

PULSE

For the people in NHS Lanarkshire and health and social care partnerships

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April 2022

Primary care improvement team bids a fond farewell to colleague Maureen McGinty

April 1, 2022



Colleagues have bid a fond farewell to project assistant Maureen McGinty who retired on 31 March after a remarkable 32 years' service.

Maureen, who was part of the primary care improvement team (PCIT), started her career in the NHS on 19 February 1990 in the linen services department at University Hospital Hairmyres. She then moved to Hartwood Hospital linen services in 1997, before joining the health and homeless service in 2003.

Finally, in 2016, Maureen moved to Kirklands Headquarters to support the primary care and mental health transformation programme as a member of the primary care improvement team. Since 2018, the PCIT has been supporting the delivery of the General Medical Services (GMS) contract and associated primary care improvement plan.

As part of her retirement gift, two members of the PCIT managed to bag a meet and greet with Sir Rod Stewart before his performance at the Hydro in November. Anyone who knows Maureen will know that she has been a life-long fan of Sir Rod and when she received the gift she was speechless.

Judith Cain, senior improvement manager primary care, said: "Within the team Maureen is affectionately known as 'the oracle' as she has such a wealth of knowledge about the organisation.

"We will all miss her dearly, especially her turns of phrase and can-do attitude. We wish Maureen a very happy retirement as she plans to spend lots of time at her caravan with her husband, children and grandchildren."

Heather Knox staff message

April 1, 2022



In this week's staff message, Heather gives her weekly update from University Hospital Wishaw.

Caroline Lamb, Chief Executive of NHS Scotland and Director-General Health and Social Care, visited the site today to meet with staff who work at the hospital and colleagues from Health and Social Care North Lanarkshire.

Heather also gives her regular update on Covid-19 cases, in hospital and in the community, and ends by reminding us that tomorrow is the start of Ramadan.

The video can be accessed on Vimeo and YouTube using the links below:

- Vimeo – <https://vimeo.com/694906938>
- YouTube – <https://youtu.be/ACoPrreH09w>

NHS Scotland's chief executive thanks health and social care staff

April 1, 2022



Health and social care staff today welcomed the chief executive of NHS Scotland and director of health and social care on a visit to University Hospital Wishaw.

Caroline Lamb, who was appointed chief executive of NHS Scotland and director of health and social care in January 2021, met staff to hear about the challenges they have faced over the last two years since the start of the Covid-19 pandemic.

She was also visiting to offer her personal thanks to staff across health and social care for their unstinting dedication, professionalism and hard work through what has been the most challenging two years in the history of the NHS.

Ms Lamb met a range of staff from both health and social care as she visited a number of different departments across the hospital. She said: "NHS and social care staff have been dealing with a challenge beyond any of our imaginations for the last two years and are still dealing with Covid cases today.

"I am at University Hospital Wishaw today to meet with colleagues from NHS Lanarkshire and staff from both North and South health and social care partnerships to hear about the challenges they have faced over the last two years.

"I would like to offer my thanks for all the ongoing fantastic work and flexibility shown by health and social care staff across Lanarkshire. From the staff in our hospitals to those in the community including GPs who have continued to prioritise urgent care for Lanarkshire's most vulnerable residents.

“I know sustained demands on health and social care services across Lanarkshire has meant everyone has been working exceptionally hard to ensure the highest standards of care and support have continued over the last two years.

“It’s been a truly difficult time for everyone delivering health and social care while also keeping themselves, their loved ones and local residents safe.

“I am grateful to each and every individual for their exceptional efforts in providing the safest and most robust services possible.”

Ms Lamb met staff from accident and emergency, paediatrics, the medical receiving unit and Health and Social Care North Lanarkshire during her visit.

Julie Coyle, senior nurse emergency, University Hospital Wishaw, said: “It has been an extremely difficult time and we are not out of the woods yet as we are still dealing with Covid patients as well as treating patients with other serious conditions.

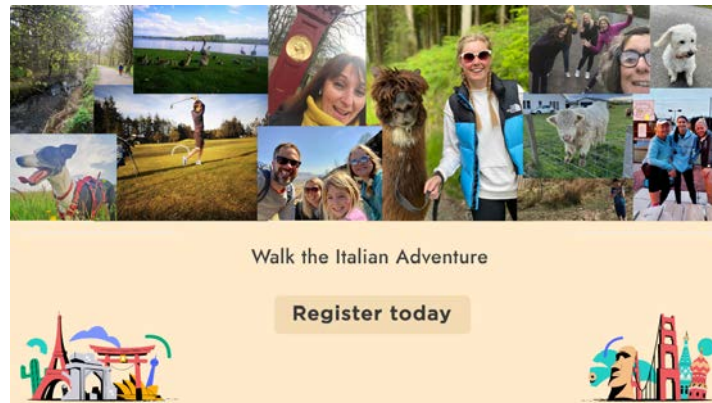
“Staff are working hard to ensure every patient gets the care and treatment they need in very challenging circumstances and staff appreciate the chief executive of NHS Scotland taking time to visit and listen to the issues that have affected them over the last two years.”

A video message from Ms Lamb thanking staff is available at:

- <https://vimeo.com/694935480>
- <https://www.youtube.com/watch?v=IRHs4RuYlvY>

Walking Challenge – Registration Open!

April 2, 2022



Lanarkshire's favourite challenge is back for 2022, and will take place from Monday 18 April to Friday 28 May!

Sign in is open to register your team before Sunday 17 April:

<https://hwl.bigteamchallenge.com/> If you created an account last year, you don't have to re-register, simply log on and set up your team!

Last year, an incredible 1620 participants in total from 395 teams entered to take part and racked up an astounding 720 million steps – the equivalent of walking over 12 times around the planet or walking to Inverness and back, 1000 times.

This challenge is all about reaping the benefits of a little exercise, some fresh air and working with your team mates to reach each milestone along the way.

The six-week challenge is to walk the length of Italy – 1160.3km; 721 miles or 1,691,922 steps – there are 9 milestones along the way: Genoa – Turin – Milan – Verona – Venice – Bologna – Florence – Assisi – Rome.

With [registration now open](#), here's how you can get involved in this year's walking challenge:

What is the Walking Challenge?

It's a free, six-week event where all NHS Lanarkshire staff can participate by getting together a team of five or registering individually, choosing a fun team name and striding through the streets and counting their steps.

Every step counts – whether it's walking or running, as long as you use your legs and feet, it all counts towards your total!

Above all, remember this is your challenge! It's about having fun and getting outdoors. Set your own goals, or don't! Just try and log your steps so you can chart your progress through the milestones of Italy and see what you can learn along the way.

How do I count my steps?

You can use a step counter, fitness device, smartwatch or free smartphone pedometer app. If you don't have one, there are a limited number of pedometers and fitness bands available to borrow via the [Health Improvement library](#).

Last year, the winning team were 'The Knockouts' captained by Ogechi Lubeigt, anaesthetic department, University Hospital Wishaw. The team managed a spectacular 4,951.1km.

On being crowned the winning team, Ogechi said: "As a team, we were absolutely delighted to have won the challenge for 2021. It was a very good distraction from the day-to-day madness going on around us. There was a healthy rivalry between the various teams of the anaesthetic department which really spurred us on to put in the distance and made the victory even sweeter."

Ogechi was also the individual with the most steps overall, with a tremendous 1,870km. Ogechi, said: "The challenge certainly brought out a competitive side to me that I didn't even know existed. Nevertheless, I was very surprised to find out that I had covered the greatest distance during the competition. I did have an excellent team and we all spurred each other on. It was a great incentive which has continued after the competition."

Changes to travel vaccinations

April 4, 2022



Since Friday 1 April, the way people access travel vaccinations has changed. Vaccinations previously delivered at GP practices are now the responsibility of NHS Lanarkshire and provided by community pharmacies.

The vaccines are:

- Hepatitis A;
- Typhoid;
- Hepatitis A and typhoid combined;
- Cholera;
- Revaxis (polio/diphtheria/tetanus).

The consultation and vaccination will continue to be free of charge for people who live in Lanarkshire or who are registered with a Lanarkshire GP practice.

People should know the vaccination requirements of the country they are travelling to and allow for sufficient time to be vaccinated. The information is available at www.fitfortravel.nhs.uk. They can then contact their nearest participating pharmacy to arrange an appointment.

Some travellers may need vaccines and anti-malarials which are not provided free of charge through the NHS service. Pharmacies may provide this additional service, however, there will be a charge for this.

For details of all local participating pharmacies, visit:

www.nhs.uk/lanarkshire/scot.nhs.uk/services/travel-vaccinations/

General travel health advice is available at: www.nhs.uk/inform.scot/care-support-and-rights/nhs-services/doctors/travel-health-and-vaccinations

Changes to Covid pathway

April 5, 2022



Patients in Lanarkshire who are unwell with Covid-19 symptoms and require medical attention are now being asked to contact their GP instead of NHS 24.

NHS Inform's coronavirus [webpage](#) remains the fastest way for people to obtain the latest health advice and information.

Since the start of April, patients who would have called 111 will be asked to contact their GP practice in the first instance during the working day, as they already do for other respiratory conditions. If help and advice is required out-of-hours, 111 should still be called.

Dr Linda Findlay, medical director, South Lanarkshire Health and Social Care Partnership, said: "Patients who are unwell with Covid-19 symptoms and need medical attention can now contact their GP practice and only call 111 when your GP practice is closed. NHS Inform is still a great source of information for patients.

"GPs have been open throughout the pandemic and have been busier than ever. Although many of the pandemic measures within the general community are relaxing, it's vital people are aware that Covid is still very much with us and there remains great pressure across the whole health and care system.

"It is unlikely that general practice will return to pre-pandemic ways of working. GP practices have had to change the way they provide patient care to protect everyone, maintain safe infection control measures, ensure social distancing, wearing of face masks and minimise physical contact.

"These restrictions will continue to be in place in healthcare settings across Lanarkshire for the foreseeable future and we would ask that members of the public continue to adhere to these.

