

PULSE

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

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Printable Version

August 2022

World Breastfeeding Week 2022

August 1, 2022

Categories: Pulse, Pulse - General News



Today is the first day of World Breastfeeding Week. This year's theme is Step Up For Breastfeeding.

Babies are protected by law in Scotland to be fed wherever they may be.

Breastfeeding Friendly Scotland establishments are committed to giving you an extra warm welcome by providing welcoming spaces for parents to use and supportive customer service. Look out for the logo (above).

Over 200 establishments that are signed up to the scheme can be found on a brand new interactive map to help parents and carers identify venues that are signed up to Breastfeeding Friendly Scotland – [Breastfeeding Friendly Scotland – Google My Maps](#)

Breastfeeding Friendly Scotland recognises the importance of supporting parents to feed when they are out and about. As well as creating welcoming environments the scheme also provides awareness training and support for businesses signing up to the scheme. Some of Lanarkshire's most popular places for breastfeeding on the go include cafes, leisure and libraries as well as Breastfeeding groups and community hubs.

You can find out more by emailing –

BreastfeedingFriendlyScotlandLanarkshire@lanarkshire.scot.nhs.uk

Win two tickets for Dreamgirls

August 1, 2022

Categories: Pulse, Pulse - For You



We have teamed up with NHS Staff Benefits and the Ambassador Theatre Group (ATG) to offer one lucky reader two tickets for the musical 'Dreamgirls' at the Kings Theatre, Glasgow in October.

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'.

Meet The Dreams – Effie, Lorrell and Deena – three talented young singers in the turbulent 1960s, a revolutionary time in American music history. Join the three friends as they embark upon a musical rollercoaster ride through a world of fame, fortune and the ruthless realities of show business, testing their friendships to the very limit.

Don't forget, NHS Staff Benefits members can save 25 per cent off tickets to selected shows, including Dreamgirls with Ambassador Theatre Group. For details,

visit: <https://www.nhsstaffbenefits.co.uk/deal/25-off-selected-shows-at-the-kings-theatre-royal-glasgow>

To enter, answer the following question:

In what year did Glasgow's Kings Theatre open?

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 'Dreamgirls' in the subject line.

The deadline is Wednesday 31 August.

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.

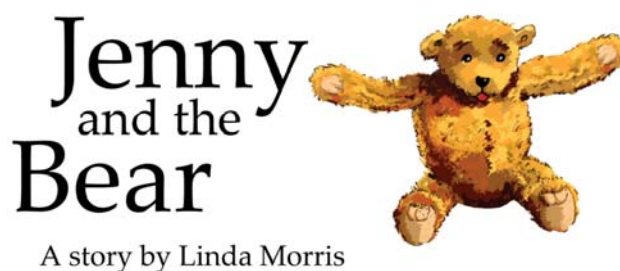
Follow on Instagram at <https://www.instagram.com/nhsstaffbenefits/> or visit Facebook at <https://www.facebook.com/NHSSB/>

New Jenny and the Bear resources for children!

August 2, 2022

Categories: Pulse, Pulse - For You

Tags: jenny and the bear, school smoking resources, second-hand smoke



Jenny and the Bear is a fun and interactive school pack developed for primary one children that raises awareness of the dangers of second-hand smoke amongst our future generations.

The pack highlights the risk of children's exposure to second-hand smoke through an engaging story of a little girl and her teddy, as well as what parents/carers can do to ensure their children aren't exposed to its harmful effects.

The Quit Your Way Team has introduced a new Jenny and the Bear short video for children to watch the story online, as well as a [colouring in sheet](#) to print at home and pick their favourite colours to colour it in!

The Jenny and the Bear is an interactive and fun way to highlight the risks of second-hand smoke.

[Print Jenny and the Bear colouring in sheet.](#)

Tracy-Ann Kidd, health improvement senior – Tobacco Control team, NHS Lanarkshire, commented: "The Jenny and the Bear book was developed as an interactive and fun way to support teachers to highlight the risks of second-hand smoke.

"Children are especially vulnerable to second-hand smoke as their lungs and immune systems are still developing making them breathe faster; therefore, they inhale more toxic chemicals from tobacco smoke than adults.

“We hope children enjoy these new resources which they can use over the school holidays too! We’re committed to continuing and developing initiatives that work with families to reduce the barriers they face to creating a smoke-free home and car.”

Quit Your Way is a free NHS stop smoking service. To find out more about second-hand smoke or more information on stop smoking services, call the Quit Your Way helpline on 0800 84 84 84 or visit [QuitYourWay.scot](https://www.quityourway.scot).

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

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](#).

Get involved in #NoWrongPath

August 3, 2022

Categories: Pulse, Pulse - General News

Tags: nowrongpath, workforce



NHS Lanarkshire staff are being asked to get involved in #NoWrongPath to reassure young people receiving their exam results on 9 August that there are many paths to interesting and rewarding jobs.

Staff who did not follow the obvious or traditional path to their NHS Lanarkshire career are invited to send a selfie holding their #NoWrongPath template, which is available here

https://www.dyw.scot/uploads/1/0/5/5/105538585/nowrongpath_a4_printable_partic
to media@lanarkshire.scot.nhs.uk by Friday 5 August. These photos of staff will be shared on social media. Find out more about #NoWrongPath here

<https://www.dyw.scot/nowrongpath.html>

STV onsite at University Hospital Monklands

August 3, 2022

Categories: Pulse, Pulse - Spotlight

Tags: STV, University Hospital Monklands



We worked with STV this week to offer them access to University Hospital Monklands as part of a news piece they were looking to do highlighting the pressures we continue to face across our three acute sites.

STV visited University Hospital Monklands yesterday and interviewed Dr Neil Hughes, one of our emergency department consultants. Neil discussed the ongoing challenges being faced across all our hospital sites including the rising numbers of patient seeking healthcare, staff absences due to illness and self-isolation leading to staffing shortages, and the continuing challenges discharging some patients.

He also made a plea for patients to consider whether accident and emergency is the right place for them to seek treatment or whether their GP or local pharmacy can provide the care they need. If patients do attend accident and emergency they need to be prepared for long waits as patients will be prioritised and those with the greatest need will be seen first.

Neil's interview ran on STV Scottish News at 6.00pm on Wednesday 3 August and is available on the STV player [here](#) for 24 hours.

Neonatal team recognised with prestigious award

August 4, 2022

Categories: Pulse, Pulse - General News

Tags: neonatal, University Hospital Wishaw



University Hospital Wishaw's neonatal team collected a highly prestigious award at the recent Reason national neonatal conference in June 2022.

The award recognised their Quality Improvement (QI) work 'Reducing incidence of severe brain injury in infants less than 30 weeks' by a third.

Consultant neonatologist Dr Mahmoud Montasser led on the project along with practice educator in the neonatal unit Michelle Brooks, occupational therapist Gill Currie and advanced neonatal nurse practitioner Jo Gallagher.

Mahmoud said: "This award is the result of extreme hard work and dedication from everyone and I'm so proud of the team who continue to deliver world class care to our most precious preterm babies.

"We looked at our data and found that the incidence of severe intraventricular haemorrhages IVH (brain bleeds) was fairly high. Brain bleeds can be devastating to preterm infants and can not only affect their long-term outcome but can also be fatal.

"It was fantastic work to tackle the issue and by implementing our QI project, we managed to greatly reduce the incidence of IVH."

Michelle Brooks, practice educator in the neonatal unit said: "We presented our quality improvement work to the national neonatal conference and were delighted to win first prize. All the staff who contributed to this project should be so proud.

“There have been new researches that nursing babies born under 30 weeks’ gestation in a certain way in the first 72 hours after birth could potentially minimise the risk of them developing severe IVHs.

“We put together a multi-disciplinary short life working group who then became the implementation team. This consisted of doctors, nurses, midwives, the infant feeding team and occupational therapists.

“We worked together to overcome any potential issues with the main concern being our ability to facilitate skin to skin between parents and their babies. We came up with a variety of ways to continue to facilitate this positive touch which also benefits our babies’ brains throughout our project.

