

PULSE

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

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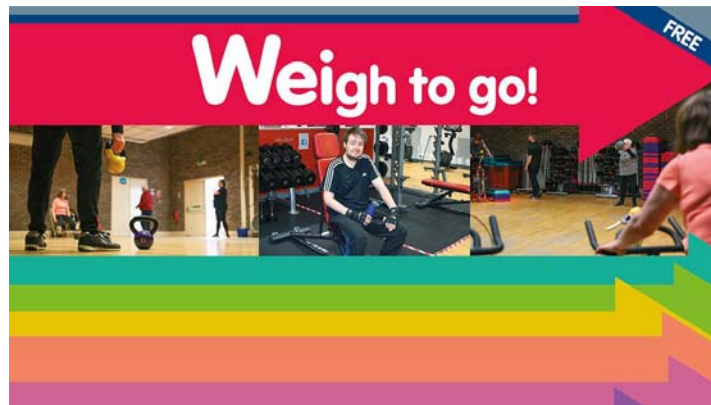
Printable Version

September 2022

Join your newly improved, local Weigh to Go class!

September 1, 2022

Categories: Pulse, Pulse - For You



To continue to support those who wish to lead a healthier lifestyle, including NHS Lanarkshire employees, NHS Lanarkshire has extended its free 15-week weight management group [Weigh to Go](#), and introduced a new Weigh to Go Maintenance programme.

Both programmes continue to be in partnership with South Lanarkshire Leisure and Culture and North Lanarkshire Council, with organisations Healthy Valleys, Lanarkshire Community Food and Health Partnership and Getting Better Together Shotts also now holding Weigh to Go classes within the community, giving you even more classes and venues to pick from.

All Lanarkshire residents who are aged 16 and over are welcome to attend this step-by-step programme where you'll be encouraged to make healthier choices that then turn into positive daily habits, alongside a low impact exercise class, before progressing to Weigh to Go Maintenance.

Each week of Weigh to Go varies to include a wide range of easy to follow wellbeing topics, tips from others who have successfully gone through a similar journey and weekly tasks, such as completing a lifestyle diary, checking nutrition levels on food labels or planning meals for the week.

The class is led by a qualified instructor and consists of a 45 minutes low impact exercise class, followed by a 45 minute healthy eating and lifestyle interactive chat, along with a confidential weigh in. Weigh to Go Maintenance focuses on 45 minutes of low impact exercise, but with a shorter session on healthy eating and lifestyle change discussion.

[Find your nearest class and book your slot!](#)

David Kennedy, health improvement senior – physical activity, NHS Lanarkshire, said:

“Weigh to Go is a fantastic programme for those looking to make healthy lifestyle changes and now, attendees will find these changes are even more sustainable with Weigh to Go Maintenance.

“Since Weigh to Go launched, I’ve enjoyed hearing the inspiring stories of those who have made positive healthy changes in their lives, not only where weight loss is concerned but also new confidence, managing to reverse type 2 diabetes diagnosis and visiting the gym for the first time.

“I would urge anyone thinking of making any healthy changes to give it a try. The programme incorporates both an education and physical activity element tailored to suit all fitness levels.”

Weigh to Go Maintenance is free to attend for leisure centre members, or £2.10 per session for non-members.

Margaret Stewart, from East Kilbride, managed to reverse her type 2 diabetes diagnosis and lost an amazing two stone through attending Weigh to Go, said: “My high blood sugar levels were raised as Type 2 Diabetes, after discussing my concerns with my GP I was referred to South Lanarkshire Leisure and Culture where I was signposted to Weigh to Go.

“My coach, Simon, is a lovely, down to earth chap who welcomed me, made me feel at ease and helped motivate me each week. I enjoy the chats we have as a group and I also feel what I have learned each week has helped me to make lifestyle changes and I feel so much better for it. I have so much more energy and feel happy.

“Reversing my Type 2 Diabetes diagnosis was a combination of increasing my physical activity and making dietary changes, I still go to the classes and also became an Activeage member to continue to receive support to achieve my long-term health and wellbeing goals.”

[Find out more about Weigh to Go, your local class or book.](#)

Or, book your slot direct for Weigh to Go!

- Book your slot with [South Lanarkshire Leisure and Culture](#)
- Book your slot with [North Lanarkshire Council](#)
- Book your slot with [Healthy Valleys.](#)
- Book your slot with [Lanarkshire Community Food and Health Partnership.](#)
- Book your slot with [Getting Better Together Shotts.](#)

Autumn vaccination programme gets underway across Lanarkshire

September 2, 2022

Categories: Pulse, Pulse - General News

Tags: Covid vaccination



The autumn flu and Covid vaccination programme will get started on Monday for residents across Lanarkshire who are eligible for the flu vaccination or the flu and Covid autumn booster.

The flu vaccination and autumn Covid booster are being offered to eligible groups following advice from the Joint Committee on Vaccination and Immunisation (JCVI) and the first cohorts to be offered flu or both flu and Covid vaccinations includes care homes residents and care home staff, 2 to 5 year olds, and frontline health and social care staff.

Over the next few weeks the flu vaccination will be offered to:

- anyone aged 50 years or over (or will be by 31 March 2023)
- residents or staff working in a care home for older adults
- younger adults in long stay nursing and residential care settings
- health or social care workers
- children aged 6 months to 2 years with an eligible health condition
- children aged 2 to 5 years not yet at school (children must be aged 2 years or above on 1 September 2022 to be eligible)
- primary or secondary school pupils
- those aged 5 to 49 years with an eligible health condition

- those aged 5 to 49 years and are a household contact of someone with a weakened immune system
- unpaid carers or a young carer
- pregnant women
- nursery, primary or secondary school teacher or a pupil-facing support staff in local authority or independent setting
- part of the prison population, a prison officer, or support staff who delivers direct front-facing detention services

On the advice of the Joint Committee on Vaccination and Immunisation (JCVI) those eligible for a further Covid booster are:

- all adults aged 50 years and over
- those aged 5 to 49 years in a clinical risk group, including pregnant women
- those aged 5 to 49 years who are household contacts of people with immunosuppression
- those aged 16 to 49 years who are carers
- residents in a care home for older adults and staff working in care homes for older adults
- frontline health and social care workers

Tobias Tipper, General Manager for Lanarkshire’s Vaccination Programme, said: “We will be offering every eligible Lanarkshire resident the opportunity of further protection this winter through the flu and autumn Covid booster and we would encourage anyone eligible for either the flu or the flu and booster to attend their appointment.

“Appointment letters have already started being issued for the 2 to 5 year olds for their flu vaccination and if parents or carers cannot attend the date or time allotted they can attend one of our drop in clinics – details of which are on our website at

<https://www.nhslanarkshire.scot.nhs.uk/vaccinations/>

“We are also offering appointments for staff eligible for either the flu or both the flu and Covid booster. Appointments can be booked through the [national online booking portal](#) and I would strongly encourage everyone eligible to come forward for their vaccinations.”

Chief Executive staff message

September 2, 2022

Categories: Pulse, Pulse - General News



Before speaking about the number of Covid-19 cases, Heather begins with an update from the recent workforce summit.

Heather also highlights the recent visit by Humza Yousaf MSP, Cabinet Secretary for Health and Social Care, to University Hospital Monklands.

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

- Vimeo – <https://vimeo.com/745769308>
- YouTube – <https://youtu.be/7LwzEqXhavw>

Cabinet Secretary and MP thank staff

September 2, 2022

Categories: Pulse, Pulse - Spotlight



Humza Yousaf MSP, Cabinet Secretary for Health and Social Care, visited University Hospital Monklands yesterday (1 September 2022).

During his visit, the Cabinet Secretary recorded a video to pay tribute to NHS and social care staff across Lanarkshire.

Mr Yousaf was joined on his visit by the local member of parliament Anum Qaisar, MP for Airdrie and Shotts, Ms Qaisar also gives her thanks in this video.

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

- Vimeo – <https://vimeo.com/745787435>
- YouTube – <https://youtu.be/kIb-IZoGfdE>

New legislation providing smoke-free perimeter outside NHS hospital buildings

September 5, 2022

Categories: Pulse, Pulse - General News

Tags: no smoking legislation, smoking in hospital



On Monday 5 September, the Scottish Government is introducing [The Prohibition of Smoking Outside Hospital Buildings \(Scotland\) Regulations 2022](#), which bans smoking within a 15-metre perimeter of NHS Lanarkshire hospital buildings.

NHS Lanarkshire has an existing No Smoking Policy where smoking and e-cigarettes are not allowed at or around doorways or anywhere on hospital grounds, which we recognise the majority of staff and hospital visitors follow.