"Most practices now operate a system where patients have to call the practice prior to being able to make an appointment. Practices have a wider healthcare team, in addition to GPs, and patients will

be navigated to speak to the most appropriate person, for example, the practice nurse or pharmacist etc.

“This way of working ensures the patient receives the right care from the right person at the right time and helps make best use of the valuable and highly-skilled resources available. This has proved highly beneficial for patients to ensure their needs are met.

“GP practices are working harder than ever to ensure that they see everyone who requires a face-to-face consultation, for example, for physical examination or if tests need to be carried out.

“I would like to thank GPs for all that they have done and continue to do for their patients in the face of the ongoing pandemic.

“Our staff continue to work extremely hard to ensure that patients are seen and treated as quickly as possible in the most challenging of situations and we ask that people be kind to our staff and colleagues who are committed to caring, no matter the circumstances.”

The public are reminded to access the right care at the right place. There are many alternatives within the community who can safely advise people on many health conditions.

Dr Findlay added: “There is help and advice on NHS Lanarkshire’s website including [Meet the experts](#) which offers a range of services that local healthcare professionals across Lanarkshire can provide. You can go directly to the right healthcare professional for the help you need when you need it, without having to see your GP first or face a lengthy wait in accident and emergency.

“NHS 24 can direct you to the right service day or night and provide urgent health advice out of hours by calling 111.

“NHS Lanarkshire has minor injury clinics that can treat a range of illnesses and injuries including sprains, strains, minor burns, bites and cuts. The NHS inform [website](#) also provides advice on self-care and your local pharmacy is the first port of call for minor ailments. This can also help free up appointments for those who need them.”

Writing for Wellbeing

April 5, 2022



The act of writing has been proven to reduce stress and help with feelings of depression and anxiety. Writing helps us to explore our emotions, both good and bad, and gain a better understanding of our own feelings. Reflective writing in particular can be incredibly effective in helping to mitigate stressful events or difficult situations in our lives. It is the perfect place to express yourself, your thoughts, feelings and ideas.

The knowledge services team ran two pilot courses entitled 'Writing for Wellbeing' back in January with 16 participants in total. The sessions covered the theory of how writing can help wellbeing and some practical writing tasks to give the participants experience of writing and some prompts to look back on afterwards.

Writing can feel daunting but it does not have to be. The first thing to remember is anything you write can be kept private. You do not need to share it with anyone until you are comfortable doing so, which may be never.

Getting started can also feel daunting but there are many resources available to help you get started and to give you prompts.

Building the habit

Like anything else, writing takes time and practice. It can be difficult to find the time to fit this in or to feel motivated, but there are some things you can do to include writing around your daily life:

- Journal;
- Start an online blog;
- Write letters/ emails to friends and family;
- Write reviews of books/ films/ food;
- Leave a notebook by your bed/sofa/kettle... anywhere you will have a spare minute.

Rose Clark, knowledge services librarian, NHS Lanarkshire, said: “I find writing useful in helping me to relax and to let go of stressors and anxieties. It can also be useful in pinpointing exactly what is causing these emotions and being able to work through them or just by coming to terms with them in my own time. Writing is also a great space to be creative and let your thoughts and ideas flow out and have fun! It has been wonderful to share this with colleagues and the response has been overwhelmingly positive which has been fantastic.”

Hear from some participants from the course too:

“Great combinations of different ideas get the brain thinking and the concept of writing again to the forefront. From photo prompts to connotations and newly discovered Haikus – all producing varying results from the individuals involved. Definitely had a great impact and continuing to jot down ideas/thoughts for the book writing and music world.” – Will Lamond

“The Writing For Wellbeing sessions were extremely beneficial in helping me to realise an outlet for my thoughts and feelings during what has been an extremely unsettling and anxious time, it helped me to rediscover writing which I enjoyed when I was younger. It was also good to have some dedicated time to share with colleagues discussing matters unrelated to work. I would highly recommend this and I would love to participate in something like this again.” – Joanne Gilchrist

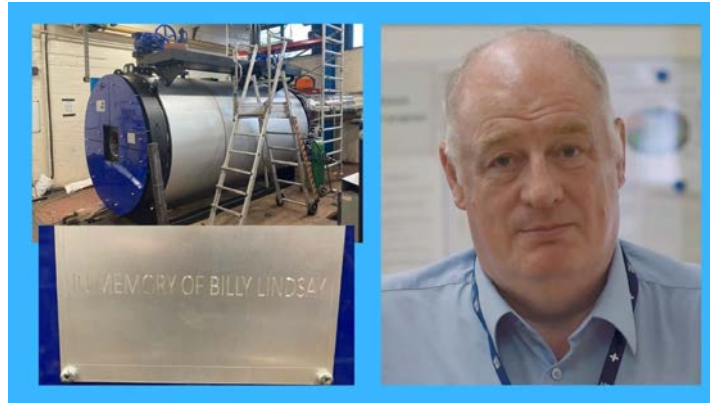
Watch out for future sessions on writing being run by the knowledge services team.

Activities and resources to help you get started. Inspiration can be found anywhere but these are some useful websites and ideas to help get you started:

- [**50 Word Fiction Scottish Book Trust**](#)
- Prompt websites/books (lots to choose from just Google ‘writing prompts’ and several websites and blogs will come up)
- Your local public library
- [**NanoWriMo**](#) – National Novel Writing Month (November) website has loads of useful prompts
- Join a writing group (online/in-person) ([**Scottish Association of Writers/Scottish Book Trust List**](#))
- [**Scottish Poetry Library**](#)
- [**Oxford Poetry Library**](#)
- [**Scottish Book Trust – Resources for Writers**](#)
- [**National Centre for Writing – Free Resources**](#)
- [**Creative Future – Resources for Writers**](#) (more professional tips)

Hospital boiler memorial tribute to “Mr Monklands” Billy

April 6, 2022



A unique memorial tribute has been paid to well-loved University Hospital Monklands maintenance manager Billy Lindsay – his name on a new industrial boiler.

Billy, who sadly passed away last year at the age of 60, worked at Monklands for over 30 years and was affectionately known by colleagues as “Mr Monklands”.

Billy, from Coatbridge, had been looking forward to seeing two new boilers installed in the hospital’s plant room, so the memorial name plaque was seen as a fitting tribute by colleagues and the companies that made the boilers and put in the new equipment.

NHS Lanarkshire head of maintenance Graham Souter explained: “The estates team had discussed a suitable tribute to ‘Mr Monklands’ – the legend Billy Lindsay.

“A tree in the memorial garden just didn’t seem appropriate for Billy. So we were delighted when the first of the boilers was installed and we were made aware of this kind gesture – Billy’s name on it.

“I had the benefit a few times of discussing Billy’s future plans and he indicated that he would retire only when the last person left to go to the new University Hospital Monklands, which is currently being planned and designed.

“Now, and in keeping with his wish, he will hold watch over the main plant room until that day comes.”

The idea for the tribute came from Ian Burt, who’d known Billy since childhood, and works as a commissioning engineer for boiler manufacturers Cochran Ltd.

Ian, 61, from Stonehouse, said: “We grew up in Coatbridge and got back in touch about 17 years ago when some boilers were previously installed at Monklands.

“Billy was a gem of a guy and very well thought of by everybody, so the memorial plaque seemed like a good idea.”

Gary Shepherd, managing director at Glasgow-based James Ramsay Ltd, which installed the boilers, added: “We had the pleasure of dealing with the gentleman that was Billy Lindsay for some 20 years. He was a man who knew every inch of the hospital like the back of his hand.

“It’s terribly sad that he didn’t get to see the new boilers going in, but it’s a top-class gesture from all involved that he will still be watching over the old place in this way.”

Billy’s partner, Sharon Devine, from Glasgow, said: “The memorial plaque is a beautiful and thoughtful tribute to Billy. He would be honoured to be remembered so kindly by the team at Cochran, with whom he worked so closely for many years.

“I’m quite overcome with the thoughtfulness and kindness of this gesture and I’d like to pass on my utmost and heartfelt thanks to everyone who helped make this happen.”

Ninety-four year-old Cambuslang resident praises Care at Home service

April 7, 2022



In this special series, we look at the people working in the very heart of our communities as part of the Care at Home service.

When Jessie Turner was admitted to hospital last year having suffered a stroke, she feared she might not return to her Cambuslang home. Having only just recovered from a hip operation, the still active 94-year-old was convinced that her much-prized independence was at risk.

However, thanks to South Lanarkshire Health and Social Care Partnership's (SLHSCP) innovative Home First programme she has been able to recover and rehabilitate in the comfort and security of the house she has lived in for decades.

The programme takes an integrated approach to supporting people in the community who might otherwise have experienced a lengthy stay in hospital and builds on a well-established spirit of partnership working between the key agencies involved in their care.

Now, more than £4 million is being invested to recruit more health and social care staff to make sure that this experience continues to be the rule rather than the exception.

Since leaving hospital in October, Jessie has been under the care of the reablement team. She admits that, having never had a need of care before, she was 'a little unsure about what to expect'. She now describes the package of support given to her as "life changing".

She adds: "I don't know where I would be without the carers who come in every day; I feel so fortunate. Thanks to Home First, my home carers, the hospital physiotherapists and occupational

health all worked together and planned things so that I could, not only get back to my home, but live well there.

“I had my first stroke ten years ago and the difference in my experience then, as compared to now, is night and day. My stay in hospital this time was only a few weeks because so many people came together to make it so.

“Everyone has been incredibly kind. Not only do I have the adaptations I need to my house, but the physiotherapist support to get stronger and twice daily visits from home carers who make me feel safe and looked after.”

Since Jessie’s GP husband died in 2005, she has been supported by close family, who she describes as “angels”. As well as giving her practical support to supplement the team’s efforts to get Jessie back home, they have also helped her join the online community. Because of that, she can continue to be part of her church community during Covid.