“Following a test of change, staff education and the development of a parental information leaflet, we implemented the project in July 2020. We quite quickly started to see positive outcomes including a 22-week gestation baby Sophia (pictured) who developed no significant IVH during her admission which really helped motivate and drive the staff at the bedside who were providing care to the fragile baby.

“In 2021 we managed to reduce significant IVHs by 30% in infants below 30 weeks and by 34% in infants less than 28 weeks who are at more risk of IVH due to their immature brains.

“We are striving for continuous improvement and 2022 figures thus far look even more positive.”

Kate Boyle, neonatal and transitional care senior midwife, said: “I’m so proud of the team’s hard work and the fact it has been recognised with such a prestigious award.

“Despite facing stiff competition from hospitals across the United Kingdom, the work done by the team really shone through as it demonstrated improvements to care that will be of great benefit to our fragile babies.”

Latest discounts from NHS Staff Benefits

August 4, 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.

- **Get 15 per cent discount on midweek breaks Monday to Friday (minimum three nights) at Loch Tay Highland Lodges**

NHS staff are being offered 15 per cent off all accommodation at Loch Tay Highland Lodges.

To redeem the discount, book online using the exclusive discount code.

The offer is only available for bookings made online until 30 September for holidays between 15 August to 30 September. The offer may not be used in conjunction with any other offer and cannot be applied retrospectively. The discount may only be redeemed by booking online. Bookings must be for a minimum of three nights for the offer to be applied.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/get-15-discount-on-midweek-breaks-monday-to-friday-min-3-nights-at-loch-tay-highland-lodges>

- **Travel deal: get £15 cashback when you spend £150 with Currensea**

Currensea is the UK's first direct debit travel card. It saves you at least 85 per cent by cutting out the normal high-street bank FX fees and charges for every transaction when spending abroad. Currensea

partners with your existing bank account, so you can spend with confidence without the need to pre-pay, top-up or open a new bank account.

Spend over £150 in any foreign currency in the first six months after successfully opening your account and receive £15 cashback.

To secure the exclusive offer for NHS staff members, simply click on 'Get My Card', complete the registration and spend over £150 in any foreign currency in the first six months after successfully opening your account.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/get-15-cashback-when-you-spend-150-with-currensea>

- **15 per cent discount online from ROX – Diamonds & Thrills**

Founded in 2002, ROX is an award-winning British luxury jeweller with flagship boutiques in Glasgow, Edinburgh, Newcastle, Leeds and Liverpool. Specialising in diamond rings and jewellery, ROX stock a range of luxury brands, including Chopard, Hublot, Gucci, TAG Heuer and TUDOR.

ROX – Diamonds & Thrills are offering NHS Staff Benefits members an exclusive 15 per cent discount which can be redeemed online.

To secure the offer simply insert the exclusive promotional code when shopping. The offer is available on ROX jewellery only.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/15-discount-online>

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Weekly message from Heather Knox, NHS Lanarkshire chief executive

August 5, 2022

Categories: Pulse, Pulse - For You

Tags: Chief Executive, Heather Knox, weekly message



In this week's video, Heather speaks about the difficult decision to move NHS Lanarkshire back to the highest risk level and explains the reasons behind this decision.

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

Vimeo – <https://vimeo.com/736815564>.

YouTube – <https://www.youtube.com/watch?v=UoZdKBfWRiY>

Hitting the headlines – July media highlights

August 8, 2022

Categories: Pulse, Pulse - Spotlight



NHS Lanarkshire have released a wide range of important information throughout July – here are the highlights.

Health Awareness: In July the **Lyme disease campaign** launched, which highlights the importance of being tick aware whilst outdoors this summer. The campaign provides an opportunity to raise awareness of tick bites and the symptoms of Lyme disease.

A new study found that over half of people in Scotland (54%) don't know what to do when bitten by a tick – which reinforces the importance of this campaign.

NHS Lanarkshire chief executive, Heather Knox featured in an interview on Go Radio, where she raised awareness of tick bites:

“If you are bitten by a tick, you have to remove it very carefully with a tick remover, which you can get from any pharmacy.”

Also, the campaign was featured in the Daily Record, which can be read here:

<https://www.dailyrecord.co.uk/in-your-area/lanarkshire/nhs-lanarkshire-chief-executive-reveals-27569892>.

Additionally, the NHS **organ and tissue donation campaign** went live in July – in support of the Scottish Government's new campaign 'Don't Leave Your Loved Ones in Doubt'.

This campaign highlights the importance of making a donation decision known.

No one is automatically entered onto the Organ Donor Register, and the easiest way to record your decision is on the NHS Organ Donor Register. Whatever you decide, it is important to share with your family and friends as it will make it easier for them to honour your decision.

Watch the TV ad here: <https://www.youtube.com/watch?v=SZZeH6qMXTU>, or visit the Organ Donation Scotland website to find out more: <https://www.organdonation.scot/>.

Scottish Health Awards 2022: Voting for the Scottish Health Awards opened in July, with all nominations due by **21 August at 5pm**.

The awards offer a chance to recognise and acknowledge the achievements and success of those working in health and social care during this demanding period, as services and staff were put under severe pressure whilst dealing with the COVID-19 pandemic.

All winners will be announced on **Thursday 3 November**, during the awards ceremony at the O2 Academy Edinburgh. Please nominate someone you believe deserves to be recognised across the sixteen award categories this year.

Staff Story: July featured many articles for The Pulse, such as the Baseball Home Run story. University Hospital Monklands physiotherapist, Fiona Brambley, is taking on the role of team physio for the Great Britain baseball team at the European Baseball Championships in France from August 3-6.

Living in Glasgow, Fiona was born and raised in Toulouse until 19 years old. Training with the squad, she will be prepared to step in if any members of the team become injured.

Fiona now stars as the first female player for Glasgow Galaxy as part of the Glasgow Baseball Association in the Scottish league and is the only representative from north of the border in the Euro squad for France.

Click [here](#) to read about Fiona's baseball journey.

Fun, fitness videos for all the family during the school holidays

August 9, 2022

Categories: Pulse, Pulse - For You



Stay active at home during the school summer holidays, with NHS Lanarkshire’s physical activity videos for children of all ages!

Developed with Sport and Physical Activity Coaches from North Lanarkshire Council and South Lanarkshire Leisure & Culture, they aim to support children, young people and families with fun and engaging exercises that can be completed from the comfort of their own home, or even the garden in the nicer weather!

There are nine videos in total, which are packed full of fun and exercise, for each age range:

- Early years to primary three
- Primary four to primary seven
- Aged 12+

Marc Conroy, health improvement senior, NHS Lanarkshire said: “We had great fun making these videos, and hope the children, young people and families that take part enjoy them too!

“There are three videos per age range, lasting no longer than twenty minutes, and consist of simple home workouts and expert support which don’t require you to leave the house!

“Exercise helps improve our mental and physical health, and I would encourage families to get involved and give the videos a try.”

[Watch the videos and take part!](#)

Abuse to Staff Results in Reduced Visiting

August 10, 2022

Categories: News

Tags: Abuse to Staff, maternity unit, midwives, post natal ward, Reduced Visiting, University Hospital Wishaw, verbal abuse



Cheryl Clark, chief midwife NHS Lanarkshire, updates on changes to visiting in post natal ward

Our chief midwife is asking visitors to our maternity unit to be respectful after staff have been subject to verbal abuse.

The level of abuse has been so severe that senior midwives have decided to reduce the second visitor to two hours per day and by appointment only.

Cheryl Clark, NHS Lanarkshire chief midwife said: “We have worked tirelessly to get visiting back to what our parents and families want.

“However, over the last few months, the level of verbal abuse being directed at our staff in the maternity unit at University Hospital Wishaw has continued to rise.

“Our staff are being subject to vile language and abuse and in one instance staff were chased out a ward by family members not willing to leave.

“This not only affecting the staff but also having a negative impact on the care we strive to deliver at all times. To stop this abuse, one of the measures we are taking is that the second visitor will now only be able to attend by prior appointment and for a maximum of two hours.

“This was an extremely difficult decision but the result of the abuse means our staff are going off sick, crying on shift and it is affecting their mental health. It is sad to say that we have also increased security measures to ensure the safety of our staff and other families.

