

PULSE

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

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November 2022

Free NHS support for pregnant women to quit smoking

November 1, 2022

Categories: Pulse, Pulse - General News

Tags: smoking and pregnancy, support to quit smoking, support to quit smoking when pregnant



Protecting a mother and baby's health from tobacco smoke is one of the best ways to give newborns a healthy start in life.

NHS Lanarkshire's Quit Your Way service offers free, specialist support to pregnant women, their partners and families who want to quit smoking.

Dedicated advisers work with pregnant women to provide tailored support, encouragement and free nicotine replacement therapy (NRT) which are safe during pregnancy, as well as one-to-one video or phone appointments.

There are many benefits of stopping smoking during pregnancy including:

- reduced risk of having a miscarriage or the baby being stillborn
- reduced risk of sudden unexpected death in infancy (SUDI), previously known as cot death
- saving money – just a month of not smoking could save around £200

Alexandra Usurelu from Motherwell, who successfully quit smoking with support from NHS Lanarkshire's Quit Your Way service, commented: "There were 3 reasons I wanted to quit smoking, first of all because I was pregnant and my baby could be born smaller, secondly because cigarettes are expensive and third, because I wanted to be healthier.

"I didn't smoke during my first pregnancy, but after I had my baby I started smoking again because of stress. I found out about Quit Your Way through my midwife during my second pregnancy and I've

now been smoke-free for over 12 months since having my baby.

“I’m originally from Poland, so if English isn’t your first language like me, everything is arranged with an interpreter. From all my heart I’d recommend this service to everyone.

“It was a very nice experience and great result for my health and that of my children.”

Tracy Henderson, health improvement senior – tobacco control and pregnancy, NHS Lanarkshire, said: “Whether you’ve just found out you’re expecting or further along your pregnancy journey, our specialist advisers will support and empower you to quit smoking.

“We understand it can be hard to tell your midwife you smoke; these are natural worries but we make sure all our clients feel safe, secure and at ease. It’s never too late to try and stop smoking, no matter how far along in the pregnancy.

“Second-hand smoke can also affect mother and baby before and after birth, support and information is available for partners and family members of the Mum-to-be too.

“Quitting smoking is achievable, and the health benefits to baby and mother can be noticed as soon as the first 24-hours of quitting.”

Quit Your Way is a free NHS stop smoking service. To find out more about specialist pregnancy support, second-hand smoke or more information on stop smoking services, call the Quit Your Way helpline service on 0800 84 84 84 or visit [Quit Your Way](#).

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

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

Staff Health and Wellbeing Week now underway

November 1, 2022

Categories: Pulse, Pulse - Spotlight

Tags: staff health and wellbeing



NHS Lanarkshire's Staff Health and Wellbeing Week kicked off yesterday and continues throughout this week, Mon 31 Oct – Fri 4 Nov. Staff can join live Teams sessions via the fast track links, or make use of the daily mindfulness and meditation videos, all available by visiting [Your Health Matters](#).

The Week highlights the various support services and resources staff can access to help manage their own health and wellbeing including leisure options with North and South Lanarkshire Councils, Quit Your Way smoking cessation, Weigh To Go weight management and financial wellbeing.

To find out more about the week visit [Your Health Matters](#)

Teenager gets revolutionary hearing device at University Hospital Monklands

November 2, 2022

Categories: Pulse, Pulse - General News

Tags: Dr Iyer, ENT, University Hospital Monklands



Teenager Ross Paterson became the first person in Scotland to get a revolutionary hearing implant after he lost hearing in his right ear.

Ross, 15 from Dunblane, started getting frequent ear infections in 2020 and was referred to an ear, nose and throat (ENT) specialist. It turned out he had a cholesteatoma, which is a pocket of skin growing into the ear that required urgent surgery to avoid complications such as meningitis.

During the operation to get the cholesteatoma skin growth removed, Ross ended up losing his hearing in his right ear aged 13 which can happen rarely in these types of operations.

Ross was then referred from Forth Valley to Mr Arun Iyer, the ENT clinical lead at University Hospital Monklands who specialises in hearing implants.

The standard treatment called a bone-anchored hearing aid is normally used for people with hearing loss associated with problems in their outer or middle ears or for those with profound hearing loss in one ear.

However, Ross was offered a ground-breaking Cochlear Osia system which uses a special type of implant that goes underneath the skin and all you put on top is a magnetic microphone that sends a signal to the piezo-electric implant under the skin that vibrates and creates the vibration through the skull that then passes the sound to his good ear.

The actual implant was carried out in April at University Hospital Monklands and Ross has had some follow up appointments with the audiology team to get the device activated and ensure it is calibrated to Ross' level of hearing loss and to see how he was healing after the operation.

Arun explains: "For Ross we were able to use the Osia system. It's a fantastic new piece of technology that can be life-changing for patients as there is less chance of infections or complications and you can simply take the device on or off as you need it so you can't tell the patient has had anything done."

Ross recalls the circumstances that led to losing hearing in his right ear and how this new technology has been a game changer.

He said: "My hearing growing up was fine but then I had quite a lot of ear infections. Once I lost the hearing in my right ear after the operation it was a bit of a shock and quite difficult but I just got on with things and tried to stay positive as opposed to trying to change things that can't be changed and I still had one good ear.

"I was pulling away from social situations as it was difficult to hear my friends and I was getting tired at the end of each day. It's much better now. I can be in bigger groups and hear conversations really well.

"I like to participate in PE as much as possible, go to the gym, do fencing and I'm in the choir and this device helps me do all these sociable things.

"I can physically feel it under the skin, but you can't really see it, so it doesn't really bother me. It was pretty sore the first couple of days after the operation, I needed to wait for the swelling to go down and the scar is healing but I'm now pretty much back to normal everyday life.

"I hope other people who might need it come up and ask me about it. I'd be happy to explain how it works and help other people."

Arun hopes others will be able to benefit from this technology.

He said: "I'm glad I had the opportunity to perform this operation. It's a great honour to be able to help this young man to be able to hear and have a normal life which is fantastic.