“I’m no expert” laughs Jessie, “but I can do what I need to do. What’s lovely is that my home carers support me with this too and talk me through any technical issues that come up, as they know what my faith and being able to celebrate it means to me.

“Having this team of people in my life has made more difference than I could ever have imagined – medically, practically and emotionally – and I cannot thank them enough. I would encourage anyone thinking of joining the team. From my own point of view, it’s a chance to be there and change the life of someone who really needs it.”

One of the home carers who visits Jessie regularly is Annemarie Docherty. She only recently came to the profession after more than 20 years in retail but has never looked back.

She explains: “In Jessie I have had the privilege of meeting and helping someone who is everything I would want to be. She has the most amazing mentality and approach to life and it’s a genuine pleasure to spend time with her. We have built up a lovely rapport and I know that she looks forward to my visits as much as I do. It’s a type of job satisfaction I’ve never experienced before, or could have hoped I would. It’s the best decision I ever made.”

Soumen Sengupta, director of health and social care, said: “We are committed to ensuring our service users can live as independently as possible and Jessie is a fantastic example of that.

“Our staff work exceptionally hard – and challenge themselves – to do their best to ensure that people across South Lanarkshire receive the right care in the right place at the right time.”

The service is recruiting now, you can find out more by visiting: [SLA08839 – Home Carer – | South Lanarkshire | myjobscotland](#)

Latest discounts from NHS Staff Benefits

April 7, 2022



Save £££s on some great deals both in-store and online, all especially negotiated for NHS staff. To find out more, or sign up to receive all the latest discounts, visit: www.nhsstaffbenefits.co.uk

Here are some of the latest deals from some fantastic brands.

- **20 per cent off Terminal V festival tickets**

Terminal V Festival is the UK's most ground-breaking, fastest growing techno and house festival.

Terminal V will take place on Saturday 16 and Sunday 17 April at The Royal Highland Centre, Edinburgh.

NHS Staff Benefits members can receive a 20 per cent discount off Sunday and weekend festival tickets.

- o Sunday tickets NHS price – £58.46

- o Weekend tickets NHS price – £112.46

To secure the discount, simply use the exclusive code on their website to unlock NHS discounted tickets at the ticket selection stage.

You may be asked to show your valid NHS ID with your ticket at the festival.

For more information, visit: <https://www.nhsstaffbenefits.co.uk/deal/20-off-terminal-v-festival-tickets>

- **Save up to £30 off bookings with Haven**

From the northern shores of Northumberland down to the surf-tinged glory of Devon and Cornwall, you are never far away from Haven with 37 UK holiday parks dotted around the Great British coastline. Its English, Scottish and Welsh caravan parks provide memories that last a lifetime. Escape the hustle and bustle and start your great staycation escape with Haven at one of the holiday parks in the UK.

NHS Staff Benefits members can save up to £30 off bookings with Haven.

Book your holiday with Haven online – there is no promo code to enter, your discount will be automatically applied to all applicable holiday prices.

If you prefer, you can call 0333 202 5428 and make sure you quote the exclusive code below to get your discount.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/save-up-to-30-off-bookings-with-haven>

- **Exclusive BT Broadband deals for NHS staff**

BT Broadband deals from £26.99 a month for new customers exclusively for NHS staff

BT Broadband offers one of the most comprehensive broadband packages yet seen in the UK. Powered by ultra-fast download speeds of up to 900Mb (subject to availability), BT customers now get more for their money through free internet voice calls, free video calls and a suite of security software – all brought together through the revolutionary BT Home Hub.

NHS Staff Benefits members can get (new customers only):

- Fibre 1 (50Mb download speed) – £26.99 per month and £70 virtual reward card;
- Fibre 2 (74 Mb download speed) – £29.99 per month and £110 virtual reward card;
- Full Fibre 100 (150Mb download speed) – £34.99 per month and £60 virtual reward card;
- Full Fibre 500 (500 Mb download speed) – £44.99 per month and £60 virtual reward card;
- Full Fibre 900 (900 Mb download speed) – £54.99 per month and £60 virtual reward card.

Click on the ‘Get Deal’ button where the exclusive prices will automatically apply.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/exclusive-bt-broadband-deals-for-nhs-staff>

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watching stories, you can stay in the know about the best of NHS Staff Benefits.

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Renewal and reinvigoration at the heart of a plan for health and care in South Lanarkshire

April 8, 2022



A new animation has been produced to mark the completion of a process that has created a blueprint for the future of health and care in South Lanarkshire.

Hard-won lessons and real-life experience of the last two years are being harnessed to transform the approach to health and care in South Lanarkshire.

And continued close collaboration with partners and communities – who have challenged health and social care leaders to move away from traditional models of care to a new way of thinking – is at the heart of a blueprint for the future.

Soumen Sengupta, director of health and social care, has explained that the publication of South Lanarkshire Integration Joint Board’s Strategic Commissioning Plan 2022–2025 sets out a bold new direction.

“I can understand how devising a plan in the current context – when we’re moving from one period of uncertainty to arguably another – could be easily dismissed as a ‘tick-box’ exercise” said Mr Sengupta. “Our Plan, however, has been shaped by the real experiences of people in our very communities – and that has allowed us to chart a new course.

“The Plan clearly sets out support for our staff, services, partners and communities to recover – while promoting meaningful renewal and reinvigoration.”

The Plan – which was approved today by South Lanarkshire’s Integration Joint Board – was informed by rich evidence and insights from a range of sources, including a comprehensive and in-

depth public engagement process.

The process has been captured in an animation: <https://vimeo.com/690537456>

Mr Sengupta continued: “What has been most striking is that all of the information we’ve gleaned reinforces three key areas.

“Firstly, our health and social care services make a substantial difference to people’s lives – but we are going to have to do more than just ‘more of the same’ if we really want to improve outcomes and tackle inequalities.

“Secondly, our communities value their independence and very much see the heart of health and social care provision being not within NHS or council buildings, but within their own homes.

“And thirdly, the pandemic has shown that staff and communities can innovate at pace and are much more open to change than we might have thought before. In conversations and feedback, we’ve been challenged to cast off nostalgia towards traditional models of care to meet aspirations with bold solutions.”

The Plan, in turn, identifies three concrete priorities which will shape the delivery of health and social care over the next three years and beyond.

These are:

- Ensuring that early intervention, prevention and addressing inequalities are much more prominent across all service areas;
- Increasing access to a greater variety of activities and supports that address mental health and addictions;
- Sustaining and improving day-to-day health and social care services, ensuring all services are working at their best and are accessible to our diverse communities.

Mr Sengupta added that alongside recovery, collaboration will be key.

“Achieving these and our longer-term ambitions will be dependent on a simple, fundamental factor. That’s the quality of our partnerships; how well we enable staff to work together across disciplines and services; how well we develop new approaches with our primary care contractors, independent providers and public sector partners; and how we support, where necessary, third sector and community groups to grow and flourish.

“If there was ever a time for thinking differently about health and social care, it’s surely been now. This plan represents that very blueprint for the future.”

Vote of thanks to the public for their participation

Craig Cunningham, head of commissioning and performance for South Lanarkshire Health and Social Care Partnership, thanked all those who have invested their time, experience and thoughts in helping devise the Strategic Commissioning Plan.

Mr Cunningham explained the three themes identified are part of a wider raft of 12 priorities. Other priorities include continuing support for unpaid carers and improving unscheduled care.

Mr Cunningham added: “Members of the public can be assured our health and social care staff across South Lanarkshire continue to work tirelessly to address the significant challenges created by the ongoing Covid-19 pandemic.

“At the same time, we are also committed to looking and planning for tomorrow, collectively. The delivery of this plan is the result of a tremendous effort.”

The full Strategic Commissioning Plan is available to read in South Lanarkshire Integration Joint Board’s agenda pack at:

https://www.southlanarkshire.gov.uk/slhcp/downloads/file/295/sl_ijn_meeting_pap

Bowel Cancer Awareness Month

April 8, 2022



April is Bowel Cancer Awareness Month.

Bowel cancer is the third most common cancer in Scotland. Being aware of the key symptoms and contacting your GP if things do not feel right can help increase the chances of an early diagnosis. You are 14 times more likely to survive bowel cancer if it is found early.

Facts about bowel cancer

- o Every 15 minutes somebody is diagnosed with bowel cancer in the UK, that is nearly 43,000 people each year;
- o Bowel cancer is more common in the over 50s but it can affect people of all ages;
- o Bowel cancer is the UK's second biggest cancer killer. However, it should not be because it is treatable and curable especially if diagnosed early;
- o Nearly everyone survives bowel cancer if diagnosed at the earliest stage. However, this drops significantly as the disease develops. Early diagnosis really does save lives.

The symptoms of bowel cancer can include:

- o Bleeding from your bottom and/or blood in your poo;
- o A persistent and unexplained change in bowel habit;
- o Unexplained weight loss;
- o Extreme tiredness for no obvious reason;
- o A pain or lump in your tummy.

Most people with these symptoms do not have bowel cancer – other health problems can cause similar symptoms. If you have one or more of these, or if things just do not feel right, contact your GP.

Christine Reid, health improvement team leader, said: “Please get to know the symptoms of bowel cancer and if you think you have one or more, don’t ignore it or be embarrassed, speak to your GP. Most people with these symptoms don’t have bowel cancer, but if things don’t feel right, get it checked, it could save your life.”

Bowel Cancer UK has developed a leaflet explaining what the disease is, who is at risk and what symptoms to look out for. View the leaflet at <http://firstport2/staff-support/knowledge-services/public-health/Staff%20Emails/What%20Is%20Bowel%20Cancer%20leaflet.pdf>

For more information, visit: www.bowelcanceruk.org.uk/

Bowel cancer help, resources and support is available from organisations including:

o Cancer Research UK: www.cancerresearchuk.org

o Macmillan: www.macmillan.org.uk

NHS Inform is Scotland’s national health information service (www.nhsinform.scot). It provides access to a range of health and wellbeing information including bowel cancer and bowel screening. The website is also home to Scotland’s Service Directory, a source of reliable, quality assured information containing details of local and national health and wellbeing services and support groups.