The Quit Your Way Team offers free Nicotine Replacement Therapy (NRT) to anyone who smokes to help them manage their nicotine withdrawal or quit smoking during their hospital visit. Find out before about referring patients for stop smoking support and NRT [here](#) or call the referrer helpline on [07813.569289](tel:07813569289).

Shirley Mitchell, senior health improvement manager – Tobacco Control Team, NHS Lanarkshire, said: “Although we have a current no smoking policy within NHS Lanarkshire, which the majority of people who visit our hospitals follow, we welcome this new legislation to further support public health.

“This new regulation will help protect patients and visitors who don’t smoke from second-hand smoke, including our staff, but it may also encourage those who smoke to give NRT a try and seek support from our Quit Your Way service.

“We understand giving up smoking is not an easy thing to do, and all patients are welcome to call Quit Your Way for more information and support prior to their hospital visit to help settle any worries they have about managing their nicotine withdrawals during their time here.”

Information posters will be distributed throughout the 3 acute sites for both staff and the public, however, if you would like a copy of this leaflet to print out for your staff directly, please email

Pauline.brannigan@lanarkshire.scot.nhs.uk.

NHS Lanarkshire says talking and listening will save lives this Suicide Prevention Week

September 5, 2022

Categories: Pulse, Pulse - General News

Tags: suicide, suicide awareness, suicide prevention week



Several 'Breathing Space benches' have been installed across Lanarkshire to mark the start of Suicide Prevention Week (4-10 September) and encourage members of the public to talk and listen to help reduce deaths by suicide in the area.

Susan McMorrin, Senior Health Promotion Officer- Mental Health, NHS Lanarkshire said:

“Every suicide is a tragedy.

“We know that people who are thinking about suicide don't want to die, they just want to stop the pain that they're feeling. So there is time to intervene, and if you see someone that you are concerned about we encourage you to reach out to that person.

“We've developed an app in Lanarkshire called Suicide Prevention Lanarkshire, which you can download from your app provider for free. There's lots of useful information and contact numbers on there so I'd encourage everyone to download that onto their mobile phones.”

There were 83 deaths by suicide in Lanarkshire in 2021, each one a profound loss across our communities. Suicide is preventable. Anyone having thoughts of suicide, or concerned for someone, is encouraged to download the Suicide Prevention Lanarkshire app. It includes support and information and allows calls to be made directly from the app to Samaritans, 999, Childline, The Silver Line and Breathing Space.

Find support to help with financial worries

September 6, 2022

Categories: Pulse, Pulse - For You



Money worries may be an issue for some of us even more so with the energy prices rising steeply.

If you're worried about money and paying bills, it's important to seek advice quickly before it affects your health and wellbeing.

Having a plan of how you spend your money and making sure you have enough to buy what you need and pay your bills can reduce money worries. There are many sources of money advice to help improve our finances and make the most out of our money.

Jo Duffy, senior health promotion officer, BBV & Sexual Health Promotion and Tackling Poverty, NHS Lanarkshire, said: "I would urge any member of NHS Lanarkshire staff who is experiencing financial worries to seek support.

"Energy bills have been rising at an unprecedented rate and many households will need additional help and support to cover these costs, however there are some small, practical tips that can help to reduce wasting energy.

"If you are still struggling with the cost of your energy bill, you should contact your supplier in the first instance and look at the additional advice on other grants and supports from the Citizens Advice Scotland website"

"There are many sources of money advice to help improve your financial situation, there might even be top up benefits you are entitled to. It's also possible some people are paying too much for some services so it's important to get advice on how to maximise your household income.

“Support from Money Matters in South Lanarkshire, Social Inclusion and Wealth in North Lanarkshire and Citizens Advice Scotland is all free and confidential for anyone who needs it.”

Michael Simpson, acting head of sustainability and environmental management, NHS Lanarkshire, added: “People may not know that you can get grants for improving or upgrading windows and doors, installing high-efficiency insulation which can help reduce bills and create warmer homes. There are some great tips and advice from [Home Energy Scotland](#) and [Energy Saving Trust](#).”

For support and advice visit:

Energy Saving Trust

- Tips and advice for quick and easy ways to save energy, lower your bills and reduce your carbon footprint.

[Citizen’s Advice Scotland](#)

- Offers free practical help for millions of people who need impartial money advice, whatever their financial circumstances.

[North Lanarkshire Council – Social Inclusion and Wealth Team](#)

- If you are worried about debt or experiencing financial difficulties, our debt advisers can provide free, impartial and confidential advice.

[South Lanarkshire Council – Money Matters](#)

- The Money Matters Advice Service is a free and confidential service that helps South Lanarkshire residents claim benefits and deal with debt.

EASY made simple

September 6, 2022

Categories: Pulse, Pulse - General News

Tags: EASY service



Staff are being reminded that all sickness absences from work for NHS Lanarkshire employees must be reported to the early access to support for you (EASY) service, regardless of the length of absence. Many absences still continue to go unreported or are recorded via the Scottish standard time system (SSTS) only. Without this valuable information, the EASY service is unable to offer the support that some staff members may need to help them return to work.

Contrary to historical belief, the EASY service – or occupational health – does not perform checks, nor does it disclose information with managers regarding discussions with those referred. EASY is a support service for staff members who are absent from work, designed to provide or signpost to appropriate help and support at the very beginning of absence.

While it is recognised that there are ever increasing demands being placed on our staff, it really could not be simpler or quicker to refer a staff member. It takes less than two minutes to submit a referral and the service will take care of the rest, it really is that EASY.

How to refer

A referral form is available on the Salus occupational health, safety and return to work services page on FirstPort at <http://firstport2/staff-support/salus-occupational-health-and-safety/early-access-to-support-for-you/default.aspx>

Alternatively, click on ‘Applications’ on the home page of FirstPort and then select ‘[Formstream non-clinical](#)’.

A set of frequently asked questions (FAQs) has been developed to assist managers or referrers to navigate the system quickly and easily. These are also available on the Salus occupational health,

safety and return to work services page on FirstPort at <http://firstport2/staff-support/salus-occupational-health-and-safety/early-access-to-support-for-you/default.aspx>

Managers are asked to contact the EASY service when a staff member returns to work by emailing easy@lanarkshire.scot.nhs.uk or calling 01698 759310.

Organ Donation Week challenge!

September 7, 2022

Categories: Pulse, Pulse - General News



Due to the sad news of Her Majesty the Queen Elizabeth II death and the timing of the State Funeral, we are postponing the #Race4Recipients challenge until a date later in the year.

The Scotland Organ Donation Team have launched a new national campaign to support #OrganDonationWeek.

From 17 until 25 September, we invite you to 'Race 4 Recipients'.

In honour of organ donors, their recipients and those waiting for life saving transplants, we want to raise awareness and encourage people to make their decision regarding organ donation – and sharing this with loved ones!

Diane Bowler, Specialist Nurse from the Organ and Tissue Donation team said “Every km will honour our organ donors, their families and transplant recipients while raising awareness of organ donation.

The event is open to everyone! Family, friends, clubs, colleagues, sports teams – the list goes on! Your level of fitness is not important, every step taken and logged during the challenge contributes to the wider goal!”

Our goal will be to walk together through running, walking, cycling, swimming or any other exercise to achieve our targets.

The target for each region is 50,000 Kilometres to represent the 50,000 people currently living in the UK with a transplant. Locally, each hospital is challenged to reach 7,000 Kilometres to represent all those currently waiting for a lifesaving transplant in the UK.

Remember, fitness level is not important, every activity counts!

Register your interest [here](#), and join in the conversation online by using the following hashtags!
#JoinTheJourney, #OrganDonationWeek, #RaceForRecipients, #LeaveThemCertain

Marisa's 'lovely eyes' and warm heart to the rescue

September 7, 2022

Categories: Pulse, Pulse - Spotlight

Tags: Kirklands Headquarters, Pharmacy, prescribing



Marisa Reid's 'lovely eyes' and warm heart came to the rescue of a local resident during her lunch time stroll at work last week.

Marisa, who joined the pharmacy/prescribing team in May as an administration assistant, was taking her usual lunch time walk around the football park opposite Kirklands last Thursday when she saw an elderly lady called Agnes running towards her, shouting for help.

Her line manager, Isobel Marshall, pharmacy/prescribing department administration business manager picks up the story of Marisa's act of kindness that followed.

"Marisa immediately went to her aid to see if she could help. It turned out Agnes' friend Margaret had fallen in her home and Agnes couldn't get access to the house to help her.

"Marisa went to the house and could see through the window that Margaret was lying on the floor. There was a keypad locking system and video cameras but they weren't picking up the conversation.

"Agnes was partially deaf and couldn't hear what Margaret was saying as she lay on the floor. Marisa tried to call out to Margaret to get the numbers to unlock the door. She shouted out some numbers and tried a few combinations but none of them worked.