"It can be debilitating in the classroom and in social circumstances for young people with hearing loss. There is also nothing visible outside the head as the implant goes underneath the skin. Ross can simply take the new technology on and off depending on when he needs it.

"This advancement of technology will be life-changing for a select group of people who are unable to wear a normal hearing aid.

“I’ve done many bone-anchored hearing aids in the traditional way, but this new procedure was different as I had to practise using a dummy. It is slightly challenging but it’s also exciting.

“My aim is to see whether we can help more young people who would be suited to the implant.”

Ross’ parents couldn’t be prouder of their son.

Ross’ dad John said: “Ross has been incredible in dealing with it all and has been really brave.

Ross had to have the initial operation which resulted in hearing loss as we were told the cholesteatoma could perforate his membrane and cause meningitis and we could have lost him. He had to have the operation to remove it or he wouldn’t have survived.

“He was really unlucky to lose his hearing during the operation but this has been a silver lining. It’s amazing technology and a radical new approach.

“We are thankful to Mr Iyer and his wonderful team for what they have been able to do for Ross. Given it was the first of its type, Mr Iyer has totally excelled in terms of our expectations of how it looks and it’s performing well. It’s remarkable how he managed to do it.”

Latest discounts from NHS Staff Benefits

November 3, 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.

- **£5 off ticket to see ELF spectacular this Christmas**

ELF, the hit Hollywood blockbuster movie, has been supersized into a live arena spectacular for this Christmas with a massive stage featuring amazing film backdrops on a huge LED screen plus a mobile stage that travels the auditorium, so everyone gets a close-up view of the action.

The presentation features Santa's flying sleigh, audience snowball fight, indoor snowstorm, a giant candy cane journey from the North Pole, aerial cirque stars and giant tv screens so you do not miss any of the spectacle.

The event will take place at the Ovo Hydro, Glasgow on the following dates:

o Saturday 10 December, 1pm

o Sunday 11 December, 1pm

o Sunday 11 December, 6pm

To redeem your exclusive NHS Staff discount, simply copy the exclusive discount code and apply at the checkout stage.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/worlds-biggest-productions>

- **25 per cent off tickets to selected shows at Edinburgh Playhouse**

Firmly established in the cultural landscape of Edinburgh and Scotland, the Edinburgh Playhouse is the UK's largest all seated theatre and plays host to some of the biggest names in live music, comedy and musical theatre. From award winning West End shows such as Disney's 'The Lion King' and 'Book of Mormon', to superstars like Keith Urban. The Edinburgh Playhouse has something for everyone to enjoy.

NHS staff benefits members can save 25 per cent off tickets to selected shows at the Edinburgh Playhouse.

To secure the discount, click on the 'Get Tickets' button. Here, you will be able to see the selected shows, dates and times. The discount will be automatically applied only when purchasing from the link.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/25-off-tickets-to-selected-shows-at-the-edinburgh-playhouse>

- **Get an extra 15 per cent off NHS discount from The Fragrance Shop**

Whether you are looking for your favourite fragrance, wanting to try something new every month with a subscription service or on the hunt for that perfect gift, The Fragrance Shop has something for everyone. They have over 500 fragrance and beauty brands from names such as Dior, Hugo Boss and Paco Rabanne, to the best celebrity fragrances from Arianna Grande and David Beckham. They even have exclusive own brands like IKON, 1667 and Yu Parfams, available only to The Fragrance Shop. The Fragrance Shop's aim is to make mainstream and luxury fragrance affordable and accessible, so all of their designer fragrances are available at high-street prices.

NHS staff benefits members can get an extra 15 per cent NHS discount with The Fragrance Shop online.

To access the offer, simply copy the exclusive discount code and click to visit The Fragrance Shop. Enter the discount code at the checkout stage.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/the-fragrance-shop-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.

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Weekly message from Heather Knox, NHS Lanarkshire chief executive

November 4, 2022

Categories: Pulse, Pulse - For You

Tags: Chief Executive, Heather Knox, weekly message



Heather begins this week's video message by providing the latest number of Covid-19 cases.

Heather highlights the launch of NHS Lanarkshire's Health and Wellbeing Strategy. Many of the recorded sessions from the Health and Wellbeing Week are available on [Your Health Matters](#).

This week also saw the launch of the disability network and Heather speaks about this too.

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

o Vimeo – <https://vimeo.com/767262007>

o YouTube – <https://youtu.be/vE4Y1eh-vvo>

Commitment & compassion in Lanarkshire recognised at awards night

November 4, 2022

Categories: Pulse, Pulse - Spotlight



Outstanding professionalism, compassion and innovation in Lanarkshire were the toast of a national award ceremony last night.

There was a double win at the prestigious Scottish Health Awards with a further two contenders from the area close runners up.

In the highly contested Integrated Care Award, South Lanarkshire Health and Social Care Partnership's *Home First* triumphed.

Evergreen octogenarian Jimmy Grieve, a gardener at University Hospital Wishaw, won the Volunteer Award.

Meanwhile, Lanarkshire Care Home Wellbeing Group and Carol Rattray were runners up in their respective Care for Mental Health Award and People's Choice Award categories.

Soumen Sengupta, Ross McGuffie, Chief Officers of South and North Lanarkshire Health and Social Care Partnerships respectively, and Heather Knox, Chief Executive of NHS Lanarkshire, praised the achievements in a joint statement.

“Our sincere congratulations to the winners and runners up on what was a fantastic evening for Lanarkshire.

“This national recognition for a range of individuals and innovative teams is testament to the drive and commitment to excellence of all concerned. Indeed, that sterling endeavour is evident and

representative of our staff and partners across the region.

“Well done to all.”

Winners and finalists: a quick profile

SLHSCP’s Home First programme won the Integrated Care Award. The approach has seen a network of teams, professions and work streams – spanning the health and social care system -drive towards high quality, co-ordinated care that is person-centred, safe and effective. Home First is a key element of our local response to ongoing pressures. The win speaks to the rigour and challenge the HSCP has chosen to bring to addressing the challenge teams and our service users/patients are facing.

