 30th anniversary of the founding of Travax.

When Travax first appeared, in the Ceefax format, it was a visionary development that sought to make a constantly updating resource available to the ordinary Travel Medicine practitioner. It was right at the forefront of the technology revolution that was to progress to the fully developed internet that we now all use, and rapidly acquired a solid reputation for reliability. Since then, it sequentially morphed into first a DOS and then Windows based internet format. The latter made possible the deployment of maps to users and the malaria maps in particular have now acquired global recognition as representing a data-driven scientific method. Today it is a wonderful resource, constantly educating its users and benefiting thousands of travellers with up to date, reliable advice.

One ancient writer observed, 'Without vision, the people perish.' In this case, developing vision has saved lives and enhanced the health of travellers. May Travax go from strength to strength, as it evolves to meet the needs of a changing world.



Mike Jones

The author was a member of the Travax Advisory Board and the Scottish Malaria Advisory group until 2014.

Whose shoes? answers

Fiona Genasi (6), Helen Sutton (7), Lorna Boyne (1), Mary O'Neill (9), Kitty Smith (2), Clare Suckling (5), Shayron Porcelli (4), James Munro (8), Chris Redman (3)