“I make a personal plea to all visitors and patients to our maternity unit – please be kind, please be compassionate and please be respectful to our staff and other families.”

Concept design video paints exciting picture of plans for new hospital

August 10, 2022

Categories: Pulse, Pulse - Spotlight

Tags: Design video, Monklands, Monklands Replacement Project, MRP, University Hospital Monklands



NHS Lanarkshire has released an [eye-catching new video](#) of the concept design for the new University Hospital Monklands.

The exciting [Monklands Replacement Project](#) video begins with an aerial view of the campus, in the picturesque setting of Wester Moffat, Airdrie, showing the main hospital building and the energy centre beside it.

With the ambition for the new Monklands to be a “woodland hospital”, the expanse of greenery in and around the site is captured in the bird’s-eye view, which also shows an indicative route for the planned East Airdrie Link Road and the junction from it to the hospital campus.

The visualisation of the landscape then swoops towards a roundabout on the site where traffic will divide into separate routes for public/staff vehicles, emergency vehicles and facilities traffic.

The journey around the campus continues with a ground-level view, showing bus stops and access drop-off close to the main entrance of the new hospital, which is anticipated to open around 2028.

Next, the video takes a trip through an area of car parking. It should be noted that the parking shown throughout the video, including the depiction of a proposed multi-storey, is illustrative only and not a literal representation of the number of spaces. The new Monklands will have more parking than the

current hospital, with provision to be determined in liaison with North Lanarkshire Council in its role as planning authority.

The viewer finds themselves flying past the exterior of the emergency department (A&E) before moving on to see some welcoming outside public spaces. The computer-generated images then depict the west entrance, which links to the proposed “active travel” (pedestrian/cycle) route from the direction of nearby Drumgelloch train station.

Monklands Replacement Project (MRP) director Graeme Reid said: “As we continue to develop the project’s outline business case, the team are delighted to share this inspirational concept design video with the public and our staff.

“Following on from the previous design images and video material we have released, it gives the community a fresh view of how the new hospital could look. The virtual journey around the campus captures the impressive scale of our major project to provide a state-of-the-art new Monklands, which has the ambition to be Scotland’s first ‘digital hospital’ and the first designed from the outset to be net zero carbon for its build and operation.”

There’s information on the Monklands Replacement Project, including more design images, frequently asked questions and “flash reports”, at www.monklands.scot.nhs.uk.

Follow University Hospital Monklands on social media for MRP updates:

- Facebook <https://www.facebook.com/UHMonklands>
- Twitter <https://twitter.com/UHMonklands>

The new video is available at

- NHS Lanarkshire YouTube <https://www.youtube.com/watch?v=Oeg8zEmMMlQ>
- NHS Lanarkshire Vimeo <https://vimeo.com/727312920>

The concept images reflect the “reference design” for the new University Hospital Monklands, which provides a blueprint for what the new hospital will look like and allows the contractors who will bid to build the new hospital to understand the requirements and complete the detailed design. As such, design is subject to change.

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Win two tickets for the musical 'Dreamgirls'

August 10, 2022

Categories: Pulse, Pulse - For You

Tags: Dreamgirls, pulse competition



There is only three weeks left for staff to enter the latest Pulse competition. For a chance to win two tickets for the musical 'Dreamgirls' playing at the Kings Theatre, Glasgow in October, entries must be submitted by Wednesday 31 August.

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'.

Meet The Dreams – Effie, Lorrell and Deena – three talented young singers in the turbulent 1960s, a revolutionary time in American music history. Join the three friends as they embark upon a musical rollercoaster ride through a world of fame, fortune and the ruthless realities of show business and testing their friendships to the very limit.

Don't forget, NHS Staff Benefits members can save 25 per cent off tickets to selected shows, including Dreamgirls with Ambassador Theatre Group. For details, visit:

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To enter, answer the following question:

In what year did Glasgow's Kings Theatre open?

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 'Dreamgirls' in the subject line.

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NHS Lanarkshire staff support #NoWrongPath

August 10, 2022

Categories: Pulse, Pulse - General News

Tags: Child and Young People, lanarkshiremindmatters, Staff, workforce



NHS Lanarkshire staff are backing the #NoWrongPath social media movement to show young people that exam results, received yesterday for school pupils across Scotland, are just one of many possible paths to an exciting and fulfilling career.

Staff from human resources, organisational development and speech and language therapy have taken to social media to highlight their own unique paths into NHS Lanarkshire since leaving school.

See their #NoWrongPath selfies on [Facebook](#), [Twitter](#) and [Instagram](#).

If you know a young person who is feeling worried or anxious about their exam results visit <https://www.lanarkshiremindmatters.scot.nhs.uk/1>

All to Play For – local event for all children for National Playday

August 11, 2022

Categories: Pulse, Pulse - Spotlight



Every year, National Playday calls on everyone to celebrate and show why play is fundamental for children's enjoyment of childhood.

This year's theme was 'All to Play For' as play opportunities are vital for all children's health, wellbeing and development.

To celebrate Playday, NHS Lanarkshire's Health Improvement Team worked with various NHS colleagues and local community groups to attend North Lanarkshire Council's event at Summerlee. Children and families were invited to come along and take part in lots of fun activities from friendly dinosaurs having their teeth brushed, bear hunts with Jenny and the Bear, Bookbug, imagination station and more. Airdrie Community School Uniform Bank were also there on the day.

The event was held on Wednesday 3 August at Summerlee Heritage Centre, where the final count of children, parents, carers, teddy bears and dinosaurs through the enormous iron gates at Summerlee came to an amazing 2582.

Margaret Clark, senior health promotion officer – Early Years Training and Improvement, NHS Lanarkshire, said: "The theme of Playday 'All to play for' highlights that play is for everyone.

"Play happens everywhere, every day and is the right of every child and young person and the event encourages families, communities and organisations large and small to consider how they can build better opportunities for all children to play.

"This was our 10th anniversary of attending the event and it was a pleasure to see families out and about again after such a long time unable to be together.

“A great, free day of play was had by everyone – we are already looking forward to 2023’s event.”

Fiona McLean, health improvement practitioner – Quit Your Way, NHS Lanarkshire, added: “Myself and my colleague Laura from the Quit Your Way team attended the event.

“We put up smoke-free signage to ensure it was a smoke-free event, and brought along plenty of fun activities and games too.

“Our Jenny and the Bear resources highlight the risk of children’s exposure to second-hand smoke through an engaging story of a little girl and her teddy, as well as what parents/carers can do to ensure their children aren’t exposed to its harmful effects. We took Jenny and the Bear books and colouring in sheets and prepared a scavenger hunt for the children. We also ran a competition to guess the bear’s birthday, with the lucky winner winning the teddy bear to take home.

“It was a great day out and we hope everyone who came along enjoyed it too!”

Career Development Programme kicks off on Wed 17 Aug

August 11, 2022

Categories: Pulse, Pulse - General News

Tags: career development, career development programme, workforce



NHS Lanarkshire’s multi-faceted Career Development Programme begins on Wednesday 17 August and is now bookable to all staff, clinical and non-clinical, via [Learn Pro](#).

The Programme is made up of three elements aiming to meet the needs of our dynamic and diverse workforce; Workshops, Empower Hours and Career Coaching.

The first 2.5 hour workshop takes place on Wednesday 17 August, exploring the role of job satisfaction, work-life balance, ability, making a difference, talent, passion, money and achievement in career development. The workshops run monthly until June 2023 (except September), and staff who attend a workshop will be able to apply for two Career Coaching sessions from October.

Bi-monthly Empower Hours begin in September, lasting one hour and covering four areas; Creating Your Best Application Form, Interview Skills, The Power of LinkedIn (creating and updating your profile) and Your Personal Brand.

Our Corporate Management Team fully support the Programme and encourage every member of staff in their continuing career development. Calvin Brown, Director of Communications, said:

“NHS Lanarkshire is full of the leaders and experts of the future. Working with us offers so many amazing opportunities to grow professionally and develop your career to fulfil that potential.