Staff message from Heather Knox, NHS chief executive – Friday 8 April 2022

April 8, 2022



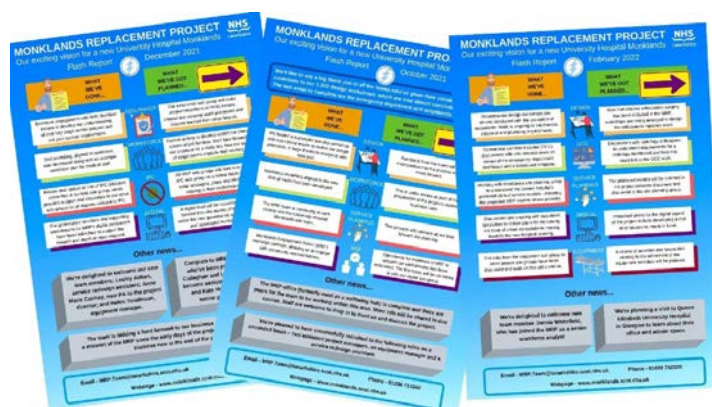
In this week's staff message, Heather updates staff on the ongoing service pressures, staff recruitment and the displacement of people from Ukraine.

The video can be accessed on Vimeo and YouTube using the links below:

- <https://youtu.be/EqSuUH3J61k>
- <https://vimeo.com/696589705>

New University Hospital Monklands – MRP flash report April 2022

April 11, 2022



The Monklands Replacement Project (MRP) is our exciting vision for the new University Hospital Monklands.

Our monthly flash report provides a short summary of what's happening with some of the project's various workstreams.

Workforce



“Meetings were held with regard to the requirements for medical staffing and the role of advanced nurse practitioners (ANPs) within the new clinical model,” said workforce lead Laura Ireland.

“A workforce planning group has been established as a separate MRP sub-group, addressing all job families and closely aligned to the project's service redesign work.”

Service planning

Redesign lead Donna McHenry said: “A short life working group has been established and met weekly during March to develop admin & office requirements, specifically for the medical workforce.



“Work is continuing for outpatients, primarily on workforce, and sub-department leads will review their funded staffing in relation to their model in the new layout.”

Digital

“There have been mapping exercises with department representatives from the digital workstream to understand current patient and staff flows and potential digital solutions that would assist,” said senior project manager Kate Henderson.



“University Hospital Monklands will be first to test the Patientrack digital observation system’s ‘hard alerting’ component, which highlights patient deterioration to clinical teams via automatic phone alerts.”

Monklands Engagement Forum (MEF)

Communications & engagement officer Bob Smyth said: “The MEF, which involves engagement with representatives from community groups, discussed topics including communications, digital, assurance and clinical innovations.



“Coming up, the forum will have the opportunity to review developments in outpatient service design. A review of the group’s terms of reference will also be undertaken.”

Soft landings

“There has been good progress on the business case delivery plan for ‘soft landings’ – aligning the interests of those who plan, design, construct the hospital with those who then operate and use it,” said MRP soft landings champion Donna McHenry.

“We’ll have continued representation at soft landings meetings alongside other health boards which have National Treatment Centre programmes. This has been useful in terms of sharing lessons learned and progress against delivery plan activities.”

Other news

- We’re delighted to welcome new team members Maureen McGinn, digital lead, and Nicola Layden, admin support assistant.
- Thanks to all who took part in the MRP planning consultation in March. We’re putting together a consultation report for submission with the planning application.

For full information on the Monklands Replacement Project visit the MRP webpage www.monklands.scot.nhs.uk.

Flash reports are also included as an infographic in the staff briefing and published on the MRP webpage.

New provider of counselling services for NHS Lanarkshire staff

April 11, 2022



NHS Lanarkshire has provided a counselling service through ‘Therapeutic Counselling’ for many years in order to support the wellbeing of staff. This has been a well-used resource and particularly valuable over the last two challenging years. The provision of the service is via an independent company – separate to NHS – free of charge and completely confidential. The contract with the current provider ‘Time for Talking’ has come to an end. Following a competitive formal tender process, the new provider of counselling services for NHS Lanarkshire staff will be ‘The Talking Rooms’.

The Talking Rooms – based in the West of Scotland – was founded in 2018 and provides one-to-one counselling and other services in further education colleges and public sector organisations with a client-base across Scotland.

The new counselling service from The Talking Rooms will take effect from today (Monday 11 April). Over the next few weeks and months, further communications will be issued via the weekly staff briefing and The Pulse to ensure that details of the new service are widely publicised.

Annette Shorts, lead occupational health advisor, Salus occupational health, safety and return to work services, said: “The Talking Rooms aims to help and support staff and to empower them to deal with life’s inevitable difficulties by providing access to confidential counselling.

“Accessing counselling via The Talking Rooms can offer a safe and confidential space to explore a challenge or life difficulty, which could be anything from grief, to feeling stressed or worried or

experiencing low mood. Staff can access counselling on days and times that suit their needs. This can be carried out by telephone, video link or even face-to-face at a location that suits the individual.

“The service is totally confidential and staff can self-refer directly for counselling in the safe knowledge that no personal or private information is shared with anyone else”.

The Talking Rooms are open Monday to Friday, 9am to 5pm. To contact The Talking Rooms, please telephone 0800 138 9150 or complete an online referral form which can be found at:

<https://www.thetalkingrooms.com/self-referral/>

Please note that existing clients of Time for Talking will be seen through to the completion of their sessions to ensure that there is no gap in service provision.

Less than one week to go to register for this year's walking challenge!

April 12, 2022



Over 500 NHSL staff members have signed up for this year's Walking Challenge, and there's still time for you to get involved in the fun!

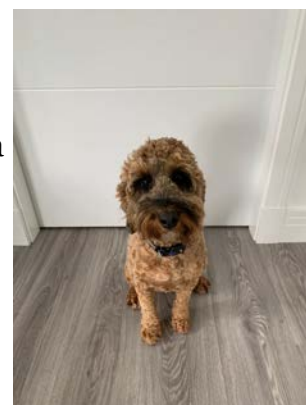
With less than one week to enter, registration closes at midnight on Sunday 17 April! [Register here.](#)

There are plenty of open teams you can add yourself to, or why not set your own target and go it alone? Choose a fun team name and get ready to stride through the streets in less than a weeks' time.

The challenge will start on Monday 18 April, set your own goals, or don't! Just try and log your steps so you can chart your progress through the milestones of Italy and see what you can learn along the way. Above all, remember this is your challenge! It's about having fun and getting outdoors.

Simon Martin, health improvement senior – Healthy Working Lives, NHS Lanarkshire said: “This is a great opportunity for staff to get out and about and take part in a lighthearted challenge. My dog, Tilly is especially excited and for a bit of fun, I've put together her thoughts on the walking challenge!”

“My owner works for NHSL and I love it when the walking challenge comes around because I get out more. I get to sniff more lampposts, which is my favourite but I also get more fresh air and to look at the scenery which makes me much more calm in the house which Simon likes! It just makes me feel better getting out. Why don't you get out? It might make you feel better? Just remember to log your steps!”



Some teams who have registered are: Chafing The Dream Sole Sisters, Red Hot Chilli Steppers and These boots are made for walking.

See you at the virtual start-line in Genoa! [**Sign up here.**](#)

Financial Wellbeing Support for Staff

April 12, 2022



Are you worried about debt or experiencing financial difficulties? Have the recent price increases in fuel, food and other bills started to cause you concern or made your existing situation worse?

North Lanarkshire Council's Financial Inclusion Team and South Lanarkshire Council's Money Matters Advisory Service both provide support to residents when it comes to money worries, and our Health Improvement team works closely with their teams to highlight this support to NHSL staff, as well as patients.

Jo Duffy, senior health promotion officer, BBV & Sexual Health Promotion and Tackling Poverty, NHS Lanarkshire, said: "NHSL works closely with partners in both North and South Lanarkshire Council, who offer free and confidential advice on a wide range of financial topics and issues. We know lots of our NHSL staff are also residents here and can therefore access the same support as we would promote to clients, patients and other service users.

"Stigma and shame can often lead us to be too embarrassed to open up about financial worries, but there are lots of supports available and seeking help quickly is the best way to reduce the stress and associated impact on health and wellbeing.

"Please don't keep these worries to yourself, both North and South Lanarkshire Council have dedicated services that offer specialist advice and support to help people dealing with money worries."

North Lanarkshire Council – Financial Inclusion Team (FIT)

NHSL colleagues living in North Lanarkshire who are worried about money matters can access support from our partners in North Lanarkshire Councils Financial Inclusion Team.

Money worries can affect anyone and the stress can have a big impact on your health. The Financial Inclusion Team will provide free, impartial, and confidential money management support to any colleague who requests it.

The support can be on money management challenges like maximising your income by carrying out a benefit check and identifying and supporting you to benefits you may be entitled to, debt and budgeting advice for the short and long term. It can be by email, over the phone or in person.

To talk to someone about any of these issues – call 01698 332551 or email FIT@northlan.gov.uk

South Lanarkshire Council – Money Matters Advisory Service (MMAS)

Did you know the Council's **Money Matters Advisory Service (MMAS)** has over 20 years experience of helping people who are dealing with money worries? They offer debt and benefits advice to South Lanarkshire Council residents and aim to take away some of the stress and anxiety that money problems can bring. If this is something you, a family member or a friend would like to explore, the first step is to make contact. Here are the different ways you can do this:

- on-line enquiry form for managing [Debt – South Lanarkshire Council](#)
- on-line form for [Benefits advice enquiry – South Lanarkshire Council](#)
- telephone advice helpline for benefits advice for pregnant women and families with young children: **01698 453154**
- full contact details of the South Lanarkshire MMAS local offices: [Local Area Office search – South Lanarkshire Council](#) or call **0303 123 1008**

[The Health Improvement web page](#) has further information on these support services and additional services the councils and wider organisations can offer.

and also at hot-desking stations on community sites. In addition to this, iPads can be rented from the library service. If possible, it is recommended that a quiet area for new staff members be located to attend the programme or, if this is not possible, for a set of headphones to be made available.