"Marisa and Agnes tried to make contact with someone who would be able to help. Eventually Agnes was able to contact her carers. Marisa stayed by Margaret's window to offer her comfort until the carers arrived.

“Marisa then returned to the office, knowing Margaret was in safe hands. She even called me to say why she was late back from her lunch but I told her not to worry. I was glad she was supporting someone who needed her help.

“It was such a kind act from Marisa. The following day, director of pharmacy Christine Gilmour came into the office to say she had been approached by a lady at the back door of Kirklands who was looking for the office worker girl with the ‘lovely eyes’ that had helped her friend.

“She explained she had been asking around the building but no one knew who this girl was. We were going to send an email to all at Kirklands but then Marisa came into the office with her big smile, carrying a small gesture of thanks from Agnes on Margaret’s behalf.

“Agnes had spotted Marisa through the window of the printer room. She was soaking wet from the rain but had not given up – she had been sent on a mission to find the girl with the ‘lovely eyes’ who had helped her friend.”

Marisa added: “I’d like to think if something like that happened to my gran then someone would do the same for her. I just wanted to make sure Margaret was safe.”

Margaret, although still badly bruised, is recovering well and has invited Marisa to pop in for a cup of tea any time.

Latest discounts from NHS Staff Benefits

September 8, 2022

Categories: Pulse, Pulse - For You

Tags: staff benefits, staff discounts, staff offers



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.

- **Save 15 per cent on all 2022 and 2023 breaks with Away Resorts**

Away Resorts' 11 locations really do offer something for everyone. Whatever your budget, Away Resorts has got you covered; from the classic caravan to exclusive Rockstar accommodation. Indulge in a hot tub holiday, enjoy a log cabin with woodland views or soothe your spirit in the sanctuary of a zen holiday home.

NHS workers can access a 15 per cent discount on all 2022 and 2023 breaks when booking with Away Resorts.

All parks and locations

Bude Holiday Resort – Bude, Cornwall

The Bay Colwell Holiday Resort – Totland Bay, Isle of Wight

The Bay Filey Holiday Resort – Filey, Yorkshire

The Lakes Rookley Holiday Resort – Ventnor, Cornwall

Moffat Manor Holiday Resort – Dumfries and Galloway, Scotland

Newquay Bay Holiday Resort – Newquay, Cornwall

Newperran Holiday Resort – Newquay, Cornwall

Retallack Resort and Spa – Winnards Perch, Cornwall

St Helens Holiday Resort – Ryde, Isle of Wight

Swanage Bay View Holiday Resort – Swanage, Dorset

To access the discount, click [here](#) and quote the exclusive promo code ‘STAFFNHS15’ to secure the discount. Alternatively, telephone 0330 053 7000.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/nhs-discounts-on-away-resorts>

- **50 per cent off your first online delivery order at Dash Water**

Dash Water is delicious sparkling water infused with real, wonky fruit that supermarkets say no to. Carbon neutral, next day delivery to your door. 100% Natural. No calories – no sugar – no sweetener.

They have five different flavours available – raspberry, peach, blackcurrant, lemon and cucumber.

NHS Staff Benefits members can save 50 per cent off a one-time order from Dash Water or the first month of a subscription.

To secure the offer, simply copy the exclusive code and apply the code at the checkout stage when placing your first order.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/50-off-dash-water>

- **20 per cent off SIM inly EE plans**

Happy with the phone or tablet you have got, just need a SIM? EE are offering NHS Staff Benefits members a 20 per cent discount off SIM only plans.

They have plans to suit everyone with 24-month, 12-month and one month options to choose from.

To secure the discount, simply copy the exclusive code, click through to the EE website and apply the code at the checkout stage once you have chosen your preferred plan.

The offer is available to new customers only and is not available to existing customers upgrading or purchasing additional line contracts.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/ee-sim-nhs-discount>

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/>

Deputy Chief Executive staff message

September 9, 2022

Categories: Pulse, Pulse - Spotlight



Judith Park, NHS Lanarkshire Deputy Chief Executive, steps in for Heather Knox who is on annual leave this week.

Judith speaks about the challenges we are continue to experience across every part of our healthcare and social care system.

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

- Vimeo – <https://vimeo.com/748013103>
- YouTube – <https://youtu.be/YvAql9OuZGs>

New digital strategy – improving our online services for patients

September 12, 2022

Categories: Pulse, Pulse - General News

Tags: Digital Strategy, patient survey



NHS Lanarkshire is currently developing a new five-year digital strategy to reflect the needs of the people of Lanarkshire and its organisation. This will ensure that future digital services will align with NHS Lanarkshire’s healthcare strategy.

The strategy will be public-facing and patients and local residents are being asked to provide their feedback on how NHS Lanarkshire can improve its online services by completing a short survey.

Feedback from NHS Lanarkshire staff is also welcomed. Staff are asked that the survey be shared with their patients/groups.

Ian Patterson, NHS Lanarkshire’s digital strategy project manager, said: “NHS Lanarkshire is preparing for the next five years to consider how online technologies can improve its health and social care services.

“During the Covid-19 pandemic, many people across Lanarkshire used a smartphone, laptop or tablet for the first time. This might have included their first video consultation, increased use of health apps, self-assessment questionnaires or, in some cases, medical devices used at home.

“While some people found these new experiences challenging, others found it empowering. NHS Lanarkshire is considering how being connected online can support everyone in the region – even those who don’t own a digital device.

“We are keen to hear people’s views and would welcome their opinion by completing a short survey so that we can plan and prepare online services that will benefit the people of Lanarkshire.”

The survey will be completely anonymous.

Take part in the survey at <https://forms.office.com/r/pHgmBNB3vF> by 11.30pm on Monday 3 October. Alternatively, scan the QR code [here](#).

Shelagh McIntyre retires after 45 years' service

September 12, 2022

Categories: Pulse, Pulse - Spotlight



Shelagh McIntyre has retired in her role as practice nurse at Greenhills Health Centre after a remarkable 45 years' service in the NHS.

Shelagh started nurse training at Philipshill Hospital in 1977 doing orthopaedics. Her general RGN training took place at the Victoria Infirmary in Glasgow. Since qualifying, Shelagh has worked across Scotland in a number of different roles; midwifery, district nursing, orthopaedics and caring for those with HIV and AIDs before settling down into a practice nursing role for the last 28 years.

Leanne Kidd, Lanarkshire Medical Group regional manager, said:

“On behalf of everyone at Lanarkshire Medical Group, we are proud of the work that Shelagh has done, the person she is and the difference that she has made.

“It has been a pleasure to work alongside her, her graciousness, friendless and teamwork are going to be missed. We wish her all the very best in this new chapter of her life.”

Shelagh enjoys spending time with her family and friends and is looking forward to the arrival of another grandchild in October.

Other interests include gardens, walking, reading, knitting and venturing off to sunnier climes.

Picture: Shelagh (front centre) and the team at Greenhills Health Centre

Queen Elizabeth II

September 13, 2022

Categories: Pulse, Pulse - For You



Following last week's sad announcement, many of us are mourning a monarch who was a central part of life in Britain.

Jenny Hutton, NHS Lanarkshire Mental Health Improvement Manager said: "We may also be feeling sad for her family.

"It can sometimes feel surprising to grieve someone we didn't know personally. It can even feel like we don't have the right to be upset. But there are many reasons why we may be affected."

Jenny has offered the following points, advice and sources of support:

Why You May Be Grieving:

- **You may feel like you knew her**
- **She is someone you truly admired**
- **It may have reminded you of your own experiences** – The death of anyone can bring up memories of your own bereavements.
- **The world feels changed** – The Queen has been part of our public landscape for so long, not being around can make the world seem a less safe and certain place.
- **You can't escape the news** – The responses of others on social media may include a lot of personal information and emotion. This can be difficult to deal with if you're already feeling vulnerable.
- **Or finding it hard for other reasons** – Not everyone is affected the same way and some people may find it hard seeing other so deeply affected. This can particularly be the case if you are going through a personal bereavement of your own

Looking After Yourself

- **Allow yourself to grieve** – give yourself permission to feel sad for what you and the nation have lost
- **Talk to someone** – There are many people affected. Look for places where people are sharing their feelings or sign one of the books of condolence.
- **Find ways to remember her** – Take time to write about your own memories of the Queen and what she meant to you.
- **Take a break from the news** – especially if it is making you feel very sad or anxious

Sources of Support

If you are feeling overwhelmed, help is available. Please reach out. Talking to a trained advisor can help:

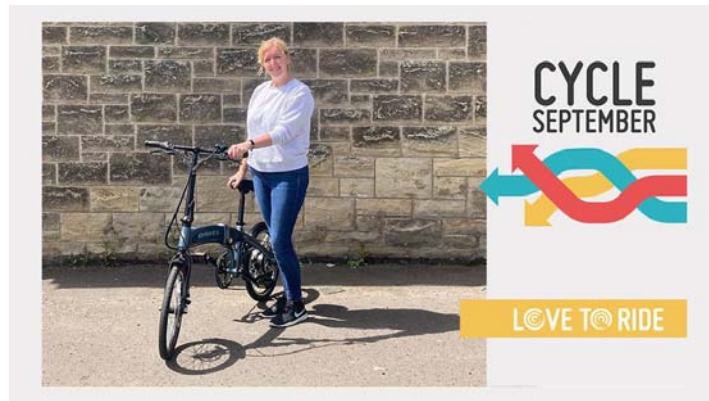
- Bereavement Support is available at **Cruse**: 0808 808 1677
- **Breathing Space** is a free, confidential, phone service for anyone in Scotland experiencing low mood, depression or anxiety and offers a safe and supportive space by listening, offering advice and providing information: 0800 83 85 87
- Talk to the **Samaritans**. Call free on 116 123
- [**Mental Health & Wellbeing Resources – Lanarkshire | Elament**](#)
- [**https://www.lanarkshiremindmatters.scot.nhs.uk/**](https://www.lanarkshiremindmatters.scot.nhs.uk/)
- Lanarkshire Bereavement Care Line 01698 751040
- Lanarkshire Staff Care 24 Hour Helpline: 01698 752000
- [**Your Health Matters website**](#)

Pedal into Autumn with a free bike loan for NHS Staff

September 13, 2022

Categories: Pulse, Pulse - For You

Tags: brompton bikes, cycle september, cycling benefits



Enjoy the last of the Autumn sunshine this ‘Cycle September’ and take advantage of NHS Lanarkshire’s [free bicycle hire](#).

This low-cost hire scheme of a folding bicycle, in conjunction with Brompton Bike Hire, Getting Better Together (GBT) and Sustrans, is open to all NHS Lanarkshire staff for three months.

As the nights draw in and the cool sets in, it is an ideal time for all in NHS Lanarkshire to embrace all the benefits riding a bike can bring:

- Boost your physical health – even a 10-minute bike ride will raise your heart rate;
- Improve your mental health – riding a bike can make you feel happier and more connected to your surroundings compared to other modes of transportation;
- Reduce stress and anxiety – any form of physical activity is good for releasing endorphins and reducing stress;
- Make an impact on your environment – reduce your carbon footprint by leaving the car at home.

David Kennedy, health improvement senior – physical activity, NHS Lanarkshire, said:

“We’re delighted to offer such an amazing scheme, in conjunction with our partners.

“Cycling has dramatically increased since the Covid pandemic, and this encouraged us to provide more opportunities for bike hires for staff, who may want to give cycling a try!

“By providing top-quality folding bikes, painted in the classic NHS colours, we can keep healthcare workers moving safely, improving their own health and wellbeing, and in style!”

Craig Bridges, strategic lead – Get Active Get Going Programme, Getting Better

Together Ltd, said: “The uptake of folding bikes loans by NHS staff has been brilliant. The bikes provided by Brompton Bike Hire have been great for supporting active travel and increased physical activity and because of the success of the scheme we now have 10 new folding e-bikes for staff to add to the loan scheme for free on a 3-month basis.

“We have a large fleet of 18 e-bikes and 50 Brompton’s available for loan so we hope people will take up on this fabulous scheme especially before the winter months set in.”

The NHS Lanarkshire staff [Brompton loan scheme](#) is available for a free three-month loan of a folding bike. Book your bike!

Or else staff can purchase their own bike with at least a 25 per cent discount through the [Cycle to Work scheme](#), with secure cycle parking facilities now at [11 of our sites](#).

Your 2022 annual benefit statement is now available

September 13, 2022

Categories: Pulse, Pulse - General News

Tags: annual benefit statement, SPPA



The Scottish Public Pensions Agency (SPPA) has issued annual benefit statements (ABS) for all eligible members for the year ending 31 March 2022 (NHS GP medical practitioners will have an ABS up to 31 March 2021). This includes all active members of the Scottish: NHS, teacher, Police and firefighter schemes. The ABS can be viewed on the SPPA [website](#) via the online portal.

The ABS estimates your pension benefits accrued up to the end of the most recent financial year.

For more information please see the SPPA guide to understanding your [annual benefit statement](#).

Alternatively, please see the Scottish NHS Circular 2022/08 which is also available on the SPPA [website](#).

For any enquiries, please email SPPACommunications@gov.scot

World Sepsis Day

September 13, 2022

Categories: Pulse, Pulse - Spotlight

Tags: sepsis, world sepsis day



Sepsis is a life-threatening condition which kills more people than prostate, bowel and breast cancer combined.

Also known as septicaemia or blood poisoning, sepsis occurs when the body's attempt to fight an infection results in the immune system damaging tissues and organs.

Susan Friel, NHS Lanarkshire nurse director for acute services, said: "Sepsis is a major cause of death across the world and in the UK. You are five times more likely to suffer a death from sepsis than die as a result of a heart attack.

"If it is not identified early, sepsis can lead to shock, multiple organ failure and even death. Early identification and treatment can reduce mortality by half, especially if antibiotics are delivered within the first hour."

In order to begin treatment as quickly as possible, teams in each acute hospital across Lanarkshire use the 'Sepsis Six' bundle.

The Sepsis Six is a set of interventions which can increase a patient's chance of survival. The six steps include administering a high flow of oxygen, taking blood cultures and giving antibiotics and intravenous fluids.

Susan added: "Clinical colleagues at hospitals across Lanarkshire are hosting a series of events on Tuesday 13 September to raise awareness of sepsis.

"The key message is that sepsis needs to be spotted and treated quickly, usually with antibiotics, before it spreads. It starts with an infection that can come from anywhere, even a contaminated cut or insect bite. Normally, your immune system kicks in to fight the infection and stop it spreading.

“If the infection manages to spread quickly round the body, then the immune system will launch a massive immune response to fight it and this can have catastrophic effects on the body.”

“The six symptoms to be aware of are; slurred speech, extreme shivering or muscle pain, passing no urine in a day severe breathlessness and skin mottled or discoloured.

“For every hour’s delay in antibiotics, the chances of dying from sepsis increases by almost 8% so it is vital we get people to hospital as quickly as possible.”

New digital strategy hosts clinical Q&As

September 14, 2022

Categories: Pulse, Pulse - For You

Tags: clinical staff, Digital Strategy, question and answer session



Clinical staff from across all NHS Lanarkshire services are being invited to a question and answer session to learn about NHS Lanarkshire eHealth's project to develop a new five-year digital strategy.

The strategy will be developed in close collaboration with clinical representatives to anticipate the support that will be required for future digital services, support, systems and technologies.

Ian Patterson, NHS Lanarkshire's digital strategy project manager, said: "NHS Lanarkshire is preparing for the next five years to consider how online technologies can improve its health and social care services.

"Following the Covid-19 pandemic, we all have a new frame of reference for digital. Some have found the fast introduction of new technology challenging, despite it being necessary to maintain services during lock-down.

"The digital strategy will look across a wide range of benefits, from patient-facing solutions to better use of data to inform clinical decision making and operational effectiveness. This is an opportunity to consider the challenges associated with transformative change and the untapped possibilities of digital innovation.

"We are keen to hear staff's views and would welcome their feedback by completing a short survey so that we can plan and prepare online services that will benefit the people of Lanarkshire."

Two online drop-in sessions will be held to outline what will be achieved. The sessions, which will be hosted by Ian Patterson, will be held as follows:

Session One

Tuesday 20 September, noon to 1pm

[Join the live session using MS Teams](#)

Session Two

Wednesday 28 September, noon to 1pm

[Join the live session using MS Teams](#)

Complete the survey at: **<https://forms.office.com/r/SDjCnwr9yB>**

The survey will be completely anonymous and will take approximately five minutes to complete.

World Patient Safety Day

September 15, 2022

Categories: Pulse, Pulse - Spotlight

Tags: Patient safety, world patient safety day



World Patient Safety Day is an opportunity to raise awareness of the high burden of medication-related harm due to medication errors and unsafe practices with the aim of improving medication safety.

World Patient Safety Day is one of the World Health Organisation's (WHO) global public health days and takes place every year on 17 September. The theme this year is 'Medication Without Harm'.

Unsafe medication practices and errors are a leading cause of avoidable harm in healthcare across the world.

'Medication Without Harm' will focus on making the process of medication safer and free from harm, encouraging everyone to prioritise medication safety and address unsafe practices and system weaknesses in the three main causes of avoidable harm, namely high-risk situations, transitions of care and polypharmacy.