“The new Career Development Programme can help our staff get the most out of these opportunities to help achieve their goals. That’s true whether they are just taking the first steps of a long and rewarding journey with NHS Lanarkshire, or if they have been with us longer and have recently started thinking about developing their career.”

Staff can access all, some or one part of the Career Development Programme via [Learn Pro](#). Sessions take place on Teams at a variety of times and dates so that staff can participate flexibly when it suits them best.

Staff delighted by generous donation

August 12, 2022

Categories: Pulse, Pulse - Spotlight

Tags: cheque donation, Kirsty Black, neonatal unit, University Hospital Wishaw



Staff within the neonatal unit at University Hospital Wishaw (UHW) were delighted to receive a donation of £3,300 from Kirsty Black as a thank you for the care and support her daughter Ayla (seven months) received while being treated at the hospital.

Kirsty and her partner Kevin Allan, along with family members, raised an amazing £3,300 during a race night held in Carluke Masonic Hall on 3 June.

Kirsty said: “I would like to thank everyone in the maternity department, neonatal unit and the special care baby unit at University Hospital Wishaw for the care they provided to my daughter Ayla. The support they provided to both myself and my daughter was exceptional. Ayla was in the best of care and the nurses were amazing in looking after her as if she was one of their own.

“I’d also like to thank everyone who came along to the race night for the incredibly generous donations which will go towards helping other premature babies and their families who need specialist care like Ayla required when she was in hospital.”

Kirsty became pregnant with twins in December 2021. Both Ava and Ayla were born at 25 weeks, however, Kirsty and Kevin sadly lost Ava on 2 January 2022 at five days old.

Ayla was born on 28 December 2021 and was cared for in the neonatal unit and special care baby unit (SCBU) for a period of 93 days.

Kate Boyle, senior midwife, UHW, said: “This is a wonderful donation from Ava and Ayla’s family. It was our privilege to care for the family and for them to think of us is so kind. This generous donation

will be used to help support other families in the neonatal unit who are going through the same experiences and we are so grateful for that.”

Picture (L-R): Kate Boyle, senior midwife and Sharon Oosterbosch, senior charge nurse, UHW; Kirsty Black with baby Ayla; Douglas Black (Kirsty’s father) and Mari Donaldson (Kevin Allan’s aunt)

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Picture (L-R): Kate Boyle, senior midwife and Sharon Oosterbosch, senior charge nurse, UHW; Kirsty Black with baby Ayla; Douglas Black (Kirsty’s father) and Mari Donaldson (Kevin Allan’s aunt)

Chief Executive staff message

August 12, 2022

Categories: Pulse, Pulse - General News



In this week's video, Heather speaks about the latest number of Covid-19 cases in hospital and in the community. While the numbers are decreasing, which is good news, our hospitals are still experiencing issues with flow of patients and continued pressure. To help identify solutions that can be put in place, particularly before winter, joint workforce summits will take place with partnership colleagues.

Heather also speaks about her support for the recent changes to maternity visiting as a result of staff being subject to verbal abuse.

Heather ends by speaking about international recruitment and welcomes our recent recruits who have arrived from Kerala.

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

- Vimeo – <https://vimeo.com/738956966>
- YouTube – https://youtu.be/p8y_Ouc-Lnw

Scottish Health Awards – Global Citizenship Award

August 15, 2022

Categories: Pulse, Pulse - Spotlight

Tags: Global Citizenship Award, scottish health awards



The Scottish Health Awards are the most prestigious and recognised awards for those working across NHS Scotland and its partners to deliver high quality health and social care services to the people of Scotland.

There are 16 categories in this year's Scottish Health Awards, including the Global Citizenship Award. This award aims to recognise the dedication and commitment of an individual, group or team who, in addition to delivering their day job in health and/or social care, are also passionate and committed to contributing to global health and social care work in low and middle income countries. This includes all staff working in health and social care including nurses, doctors and dentists, allied health professions, social workers, social care workers, healthcare scientists and estates and maintenance and other support staff.

Global citizenship is about understanding that we, as a community in Scotland, recognise that we are interconnected with the lives of others – that our decisions and behaviours and practice impacts not only ourselves but those around us, those in other parts of our country and those in other parts of the world. It is about recognising that as we strive for human health and wellness we are simultaneously striving for a healthier planet and we proactively work towards this.

Nominations will be accepted for people working in health and social care, including volunteers.

Calvin Brown, director of communications, is one of NHS Lanarkshire's global citizenship co-leads. He said: "The Scottish Health Awards are a fantastic opportunity to shine a light on our staff and raise awareness of the often life-changing work they are doing to help others around the world.

“Please take the time to nominate your colleagues in NHS Lanarkshire so we can recognise and celebrate their contribution to global citizenship.”

Finalists in all categories will be announced week beginning 4 October and all winners will be announced at the awards ceremony being held at the O2 Academy, Edinburgh on Thursday 3 November.

Submit your nomination for the Global Citizenship Award online by 5pm on 21 August at www.scottishhealthawards.com

For more information, visit: <https://www.scottishglobalhealth.org/>

If you are interested in taking on the role of Global Citizenship Champion, register your interest at <https://www.scottishglobalhealth.org/champions/>

For further information about the programme and how you can get involved, email langlobalcitizenship@lanarkshire.scot.nhs.uk.

SALUS services to support staff

August 16, 2022

Categories: Pulse, Pulse - For You

Tags: SALUS staff support



SALUS services have been developed and continue to adapt to support the needs of staff, who are encouraged to access these via the [Your Health Matters webpage](#) and navigate to the Mental Health Support and Salus Occupational Health sections where further information on a range of services and access can be found.

If you would like to talk to someone about how you're feeling, there is a range of support to help with the mental and physical health of all NHSL employees, which are included in this article.

Gillian Archibald, Healthy Working Lives & EASY Manager, NHS Lanarkshire, said: "All NHS Lanarkshire staff are encouraged to visit the 'Your Health Matters' web page for all information and support resources available to our workforce. We continue to develop and add to these resources in order to support staff with a variety of topical areas, from mental health to financial advice and guidance."

These include:

Salus Helpline: The helpline provides real-time information in response to specific queries from staff across NHSL, including Health and Social Care Partnerships, GP's and Dental. The EASY (Early Access to Support for You) team triage calls initially, providing guidance and signposting the specialist services. Our qualified and experienced Occupational Health Nurses are also available to provide additional support and guidance when required.

Tel: [01698 759333](tel:01698759333)

Early Access to Support for You (EASY): The EASY team continue to provide support for staff absent with stress, anxiety and general mental health issues as part of existing protocols for supporting staff attendance.

Tel: [01698 759333](tel:01698759333)

Confidential Counselling for NHSL Staff: Staff have access to professional counsellors who can provide psychological, emotional and practical support via a confidential counselling service, in order to support the mental health and wellbeing of staff. 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 Talking Rooms are open Monday to Friday, 9am to 5pm. To contact The Talking Rooms, please call [0800 138 9150](tel:08001389150) or complete an [online referral form](#). The Talking Rooms counselling service is completely confidential and no personal information will be shared with line managers or the organisation.

Staff Care and Well-being Support Line: A 24-hour staff care and well-being support line is now in operation, offering psychological support to all staff who want it. Following an initial telephone discussion, support can be provided by phone, video call or face-to-face if needed.

Tel: [01698 752000](tel:01698752000) or email staffcare@lanarkshire.scot.nhs.uk.

Additional Support Services:

- [Able Futures Mental Health Support Service](#)
- [Beating the Blues](#)
- [Lanarkshire Mind Matters](#)
- [National Wellbeing Hub](#)

NHS Lanarkshire encourages getting children vaccinated against flu ahead of winter

August 17, 2022

Categories: News

Tags: flu, flu vaccine, winter



NHS Lanarkshire is encouraging parents and carers to help keep children healthy over the school terms this winter by getting them vaccinated against flu.

All primary and secondary school pupils are eligible for the vaccine, which is given in schools as a painless nasal spray.

Getting children vaccinated against flu reduces the chances of them missing class time and other activities due to illness and helps prevent them passing the illness to vulnerable family members.

Consent packs containing a letter, leaflet and consent form will be sent home to parents and carers of school children on return to school in August.