For more information, or for any queries about the new programme, please log this via [HR ServiceNow](#) (<http://firstport2/applications/Pages/HR-Service-Now.aspx>). If you are unable to do this, please email LearningandOD@lanarkshire.scot.nhs.uk

Giving children a short break is the best thing Ann ever did

April 13, 2022



Do you think you could help vulnerable young people by offering a short break? South Lanarkshire Council is looking for more people to add to the dedicated carers who provide this service.

In this special series, we take a look at how providing short breaks can be a lifeline for young people – and so rewarding for those providing the care.

“I love doing this so much that if I could physically do it forever, I would.”

So says short-breaks carer Ann Hartman, as she prepares for retirement and looks back over her time helping families and remembers the children that have become a part of her life.

Not that Ann will have any trouble remembering them – the bond that was formed means that most of them remain in touch with her, still.

“It’s like having an extra family” said Ann, from Blantyre. “I receive birthday cards and Christmas cards, and even go for afternoon tea on Saturdays with one of them. It’s a wonderful bond to have and a great feeling that I’ve helped enough that they want to keep in contact.”

Now 66, Ann divorced at an early age and was a childminder in her day job. She later had 15 happy years with her second partner before cancer took him from her and, looking for something to fill her time, she trained for three years in complementary therapies.

She said: “I liked what I had learnt, but I just had this nagging feeling that there was something else I should be doing. In the past, when my daughters had grown up and got married, I had seen an advert in the Hamilton Advertiser for shared care and had cut it out and stuck it on the fridge but hadn’t done anything about it. When I mentioned I was feeling I could be doing something else, one of my daughters looked at this advert, which was yellow by now, and suggested I do something about it.

“I did, and it was the best decision I have ever made in my life.”

The short breaks service offers crucial support to children and their families who find themselves in a variety of difficult or challenging circumstances, helping those such as grandparents who have become full time kinship carers for their grandchildren, parents who care for children with additional needs and might need a break, or single parents with young children, who have no family or community supports.

Social workers support the families, recognising the pressure they may be under, and Short Breaks carers provide a minimum of one weekend a month caring for a child.

The children are carefully matched with the carer, who will look after the same child or children on a regular basis, and carers and children have the opportunity to build strong, and sometimes lifelong, relationships.

After undergoing her training as a carer, Ann was asked if she would consider taking on children with additional needs.

She said: “I was a bit nervous at the thought, because it wasn’t something I was used to and I didn’t want to let the children down. Even though I was used to dealing with children through the childminding, this was a different prospect and there is always the fear in the beginning where you think: ‘What if what I’m doing isn’t right for the child?’

“But I learnt quickly, and what I always tell other people who are starting out in it is to listen to the parents, listen to the social workers and listen to the child. Once you get to know them as a person, you are fine. You meet each child gradually and you get used to each other over weeks, and of course you have wonderful support from your social worker all through your time doing this.

“Kids with special needs are easy to please – all they want is you. I have a PlayStation and an Xbox but they hardly get used – I teach them dominoes, draughts and cards and they are happier doing that or playing something like snakes and ladders.

“I’ve had eight children over the 15 years and all of them have had additional needs, such as autism, foetal alcohol syndrome or global development delay and all of them have been wonderful. I’ve had them for all different periods of time, but I had my first boy from the age of 10 to 18, at which point he went into the adult care system. Another boy left in October after eight-and-a-half years and the boy I’ve got now is turning 18 and I’ve had him since he was four.

“If my health would let me, I wouldn’t be stopping but with my latest boy moving on to adult care, it made sense to retire from it now. We are having a special meal on his last Saturday and I’m invited to his 18th birthday party the next weekend, so it’ll be a good way to finish, but I’ll still have a tear or two and I’ll miss it terribly.

“Of course it can have its difficult times, but I’ve loved every minute of it and my only regret is that I didn’t do it earlier in life so I could have done it for longer. If anyone is considering it, go for it and don’t waste a minute – it was the best thing I ever did and it could be for you, too.”

Soumen Sengupta, director of health and social care, said: “The short breaks service is hugely valuable in the support it can bring to vulnerable young people and their families, it is wholly reliant on the carers who do such an amazing job.

“Ann is a perfect example of not only the sort of person who is perfect for this role, in that she looks to understand and care about – and not just for – the children who are matched to her. She has striven to keep learning, no matter how much experience she has, because she just wants to do the best she can for every child that comes into her care, and that is a great lesson for all of us.

“I know she has helped other carers new to this service and is very keen to let everyone know how great the experience is for the carer as well as the children. I also know that she will be greatly missed by us – but she has certainly earned a very happy retirement, and I wish it for her.”

Further information on the short breaks service and the application process can be found on the council website at:

[southlanarkshire.gov.uk/info/200222/fostering_and_adoption/1679/short_breaks](https://www.southlanarkshire.gov.uk/info/200222/fostering_and_adoption/1679/short_breaks).

Over 1.5 million doses administered across Lanarkshire

April 14, 2022



NHS Lanarkshire has administered more than 1.5 million doses of the Covid-19 vaccination since the mass vaccination programme began.

A total of 1,502,583 doses have been administered since the mass vaccination programme first started. This includes first, second and third doses, as well as the first booster and the spring booster for the most vulnerable in our communities including care home residents, over 75s and people who are immunocompromised. In addition to this, we are also undertaking vaccinations for the 5 to 11 year age group.

Lynsey Sutherland, interim general manager for the vaccination programme across Lanarkshire, said: “This is a massive achievement for everyone involved in the vaccination programme and I would like to thank our staff and our local communities for getting us this far.

“This has been the most challenging vaccination programme Lanarkshire has ever undertaken and it’s not over. Covid-19 is still here so we want to make sure as many people as possible are protected by being vaccinated.

“We have done everything we can to make it as easy as possible for people to be vaccinated with dedicated clinics for certain age groups and those with learning disabilities or autism, home visits for the housebound, appointments and drop-in clinics for flexibility.

“There are still Lanarkshire residents who have not accessed any doses or have gotten either their first or their first and second but not their booster. We would encourage anyone in any of these categories to please book an appointment at one of our local vaccination clinics. This can be done through either the NHS Inform booking portal for anyone 16 and over or through the helpline on 0800 030 8013 for 16-year-olds and under.

“Staff at all our vaccination centres are happy to chat with anyone who has concerns and offer them reassurance that the vaccines are safe and offer protection not only to the individual but to their family, friends and work colleagues.

“To support more local access for the over 75s, we have planned some satellite sites in Kilsyth, Biggar, Stonehouse and Crawford specifically for our spring booster campaign – details on opening dates and times will be published shortly.”

You can book an appointment through NHS Inform either on the helpline 0800 030 8031 or online at <https://www.nhsinform.scot/covid-19-vaccine/the-vaccines/coronavirus-covid-19-booster-vaccination>.

Picture: Lynsey Sutherland, interim general manager for NHS Lanarkshire’s vaccination programme

Latest discounts from NHS Staff Benefits

April 14, 2022



Save £££s on some great deals both in-store and online, all especially negotiated for NHS staff. To find out more, or sign up to receive all the latest discounts, visit: www.nhsstaffbenefits.co.uk

Here are some of the latest deals from some fantastic brands.

- **Free tickets to the Baby and Toddler Show, Glasgow, 22-24 April**

To celebrate the Baby and Toddler Show returning to Scotland on 22-24 April at the SEC in Glasgow, NHS Staff Benefits has teamed up with the organisers to run a limited free ticket giveaway.

Don't miss the incredible pop-up shopping event, stretch your baby budget even further with unbeatable deals on 150+ top brands and baby essentials. Best prices are guaranteed on pushchairs, car seats, prams and furniture – find all the big-name brands in one place. Save money with exclusive show deals, meet the brand experts, take home complimentary goodies, get hands-on demos and so much more.

NHS Staff Benefits have 100 free pairs of tickets for NHS staff. Book a free pair of tickets worth £32 using the exclusive voucher code.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/free-tickets-to-the-baby-toddler-show-glasgow-22-24-april>

- **25 per cent off kids outerwear from Muddy Puddles**

From a small start in Devon it has taken 20 years, 100s of samples and 1000s of customers to perfect Muddy Puddles children's outerwear.

There are five essential elements:

- o exceptional technical performance: waterproof, durable, breathable – ready for any weather;
- o bright and bold unisex designs: to love and wear day in and day out;
- o built to last: to wear and wash and pass on;
- o accessible prices: because children are expensive;
- o sustainability: recycled fabrics, eco-friendly packaging and more.

As a British brand, Muddy Puddles like to consider themselves to be rain experts. NHS staff benefits members are being offered a 25 per cent discount from Muddy Puddles when shopping with them online.

To redeem the discount, simply use the exclusive discount code at the checkout stage for the discount to be applied.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/25-off-kids-outerwear-from-muddy-puddles>

- **20 per cent off parking at Edinburgh Airport**

Secure Airparks have been offering airport parking for over 25 years and are offering NHS staff a 20 per cent discount off airport parking at Edinburgh Airport using the exclusive voucher code. Simply copy the code and apply it at the point of booking online.

Secure Airparks are based next to the airport runway with transfers to the airport taking two minutes. Park in the ‘Park Mark’ awarded car park during your next holiday with the exclusive discount.

With their ANPR entry, there is no need to check in and leave your keys, cars are secure with CCTV and security fencing.

For more information, visit: <https://www.nhsstaffbenefits.co.uk/deal/20-off-parking-at-edinburgh-airport>

Don't want to miss new NHS exclusive deals, limited time offers or competitions? Follow NHS Staff Benefits on Instagram. Here, you will find all the new deals – so while you are browsing your feed or watching stories, you can stay in the know about the best of NHS Staff Benefits.