Jimmy Grieve, 86, a gardener at University Hospital Wishaw won the Volunteers Award. He was instrumental in designing and developing the memorial garden and rainbow ‘thank you’ sign at the entrance of Wishaw General, providing a fitting tribute to the incredible dedication of the healthcare team.

Carol Rattray, project coordinator for Lanarkshire’s condom distribution schemes, was a finalist in the People’s Choice category, specially created to recognise the extraordinary work of NHS Scotland staff, social care staff and carers in responding to the pandemic.

The Lanarkshire Care Home Wellbeing Group were also finalists. Recognising the profound challenges this workforce was facing in September 2020, a number of key staff working alongside Lanarkshire’s care homes responded proactively; by forming a wellbeing group. The group was set up to tailor supports that would be effective, targeted and available to all care home staff, regardless of role or employer/owner.

NHS Lanarkshire wins award for creating greener and healthier sites

November 7, 2022

Categories: Pulse, Pulse - Spotlight

Tags: assure awards, green health, green health partnership award



NHS Lanarkshire is making great strides in its commitment to build a greener future for staff, patients and residents to enjoy the health and eco benefits.

The progress has been so impressive that it has been recognised with an award at the first ever NHS Scotland Assure Conference.

To highlight the amazing eco-friendly progress across its sites, the health board submitted three submissions to the conference, where the theme was Excellence in the Health Care Environment.

The board took home the 'Collaboration – Working in Partnership' category for the work undertaken by the Lanarkshire Green Health Partnership (LGHP).

The LGHP work within NHS Lanarkshire has brought green health activities into patient rehabilitation programmes and dementia groups. It has also developed various opportunities for inpatients, outpatients and staff to enjoy new improved hospital grounds including:

- More than 100kg of vegetables harvested from hospital gardens and donated to a food bank
- Participants engaging with therapeutic gardening sessions
- University Hairmyres Hospital setting up a food growing site
- Delivery of plants and seeds, and online sessions during Covid restrictions

NHS Lanarkshire also submitted two other submissions; one to showcase the 'Theatre Sustainability Group' who initially formed to make NHS Lanarkshire operating theatres more sustainable which now includes other teams to identify further areas to tackle climate change. The other highlighted the work done to dramatically reduce the use of Nitrous Oxide anaesthetic which is harmful to the environment.

Martin Hill, chair of NHS Lanarkshire, said: "I'm really proud of our three submissions to the NHS Scotland Assure Conference.

"There has been excellent work throughout the organisation to introduce greener initiatives. 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.

"Winning the *Collaboration – Working in Partnership Award* recognises the coming together of a team from different organisations and job roles. They combined their expertise and added greater value to projects, which is exactly the ethos of the LGHP.

"All the partners involved work to connect health and social care with nature, and the enthusiasm shown by patients and staff taking part in these programmes has been fantastic.

"Our Sustainability and Climate Change Strategy outlines our firm commitment to helping to make Lanarkshire a greener, healthier, happier place."

Vicki Trim, health improvement lead, Health & Social Care North Lanarkshire, and green health partnership lead, NHS Lanarkshire, commented: "The Lanarkshire Green Health Partnership is led by NHS Lanarkshire and works with various local partner organisations.

"We work closely together to increase biodiversity in local green spaces and raise awareness and confidence for those within the community to access these spaces and embrace the physical, emotional and mental health benefits of spending time outdoors.

"We're also thankful to the NHS Charities Together Fund which supports the hospital gardening programme.

"I'm absolutely thrilled our work has been recognised on such a large scale. Making better connections to our "Natural Health Service" is the focus of all that we do. Occupational therapists play a key role in the success of the hospital gardening and active travel developments support staff to make decisions about how they travel to and from work."

Jacqui McGeough, deputy director of Planning, Property and Performance and chair of the Board's Sustainability and Climate Change group, added: "We're delighted to win an

award for a sustainable initiative which benefits our staff, patients and the wider community, and supports a greener and thriving planet.

“I’m looking forward to working with colleagues from across NHS Lanarkshire to deliver our recently published strategy and to develop plans committed to delivering eco-friendlier solutions.”

Be Mouth Aware – the 45 second-video that could save your life

November 8, 2022

Categories: Pulse, Pulse - Spotlight

Tags: mouth cancer, mouth cancer action, mouth cancer action 2021, mouth cancer awareness 2021



Are you able to recognise changes in your mouth? That's the question asked by staff in the Health Improvement Department, NHS Lanarkshire as they support the Mouth Cancer Action month charity campaign, to raise awareness of mouth cancer.

The team are urging Lanarkshire residents to be more mouth aware and recognise the early warning signs of mouth cancer. With awareness of the disease remaining alarmingly low, a simple 45-second check is often all that's needed to identify anything unusual and be able to then seek professional guidance.

Shelley Percival, Director of Dentistry, NHS Lanarkshire says: "Early diagnosis increases our chances of beating mouth cancer from 50 per cent to 90 per cent, so it is crucial that we know what to look out for and if worried don't hesitate in seeking advice from a health professional.

"A mouth ulcer that does not heal within three weeks, red or white patches in the mouth and unusual lumps or swellings in the mouth or head and neck area, can all be potential signs of mouth cancer so it's important to be aware of any changes occurring inside your mouth.

"Most of us will spend at least a few minutes every day in front of a mirror brushing our teeth so while we're there it makes sense to have a quick look inside the mouth. If you keep a lookout for these symptoms, then a simple 45-second check really could save your life. If you notice anything out of the ordinary, please speak to your dentist or a doctor."

Mouth Cancer Action Month takes place throughout November and is organised by the Oral Health Foundation. Last year, 8,722 people in the UK were diagnosed with mouth cancer. The number of new cases has doubled in the last 20 years, making it one of the UK's fastest increasing cancers. Survival rates of mouth cancer have barely improved in the last 20 years and the oral health charity is concerned that too many are mouth cancers are being diagnosed at a late stage, significantly reducing our chance to beat the disease.