Secondary pupils can self-consent, though they are encouraged to speak to a parent or carer first.

Letters with appointment details for children aged two to five years who are not yet at school will begin to arrive at homes from September.

Parents and carers should call the number on their child's letter if their child has missed their appointment or needs to reschedule.

The nasal spray is a quick and painless way of delivering the flu vaccine to children and should start to provide protection within 10-14 days.

Tobias Tipper, Vaccination Programme General Manager at NHS Lanarkshire said: “Getting the nasal spray flu vaccine is the best way to protect your child and those around them. The flu virus changes over time so your child needs to get the vaccine each year to help stay protected.

“Please look out for your child’s consent pack, which they will receive through school from August, and ensure that their completed consent form is returned on time if you wish them to receive the vaccine.”

Public Health Minister Maree Todd said: “Schools are back but we want to keep flu out, which is why all primary and secondary school children are being offered the free flu vaccine.

“Flu can be serious, even for healthy children, so the vaccine offers the best possible protection for your child and those around them who may be more vulnerable to flu. Getting your child vaccinated can help prevent them getting sick, from spreading flu, and requiring time off school and away from other activities.”

School children will receive the flu vaccine in school between September and December. Parents of two to five-year-olds who are not yet at school will be given information about where their child will be vaccinated in their appointment letter. In a small number of cases, the nasal spray may not be suitable, and the vaccine can be given as an injection in the arm instead.

For more information about the flu vaccine, visit www.nhsinform.scot/childflu or call [0800 030 8013](tel:08000308013).

Dr Iain Hathorn retires after 35 years' service

August 17, 2022

Categories: Pulse, Pulse - Spotlight

Tags: Dr Iain Hathorn, Retirement



Congratulations go to Dr Iain Hathorn, clinical director primary care and out-of-hours and locality lead GP for Clydesdale, who recently retired after a remarkable 38 years' service.

Iain joined the NHS in 1984 and, in 1989, joined Lanarkshire's GP performers list. During his career, Iain has worked as a GP partner in East Kilbride and held medical leadership and management positions across Lanarkshire, as well as being locality lead GP for Camglen and East Kilbride.

Since becoming clinical director for primary care and out-of-hours, Iain has worked tirelessly for the out-of-hours service, frequently covering shifts and providing leadership to the service. Leading from the front, Iain has always supported staff and prioritised their wellbeing.

Iain has been a significant source of medical expertise across a number of Clydesdale and out-of-hours service projects. He has also been involved in numerous service developments and improvements including care homes and as a member of the area drugs and therapeutics committee.

During the Covid pandemic, Iain and colleagues set up and ran the Covid assessment centres.

In his spare time, Iain enjoys curling, running and has had a lifelong interest in conservation, ornithology and the Royal National Lifeboat Institution. He is looking forward to spending more time with his family and getting more use of his caravan.

Dr Linda Findlay, medical director, South Lanarkshire Health and Social Care Partnership, said: "Over a long career, Iain has worked tirelessly to provide and improve services for the people of Lanarkshire. He has never shied away from challenges and keeps patients front and centre. Iain will be sorely missed by his colleagues and we wish him a very well deserved, long and happy retirement".

Picture: Colleagues pay tribute to Dr Iain Hathorn (second from right) at retiral presentation

New University Hospital Monklands – flash report August 2022

August 18, 2022

Categories: Pulse, Pulse - General News

Tags: flash report, Monklands, Monklands Replacement Project, MRP, University Hospital
Monklands



Here's an update on the latest developments in some of the workstreams for the [Monklands Replacement Project](#) (MRP) – our exciting vision for a new University Hospital Monklands at Wester Moffat, Airdrie.

Workforce



Workforce lead Laura Ireland said: “A new process has started, providing expert internal review of the methodology used to produce the new hospital’s indicative workforce figures across job families.

“There will be a workshop to assess the output of our recent observation study, which was carried out to measure the workload across job roles associated with single patient rooms.”

Service planning

“Initial meetings have taken place with leads of therapy services about the transition to the MRP model, and work has started to update the transition plans for services,” said service redesign assistant Lesley Aitken.

“We’ll be continuing to update service transition plans with a view to testing the models of care agreed for MRP. We’ll also be assisting with the development of NHS Lanarkshire’s refreshed volunteer strategy.”



Digital

“With equipping colleagues, a working group is reviewing the digital requirements by room. A refresh of our digital hospital strategy has been provided to the MRP’s digital co-ordination group for review,” explained digital lead Maureen McGinn.

“We’ll continue to refresh our digital strategy with feedback from the review. We’ll also move forward with looking at patient, staff and visitor use of services to learn more about how digital tech assists now and could in future.”

Facilities management (FM)



FM lead Marie Porteous said: “The facilities management group is continuing to collate evidence on the SDaC (Sustainable Design & Construction) guide, a tool for delivery of Scottish Government sustainability targets.

“There will be a workshop about SDaC with the national service NHS Scotland Assure.”

Design

“Following a process of design optimisation, there were workshops to review a small number of existing departmental layouts, involving a range of stakeholders,” said Fiona Cowan, clinical lead – nursing.



“We’re getting sign-off for the current design stage for the areas reviewed, including the emergency department, discharge lounge, main entrance, staff facilities, and research & education.”

Other news

We [shared our exciting new video](#) showing the concept design for the new University Hospital Monklands. The virtual journey around the campus on the site at Wester Moffat, Airdrie, captures the impressive scale of our major project to provide a state-of-the-art new Monklands.

You can watch the video at this link – <https://vimeo.com/727312920>

For full information on the Monklands Replacement Project, including latest updates, visuals, frequently asked questions and previous flash reports, 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.

Latest discounts from NHS Staff Benefits

August 18, 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 up to 81 per cent off flights and £143 on return airfares with SecretFlightClub.com**

At SecretFlightClub.com its flight deal experts want to inspire everyone to travel more, see the world and bring families together, wherever they are in the world.

Its team of secret flight deal experts use their keen eye, market leading technology and great relationships with global airlines to find you amazing flight deals, secret flights, error fares and cheap flights for popular routes all around the world.

SecretFlightClub.com secret prices can often save you up to 81 per cent off standard airfare prices for popular routes and destinations. It also finds weekly flights under £25 return, meaning you get can get away for less.

Some of the deals are so secret the airlines do not want you to know about them.

Sign up today and save up to 50 per cent off annual membership and never pay full fare for flights again.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/secretflightclubcom-saves-members-up-to->

[81-off-flights-and-143-on-return-airfares-with-nhs-discount](#)

- **25 per cent off site-wide at Preworn plus an extra 10 per cent NHS discount**

Preworn is the UK's largest online used clothing retailer where you can shop 800,000 items and build a bespoke wardrobe that is uniquely you. All of your favourite brands and fashion trends are available.

They stay true to the thrifty values of their customers and keep their prices low.

Every time you shop with Preworn you are reducing your carbon footprint and helping in the fight against climate change.

Preworn is offering 25 per cent off site-wide, plus NHS Staff Benefits members can save an extra 10 per cent off orders.

To secure the offer, simply copy the exclusive voucher code, click through to their website and apply the code at checkout when making your order.

For more information, including terms and conditions, visit:

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

- **Unlimited fibre extra (66Mb) and line rental £23.50 for 18 months with Plusnet**

Plusnet is a friendly, no-nonsense, award-winning communications provider. They were born back in 1997 with a simple belief – everyone deserves to pay a fair price and get great customer service.

Plusnet provides fast speeds and great value broadband packages for all of their new customers.

Redeem your NHS discount to claim unlimited fibre and line rental for 18 months (no activation free) by clicking the 'Visit Website' button.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/unlimited-fibre-extra-66mb-line-rental-2350-for-18-months-with-plusnet>

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/>**

NHS Lanarkshire issues appointments for shingles vaccine

August 18, 2022

Categories: News, Vaccine

Tags: shingles, vaccination



Local people aged 78 and 79 have started to receive appointments for their shingles vaccine.

This vaccine was previously provided by GP practices. However, changes to the national GP contract sees this move to the responsibility of NHS Lanarkshire. This change is happening across all Scottish health boards.