Follow on Instagram at: <https://www.instagram.com/nhsstaffbenefits/>

Congratulations go to Christine Brown on her retirement

April 19, 2022



Congratulations go to Christine Brown who retired at the end of March after 20 years' service.

Christine, who was the acute dietetic lead for NHS Lanarkshire and the team lead at University Hospital Hairmyres, was presented with the first ever Scottish Dietetic Leadership Network Service Recognition Award, in recognition of her dedication and length of service to the dietetic profession.

Christine's dietetic career started in 1981 at Stobhill Hospital when she was employed as a basic grade, moving to a senior one renal post and then onto multiple sclerosis, where she undertook research projects in dementia and renal disease.

Christine joined University Hospital Wishaw in October 2001 as the dietetic lead, followed by the acute dietetic lead for the whole of Lanarkshire. She has always shown dedication and enthusiasm for dietetics.

Christine is married to Alan and has two sons, Fraser and Graeme, and two grandchildren, Molly (aged 4) and Cameron (aged 2). She lives with Alan in Motherwell along with their dog, Sam. In her spare time, Christine is actively involved with her local church, loves to sing and hill walk.

Hilary Pierce, advanced dietetic practitioner metabolic surgery and dietetic lead, Lanarkshire Weight Management Service, said: "Christine has been very committed to enhancing the role of nutrition and dietetics within NHS Lanarkshire and will be greatly missed by many."

And we're off...

April 19, 2022



The Walking Challenge has kicked off at Genoa, with 284 teams and over 1000 staff members taking part to walk the length of Italy – virtually!

The top ten teams currently topping the leader board already are:

1st – Alive and Kicking 143.5 km

2nd – No Clucks Given! 117.1 km

3rd – Holy Walkamolies 114.2 km

4th – Been there run that 114.0 km

5th – Wishaw Sole sisters 96.8 km

6th – The road runners 90.5 km

7th – The NovoRAPIDs 88.1 km

8th – The Wishy Walkers 84.2 km

9th – THIS IS GOING TO HURT 83.3 km

10th – Curly & the CAMHS Crew 81.4 km

But, there is still six weeks to go to see your team in the top 10!

Simon Martin, health improvement senior – Healthy Working Lives, NHS Lanarkshire said “It’s great to see so many walkers getting involved in the challenge again this year.

“I hope the next six weeks bring everyone involved more active outings, trips to their favourite places, more exciting supermarket, school runs and bike rides, and socialising!

“It’s not all about winning, but the fun we have along the way.”

If you’re taking pictures out and about during your walks, send them to rachel.stewart@lanarkshire.scot.nhs.uk for them to be included in the Pulse, or tag the Health Improvement [Facebook](#) and [Twitter](#) pages in your posts.

New podcast featuring our chief executive, Heather Knox

April 20, 2022



Our chief executive, Heather Knox, talks engagingly in a podcast about the challenges of leading one of Scotland's largest health boards throughout the Covid pandemic.

Heather reflects on leading our health board throughout each of the pandemic's five waves, a period of sustained pressure unlike any the NHS has ever experienced before.

She also discusses 'dancing between the waves' – a metaphor that Heather employs to describe the leadership adaptation she and her team have been using in the midst of the complexity and uncertainty.

Heather also talks about balancing the operational day-to-day tasks with supporting the long-term ambitions of the health board, including the planning required for the new University Hospital Monklands.

You can access the podcast at <https://pod.fo/e/1187f8>

It is recommended that a web browser such as Chrome be used.

Latest discounts from NHS Staff Benefits

April 20, 2022



Save £££s on some great deals both in-store and online, all especially negotiated for NHS staff. To find out more, or sign up to receive all the latest discounts, visit: www.nhsstaffbenefits.co.uk

Here are some of the latest deals from some fantastic brands.

- **Bed and breakfast from only £89 at Malmaison Hotels**

Cosy up at your chosen Malmaison and enjoy all the luxuries of a stylish room with a big Egyptian cotton covered bed and a continental breakfast the next morning for up to 15 per cent off – the perfect opportunity to explore a new town or city or enjoy a well-earned break away.

Bed and breakfast offer includes continental breakfast. Malmaison Aberdeen, Brighton, Cheltenham, Dundee, Edinburgh, Edinburgh City, Liverpool, Newcastle and York include full cooked breakfast.

To secure the offer, simply copy the exclusive discount code, visit Malmaison's website and apply the code to your booking.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/bed-and-breakfast-from-only-89-at-malmaison-hotels>

- **15 per cent off full price products online at QUIZ clothing**

QUIZ wants to inspire women to look and feel confident 24/7 through on-trend, versatile fashion and accessories. Its styles epitomise glamour, offering excitement and empowerment for whatever you have planned.

Spring into the season and shake off the cold with the latest collection 'Here Comes the Sun'.

Elevate every occasion with a new collection of wardrobe staples. From pretty pastels, classic florals, vibrant tropics and bold pops of colour that you will be wearing on repeat this season. Whether you are looking for a cute spring dress for a date in the park, dressed up with a biker jacket and boots, or opt for a casual spring outfit with a peplum top and jeans – QUIZ has you covered. With next-day delivery available, there is no need to wait.

NHS Staff Benefits members can receive 15 per cent off full price products online from QUIZ clothing.

To redeem the discount online, simply copy the exclusive code and visit their website (enter the code at the checkout stage).

For more information, visit: <https://www.nhsstaffbenefits.co.uk/deal/15-off-full-price-products-online2>

- **20 per cent NHS discount on all orders from Charlotte Tilbury online**

Discover the renowned make up and skincare range created by legendary makeup artist Charlotte Tilbury. These revolutionary and award winning products offer red-carpet skincare and makeup secrets made easy. Browse the award-winning 'Charlotte's Magic Cream' and the Hollywood Flawless Filter Foundation that gives you starlit skin in seconds to the world-famous, universally-flattering Pillow Talk Matte Revolution lipstick, these are the sell-out magic makeup and skincare products everyone wants.

Charlotte Tilbury is offering a 20 per cent NHS discount on all full priced orders. To access the offer, please use the exclusive code and input at the checkout stage.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/20-nhs-discount-on-all-orders-from-charlotte-tilbury-online>

Don't want to miss new NHS exclusive deals, limited time offers or competitions? Follow NHS Staff Benefits on Instagram. Here, you will find all the new deals – so while you are browsing your feed or watching stories, you can stay in the know about the best of NHS Staff Benefits.

Follow on Instagram at: <https://www.instagram.com/nhsstaffbenefits/>

New University Hospital Monklands: what's been happening over the last few months?

April 21, 2022



There has been plenty of work going on during the last quarter as the Monklands Replacement Project (MRP) moves ever closer to completion of its outline business case for the new University Hospital Monklands at Wester Moffat, Airdrie.

Fiona Cowan, MRP clinical lead – nursing, said: “In January, the team visited the Royal Hospital for Children and Young People in Edinburgh to look at their outdoor areas and open-plan office and administration space. The visit was a great success and generated discussion and ideas for moving forward with the project.

“Work on hospital design continues, with the last of the departmental layouts at 1:200 scale – including the elective orthopaedic ward – now complete for this stage although subject to change as the project progresses. We’ve had excellent stakeholder and public/patient participation in the workshops. A number of areas have also been designed at 1:50 scale and there’s been a review of the equipment requirements for these.”

“A new workforce planning group has been set up, addressing all job families and closely aligned to the project’s service redesign work,” said MRP workforce lead Laura Ireland. “We’ve been planning an observation study of single patient rooms at University Hospital Wishaw, to measure workload associated with them across all job roles. This will start in May and be used to review the staffing assumptions for the new hospital’s inpatient wards, which will have single rooms throughout, and to inform the requirements for the business case.”

MRP redesign lead Donna McHenry said: “We’ve worked closely with the University Hospital Monklands site planning group to review service plans for the current hospital, aiming to mirror the MRP’s models for clinical care. Monklands will be first to test the Patienttrack digital observation system’s ‘hard alerting’ component, which highlights patient deterioration to clinical teams via automatic phone alerts.

“Work has been taken forward on admin & office space, using feedback from visits to other hospitals. Plans for outpatient services are also developing, with sub-department leads reviewing their funded staffing in relation to their model in the new layout. In addition, we received a very good response to a staff survey, asking colleagues about facilities they’d like in the new hospital. Their valuable feedback will be shared when it has been collated.”

“The digital co-ordination sub-group met for the first time in January,” said MRP senior project manager Kate Henderson. “There are several digital workstreams and we’ve set out the purpose of each, their current status and next steps.

“We’re delighted to have appointed a digital lead, Maureen McGinn, and an external consultant with expertise in healthcare construction projects and IT infrastructure design will also work with the project.”

MRP infection prevention and control (IPC) nurse consultant Linda Thomas said: “An overview of the design approval process, with additional IPC content, was discussed and agreed.

“We completed stage one of HAI SCRIBE (Healthcare Associated Infection Systems for Controlling Risk in the Built Environment), which is a risk management tool that can be reviewed and updated if and when new information is presented to the MRP team. Since then we’ve been undertaking the design and planning for stage two of HAI SCRIBE.”

“The Monklands Engagement Forum (MEF) provides crucial public/patient input from representatives of groups including community boards, community councils, the third sector and public partnership/health & social care forums,” said MRP communications and engagement officer Bob Smyth.

“An important milestone in March was the [public consultation](#) required prior to submission of the MRP’s planning application. The MEF assisted with review and feedback on the communications and engagement plan and also gave their views on stakeholders. During the period there were also presentations and discussions about opportunities for co-production in project engagement, the digital vision, and the NHS Scotland Assure assurance process.”

Reminder to take part in ‘Your Health Matters – Your Opinion Counts’ survey

April 21, 2022



Staff across NHS Lanarkshire are being reminded that they have until 30 April to have their say on health and wellbeing at work.

‘Your Health Matters – Your Opinion Counts’ will be one of the platforms used to give staff a voice and encourage everyone to contribute in shaping the staff health and wellbeing strategy.