As well as raising awareness of the high burden of medication-related harm, World Patient Safety Day is an opportunity to engage with staff to prevent medication errors and medication-related harm, empowering patients to be actively involved.

There is lots of great work happening in NHS Lanarkshire to improve medication safety. Can you showcase the work happening in your area(s) to improve medication safety? Please contact the improvement advisor aligned to your operational unit.

University Hospital Hairmyres

Karen Jenkins, Karen.jenkins@lanarkshire.scot.nhs.uk

Jenna McNaughton, jenna.mcnaughton@lanarkshire.scot.nhs.uk

University Hospital Wishaw (including maternity and neonatal services)

Jackie Duncan, Jacqueline.duncan@lanarkshire.scot.nhs.uk

University Hospital Monklands

Jennifer Baillie, Jennifer.baillie3@lanarkshire.scot.nhs.uk

Health and Social Care North Lanarkshire

Eileen McGinley, Eileen.mcginley@lanarkshire.scot.nhs.uk

Craig Eden, craig.eden@lanarkshire.scot.nhs.uk

South Lanarkshire Health and Social Care Partnership

Elise Palmer, elise.palmer@lanarkshire.scot.nhs.uk

More information can be found [here](#).

Please ‘Bee’ smoke-free within NHS Lanarkshire hospital gardens

September 16, 2022

Categories: Pulse, Pulse - Spotlight



NHS Lanarkshire’s Quit Your Way team, in conjunction with the Green Health Partnership, has unveiled new bee-autiful hand-made smoke-free signs at various hospital site gardens.

These aim to ensure patients, staff, and visitors can enjoy a relaxed smoke-free environment while attracting bees and other garden wildlife to enhance these outdoor areas.

The gardens were created by NHS Lanarkshire’s Green Health Programme and integrate green activities into patient rehabilitation programmes and dementia groups. Patients grow fresh vegetables on these hospital sites where all produce grown is used within NHS Lanarkshire or donated to the Clydesdale Foodbank.

NHS Lanarkshire worked with Clydesdale Community Initiatives (CCI) to develop these signs which were made free-handed by CCI’s woodcraft team at Langloch Farm. They have been installed by their participant and volunteer teams at five hospital sites; Kirklands, Coathill, Airbles Road, Udston, and Hairmyres.

One of the CCI volunteers, Andy Logan, from Newmains, actually quit smoking with the Quit Your Way service and volunteers with CCI where he installed the smoke-free signs around the hospital sites.

Andy said: “Smoking affected my health and when I was out working with CCI I was out of breath quickly.

“When I was in hospital, I was referred to Sharon, the stop smoking nurse, where I was prescribed patches but I wasn’t ready to quit smoking then. It took me a few attempts with the service to quit and I quit smoking for good one year ago.

“Sharon was really supportive and if I felt down I could phone her and she would reassure me, my patches and lozenges were delivered every week and I’d put my patch on every morning. I used to smoke because I thought I needed it when I was stressed but once I stopped the patches and lozenges I kept going with support from Sharon and I’ve not looked back.

“Since I’ve quit I’ve noticed my fitness has improved and the gardening with CCI is easier now too, I didn’t think I’d be able to stop especially when I was in myself.

“I’ve volunteered with CCI for nine years, before I didn’t know anything about gardening but I’ve done loads of different things like planting trees, chopping willow brushes, growing veg and weeding, it all helps with my mental health. I’ve got people to talk with in the group and I just got my strimmer and bush cutting license after a two-day course.

“Putting the smoke-free signs up around the hospitals with other patients was a good experience, if I can do it others can too.”

Sharon Rankine, mental health nurse specialist – Quit Your Way, NHS Lanarkshire, said: “I’m really proud of Andy’s progress and I think it’s amazing he’s come full circle by quitting smoking with our service and now supporting others to be smoke-free by implementing the signs around the hospital gardens.

“Andy has stopped smoking for over a year and he has also abstained from alcohol, it took more than several attempts for him to quit smoking but we never gave up.

“Having a diagnosis of any condition should never stop a client accessing our service, we have a team of dedicated, experienced nurses who are knowledgeable of health conditions and provide the relevant health information and nicotine replacement products.

“Quitting smoking is achievable, even if you have tried previously don’t let it hold you back from trying again, our specialist support is available when you’re ready.”

Vicki Trim, health improvement lead Health & Social Care North Lanarkshire, and green health partnership manager, NHS Lanarkshire, added: “Research shows that spending time outdoors plays an important role in improving our overall mental health and wellbeing.

“These gardens are a lovely and special space for inpatients, outpatients, hospital staff and visitors to enjoy the benefits of green health and being out in nature. Our ongoing partnership with CCI and

funding from NHS Charities Together supports them to experience a positive boost to their physical, emotional and mental health, as well as new and improved hospital grounds.

“We currently have a no smoking policy across all NHS Lanarkshire sites, which the majority of people who visit our hospitals follow, these signs will further protect people who don’t smoke from second-hand tobacco smoke, and gives our hospital gardens a clean-air environment for those who use them.”

Jamie Hope, training and project development coordinator, CCI, commented: “I’ve worked with Andy for four years and I am so proud of what he has achieved, he’s been alcohol free for years and now has quit smoking, it’s been amazing to see his progress.”

Quit Your Way can be contacted Monday – Friday from 9am until 5pm.

For more information, call [0800 84 84 84](tel:0800848484) or visit [NHS Inform’s Quit Your Way website](#).

You can now use our [‘Click to be Contacted’ service](#), select your local or nearest area, leave your name, preferred contact method, and we will be in touch with you.

You can also visit your local **Community Pharmacy** for free stop smoking support. Find your [nearest community pharmacy](#).

Encouraging positive conversations with patients

September 16, 2022

Categories: Pulse, Pulse - General News



NHS Lanarkshire Realistic Medicine and Realistic Healthcare aim is to empower patients, families and health and care workers to show its commitment to patient safety on World Patient Safety Day on Saturday, 17 September.

Karen Morrow, Realistic Medicine Programme Manager, explains:

“Our Realistic Medicine team is backing this year’s World Patient Safety Day campaign focussing on *Medication Without Harm*.

“NHS Lanarkshire aspires to be a healthcare provider where all health care decisions about a person’s care, tests or treatment, are taken together between the healthcare professional and the patient. This is called shared decision making.

“To support the access of information on shared decision making NHS Lanarkshire has launched a new Realistic Medicine webpage. Several information links and videos are provided including the NHSL 5 Questions and national BRAN resources on the webpage to help our patients, their families and health and care workers in shared decision making conversations.

The new Realistic Medicine webpage can be found [here](#).

More information about this year’s World Safety Day’s *Medication Without Harm* campaign can be found [here](#). The World Health Organisation provides resources to reduce the risk of medication harm by following these actions:

1. Know the medication
2. Check it is the right patient, medicine, route, dose and time

3. Ask that your patient understands. [Click here](#) to download a 'Know, Check, Ask' poster.

For further information, please contact:

Karen Morrow, Realistic Medicine Programme Manager: Tel Mob: 07826875127 or
karen.morrow@lanarkshire.scot.nhs.uk

North Partnership cares about patient opinions

September 20, 2022

Categories: Pulse

Tags: Easy Read



Health & Social Care North Lanarkshire is refreshing how we engage and communicate through Care Opinion with a relaunch now scheduled for Friday 21 October.

Each service has identified key staff and is training them to ensure there is always someone well placed to respond empathetically to individual stories.

Trudi Marshall, nurse director, Health & Social Care North Lanarkshire, said: “Care Opinion is a fantastic way for people in our communities to share their experiences with us, allowing us to identify what is working well and areas where we can make further improvements.

“We’re determined to use Care Opinion to highlight, promote and reward outstanding care; share service developments stemming from feedback; and ensure existing high standards are built upon.”

An introductory training session, which is being recorded, is taking place on Thursday 22 September for all staff who will be responding to published feedback.

You can register for this one hour session at: https://teams.microsoft.com/registration/qUxzUFQ-XU6gm4SajiZ_wA,_yFS9ovQ7ECeRwayo0OTVA,6qkDS07FLEOmKFYgJmgV0A,eldFnzMAWUO?mode=read&tenantId=50734ca9-3e54-4e5d-a09b-849a8e267fc0

A second session concentrating on responding on Care Opinion is being held on Tuesday 04 October with registration available at: https://teams.microsoft.com/registration/qUxzUFQ-XU6gm4SajiZ_wA,_yFS9ovQ7ECeRwayo0OTVA,6qkDS07FLEOmKFYgJmgV0A,jpilrscI20i8tgIU9s18KIkG836-8fGFqzQ?mode=read&tenantId=50734ca9-3e54-4e5d-a09b-849a8e267fc0

Pulmonary fibrosis – a rare respiratory disease

September 21, 2022

Categories: Pulse, Pulse - Spotlight

Tags: Idiopathic Pulmonary Fibrosis, Jennifer McDonald, pulmonary fibrosis, Tom Callaghan



NHS Lanarkshire is supporting Idiopathic Pulmonary Fibrosis (IPF) Week which takes place 19-25 September.