Tobias Tipper, General Manager for NHS Lanarkshire's Vaccination Programme, said: "Shingles is caused by the same virus that causes chickenpox and it can lie inactive after you recover from chickenpox. The virus can become active again in later life when you have a weakened immune system due to age, stress or other illnesses.

"The shingles vaccine helps reduce the risk of catching shingles and, if you do develop it, the vaccine reduces how serious the symptoms will be. Getting your vaccine, when invited, is the best way to help protect yourself against shingles. The vaccine is given as a single dose in the upper arm."

People who are eligible will receive a letter with details of their vaccination appointment. Details of alternative arrangements will be included in the letter in case the appointment is not suitable.

Appointments will be held in our vaccination centres, set up for delivering the covid-19 vaccine.

All people aged 70 to 79 are eligible for the shingles vaccine and people aged 78 and 79 are the first to be invited. The wider roll-out for people aged 70 to 77 will take place from January 2023 after the

covid-19 booster and flu vaccination programmes have finished.

There's no need to contact your GP practice, as you will be contacted directly with details of your appointment.

For more information on the shingles vaccine, visit www.nhsinform.scot/healthy-living/immunisation/vaccines/shingles-vaccine

Social workers in the running for national awards

August 19, 2022

Categories: Pulse, Pulse - Spotlight

Tags: Laura Arthur, Megan Cassidy, social services awards, social work



Two social workers from South Lanarkshire Health and Social Care Partnership have been recognised for their outstanding contributions in social care. Megan Cassidy is now a finalist in the ‘Bright Spark in Social Work’ category while Laura Arthur is in the finals in the ‘Leadership Award’ category in this year’s Scottish Social Services Awards.

Soumen Sengupta, director of health and social care for South Lanarkshire, said he was delighted that Megan and Laura have been recognised for their outstanding achievements.

Soumen said: “I am always proud of the high standards of care being produced by our social workers as part of our wider health and social care family of staff.

“I am delighted that Megan and Laura are both being recognised on the national stage for their passion and dedication to provide the best possible care to those who really need it.”

Megan Cassidy was put forward by Kathy Blessing, older people’s service locality manager.

Kathy said: “Megan is a young and innovative social worker who qualified in 2020. She started off working from home during the early stages of the Covid pandemic, a difficult and challenging experience for any social worker, especially a newly qualified one.

“She is a bright spark in social work, going the ‘extra mile’ for colleagues, partner agencies as well as people who we support. She continuously develops her knowledge, practice and skills. Megan is an asset to South Lanarkshire and an ambassador for the social work profession.”

And Laura Arthur was nominated by Amanda Goodwin, social work team leader.

Amanda said: “Laura has been a social worker for 15 years, in a management role for the past seven and the last four as a senior manager in adult services.

“Laura is a true inspiration and seeks to bring out the best in others. She has all the qualities of a good leader and deserves recognition for this leadership award.”

Margaret Walker, chair of the council’s social work resources committee, said: “I am delighted that Megan Cassidy and Laura Arthur have reached the finals of this year’s Scottish Social Services Awards.

“We are fortunate that local social workers – alongside all of our health and social care staff – continue to work tirelessly in the face of significant pressures for the benefit of our local communities.

“Megan and Laura are great examples of this. I wish them both every success in the finals.”

The awards ceremony will be held on Thursday 15 September in Glasgow.

[Awards Finalists Announced – Scottish Social Services Awards](#)

Chief Executive staff message

August 19, 2022

Categories: Pulse, Pulse - General News



In this week's video, Heather speaks about the latest number of Covid-19 cases in hospital and in the community. There are no patients in intensive care at present and it hoped that this will help improve hospital flow. However, NHS Lanarkshire remains at the highest level of risk.

Heather also gives an update on the recent summit with partnership and the joint employability session with our local authority partners.

Finally, Heather congratulates the mental health and learning disabilities team. The team has recently been accredited by the Serious Incident Review Accreditation Network (SIRAN) at the Royal College of Psychiatrist – making NHS Lanarkshire the first health board in Scotland to achieve this.

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

- Vimeo – <https://vimeo.com/741099656>
- YouTube – <https://youtu.be/uLqxNRHThk4>

Elaine and her meringues will be missed as she retires after 44 years' service

August 22, 2022

Categories: Pulse, Pulse - Spotlight

Tags: Retirement



Elaine Carter's colleagues will miss her knowledge and experience – not to mention her baking skills as she retires after a remarkable 44 years' service.

Elaine retired in her role as district nursing sister at the end of July.

She started nurse training at Monklands in 1979 after a period working at Bellshill maternity. She worked in ICU at Monklands before training as a district nurse and taking up roles in Airdrie, Cumbernauld and Kilsyth as part of the day team and evening nursing service.

Elaine lives with her partner John, has three children Scott, Pamela and Eva, and is close to her husband's daughters Rachael and Lauren. She retired on Thursday 28 July and is looking forward to spending time with her four grandchildren who all live nearby.

As well as spending time with family, Elaine enjoys baking, reading and relaxing and is looking forward to spending more time at her caravan.

District nurse colleague Elaine Britton said: "Elaine will be missed by all of her colleagues and patients. She has been a hard-working and diligent practitioner and her retirement is a great loss to the team. Her knowledge and experience is simply irreplaceable."

Elaine's retirement will be no crumb of comfort for the rest of her team.

Elaine added: “On a personal note, Elaine is a lovely baker and has supplied the team with many treats over the years. Her meringues are legend and I hope that Elaine, and her meringues, keep in touch!”

Parents encouraged to get children vaccinated against flu ahead of winter

August 23, 2022

Categories: Pulse, Pulse - General News

Tags: flu, flu vaccine, vaccination, winter



NHS Lanarkshire is encouraging parents and carers to help keep children healthy over the school terms this winter by getting them vaccinated against flu.

Tobias Tipper, Vaccination Programme General Manager at NHS Lanarkshire said:

“Getting the nasal spray flu vaccine is the best way to protect your child and those around them. The flu virus changes over time so your child needs to get the vaccine each year to help stay protected.

“Please look out for your child’s consent pack, which they will receive through school from August, and ensure that their completed consent form is returned on time if you wish them to receive the vaccine.”

All primary and secondary school pupils are eligible for the vaccine, which is given in schools as a painless nasal spray.

Getting children vaccinated against flu reduces the chances of them missing class time and other activities due to illness and helps prevent them passing the illness to vulnerable family members.

Consent packs containing a letter, leaflet and consent form will be sent home to parents and carers of school children on return to school in August. Secondary pupils can self-consent, though they are encouraged to speak to a parent or carer first.

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Parents and carers should call the number on their child's letter if their child has missed their appointment or needs to reschedule.

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For more information about the flu vaccine, visit www.nhsinform.scot/childflu or call **0800 030 8013**.

Sustainability and Climate Change Strategy Consultation

August 25, 2022

Categories: Pulse, Pulse - Spotlight



NHS Lanarkshire’s sustainability team has put together a short survey to collect your views on NHS Lanarkshire’s proposed Sustainability and Climate Change Strategy.

By answering a few short questions, your feedback will further shape the final version.

View the proposed [strategy and complete the survey](#). Survey closes on Saturday 10th September.

Michael Simpson, head of sustainability and climate change, NHS Lanarkshire, said: “NHS Lanarkshire’s Sustainability and Climate Change strategic plan has been in development for some time and we are pleased to be in a position to seek engagement from the organisation, our partners and the public.

“The strategic plan will set out how NHS Lanarkshire will become a net-zero carbon organisation by 2040 at the latest, in line with the need for action in light of the climate emergency and national objectives. We recognise healthcare has a significant role to play in not only tackling climate change but using sustainability as a way to reduce inequalities and improve public health.

“As such, we are keen the strategy takes into account key pieces of work from across the organisation and the team are engaging are groups across Finance, Planning, Public Health, Staff Side, and the Area Clinical Forum, including the Theatres Sustainability Group. In our role as an anchor organisation, we have also engaged our third sector and HSCP partners.

“We welcome any and all feedback on the draft strategic plan, a final version of the strategy is to be presented to the Board in October this year.”