Albert Yeung, Consultant in Dental Public Health, NHS Lanarkshire added: "Mouth cancer can appear anywhere in the mouth including the lips, tongue, cheek, throat and gums and can have a devastating effect on a person's life, impacting on their breathing, eating and speech.

"By developing a greater understanding about the early warning signs and symptoms, the lifestyle factors which increase our risk, and recognising where to go if we notice anything unusual inside our mouth, we can detect mouth cancer early. During every dental check-up, your dentist will do a visual examination for mouth cancer and look for anything that might be a cause for concern. That's why it's so important to keep regular dental check-ups – it's not just about the health of our teeth and gums – a trip to the dentist could really be a lifesaver."

Shirley Mitchell, programme manager – Quit Your Way, NHS Lanarkshire, added: "Mouth Cancer Action Month is a great opportunity to raise awareness of the dangers of smoking tobacco to our oral health.

"Quit Your Way is a free stop smoking service within NHS Lanarkshire and is available for those who have any queries in regards to stopping smoking."

For more information about Mouth Cancer Action Month and how to check your mouth visit: www.dentalhealth.org/mouthcancer and www.mouthcancer.org

[Watch our animation](#) on how to spot the signs and lower your risk of mouth cancer.

For free support to quit smoking, call the Quit Your Way helpline on 0800 84 84 84 or visit QuitYourWay.scot.

Staff Health and Wellbeing Strategy for staff to flourish and thrive

November 8, 2022

Categories: Pulse, Pulse - For You

Tags: staff health and wellbeing



NHS Lanarkshire's Staff Health and Wellbeing Strategy (2022-25) was launched during Staff Health and Wellbeing Week on Tuesday 1 November.

The strategy supports NHS Lanarkshire's vision of ensuring that staff health and wellbeing is embedded in everything the organisation does. It recognises the value of the support that is currently available for staff to manage their health and wellbeing, when and if they need it. This applies to both their working life and personal life.

An associated action plan will drive the strategy forward. The action plan will provide a picture of what matters to staff to help them manage their health and wellbeing both now and in the future.

Read the [Strategy](#) here and the [Overview](#) here

For Staff Health and Wellbeing Resources visit [Your Health Matters](#)

Efforts to address health inequalities enhanced by new University alliance

November 9, 2022

Categories: Pulse, Pulse - General News



Ongoing efforts to address health inequalities in Lanarkshire are being enhanced by the creation of a new partnership with a leading university.

NHS Lanarkshire and North and South Lanarkshire Health and Social Care Partnerships, combined with partners in communities, are joining forces with experts from Glasgow Caledonian University. By embarking on a deep dive research project, the plan is to better understand the socioeconomic factors that shape the health and wellbeing in the area.

Soumen Sengupta, Director of Health and Social Care for South Lanarkshire, speaking on behalf of the health and social care partners in Lanarkshire, said: “Early intervention, prevention of ill health and addressing inequalities is a key, ongoing priority for our staff and partners.

“Building on the strong track-record across all our teams, we are delighted to be part of this collaborative approach which further strengthens our collective organisations’ links between leading Universities in terms of research and innovation.

“By better understanding what is driving longstanding inequalities in Lanarkshire, we will be better able to deploy the evidence of what works with our diverse local communities to improve wellbeing.”

Academics will study the profound impact that deindustrialisation has had on towns and villages as part of the £200,000 project, funded by the Arts and Humanities Research Council.

It's hoped the project will result in the creation of a community research consortium that will bring local groups together with key decision-makers in the public sector to determine how future research funding to address health inequalities should be allocated.

Professor Michael Roy, of the Yunus Centre for Social Business and Health at GCU, said: "We know that health is often much poorer in former industrial areas, and this is especially the case in west central Scotland. Lanarkshire was previously very focused on heavy industry, including coal mining, and steelworks.

"We are planning to build a consortium drawn from communities and around the public sector. This will eventually be able to make decisions about what research is needed to tackle the profound health inequalities that have blighted Scotland for far too long.

"Ultimately we will be looking to improve public health within some of the most deprived communities in the UK. This requires creating the conditions for meaningful partnership working, a vital ingredient to making a long-lasting and tangible difference."

The project, entitled Mobilising Community Assets to Tackle Health Disparities, will combine approaches involving health economics, sociology and social policy, history, and epidemiology.

The GCU team will be led by Professor Roy, with Professor Rachel Baker, Professor Cam Donaldson, Dr Gillian Murray, Dr Janet Greenlees, and Marissa Collins as co-investigators, alongside NHS Lanarkshire, North and South Lanarkshire Health and Social Care Partnerships, Glasgow Centre for Population Health, and the University of Glasgow.

Get involved in driving sustainability initiatives

November 9, 2022

Categories: Pulse, Pulse - Spotlight



This week as COP27 kicks off in Egypt, our sustainability team have been celebrating winning an Award at the NHS Assure Awards.

The recognition for the excellent work undertaken by the Lanarkshire Green Health Partnership (LGHP) was for the ‘*Collaboration – Working in Partnership*’ category.

Jacqui McGeough, NHS Lanarkshire’s lead for sustainability and deputy director of Planning comments:

“It’s really pleasing to see our sustainability efforts being recognised in a national award. There are many ‘every day’ sustainability initiatives across NHS Lanarkshire being managed by staff members. We are always on the lookout for more sustainability ideas so please get in touch today.”

What can you do to get involved? Each healthcare professional can think about their workplace and the ways they can reduce their carbon footprint. This could be things like:

- Ensuring the lights are switched off in rooms that are not in use
- Switching PCs, monitors and non-essential equipment off when not in use rather than leaving them on standby
- Phasing out plastic drinking cups
- Improving sorting & recycling of waste
- Increasing the awareness of healthcare sustainability within their work areas.

Read more about NHS Lanarkshire [sustainability_projects](#). Please get in touch with Jacqui McGeogh with any ideas: Jacqui.mcgeogh@lanarkshire.scot.nhs.uk

Doctor Livingstone I presume?