Pulmonary fibrosis is a lung disease that occurs when lung tissue becomes damaged and scarred. This thickened, stiff tissue makes it more difficult for lungs to work properly.

Pulmonary fibrosis causes thousands of deaths each year in the UK and is on the rise. Many people have not heard of the disease so, during Pulmonary Fibrosis Week, NHS Lanarkshire's physiotherapy service is raising awareness of the disease.

Symptoms

Signs and symptoms of pulmonary fibrosis may include:

- shortness of breath (dyspnea)
- a dry cough
- fatigue
- unexplained weight loss
- aching muscles and joints
- widening and rounding of the tips of the fingers or toes (clubbing)

There is currently no cure for IPF, but there are several treatments that can help relieve the symptoms and slow down its progression. If you have struggled with your breathing for a while, or

have had a cough for more than three weeks, contact your GP. These symptoms are not normal and should not be ignored.

Jennifer McDonald, pulmonary rehab physiotherapist, University Hospital Hairmyres, said: “It’s not clear what causes idiopathic pulmonary fibrosis, but it usually affects people around 70-75 years of age and is rare in people under 50.

“Many people ignore their breathlessness at first and blame it on getting old or being out of shape. Eventually, even light activity such as getting dressed can cause shortness of breath so I would encourage anyone who is having difficulty with their breathing to get it checked out.”

Newarthill resident Tom Callaghan has been living with IPF for over 10 years. He was diagnosed early and has been treated with medication which he feels has contributed greatly to slowing the effects of the condition. Tom attends University Hospital Monklands on a regular basis and has developed a strong relationship with the pulmonary fibrosis team.

Since his diagnosis, Tom has retired but maintains an active and positive life which he attributes to keeping himself busy. Tom said: “There seemed to be a lack of support for patients suffering from pulmonary fibrosis and it was often difficult to know where to turn to or where to find support.

“For those reasons, it inspired me to set up a Lanarkshire-wide pulmonary fibrosis support group Facebook page which is supported by the charity, Action on Pulmonary Fibrosis. I’d encourage patients, carers and family members to join the private group as this will give them the chance to chat and share their experiences, ask and answer questions and make new friends. All interactions on the private group will be confidential.”



For more information, or to join the pulmonary fibrosis support group, visit:

- Facebook (public) – <https://www.facebook.com/LanarkshirePFSG>
- Facebook (private) – <https://www.facebook.com/groups/816160442703530>

For further information on idiopathic pulmonary fibrosis, visit NHS Inform at:

<https://www.nhsinform.scot/illnesses-and-conditions/lungs-and-airways/idiopathic-pulmonary-fibrosis/>

Shining a light on those who brighten up the lives of those who need it most

September 22, 2022

Categories: Pulse, Pulse - Spotlight



One of South Lanarkshire's most iconic buildings is being illuminated to commemorate the way home carers light up people's lives.

Hamilton Town House will be bathed in yellow light to recognise the vital and ongoing contribution home carers make to people's lives.

Buildings across the country are being lit up to mark national Home Care Day on 22 September as gratitude is shown to these vital frontline staff.

Soumen Sengupta, Director of Health and Social Care for South Lanarkshire, said: "We are proud to participate in this national day of awareness by lighting up this local landmark.

"Every single day, home care staff work ceaselessly to improve the lives of the individuals they care for.

"They, in common with all our social care and health care teams, continue to deliver for all of us.

"On behalf of everyone in South Lanarkshire, I'd like to offer our heartfelt thanks for our home carers' dedication, compassion and professionalism."

South Lanarkshire Health and Social Care Partnership's (HSCP) Scott McNeill, who is the Service Manager for Registered Care at Home Services, said the illumination was fitting.

He said: “The term ‘pillars of our community’ springs to mind, as our home carers are a solid, unfailing support for so many people.

“To light up one of the area’s most prominent buildings, especially as the nights draw in, seems an appropriate way of recognising the way they brighten up so many lives.”

The Care at Home service provides essential support to enable people to live as independently as possible in their own homes, offering support that includes washing, dressing, preparing food or getting ready for bed. All staff are also trained to give more personal assistance such as help with medication.

The level of service was witnessed first-hand by Soumen when he recently accompanied home carers on their visits as part of their daily rounds.

He said: “We all know that home carers do a tremendous job, but until you see it for yourself, you don’t realise just how amazing it actually is.

“It is a job that is rewarding, but it is also so incredibly important to the people they are visiting. They are making such a positive difference to people’s lives, right in the heart of their own homes.

“I saw people in need of help, getting that help. I saw assistance given that meant that these people could carry on living in the house where they had spent many years making their home, the place where their hearts lie. And I saw the way people’s eyes lit up, the way they visibly brightened, when the home carers arrived. Every person within the service, whatever their role, makes a massive contribution to that impacts positively on the lives of others.

“It is not an easy job by any means – rewarding jobs never are – but it is one that our Care at Home staff make seem easy because it shines from them that they enjoy it, and what a difference that makes to people.”

One of those accompanied by Soumen was Carol Stewart, who has worked as a Home Carer for 16 years and who agreed that the personal side of the job was what brings such value to it.

She said: “The physical aspects, actually doing things for people that they can’t manage for themselves is not only vital, but it’s really rewarding as well. But you learn as soon as you start doing the job that there has to be a personal side, too.

“You build up good relationships with the service-users, and there is a tremendous amount of trust shared between you.

“You get to know their personal preferences, not just their needs, and that is vital to being a real benefit to their lives.

“I always think that we should treat everyone we visit like we would want people to treat our own mums and dads or grans and grandads, and when you get that wee smile, that’s all you need to know you’re doing a good thing.

“There’s nothing quite like that feeling, and I wouldn’t trade it for the world.”

South Lanarkshire HSCP has its own workforce of 1000 Care at Home staff who, along with another 1000-plus Care at Home staff from independent providers, collectively deliver services every day of the year, with at least 60,000 visits each week to support more than 3500 service users.

However, there is room for more and anyone interested in moving into Care at Home as a career has the opportunity to do so with demand for the service increasing significantly.

South Lanarkshire HSCP is currently recruiting new home carers, meaning that a number of flexible opportunities exist for people wishing to work in this challenging and rewarding environment.

People of all ages, male and female, and of all levels of experience are welcome to apply and can do so, and find more information on the posts online at

www.myjobscotland.gov.uk/councils/south-lanarkshire/jobs/slao8839-home-carer-257966.

Be fraud aware

September 22, 2022

Categories: Pulse, Pulse - General News

Tags: fraud awareness



Fraud can occur in the NHS and every penny NHS Lanarkshire loses to fraud is a penny that is not available to spend on patient care. It is the duty of every member of staff to comply with NHS Lanarkshire's 'Code of Conduct and Fraud' policy and to report any suspicions of fraud immediately. NHS Lanarkshire is determined to take all reasonable steps to prevent and identify fraud and, where fraud is identified, take appropriate action.

In line with the Scottish Government's 'Strategy to Combat NHS Fraud in Scotland', NHS Lanarkshire will investigate all instances of fraud thoroughly and, where fraud is proven, pursue a criminal prosecution, take disciplinary action and seek recovery of any losses (known as the 'triple tracking approach').

NHS Lanarkshire has in place a number of arrangements to protect itself from the risk of fraud, corruption and bribery, however, in the current climate of change there are issues that increase the risk. Changes in structures, systems and the turnover in employees, as well as the external pressure due to the economy – which have been heightened due to the Covid-19 pandemic – all contribute to the risk of fraud.

Morag Holmes, NHS Lanarkshire's head of internal audit/fraud liaison officer, said: "I'd advise staff to be vigilant and would encourage anyone who suspects fraud to report it without delay. They can either contact myself or call the fraud hotline on 08000 151628."

NHS Scotland counter fraud services (CFS) and NHS health boards have adopted the 'fraud standards' as the best practice quality assurance approach to countering fraud.

For more information on the standards and other aspects of fraud, visit the fraud page on FirstPort at: <http://firstport2/staff-support/fraud/default.aspx>. Alternatively, contact Morag Holmes

on 01698 752770 or email Morag.Holmes@lanarkshire.scot.nhs.uk

Farhat steps up to the challenge

September 22, 2022

Categories: Pulse, Pulse - For You

Tags: Farhat Mushtaq, Pakistan appeal



Floods are currently devastating Pakistan, leaving millions in need of urgent help to survive. Official estimates suggest that one third of Pakistan has been affected by the flood – that is an area larger than the size of the United Kingdom.