All staff will be given the time to complete the survey in working hours.

Lesley Mackay, project manager for the health and wellbeing strategy, said: “The feedback we receive from ‘Your Health Matters – Your Opinion Counts’ will help us to focus on what is important to staff and help generate staff health and wellbeing priorities.

“The more staff who take part in this engagement process, the stronger the staff voice and the more reliable and robust the data will be.

“I appreciate that taking part is an additional demand on staff’s time, but feedback is really important to ensuring that staff health and wellbeing is at the heart of making NHS Lanarkshire a great place to work.”

Complete the survey electronically at

[https://www.surveymonkey.co.uk/r/Staff Health Wellbeing](https://www.surveymonkey.co.uk/r/Staff_Health_Wellbeing) or post back any completed paper copies by 30 April.

Paper copies of Your Health Matters – Your Opinion Counts can be ordered by emailing lynsey.boyle@lanarkshire.scot.nhs.uk. Please provide the quantity you need along with your

department and address. The paper copies can then be returned via internal mail.

The survey is confidential. No one will be able to identify your individual response. The information you enter into the survey will be completely anonymised.

Professor Leitch privileged to be able to pay tribute to staff in sites visit

April 21, 2022



National clinical director Professor Jason Leitch paid tribute to all health and social care staff during a visit to University Hospital Hairmyres and Hunter Health Centre yesterday.

Professor Leitch met with a number of staff across both sites including the flow navigation centre, medical assessment unit, high-risk respiratory pathway and ISS at Hairmyres.

Health and social care representatives spoke about the amazing spirit of partnership throughout the pandemic, exemplary ongoing work and the continued, unstinting commitment of staff and partners.

In an exclusive video clip, Professor Leitch was privileged to use the opportunity to thank all staff for all their dedicated hard work during what has been the most challenging couple of years in the history of the NHS and wider social care.

He said: “I’ve had a fantastic day in NHS Lanarkshire at University Hospital Hairmyres and Hunter Health Centre. I’ve met staff from every level of the organisation, from executives, to the clinical teams and support staff in health and social care.

“It’s been a real privilege to have the opportunity to thank them and also to hear their real stories of what it feels like to work in NHS Lanarkshire. The good and the bad. Most people have had a smile on their face but I know it’s been tough.

“It’s been hard for staff, their families and those who support them. Every single staff member has mentioned the patients and the families they serve. That passion and desire to be person centred feels real.

“I know it’s not over, but it maybe feels as if Covid is just beginning to ease at least temporarily, but I still need your help. Please get yourself vaccinated, continue with your testing and make sure you wear face coverings and socially distance in the environment you are in.

“Stay safe and thank you so much for everything you have done.”

NHS Lanarkshire chief executive Heather Knox accompanied Professor Leitch on his visit to Hairmyres and said:

“We were delighted to welcome Professor Jason Leitch to University Hospital Hairmyres and Hunter Health Centre. Jason got the opportunity to meet with a wide range of staff and recognised their phenomenal effort over the past couple of challenging years.”

Watch Professor Leitch’s video message to staff [here](#).

In tomorrow’s Pulse read why Professor Leitch was left feeling ‘inspired’ and ‘full of hope’ following his visit to staff in Lanarkshire.

Professor Leitch filled with ‘hope for the future’ following a meeting with health and social care staff in South Lanarkshire

April 22, 2022



National clinical director Professor Jason Leitch has revealed how he was ‘genuinely inspired’ and filled with ‘hope for the future’ following a meeting with health and social care staff in South Lanarkshire.

As we documented yesterday (<https://www.nhslanarkshire.scot.nhs.uk/pulse-professor-leitch-visit/>), the national clinical director visited University Hospital Hairmyres before meeting representatives of South Lanarkshire Health and Social Care Partnership at Hunter Community Health Centre in East Kilbride.

Professor Leitch heard about the amazing spirit of partnership throughout the pandemic, exemplary ongoing work and the continued, unstinting commitment of staff and partners.

“What a terrific visit to Hunter Community Health Centre at the end of day in South Lanarkshire” Professor Leitch said in a video. (Please see link to video below).

“From Hairmyres to the community base, I’ve met staff, I’ve met managers, I’ve met clinical teams and social workers who have been at the front line for the last two years.

“(Meeting all the staff) has been genuinely inspiring and it gives you hope. It gives you hope that we’re going to get through this phase, which has been really challenging in the last few weeks. But hope also for the future.

“I’ve seen multi-disciplinary working, I’ve seen person and resident-centred care, I’ve seen people think about how they might change their practice, how they might think about what the next phase is – for care at home, for antibiotics in your house, for linking health and social care together . . . whatever that might be.

“So thank you to everyone for all you’ve done – and I look forward to the future.”

Mr Soumen Sengupta, director, health and social care for South Lanarkshire, who led the visit to Hunter Health Centre, said: “The dedication, innovation and good humour of our staff shone through during the visit, as it does on a day-to-day basis.

“Professor Leitch’s reflections and recognition amplifies the pride we feel for our staff and partners for their exceptional, ongoing work.”

Watch Professor Leitch’s video at: <https://player.vimeo.com/video/701953301?h=e6c374a5c3%22>

Clinical lead nurse specialist Kim Gribben retires after remarkable 37 years' service

April 25, 2022



Colleagues paid a fond farewell to Kim Gribben, clinical lead nurse specialist, sexual health, who retired in March after a remarkable 37 years' service.

Kim, who was based in the Glenalmond Building at Coathill Hospital, began her nurse training in 1985 and worked in various positions throughout her career. This included as a midwife at the then Bellshill Maternity and thereafter health visiting for many years. During this time Kim did a session with family planning in Bellshill and then joined the sexual health team permanently in 2014. In 2018, Kim was promoted to her current role, where she remained until her retirement.

Kim is married to Henry and has two grown-up children, Daniel and Laura. In her spare time, Kim loves shopping – and more shopping! She enjoys holidaying and going weekends with her life-long nursing friends.

Karen Stewart, sexual health team lead, said: “Kim is not only a colleague but a good friend. We have laughed and cried at times, we’ve put the world to rights and I am going to miss her in our team. She is a credit to the nursing profession and it has been a privilege working alongside her”.

NHS Lanarkshire gender-based violence services staff support

April 26, 2022



Gender-based violence (GBV) is a phenomenon deeply rooted in gender inequality and continues to be one of the most notable human rights violations within all societies. Gender-based violence is violence directed against a person because of their **gender**. Both women and men experience gender-based violence but the majority of victims are women and girls. ([European institute for gender equality, 2022](#)).

Gender-based violence includes but is not limited to;

- Domestic abuse
- Rape and sexual assault
- Childhood sexual abuse
- Stalking and harassment
- Commercial sexual exploitation
- Human trafficking
- Harmful traditional practices

Being female is a key risk factor for gender-based violence. Factors such as age, financial dependence, poverty, disability, homelessness and insecure immigration status can heighten a women's vulnerability to abuse or entrap them further in it.

NHS Lanarkshire's GBV services offers domestic abuse advocacy, consultancy, training and operational advice to NHS Lanarkshire staff. As well as:

- specialist information and support to staff with experience of gender-based violence;

- specialist information and guidance for managers and other individuals.

Staff can self-refer and speak with an advocacy worker who will assess their circumstances, offer support, practical advice and explore ways to increase safety if appropriate.

Ann Hayne, gender-based violence manager, highlighted: “The majority of staff in NHS Lanarkshire are female, and live locally. Services for staff are therefore also services for local women and we welcome staff self-referrals. This can be accessed by contacting us directly, through your manager, HR or occupational health.”

Contact us

If you wish to confidentially discuss your own circumstances or as a manager, that of a member of staff please contact the gender-based violence team on 01698 753686 or email

GBVServices@lanarkshire.scot.nhs.uk

[More information.](#)

New support in place for adult carers

April 26, 2022



Lanarkshire's two health and social care partnerships have commissioned Lanarkshire Carers to support the completion of adult carer support plans.

Health and social care partnerships must offer support plans to anyone identified as an unpaid carer, or any unpaid carer who requests one.

Support plans help to establish and record an adult carer's:

- identified personal outcomes;
- identified need (if any);
- support (if any) to be provided to meet identified needs.

Now both of Lanarkshire partnerships have engaged Lanarkshire Carers to support completion of plans in specific circumstances.

In addition, Lanarkshire Carers has been commissioned to provide information, advice and a range of direct support services free of charge for all local carers.

Individual outcomes are identified in partnership with the carer during the series of discussions aimed at meeting the needs they identify. Having these conversations allows carers to determine their own support needs and think about how they might maintain a life out-with their caring responsibilities.

Diane Fraser, head of adult social work, Health and Social Care North Lanarkshire, said: "This agreement between both partnerships and Lanarkshire Carers is testament to the strong working relationships already established between all three organisations.

“This is excellent news for adult carers across North Lanarkshire, and Lanarkshire as a whole. It means that adult carers will have their views and needs recorded and plans put in place to support them in the ways they want to be supported.”

Ian Beattie, head of health and social care, South Lanarkshire Health and Social Care Partnership, said: “This is a fantastic development for carers as well as staff from all three organisations.

“It is especially valuable for staff as it defines the mutual understanding and expectations between partners to ensure the effective delivery of adult carer support plans for adult carers across Lanarkshire.”

Fiona Diffin, carer services assistant manager, Lanarkshire Carers, said: “Our expertise enables partnership with social work teams, referring to them when the carer’s needs are known to be, or are likely to be critical and substantial. This helps ensure carers get the right support at the right time.”

Short clip brings work of Lanarkshire's care home wellbeing group into sharp focus

April 27, 2022



Staff wellbeing has been in sharp focus in recent times.

While community, primary and acute teams have been a key focus of our messaging, local authority, the independent sector and NHS care homes are a vital audience – and part of our wider partnership – too.