November 9, 2022

Categories: Pulse, Pulse - General News



Health colleagues from Malawi and Zambia recently visited Blantyre, birthplace of David Livingstone.

The visit, hosted at the David Livingstone Centre, was attended by the Provost of South Lanarkshire and representatives from NHS Lanarkshire, Scottish Ambulance Service, Police Scotland, Scottish Fire and Rescue Service and the Health and Social Care Partnership South Lanarkshire.

The visit was part of the work to develop a Global Health Twinning Project between the Lanarkshire Global Health Citizen Programme, Health and Social Care Partnership South Lanarkshire and Central Province/Chitambo District in Zambia.

Kate Bell, Lanarkshire Global Citizenship co-lead, said: “Although the visit to Scotland was linked mainly to the tripartite health partnership, Scotland-Malawi-Zambia, being developed by the Scottish Government, Global Health Citizenship Co-ordination Unit, it was an exciting opportunity for Lanarkshire, Malawian and Zambian colleagues to meet in person.

“Initial discussions took place around common themes, including mental health and wellbeing of communities, and to consider a global health twinning partnership project with Central Province in Zambia and local developments of the Blantyre Community Hub initiative.

“David Livingstone is famed for his explorations of Africa, so his birthplace in Blantyre was a fitting venue for this meeting.”

In December 2016, the Scottish Government published ‘Global Citizenship: Scotland’s International Development Strategy’. This sets out its contribution to the international community and seeks to build and strengthen government to government partnership with the identified partner countries of Malawi, Rwanda, Zambia and Pakistan.

Dr Rosemary Mwanza Banda, Zambian Ministry of Health Director for Quality Improvement, said: “Health needs have really changed and we know that not one person can meet these needs; services need to come together to work in partnership and integrate. We are all at different stages on that journey. In moving this partnership forward, I think we have something to give to the world.

“We have visited the birthplace of David Livingston. The principles that this man conceived through his life are principles that people need to learn about and put into practice for the benefit of the world.”

Future meetings will be held to help understand the strategic priorities to promote a knowledge and skills exchange to support improvements in community health and social care.

Dr Deighan appointed NHS Lanarkshire medical director

November 10, 2022

Categories: Pulse, Pulse - General News

Tags: Chris Deighan, medical director



Dr Chris Deighan has been appointed as NHS Lanarkshire executive medical director.

Martin Hill, chair of NHS Lanarkshire, said: “We are delighted to announce that Dr Chris Deighan has been appointed as NHS Lanarkshire’s new medical director.

“Chris is a fantastic appointment and has vast experience across a number of roles. He is an exceptional leader who shares our commitment to improving the health and wellbeing of the people of Lanarkshire.

“We look forward to welcoming him to NHS Lanarkshire.”

Chris said: “It’s a privilege to be appointed executive medical director. I am excited to join the team at NHS Lanarkshire and take up this opportunity and challenge.

“I can’t wait to get started and look forward to working closely with colleagues to support delivery of high quality health and care across Lanarkshire by providing professional, clinical and managerial leadership across a wide range of strategic and operational responsibilities.”

Chris has been corporate deputy medical director at NHS Greater Glasgow and Clyde since June 2019, providing clinical leadership on Board-wide issues.

He previously held the post of chief of medicine for the north sector in Glasgow between 2015 and 2019, where he provided leadership across a broad spectrum of clinical specialties and, prior to that, clinical director for renal services and the centre for integrative care from 2009 to 2015. He has been a consultant renal physician since 2000.

Chris was clinical lead for the GG&C clinical service review strategy: Moving Forward Together and during the peak of the pandemic was deputy medical director for NHS Louisa Jordan and was also responsible for setting up phlebotomy hubs across the acute sector to support virtual patient management.

Dr Jane Burns will continue in post until her retirement on 31 December 2022. We are awaiting confirmation of Chris's start date

Latest discounts from NHS Staff Benefits

November 10, 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.

- **Bed and breakfast for £75 at Ibis Styles Glasgow Central and Ibis Styles George Square**

Ibis Styles Glasgow Central and Ibis Styles George Square are offering NHS Staff Benefits members an exclusive limited time offer. Book your bed and breakfast stay for just £75 – based on single or double occupancy.

To secure the offer, contact your chosen hotel directly and quote the exclusive discount code. You will be required to show proof of employment to validate the discount.

Contact details to book:

o Ibis Styles Glasgow Central: hb1c4-re@accor.com

o Ibis Styles Glasgow George Square: h9684-re@accor.com

Bookings made before 28 November will also receive a complimentary bottle of wine/ prosecco.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/bed-and-breakfast-for-75-at-ibis-styles-glasgow-central-and-ibis-styles-george-square>

- **15 discount in store from ROX – Diamonds & Thrills**

ROX – Diamonds & Thrills are offering NHS Staff Benefits members an exclusive 15 per cent discount which can be redeemed in store at their Glasgow and Edinburgh boutiques.

It could not be easier to make the most of the offer. Simply present your valid NHS ID in one of the ROX boutiques to secure the discount.

The offer is available on ROX jewellery only. It cannot be redeemed against selected brands, against sale items or in conjunction with any other offer.

For more information, including terms and conditions, visit:

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

- **Get 15 per cent off Frog Bikes**

Frog Bikes is an award-winning, sustainability-conscious manufacturer of lightweight kids' bikes.

Designed to accommodate specific needs and anatomies of children, the ergonomic range comprises balance, first pedal, hybrid, road, city, MTB and track bikes, for all ages, abilities and disciplines.

Designed and built in Great Britain and enjoyed in over countries.

To claim your NHS staff 15 per cent discount, simply copy the exclusive discount code and apply it at the checkout stage.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/get-15-off-frog-bikes-with-exclusive-nhs-code>

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

Staff vaccination clinics at our three acute hospital sites

November 11, 2022

Categories: Pulse, Pulse - General News

Tags: Covid vaccination



We have now identified suitable areas in the Salus Departments of our three acute hospital sites to provide dedicated vaccination clinics for staff who have not yet been able to receive their Winter vaccines (flu and/Covid-19 booster).