To raise money for the Disasters Emergency Committee Pakistan Floods Appeal, Dr Farhat Mushtaq, emergency medicine consultant, University Hospital Hairmyres, will walk 102,458 steps (approximately 87km) on 24 and 25 September. The number of steps is reflective of the 102,458 square miles of Pakistan that is underwater.

Many people have died and this figure increases daily as starvation, disease and poor access to urgent healthcare sets in. Every pound donated will make a massive difference.

- £30 provides hygiene kits for six people;
- £50 provides shelter for two families;
- £100 provides food for two families for a month.

Farhat said: “I’m really looking forward to the challenge. The walk will be in Hamilton and neighbouring towns, with a plan to finish off in Strathclyde Park. Anyone who wishes to join me for part of the walk, or the finish, is very welcome.

“Every single donation is so valuable and will be greatly appreciated by the recipients. If you can, please donate.”

If you would like to support Farhat in her challenge, please visit her JustGiving page at:

<https://www.justgiving.com/fundraising/farhat-sarfraz?>

[utm_source=Sharethis&utm_medium=fundraising&utm_content=farhat-sarfraz&utm_campaign=pfp-email&utm_term=4d1bcc21c73c4bd3a26e139fafda9710.](#)

Improved health and social care engagement strategy receives praise

September 22, 2022

Categories: Pulse, Pulse - Spotlight



An improved strategy for working with the people of North Lanarkshire around the planning and development of health and social care services was yesterday (Wednesday, 21 September) endorsed by the North Lanarkshire Integration Joint Board.

This upgraded strategy aims to build on Health & Social Care North Lanarkshire's (HSCNL) past successes. Its purpose is to ensure a robust engagement and participation strategy is in place to boost involvement and meaningful engagement around health and social care services.

The Integration Joint Board heard that HSCNL has carried out a review of its engagement and participation structure. This resulted in new ways being identified to promote community involvement in health and social care decisions.

Work is now underway, including through Strategic Commissioning Plan engagement events, to build on the successful partnerships already established with networks and voluntary organisations delivering services North Lanarkshire.

The enhanced engagement strategy will:

- Be community led
- Help ensure the strategy works in practice
- Reflect the revised operational structure of HSCNL
- Establish robust links with community boards

- Consider the lasting impact of Covid-19 and recovery of services

To strengthen engagement work in the area, a review of the funding to organisations supporting HSCNL engagement work is also underway. This financial commitment will provide stability and security to support the development of positive practice.

Councillor Tracy Carragher, chair of the Integration Joint Board, said: “This work to further improve the engagement strategy shows Health & Social Care North Lanarkshire’s firm commitment to ongoing and meaningful involvement with the communities it serves.

“It’s encouraging to see the review is leading to an improved approach to engagement and participation. It will further build on the existing strong foundations already in place to increase the involvement of carers, people who use services, the wider community, and the voluntary and independent sectors.

“This commitment to building on local knowledge and experience is central to ensuring services are tailored to community needs. It will also make the most of the considerable community assets that exist in towns and villages across North Lanarkshire.

“A great deal of work is ongoing to establish robust links with Community Boards, which are the foundation of the community planning process in North Lanarkshire, and support improved engagement and participation.

“Multi-agency Local Partnership teams have been launched recently to support the development of the community planning agenda in community partnership areas. Managers from each of HSCNL localities are key members of these forums, and this developing piece of work offers opportunities to fully co-ordinate locality improvement activities.

“There is no doubt whatsoever that plans to deliver services which meet the needs of North Lanarkshire’s communities will be truly successful only with their full engagement and knowledge.”

NHS Lanarkshire supports children to lead healthier lives through school education

September 23, 2022

Categories: Pulse, Pulse - Spotlight

Tags: Healthy Schools, healthy schools website, resources for children



To give the future generation of Lanarkshire the healthiest start possible, NHS Lanarkshire has partnered with education services in North and South Lanarkshire Councils to equip schools with an updated health and wellbeing resource for all pupils; Healthy Schools.

The covid-19 pandemic disrupted the life of every child and had consequences for their wellbeing, further highlighting the importance of Healthy Schools which supports children and young people from nursery throughout Primary and Secondary school with their health and wellbeing.

This interactive website is used by teaching staff to empower children and young people to make positive choices, and it's available to be accessed by all members of the public, meaning parents and carers can use it too.

Created in 2014 with input from children and young people, it provides a safe space for pupils to learn about various topics that can support them as they grow such as nutrition, mental and physical health, substance misuse, planning for change and more.

It has now been re-launched with a new look and design, updated materials for all levels and now has new resources specifically aimed at S5 and S6 pupils. To mark this, NHS Lanarkshire held an event on Thursday 1 September to showcase it to various stakeholders within Lanarkshire.

Soumen Sengupta, director of Health and Social Care for South Lanarkshire, said: “The challenges of the pandemic reinforced the importance of children, young people and families having

ready access to up-to-date and reliable evidence about health and wellbeing.

“Healthy Schools is designed to help and support children and young people across Lanarkshire to be more informed and confident in how they live can their lives healthily through their school years and beyond.”

Jonathan Cavana, service manager – Healthy Lifestyle and Weight Management Service, NHS Lanarkshire, commented: “Healthy Schools contains all the learning and teaching resources and material needed to support adults delivering health and wellbeing education to children.

“The website is part of a suite of interventions our team has developed in Lanarkshire with tailored health and wellbeing support for adults, families, children and young people, which we continue to roll out, with support from our local partners.”

Dr Elinor Steel, Healthy Schools manager, NHS Lanarkshire, added: “We know that it’s listening to the young people to find out what they have experienced or what they can tell us that enhances the quality of the educational experience.

“Our commitment to listening is reflected in the newly added S5 and S6 resources on the website which covers such topics as leaving home, using the NHS, volunteering and relationships.

“Critically, the website is designed to let young people explore these topics in a safe environment that is led by them.”

Parents and cares can visit the Healthy Schools website at www.healthyschools.scot as there are lots of topics they may find useful!

Image L-R

Soumen Sengupta, director of health and social care, South Lanarkshire Health and Social Care Partnership, NHS Lanarkshire Marc Conroy, health improvement senior – child and young person’s healthy lifestyle and weight management, NHS Lanarkshire, Leeanne Kelly, quality lead officer, South Lanarkshire Council, Ally Boyle, non-executive director, NHS Lanarkshire, Kerri Todd, head of health improvement, NHS Lanarkshire, Jonathan Cavana, service manager, Lanarkshire Weight Management Service, NHS Lanarkshire, Dr Elinor Steel, Healthy Schools manager, David McHutchison, education support officer, North Lanarkshire Council and Susi Cornwell, curriculum support teacher, NHS Lanarkshire.

NHS Lanarkshire appoints new chief executive

September 23, 2022

Categories: Pulse, Pulse - General News



Professor Jann Gardner, chief executive of NHS Golden Jubilee, has been appointed as the new chief executive of NHS Lanarkshire.

Jann will take over from current chief executive Heather Knox who is retiring in November this year.

Cabinet Secretary for Health Humza Yousaf said: “I welcome the appointment of Professor Jann Gardner as chief executive of NHS Lanarkshire.

“She brings a wealth of experience and excellent leadership to the role, and I know she will work collaboratively with communities and partners to deliver the highest quality of care for the people of Lanarkshire.”

Martin Hill, chair of NHS Lanarkshire, said: “We are delighted to announce that Professor Jann Gardner will be our new chief executive.

“Jann is a fantastic appointment for NHS Lanarkshire bringing with her vast experience and expertise in healthcare management.

“The panel were universally impressed by Jann, whose vision and leadership skills shone through. We look forward to welcoming her to NHS Lanarkshire.”

Jann Gardner said: “It is a privilege to be appointed chief executive at a time of huge challenge, but also great opportunities to improve health and wellbeing across Lanarkshire.

“People are what makes NHS Lanarkshire a great organisation and I look forward to working collaboratively with colleagues, communities and partners to continue to develop new and innovative

ways to support the current challenges within our health service

“NHS Lanarkshire’s highly-skilled specialists and dedicated staff have helped thousands of patients, providing them with high quality care and a better quality of life after treatment. With this strong track record, I am very proud to be joining an organisation that ensures that person centred care is at the heart of every discussion and decision.”

With more than 25 years of healthcare management experience, Professor Gardner has held a number of senior leadership roles within clinical, operational, strategy and transformation with the common denominator of excellent patient care and experience as the critical objective.