You can also [view the strategy](#) or [take the survey](#) only.

Latest discounts from NHS Staff Benefits

August 25, 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 two-night breaks at Ballachulish Hotel**

Nestled under the great Glencoe mountains, sitting proudly on the edge of Loch Linnhe is your relaxing retreat to The Ballachulish Hotel. Tuck into a delicious seafood meal from the 'Fish' restaurant before cosying up in front of the roaring fire.

For pure escapism, NHS Staff Benefits members can enjoy 20 per cent off at Ballachulish Hotel when booking a two-night break.

To take advantage of this great discount, simply book your stay on their website using the exclusive discount code. The offer excludes festive dates and is subject to availability. The offer is only available for NHS personnel and proof of ID will be needed on check-in. The offer is not available in conjunction with any other offer and gift vouchers cannot be used against this.

For more information, visit: <https://www.nhsstaffbenefits.co.uk/deal/20-off-two-night-breaks-at-ballachulish-hotel>

- **Step aboard the famous Paddle Steamer Waverley for a memorable day at sea for 15 per cent off**

Step aboard the famous Paddle Steamer Waverley for a memorable day at sea on Scotland's beautiful West Coast. Experience the sights, sounds and thrills of travelling on the last seagoing paddle steamer in the world, amidst glorious Scottish scenery.

Built in 1947, the magnificent steamship cruises the waters of the West Coast of Scotland, linking Glasgow, Greenock and Largs with the beautiful islands, lochs and highland villages around the Firth of Clyde and West Highlands.

Explore Waverley's extensive open decks, admire the shining brasses, marvel at her towering funnels and polished wooden handrails and feel the wind in your face as she effortlessly cruises through time. You can even send a postcard from Waverley's Victorian post-box.

To claim your NHS staff discount on all cruises (excluding Saturdays), simply copy the exclusive discount code and apply at the checkout stage. All tickets purchased using the discount should be collected on board at the purser's office upon presentation of NHS ID.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/15-off-discount-on-all-waverley-excursion-cruises-for-nhs-staff>

- **Unique offers and dedicated service from BMW and Mini**

The scheme gives NHS employees and immediate family members the opportunity to benefit from exclusive stock offers and bespoke factory orders on the full range of BMW models, the complete Mini range, BMW Motorrad bikes and the growing range of BMW i vehicles and plug-in hybrids.

Benefits of the programme include:

- o Substantial discounts available across the full range and not available through the retail network;
- o Part exchanges welcome with finance available on your new purchase;
- o Offers open to immediate family members;
- o A safe and convenient online selection and payment process;
- o Contactless handovers and direct delivery service available via covered transporter;
- o Friendly, knowledgeable team who are on hand to provide an easy one-stop experience;
- o Your new car will come with three years' roadside assistance, three years' warranty and 12 months' road fund license.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/unique-offers-and-a-dedicated-service-from-bmw-mini>

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/>

NHS Lanarkshire proudly welcomes 80 new doctors

August 25, 2022

Categories: News

Tags: doctor, doctors, junior doctor, University Hospital Wishaw



NHS Lanarkshire has welcomed 80 new junior doctors who joined the health board as part of their foundation programme, boosting the 12,000 strong workforce that cares for the people of Lanarkshire across 3 hospitals and several community health centres and clinics.

Dr Jane Burns, Medical Director at NHS Lanarkshire said:

“I extend the warmest welcome to NHS Lanarkshire’s new junior doctors joining us as part of their foundation programme. It is inspiring to see so many dedicated individuals coming to work with us in caring for the people of Lanarkshire.

“On behalf of our incredible workforce I am delighted to welcome our new doctors to the health board.”

Dr Mark Robertson, Paediatric Trainee at NHS Lanarkshire said:

“Since joining the team at University Hospital Wishaw, working first in the Neonatal Unit and then in Paediatrics, everyone has been exceptionally welcoming and supportive.

“Such a friendly, encouraging team totally changes the hospital environment and I am looking forward to working with new colleagues here as we care for our patients.

“The Neonatal department is certainly busy and brings many challenges but, overall, I am very much looking forward to my new job in NHS Lanarkshire.”

NHS Lanarkshire is Scotland's third largest health board, serving a population of 655,000 people across rural and urban communities in Lanarkshire. New junior doctors join University Hospital Hairmyers, University Hospital Monklands and University Hospital Wishaw, including within the Neonatal Ward which recently featured on BBC Scotland's Tiny Lives series. Other areas the new doctors will work across are Emergency Medicine, Intensive Care Medicine, General Medicine and General Surgery.

Lanarkshire CAMHS waiting list patients to be offered first appointment

August 26, 2022

Categories: News



All young people waiting for a first assessment with a clinician from Lanarkshire's Child and Adolescent Mental Health Service (CAMHS) will be offered a first appointment in the coming weeks.

The CAMHS team will be making contact by phone meaning people are being asked to keep an eye out for a call from an 0800 number.

Where possible, appointments will take place the week after they are scheduled via video or phone calls.

Appointments will be offered from Monday to Friday as well as Saturdays and Sundays between 9am-1pm.

Dr Lisa Sigouin, the new clinical director for CAMHS, said: "We're dedicated to ensuring we deliver services that make a positive impact on our young peoples' lives.

"We know a number of young people have waited longer for their first appointment than we would have liked.

"Over the coming weeks we're arranging appointments for everyone waiting for a first CAMHS appointment.

"We are focusing a lot of resources on CAMHS and have been successful in appointing a range of new staff to ensure we provide a modern multi-disciplinary service to Lanarkshire's young people.

“This work means we’ll be contacting everyone who is on our waiting list, but hasn’t yet seen one of our clinicians. Appointments will be virtual and be available during the day and evenings, as well as weekends. We’re confident this flexibility means young people will receive an appointment at a date and time which suits them.”

The move comes ahead of a new £1.5 million CAMHS specialist centre opening soon in Hamilton

The new outpatient facility will treat young people under the age of 18 years’ old who are experiencing mental health issues.

Based at Udston Hospital, the specially designed centre will offer services including:

- CAMHS assessment
- Neurodevelopmental treatments
- Talking treatments
- Psychiatry
- Medication

The Child and Adolescent Mental Health Service, hosted by Health & Social Care North Lanarkshire, assesses and treats young people with emotional, behavioural or mental health difficulties.

Lanarkshire CAMHS waiting list patients to be offered first appointment

August 26, 2022

Categories: Pulse, Pulse - General News



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Autumn vaccination programme

August 26, 2022

Categories: Pulse, Pulse - Spotlight

Tags: Covid vaccination



The Autumn vaccination programme will commence on Monday, 5 September and Lanarkshire health and social care staff (including independent contractors) can book an appointment to receive their annual flu vaccination and Covid Booster vaccination (if eligible) through the [online booking portal](#) which opened on Monday.

Eligible frontline health and social care workers are being offered the flu and Covid-19 booster to help protect them and the highest risk patients they come into contact with. Frontline workers are those who have a patient facing role and have frequent face-to-face contact with patients (see list below).

To book your appointments for either the flu vaccination or the flu vaccination and Covid booster vaccine please log onto the [online booking portal](#), enter your log in details, click the health and social care staff button (not the winter vaccination button as you will be unable to book using this button) and select your preferred vaccination clinic. You may need to look at a few dates but there are still plenty of appointments available.

You can also check at NHS Inform [what vaccinations you will be offered](#).