Staff can book an appointment through the NHS Inform online booking portal at <https://vacs.nhs.scot/csp> and choosing the health and social care option after logging in.

We are delighted that a number of staff have already taken the opportunity to get their flu and Covid-19 booster vaccinations. We would encourage any staff member who has not yet received them to book an appointment at <https://vacs.nhs.scot/csp>

When attending for vaccination proof of employment is required so please remember to bring an ID badge or payslip.

Please be aware the acute site clinics are for the flu and Covid-19 boosters only and are appointment only. Any staff opting to 'drop in' will not be vaccinated. Any staff who requires a first or second dose of the Covid-19 vaccine will need to book an appointment at one of our vaccination centres.

Frontline health or social care staff are also being encouraged to attend one of our community vaccination centres where they can drop-in at a time that suits them to receive their autumn flu and Covid-19 booster vaccinations. These clinics are open from 8.15am to 7.30pm and are listed below:

- Airdrie Town Hall

- Alistair McCoist Complex, East Kilbride
- Eddlewood Public Hall, Hamilton
- Braidfute Retail Park, Lanark
- Link Community Centre, Cumbernauld
- Ravenscraig Regional Sports Centre, Motherwell

Vaccination is a measure to reduce the risk of severe illness and help reduce the chance of contracting the infection and thereby passing it to others who are more vulnerable to serious disease.

We are encouraging all our staff to get their flu vaccination & Covid-19 booster as the more people who get the vaccine the greater protection there will be for our families, patients and colleagues.

We are also working with local staff who are peer immunisers to introduce further support on our three acute sites for staff to receive their flu and Covid-19 booster vaccinations. We will provide further information how to access the peer immunisers when arrangements have been finalised on each acute site.

Cheerio to Chief Executive

November 11, 2022

Categories: Pulse, Pulse - For You



After a 35-year career in the NHS, Heather Knox, chief executive, has said a fond farewell to all in NHS Lanarkshire.

In her final staff video, before retiring, Heather says thank you to all staff for their continued support.

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

- Vimeo – <https://vimeo.com/769854361>
- YouTube – <https://youtu.be/QR1k-SRzEZO>

Heather started in NHS Lanarkshire in 2015 as director of acute services, coming from the same role in NHS Fife.

Heather said: “When I first arrived in NHS Lanarkshire, it was like coming home as I already knew a lot of the colleagues. I have very much valued working with colleagues across NHS Lanarkshire – especially over the last few years.”

Heather was appointed chief executive of NHS Lanarkshire in September 2020 after working as interim chief executive from June 2020 – during the height of the Covid-19 pandemic.

Heather added: “The whole of the corporate management team and staff at every level rose to the occasion and brought their best self to work during that period. Our staff have shown outstanding professionalism and commitment in the way they have supported our patients, me in my role as chief executive, and each other during the pandemic.

“Despite all the ongoing pressures, I know colleagues will continue to make NHS Lanarkshire the wonderful place it is to work and deliver healthcare. Thank you to all our staff for everything you do every day.”

Martin Hill, chair of NHS Lanarkshire, said: “Heather has had a glittering 35-year career; she has been a highly successful career and she should be very proud. Heather is the very epitome of compassionate leadership and she is also a committed environmentalist. She has always had a strong focus on the health and wellbeing of staff and had a great connection with staff.

“Although we have only worked together for a relatively short time, I have great respect for Heather’s ability and her quiet confidence. On behalf of the Board, and everyone in NHS Lanarkshire, I want to thank her and wish her well in her retirement.”

Photo – Heather Knox (centre) with husband Alan (left) and Martin Hill, chair of NHS Lanarkshire (right).

International fraud awareness week 2022

November 14, 2022

Categories: Pulse, Pulse - Spotlight

Tags: bribery, corruption, fraud awareness week, Morag Holmes



International Fraud Awareness Week (IFAW) 2022 takes place 13-19 November when organisations across the globe dedicate time to raise awareness about fraud. The week-long campaign will reduce the impact of fraud by raising awareness among employees.

This year NHS Counter Fraud Services (CFS) will focus on bribery and corruption, what it is and how to recognise the signs.

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. 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.

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.”

CFS offers a fraud awareness eLearning module, hosted on [Turas](#). The module raises awareness of fraud, what it is, the impact it has in NHS Scotland and also guidance on how to protect the organisation from fraud. The module forms part of mandatory training for employees to complete every few years.

The link below features the launch of IFAW 2022 and relevant resources. It also provides a link to the CFS intranet page, available to all NHS Scotland employees.

[International Fraud Awareness Week 2022 \(office.com\)](#)

For more information 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**

Recovery of Circ8 exercise class across Lanarkshire

November 14, 2022

Categories: Pulse, Pulse - General News

Tags: exercise, Physiotherapy



The physiotherapy department in the Learning Disability Service has successfully recovered six Circ8 classes across Lanarkshire following the Covid pandemic.

Circ8 is a health promotion exercise class for people with a learning disability. It consists of a warm up, eight circuit stations and a cool down activity. Some minor changes to the class format have taken place to keep participants safer during Covid.

People with a learning disability have been more vulnerable to Covid but it is now more important than ever that they are able to increase levels of physical activity. Classes are based across leisure facilities in both North and South Lanarkshire.

The dietetic department also provide input at several of the classes offering healthy eating advice and the opportunity to be weighed if required.

Aaron McMaster who attends the Wishaw class stated: “I like keeping active and getting fitter”. Barry Hunter who also attends the Wishaw class said “I like being in a safe place to exercise. I like the friends I have made and the music.”

For more information on attending please contact the physiotherapy department in the learning disability service on 01698 752689.

Advanced nurse practitioner recruitment event

November 15, 2022

Categories: Pulse, Pulse - General News



NHS Lanarkshire is hosting an online event to encourage nurses to apply for trainee and qualified advanced nurse practitioners (ANP) roles.