Having started her career as a clinical pharmacist in Hairmyres Hospital, she worked through progressively senior roles in her professional field and then within wider hospital and healthcare management.

Jann has been chief executive of NHS Golden Jubilee since January 2019. Before that, Jann was Deputy Chief Executive and Chief Operating Officer in NHS Fife.

Jann will take up post with NHS Lanarkshire in January 2023.

Competition winner Margaret in dreamland

September 27, 2022

Categories: Pulse, Pulse - Spotlight

Tags: pulse competition



Margaret Steel was in dreamland after winning two tickets to see the musical Dreamgirls at the King's Theatre, Glasgow in October.

Margaret, a reception at John Street Surgery, Bellshill, correctly answered the King's Theatre opened in 1904 to win the Pulse competition. These tickets were clearly in demand with over 400 entries from staff members.

Direct from the West End with an extraordinary story and the unforgettable, spine-tingling vocals that send audiences wild, this spectacular musical production features the classic songs 'And I Am Telling You I'm Not Going', 'Listen', 'I Am Changing' and 'One Night Only'.

On winning the tickets, Margaret said: "My best friend Linda and I both celebrated our fiftieth birthday in August so this will be a nice treat for the two of us. I have always wanted to see Dreamgirls so I thought I had nothing to lose by entering the competition.

"I'm thrilled to win the tickets as I'm not usually so lucky with competitions. It will be a great birthday treat to look forward to for me and my best friend. I'm sure we will make a great day of it.

"I love reading the Pulse so I can find out about all that's going on within NHS Lanarkshire and I especially like reading about staff and their achievements that I would not normally get to see or hear about.

"It's great to hear about all the upcoming events and updates too. It makes me feel proud to be part of such a great service."

Team thanks all for feedback on Sustainability & Climate Change plan

September 27, 2022

Categories: Pulse, Pulse - Spotlight

Tags: climate week 2022, Scotland climate week, sustainability



NHS Lanarkshire's Sustainability and Environmental Team has thanked staff, partners and the community for their feedback during their engagement on its Sustainability & Climate Change strategic plan.

The new Sustainability and Climate Change strategic plan set out the board's ambitions to become a net-zero organisation by 2040. The engagement process, which came to a close on 10 September, asked for the views of stakeholders before the final plan is launched in the coming months.

Head of sustainability & environmental management, Michael Simpson, NHS Lanarkshire. said: "In responding to the climate emergency, NHS Lanarkshire has a draft Sustainability & Climate Change strategic plan. Recently shared across the Board and externally, the document sets out the Board's ambitions to become a net-zero organisation by 2040 at the latest. Based on three pillars of Our NHS, Our People, Our Planet, the document reflects national ambitions and policy and covers areas such as:

- Climate Change adaptation and continued provision of service
- Energy consumption reduction
- Sustainability and active modes of travel

"After concluding a period of engagement of the strategy, we were really keen to make sure the document was shared as widely as possible and was accessible for all. Whilst significant progress on

sustainability has been made to date, we recognise significant challenges face us. I'd like to thank staff and external partners for their engagement in the strategy.”

The review of the proposed strategy also coincides with [Scotland's Climate Week](#) which takes place this week (26th September – 2nd October), and is an annual event to raise awareness of the global climate emergency and encourages climate action across the country.

Michael added: “Scotland's Climate Week is a great opportunity to learn more about what climate change is, the ways we can help tackle it in our everyday lives and how collectively we can work to reduce our emissions and limit any further damage.

“NHS Lanarkshire will continue to play our role in reducing our carbon footprint, as we look towards a net-zero carbon NHS, and I'm confident that by working together with our people, our partners and our communities, we can ensure Lanarkshire is a greener, healthier and happier place.”

Latest discounts from NHS Staff Benefits

September 28, 2022

Categories: Pulse, Pulse - For You

Tags: staff benefits, staff discounts, staff offers



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 tickets to Beecraigs Festive Forest 2022**

In December, Beecraigs Country Park will once again be transformed into a spectacular new Christmas attraction. Set deep within the woods of Beecraigs Country Park near Linlithgow, it is ideally located for the whole of Central Scotland with panoramic views over the Forth bridges, Edinburgh, the Lothians and Fife. Beecraigs is simply a perfect setting for this very special event.

This year's event will take place from Friday 2 December until Friday 23 December.

NHS Staff Benefits members can save 20 per cent off tickets to Beecraigs Festive Forest 2022.

To secure the discount, simply copy the exclusive code and apply it when purchasing. The discount applies off the early robin ticket price.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/beecraigs-festive-forest-2022-nhs-discount>

- **20 per cent off accommodation bookings at Village Hotels**

Village Hotel Club is offering NHS Staff Benefits members a 20 per cent discount off accommodation bookings at their 32 locations across the UK – including their newest hotels in Basingstoke and Bristol.

To secure the offer, simply use the NHS discount code when booking your selected date and location.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/20-off-accommodation-bookings-at-village-hotels-nhs-discount-code>

▪ **30 per cent off new ARRAN Naturals collection**

The ARRAN Naturals collection is about adding touches of wellbeing to a daily routine without having to take any additional steps.

No gym session, no caffeine hit, no journaling required. Just do the things you normally do – take a shower in the morning, wash hands throughout the day, moisturise before bed.

Simply choose a Naturals Expression from the island-made product range and, without any extra effort, allow the functional fragrance and active ingredients to do the heavy lifting. Think of each use as a little moment on a tranquil island in your mind, with the scents of Arran transporting you into a blissful state of peace.

NHS Staff Benefits members can use the exclusive discount code to save 30 per cent off orders from the ARRAN Naturals collection. Simply copy the exclusive code, click through to the ARRAN – Sense of Scotland and apply the code at the checkout stage when ordering.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/30-off-the-new-arran-naturals-collection>

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.

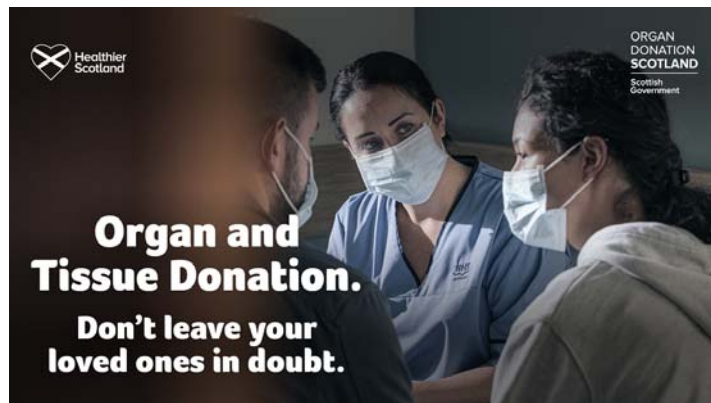
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NHS Lanarkshire backs Organ and Tissue Donation Week

September 29, 2022

Categories: Pulse, Pulse - General News

Tags: organ and tissue donation, organ donation, tissue donation



NHS Lanarkshire today backed Organ and Tissue Donation Week by encouraging people to leave no doubt when it comes to their donation decision.

Over half of people in Scotland have already recorded their decision, but with an average of 500 people waiting on a transplant at any one time, every opportunity for donation is precious.

In Scotland, everyone has a choice when it comes to organ and tissue donation – to be a donor, or to opt out.

If people aged 16 and over choose to do nothing, it is assumed they agree to be a donor if they die in circumstances where donation is possible, unless they are in a group for whom the opt out system does not apply or it would be against their views.

Diane Bowler, Specialist Nurse, NHS Lanarkshire said:

“Family and friends will always be involved in discussions about organ or tissue donation. A Specialist Nurse would discuss any registered decision, or lack of one, with family and friends in order to ascertain the individual’s most recent views, which may have changed since the recording of any decision.”

People can register their donation decision and find out more at www.organdonation.scot or by calling **0300 123 2323**.

Retirement of Dr Sharon Russell, Associate Medical Director

September 30, 2022

Categories: Pulse, Pulse - Spotlight



Colleagues have bid a fond farewell to Dr Sharon Russell, Associate Medical Director for South Lanarkshire Health and Social Care Partnership.

Dr Russell was a GP partner for more than 20 years before joining as Associate Medical Director in 2018. During her career, she has worked with NHS Education for Scotland (NES), the General Medical Council (GMC), spoken at international conferences and been the locality lead GP for Hamilton.

Dr Linda Findlay, Medical Director South Lanarkshire Health and Social Care Partnership, said: “It’s been an honour and a privilege to work with Sharon. Over the past four years Sharon has been a powerhouse of work, most of which was unseen, because of its nature and during the pandemic she was instrumental in setting up the covid hubs.

“Sharon is widely loved and respected and I would like to wish her a very long and happy next chapter.”