Frontline health and social care staff includes:

- non clinical ancillary staff who may have social contacts with patients but are not directly involved in patient care including receptionists, ward clerks, porters and cleaners
- Allied Health Professionals and Allied Health Professional clinical support workers including Scottish Ambulance, podiatrists, physiotherapists, radiographers and audiologists
- associated clinical support staff and independent contractors
- chiropractors and osteopaths
- dentists, dental nurses and dental hygienists

- doctors
- donor carers at the Scottish National Blood Transfusion Service (coronavirus vaccine only)
- foot care specialists
- frontline funeral operatives (coronavirus vaccine only)
- Healthcare Improvement Scotland and Care Inspectorate Inspectors who are required to visit premises with vulnerable patients (coronavirus vaccine only)
- healthcare students
- hospital based laboratory staff
- memory clinic staff providing care to clinically extremely vulnerable individuals or the elderly
- MoD primary healthcare services frontline workers (deployed on Scottish bases)
- NHS independent contractors
- pharmacists and pharmacy technicians
- registered nurses and midwives, including healthcare and midwifery support workers
- Scottish Ambulance Service workers
- Scottish Register of Language Professionals with the Deaf Community who work regularly in settings with elderly or clinically extremely vulnerable individuals (coronavirus vaccine only)
- social care workers and personal care assistants
- staff at schools for children with additional support needs
- staff at symptomatic testing sites
- volunteers assisting clinically extremely vulnerable individuals, for example transport to and from vaccination centres

The flu vaccination is being offered to:

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

- aged 5 to 49 years and are a household contact of someone with a weakened immune system
- an unpaid carer or a young carer
- pregnant
- 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 dose will be:

- 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

Those eligible to receive both the flu and Covid-19 booster will get both vaccines at a single appointment.

Tobias Tipper, General Manager for the vaccination programme, said: “The flu vaccination and Covid-19 booster is important further protection for you, your colleagues and those who use our services. I would strongly encourage everyone eligible to come forward for their vaccinations during the first two weeks in September.

“Please take the time to book an appointment.

“Frontline health and social care staff (see list above) are eligible for both the flu and Covid-19 booster vaccinations so you can book a single appointment and you will receive both vaccines at the same time.

“When you attend for your vaccination you will be asked to provide proof of employment so please remember to bring your ID badge or a payslip.”

To find out more visit the dedicated page on our website at

<https://www.nhslanarkshire.scot.nhs.uk/staff-autumn-vaccination-programme/>

Chief Executive staff message

August 26, 2022

Categories: Pulse, Pulse - General News

Tags: Heather Knox, NHS Lanarkshire staff message



In this week's video, Heather speaks about the latest number of Covid-19 cases in hospital, care homes and in the community.

Heather also speaks about the autumn staff vaccination programme and the NHS Lanarkshire sustainability policy:

- Health and social care staff (including independent contractors) can book an appointment to receive their annual flu vaccination and Covid Booster vaccination (if eligible) through the [online booking portal](#).
- NHS Lanarkshire's sustainability team has put together a short survey to collect your views on NHS Lanarkshire's proposed Sustainability and Climate Change Strategy.
- By answering a few short questions, your feedback will further shape the final version. View the proposed [strategy and complete survey](#). Survey closes on Saturday 10 September.

Heather ends by thanking the teams involved in hosting recent visits to Motherwell locality and Shotts prison.

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

- Vimeo – <https://vimeo.com/743421710>
- YouTube – <https://youtu.be/5QmD9YANaVU>

Welcome to 80 new doctors

August 29, 2022

Categories: Pulse, Pulse - General News

Tags: junior doctors, neonatal, new doctors, workforce



80 new junior doctors have joined the 12,000 strong workforce as part of their foundation programme.

Dr Jane Burns, Medical Director, said:

“I extend the warmest welcome to NHS Lanarkshire’s new junior doctors joining us as part of their foundation programme. It is inspiring to see so many dedicated individuals coming to work with us in caring for the people of Lanarkshire.

“On behalf of our incredible workforce I am delighted to welcome our new doctors to the health board.”

Dr Mark Robertson, Paediatric Trainee, said:

“Since joining the team at University Hospital Wishaw, working first in the Neonatal Unit and then in Paediatrics, everyone has been exceptionally welcoming and supportive.

“Such a friendly, encouraging team totally changes the hospital environment and I am looking forward to working with new colleagues here as we care for our patients.

“The Neonatal department is certainly busy and brings many challenges but, overall, I am very much looking forward to my new job in NHS Lanarkshire.”

New junior doctors join University Hospital Hairmyers, University Hospital Monklands and University Hospital Wishaw, including within the Neonatal Ward which recently featured on BBC Scotland’s Tiny Lives series. Other areas the new doctors will work across are Emergency Medicine, Intensive Care Medicine, General Medicine and General Surgery.

New clinical director aims to make Lanarkshire CAMHS Scotland's best

August 29, 2022

Categories: News



Lanarkshire's Child and Adolescent Mental Health Service (CAMHS) has a new clinical director following the appointment of Dr Lisa Sigouin.

A consultant in Child and Adolescent Psychiatry for the last 10 years, Dr Sigouin already has an ambitious vision to establish Lanarkshire as the standard bearer for CAMHS in Scotland.

One of her first aims is to maximise clinical time to ensure the service can see as many patients as possible. As part of this work, the service is working to manage emergency patients in a way which has less impact on non-emergency appointments.

Dr Sigouin said: "I've been a consultant with NHS Lanarkshire for the last decade and the service has always put the patient at the very centre of everything we do. I'm committed to ensuring we continue to do this so that our services make a positive, and lasting, impact on their lives.

"Part of this new role is managing our excellent team of consultants and medical staff and planning the future of the service. It's important that we look after the wellbeing of our staff as well as ensuring we operate a robust and effective service for the young people of Lanarkshire.

"It's a great honour and responsibility to be the new clinical director. It is incredibly encouraging knowing that every single person working in CAMHS is determined to do all we can to help the young people of Lanarkshire.

“We have been working extremely hard, and welcomed a number of new staff to our dedicated and highly experienced team, to make sure we provide a modern multi-disciplinary service and see patients quicker.

“In addition to the excellent team we have built here we’ll soon be moving into a new £1.5 million specialist centre based in Hamilton’s Udston Hospital which will transform the way our patients receive mental health care.

“This new outpatient facility will ensure we see young people in an environment that puts them at ease and is designed specifically for them.”

The Child and Adolescent Mental Health Service, hosted by Health & Social Care North Lanarkshire, assesses and treats young people, aged 18 and under, with emotional, behavioural or mental health difficulties.

New clinical director for Lanarkshire CAMHS

August 29, 2022

Categories: Pulse, Pulse - Spotlight



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Celebrating our heroes

August 30, 2022

Categories: Pulse, Pulse - For You

Tags: Alan Brydon, military band, Royal Regiment



Enjoy an evening with Scotland's best-known military band, as the Band of the Royal Regiment of Scotland goes on tour for the first time since 2019.

The band has performed all over the world and appears every year at the world-famous Edinburgh Military Tattoo – and now they are performing at a venue near you. There will be an extra element of folk this year, courtesy of renowned Hawick folk musician Alan Brydon.

The programme will premier new music composed for the Queen's Platinum Jubilee, plus a new composition from Alan Brydon and much more.

Tour Dates

- Friday 2 September – Town House, Hamilton
- Friday 30 September – Howden Park Centre, Livingston
- Friday 21 October – Montrose Academy
- Friday 4 November – Bankfoot Church Centre
- Thursday 15 December – Hawick Town Hall

Doors will open at 7pm, with the performance starting at 7.30pm and ending at 10pm.

Tickets will be priced at £15 for adults (£12 concessions) and all proceeds will support PoppyScotland's life-changing work with the Armed Forces community across Scotland.

For further details and ticket information, visit www.poppyscotland.org.uk/BandTour or telephone 0131 557 2782.

New app development and governance policy

August 31, 2022

Categories: Pulse, Pulse - General News



Many staff will be designing apps for themselves or for patients to use.

This new policy outlines the steps and processes you need to follow to ensure your app meets the minimum standards of design and governance for any NHS Lanarkshire app, new or already launched.

It gives helpful contacts and guides to ensure your app is meeting accessibility standards, readability standards as well as IT and governance requirements.

This policy is relevant to:-

- Any staff/team who have commissioned an app from a third-party supplier
- Have commissioned or partnered with another partner in the creation of an app i.e. social care partners etc.
- Any app designed and using the NHS Lanarkshire logo to be used with/by staff or patients in NHS Lanarkshire

All new apps must complete the required paperwork before they move forward with the commissioning of the work.

If you are an author or owner of an app, you can seek further help and information from amanda.minns@lanarkshire.scot.nhs.uk

The policy and guidance documentation can be found on the NHS Lanarkshire website [here](#).