The event is taking place on Monday 21 November 2022 at 6pm on Microsoft Teams. The event is open to nurses who have an interest in advanced practice and are looking to take the next step in their career.

Joanne McGregor, Senior Nurse for Advanced Nurse Practitioners, said: “This event will provide a great opportunity to meet our current ANPs at different stages of their training and find out all the information you need before embarking upon this exciting career journey. Being an ANP is a very rewarding career – join our event to hear about the opportunities available and how you can really make a difference.”

The event programme includes:

- the trainee ANP academic programme;
- practice learning and support;
- the real-life experience from our ANP trainees;
- what it’s like to be a qualified ANP; and
- question and answer session with the panel.

To book a place at the online event please contact Allison.McAndrew@lanarkshire.scot.nhs.uk

To view the job advert, visit <https://apply.jobs.scot.nhs.uk/displayjob.aspx?jobid=124516Job> closing date is 30 November 2022.

New Staff Health & Wellbeing Resources

November 15, 2022

Categories: Pulse, Pulse - For You

Following on from our recent Staff Health and Wellbeing Week, there have been many new resources added to the 'Your Health Matters', a dedicated website section which hosts all our staff health and wellbeing resources – [click here](#).

Within this section, you will find a range of resources that featured within our Staff Health and Wellbeing Week including Mindfulness videos, Keep Active information and new ways to increasing wellbeing. More resources will be published over the coming weeks.

Lesley Mackay, Programme Manager for our Staff Health and Wellbeing Group, recommends reading the new information on Your Health Matters and comments:

“I would encourage all our staff to delve into our new resources section to find new ways to boost health and wellbeing throughout the winter months. We've got some great resources from our Staff Health and Wellbeing Week so it's worth a look'.

Any comments or ideas about our staff health and wellbeing resources please drop a note to Lesley on Lesley.mackay@lanarkshire.scot.nhs.uk or email

Your.HealthMatters@lanarkshire.scot.nhs.uk

Visit Your Health Matters page which includes the new Staff Health and Wellbeing strategy – [click here](#).

New LearnPro Module to support pregnant women to quit smoking

November 16, 2022

Categories: Pulse, Pulse - Spotlight



NHS Lanarkshire's Quit Your Way service offers free, specialist support to pregnant women, their partners and families who want to quit smoking.

Guiding pregnant women who smoke towards this service is an important and potentially life-saving intervention for both mother and baby.

To support staff further, the Quit Your Way specialist pregnancy team has launched a new Very Brief Advice (VBA) LearnPro module to support all staff who are able to refer or signpost pregnant women who smoke to Ask, Act and Advise confidently. This training module was developed in consultation with expert clinicians, academics and trainers and takes approximately 30-40 minutes to complete.

VBA is a proven intervention to trigger attempts to quit smoking, and by completing this short training module on delivering VBA to pregnant women you will be equipped with the knowledge too:

- Describe the main effects of smoking upon the health of mother and baby
- Understand the patterns and prevalence of smoking among pregnant women
- Understand how and where VBA fits into the care pathway
- Establish smoking status (ASK), including CO screening
- Advise women on the best way of stopping smoking or managing their exposure to smoke (ADVISE)
- Support women to quit or manage their exposure to smoke (ACT)
- Deal with issues as they arise
- Complete a short assessment to consolidate your knowledge

[Complete the LearnPro Module](#) by selecting:

- ‘All Elearning’
- ‘CPD’
- ‘NHS Lanark: Very Brief Advice on Smoking for Pregnant Women’

Tracy Henderson, health improvement senior – tobacco control and pregnancy, NHS Lanarkshire, said: “Whether pregnant women have just found out they’re expecting or are further along their pregnancy journey, Quit Your Way’s specialist nurse advisers will support and empower them to quit smoking.

“We provide tailored support, encouragement and free nicotine replacement therapy (NRT) which are safe during pregnancy, as well as one-to-one video or phone appointments.

“This module was developed to support staff who engage with pregnant women to be confident to speak to them about their options to quit smoking, and takes no longer than 40 minutes.

“I would encourage staff to take part in this Very Brief Advice Training as the impact of smoking and exposure to second-hand smoke during pregnancy can increase chances of low birth weight, stillbirth, miscarriage and other health issues for mother and baby.”

	Maternal Smoking	Second hand smoke exposure
Low Birthweight	2 times more likely	Average 30-40g lighter
Heart Defects	9% more likely	Increased risk
Stillbirth	47% more likely	Possible increase
Preterm birth	27% more likely	Increased risk
Miscarriage	32% more likely	Possible increase
Sudden Infant Death	3 times more likely	45% more likely

Source: RCP. Hiding in plain sight: treating tobacco dependency in the NHS, 2018; RCP & RCPCH. Passive Smoking and Children, 2010

Celebrating Allied Health Professionals Day 2022

November 16, 2022

Categories: Pulse, Pulse - Spotlight

Tags: Allied health professionals



Allied Health Professionals (AHP) joined with the AHP Director, Peter McCrossan on Friday the 14 of October to celebrate AHP Day 2022 with University Hospital Monklands colleagues.

Ruth Paterson, AHP practice education lead, said: “AHP Day is celebrated each October and many people use the day to raise awareness of the professions and to create an opportunity to recognise the value that these professions bring to patients and their healthcare journeys.”

The 11 AHP professions in Lanarkshire are Orthoptics, Audiology, Speech and Language Therapy, Dietetics, Orthotics, Podiatry, Radiography, Physiotherapy, Occupational Therapy, Paramedics and Spiritual Care.

The organising team: physiotherapist Sekhar Santapur, speech and language therapist Abbey Poole (both at University Hospital Monklands), podiatry service development lead Nicola Smith and Ruth Paterson, an AHP practice education lead in NHS Lanarkshire.

Ruth added: “John McAleese and the Consumable Cres team kindly created a space to showcase information about the AHP professions and created a ‘selfie frame’ that colleagues and patients could pose in to show their support for the professions.