Lanarkshire's care home wellbeing group was instigated to ensure staff are supported, from simple wellbeing provision to those who require mental health assessment and intervention.

The group is made up of representatives from North and South Lanarkshire health and social care partnerships, NHS Lanarkshire, Scottish Care and, most importantly, members of the front line care home workforce themselves.

The short clip provides an overview of the work of the group – and details of how to join.

View the video at: <https://vimeo.com/698545516/a45f856be4>

Latest discounts from NHS Staff Benefits

April 27, 2022



Save £££s on some great deals both in-store and online, all especially negotiated for NHS staff. To find out more, or sign up to receive all the latest discounts, visit: www.nhsstaffbenefits.co.uk

Here are some of the latest deals from some fantastic brands.

- **Two free tickets to the Scottish Homebuilding and Renovating Show – SEC, Glasgow**

The Scottish Homebuilding & Renovating Show will take place at the SEC, Glasgow on 20 and 21 May 2023.

Whether you are building or renovating, extending up into the loft, or creating that all-important home office, having the right knowledge, skills and equipment is essential. From expert advice to practical tips, it is all under one roof so you can say goodbye to those endless internet searches.

NHS staff benefits members are being offered two free tickets, valid for any one day the show is open.

To redeem your tickets, click on the 'Get Tickets' button and your tickets will be emailed to you.

For more information, visit: <https://www.nhsstaffbenefits.co.uk/deal/two-free-tickets-to-the-homebuilding-and-renovating-show-various-dates-and-locations-across-the-uk>

- **Save up to 10 per cent off short breaks in the UK and Europe with Barrhead Travel**

Barrhead Travel is no ordinary travel agent. With a UK-wide network of 76 locations, a team of over 900 knowledgeable worldwide travel specialists and 42 years of experience in the travel industry, it is no wonder they have been voted the UK's number-one travel agent for the past seven years.

Whether it is a city break, beach escape or cruise, there is a team of dedicated travel experts on hand to find you the perfect getaway.

Barrhead Travel also offer a unique holiday payment plan, which allows you to spread the cost of your dream holiday in manageable monthly payments – you can even choose to complete payments on your return.

When visiting a Barrhead Travel store, let them know you are NHS staff to access 10 per cent off Barrhead Travel's own brand holidays and 6 per cent off ABTA tour operators and selected cruises. NHS staff also have access to Barrhead Travel's selection of pre-discounted short break offers, exclusive to NHS staff. You can call Barrhead Travel on 0330 094 8364 to speak to one of their advisors. Alternatively, pop in for a chat with a Barrhead Travel consultant at one of their locations or call 0800 273 3708.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/save-up-to-10-off-short-breaks-in-the-uk-and-europe>

- **15 per cent off all online orders including sale with Benefit**

In 1976, the Ford twins created a unique San Francisco beauty boutique with a whimsical candy store atmosphere. The shop grew famous for delivering quick fixes for every gal's peskiest beauty dilemmas and with a 'double' dose of wackiness mixed with know-how, the twins successfully built Benefit Cosmetics into a global beauty brand. The 'friskiest' beauty brand now has over 1,000 counters in more than 40 countries.

Benefit's mission is to turn every gal's beauty frown upside down. Their innovative instant beauty solutions express their unique DNA through laugh-out-loud names and creative packaging. Benefit's customers continually inspire them to create one-of-a-kind products that solve everyday beauty dilemmas.

NHS staff can save 15 per cent off their order, including sale, using the exclusive voucher code.

For more information, visit: <https://www.nhsstaffbenefits.co.uk/deal/15-off-all-online-orders-including-sale>

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Follow on Instagram at <https://www.instagram.com/nhsstaffbenefits/> or visit Facebook at <https://www.facebook.com/NHSSB/>

Three sisters with a century of experience working in health service continue going strong

April 27, 2022



Three siblings who have dedicated their careers to the NHS have celebrated their combined 100 years' service this year.

Eldest sister Jean Daly, 62, joined the healthcare service in 1993, working first as a domestic before moving into nursing in 2004, where she now works as a healthcare clinical assistant in an elderly care ward in Motherwell.

Her sisters Arlene and Roz have clocked up an average of 30 years of nursing each and are still going strong on the frontline.

Longest-serving sister and trailblazing nurse in the family, Roz Kerr, 58, officially retired three years ago, but came back into the service to support her siblings and pass on her knowledge to new staff, working two days per week to help look after patients in surgery. She currently works between the University Hospital Wishaw and the Queen Elizabeth University Hospital (QEUEH).

Roz, who lives in Hamilton, said: "Clearly nursing runs in our blood somewhere. For me, it was an easy decision to come back part-time to use all the skills I've learned over the years, particularly now during the pandemic."

The sisters all grew up in Bothwell, with Roz training as a nurse in 1981 and followed 10 years later by youngest sister Arlene, 48.

Arlene said: "I remember when Roz would be studying and I'd read her nursing books when I was around eight or nine and I knew I wanted to be a nurse. I didn't know I'd end up in theatre but I fell

in love with the speciality.”

Working as a trauma nurse at the QEUH, Arlene can see anything from someone with a broken finger right through to a major car crash patient flown in by helicopter.

She added: “Despite the challenges, I love the job and I always say that to students. While the job is hard, it gives me huge satisfaction and that’s why we do it. Our job is practical. You see people get fixed.”

Reflecting on nursing and its role in the pandemic, Jean said: “It has been an extremely difficult time over pandemic for patients and staff. In an elderly ward it can be very frightening for patients. We have had to become their family in place of their loved ones.

“Throughout we look after our patients with dignity and understanding. I still love the job. It’s always a pleasure to help someone in this way.”

On working through the pandemic, each sister pointed to having kindred spirits in one another to confide in and support throughout. Roz summed up: “We understand each other’s jobs incredibly well – which has been an amazing mini-support network throughout our careers, and particularly through the pandemic. While we were unable to see each other at home during the height of the pandemic, I was able to work alongside my sister Arlene so we could keep in touch and make sure we were all ok.”

Grandmother to two children, Jean – who still lives in Bothwell – added: “We’re always talking shop, in work and out of work – we always have banter about the job, but we love it. It’s been really important for us over the past few years especially, but throughout our whole careers.”

Throughout their long and shared career paths, they’ve seen many changes in the health service but the underlying principles have always remained the same – putting the patient first in all elements of their care.

For the sisters, whose combined careers span time at University Hospital Wishaw, Glasgow Royal Infirmary, the QEUH, the old Southern General, Strathclyde Ward and Kirklands Headquarters, retirement might be nearing, however, their love for the job and desire to pass on knowledge and support colleagues and patients during the pandemic means they won’t be going anywhere anytime soon.

Picture (L-R) Arlene, Jean and Roz

Win an overnight stay for two with bed and breakfast at Dakota Eurocentral

April 28, 2022



We have teamed up with NHS Staff Benefits and Dakota Hotels to offer one lucky reader an overnight stay for two people at Dakota Eurocentral.

The voucher includes an overnight stay in a classic double room and bed and breakfast, to be taken before March 2023, subject to availability. Please note that blackout dates may apply.

For more details, visit: <https://www.nhsstaffbenefits.co.uk/deal/exclusive-20-discount-off-stylish-accommodation>

To enter, answer the following questions:

- 1) How many doses of the Covid-19 vaccination have been administered since the vaccination programme first started?
- 2) What is the name of NHS Lanarkshire's new provider of counselling services for staff?
- 3) How many teams are taking part in this year's Walking Challenge?

Here is a clue: you will find all the answers in recent articles in The Pulse.

Please send your competition answer including your name, location and contact number to:

Alison McCutcheon
Communications Department
NHS Lanarkshire Headquarters
Kirklands
Fallside Road

Bothwell

G71 8BB

or email pulse@lanarkshire.scot.nhs.uk with 'Dakota Hotel' in the subject line.

The deadline is Tuesday 31 May.

NHS Staff Benefits is free to register for all staff and has both local and national deals – both in-store and online – all especially negotiated for NHS staff.

To find out more, or sign up to receive all the latest discounts, visit: www.nhsstaffbenefits.co.uk

Don't want to miss new NHS exclusive deals, limited time offers or competitions? Make sure you are signed up to the NHS Staff Benefits newsletter and follow on Instagram and Facebook. Here, you will find all the new deals – so while you are browsing your feed or watching stories, you can stay in the know about the best of NHS Staff Benefits.

Follow on Instagram at <https://www.instagram.com/nhsstaffbenefits/> or visit Facebook at <https://www.facebook.com/NHSSB/>

Staff from University Hospital Hairmyres feature on Channel 4 News

April 28, 2022



We hosted Channel 4 News this week at University Hospital Hairmyres. The TV crew was offered access to a number of departments at the hospital, including accident and emergency, radiology, care of the elderly and the staff wellbeing team, to interview staff and patients on the current pressures across the hospital.

The piece aired on Monday 25 April at 7pm on Channel 4 News and highlighted the issues that are affecting patients accessing beds when being admitted, waits in our A&E department and how staff have been coping after the last two challenging years.

View the footage at: <https://www.channel4.com/news/desperation-and-burnout-how-covid-continues-to-impact-uk-hospitals>

Video message from Heather Knox, NHS Lanarkshire chief executive

April 28, 2022



In this week's staff message, Heather gives her regular update on the Covid-19 cases across NHS Lanarkshire. We are seeing a decrease in the number with Covid-19 across our acute hospitals. However, there are still outbreaks within care homes, which creates issues with hospital flow and discharge out of hospital. There are also over 400 new cases in the community.

Heather also speaks about International Workers Memorial Day (Thursday 28 April). The day is an opportunity for NHS Lanarkshire and all staff-side organisations and employees to remember and commemorate those staff who have died at work. In particular, Heather speaks about the colleagues we have lost due to Covid-19; Kirsty Jones, David Trower and Carol Spence.

The video can be accessed on Vimeo and YouTube using the links below:

Vimeo – <https://vimeo.com/704108019>

YouTube – <https://youtu.be/rV8GXJVjnp4>