“Colleagues and patients were also invited to sign the ‘declaration of appreciation’. In total 47 colleagues and patients posed in the selfie frame and an equal number of colleagues and patients signed the declaration.

“Colleagues who posed with the selfie frame to show their appreciation included: health promotion and improvement, assistants, practice development, health care students, porters, consultants and

medics, discharge team, patient advocacy, deputy director, home assessment team, union and patients.

“There was even some time for an impromptu song and dance. Video messages of support for AHPs were made on Social Media by Heather Knox, Chief Executive, Eddie Docherty, Executive Nurse Director NHS Lanarkshire and Soumen Segunpta, Director of Health and Social Care, South Lanarkshire, which were shared on the day.”

For a full array of pictures taken on the day and to view the song and dance routine performed see Twitter using the hashtag #AHPsDayScot

‘Goldilocks approach’ secret ingredient of Partnership’s success

November 17, 2022

Categories: Pulse, Pulse - General News



The ‘Goldilocks approach’ behind award winning team’s recipe for success has been revealed.

South Lanarkshire Health and Social Care Partnership’s (SLHSCP) *Home First* triumphed in the Integrated Care category at the recent Scottish Health Awards. The evening recognises excellence across health and social care services.

“Home First could be likened to what we’d describe as the ‘Goldilocks approach’ – the key aim is to deliver care that’s ‘just right’ as opposed to too much or too little,” explained Soumen Sengupta the Chief Officer, SLHSCP.

“The ongoing pressures the entire health and social care system is experiencing as we move into the winter are well-publicised. Home First is a fundamental element to our local response to those pressures and is based on three key elements.”

Mr Sengupta added: “Firstly, people can be cared for at home (or as close to home as possible). Secondly, prevention of avoidable admissions to hospital and thirdly, where hospital admission is necessary, Home First seeks to support timely discharge.

Mr Sengupta added: “In essence, Home First is based on compassion and coordinating care around the individual’s needs. And quite often that’s about simple things that can make a significant difference.

“For example, assessing a person in their own familiar environment, as opposed to a clinical setting, can be less stressful for them. In turn, that enables staff to gather a much more accurate picture of a person’s needs. This is crucially important to ensuring the right package of care is set out, whilst supporting independence.”

Judges at the recent event were impressed at the concrete progress that’s been achieved under Home First so far – as well as plans for the immediate and longer term future.

Following an initial investment package of over £4 million, several steps have been put in place including additional nursing staff who have been recruited to boost the capacity of local integrated community support teams (ICST.) ICSTs combine the expertise of variety of health and social care professionals working together.

Multi-agency Home First teams have also been established in Lanarkshire’s hospitals. Their work is part of the discharge without delay (DwD) programme, which aims to establish a clear timeframe of when someone will go home – at the earliest possible stage – with community, hospital staff and other partners working together closely.

The End of Life pathway team, who provide holistic care to patients approaching end of life within a homely setting, are also a key part of the approach. They work on the premise that no end-of-life care patients should experience unnecessary delays in their discharge from hospital and that all health and social care needs will be delivered by the community nursing team.

In the summer members of South Lanarkshire Integration Joint Board (IJB) showed their support for the ongoing phase, approving £5.428m of additional investment to consolidate what has been gained.

Marianne Hayward, programme Director for Discharge without Delay (Lanarkshire) who has led the Home First approach said: “This significant investment is currently being used, primarily, to recruit more health and social care staff to our community workforce and build on links with our third sector partners/unpaid carers. Combined with a continued commitment to existing partner relationships, collaboration and communication, the collective energy being channelled into the Home First approach will strengthen our ability to deliver transformed care as we move through the remainder of a challenging 2022 – and beyond.”

Lesley McDonald, Integration Joint Board Chair, said: “Having met and witnessed the outstanding work of our staff and partners first hand, I know how compassionate and completely invested they are in delivering the right care, at the right time and in the right place to the people in their care.

“The fact that Home First has already been acknowledged as best practice nationally speaks further to the rigour, innovation and commitment our staff are bringing to addressing well publicised

challenges being encountered across the nation.”

‘Medically, practically and emotionally and I cannot thank them enough’

When Jessie Turner was admitted to hospital last year having suffered a stroke, she feared she might not return to her Cambuslang home. Having only just recovered from a hip operation, the still active 94-year-old was convinced that her much-prized independence was at risk. However, thanks to the Home First programme, she has been able to recover and rehabilitate in the comfort and security of the house she has lived in for decades.

“I don’t know where I would be without the carers who come in every day”, said Jessie.

“I feel so fortunate. Thanks to Home First, my home carers, the hospital physiotherapists and occupational therapists all worked together and planned things so that I could not only get back to my home but live well there. Having this team of people in my life has made more difference than I could ever have imagined, medically, practically and emotionally and I cannot thank them enough. It’s been life changing.”

Read full story [here](#).

Latest discounts from NHS Staff Benefits

November 17, 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 45 per cent off – £3.31 per month for three months of getting 10 of your favourite prints delivered to your door**

Get your best photos delivered monthly with klikkie. Klikkie helps you select, save and print 10 premium quality photos. Enjoy a variety of formats to display and share your family moments.

What do you get?

- o Fun photo packs with a variety of formats;
- o Easily look back on previous months. All photos are saved in the app;
- o Never forget to print your photos with monthly reminder;
- o Your moments deserve the highest quality prints;
- o Shipping is always included;
- o Flexible pausing and cancellation, whenever you like;
- o Happiness with your photos guaranteed;
- o Normal price only £6.95 per month.

NHS staff can get their first three months of klikkie for £9.95 instead of £17.9 – that's £3.31 per month instead of only £6.95.

To access the offer, copy the exclusive discount code and visit the klikkie NHS offer page. Paste your coupon code and select the membership you want to start.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/get-45-off-3-months-of-klikkie-your-favourite-photos-delivered-monthly>

- **25 per cent off everything from People Tree**

A pioneer in sustainable Fair Trade fashion, People Tree launched in 1991. The core mission has stayed the same over the past three decades. Every product is made to the highest ethical and environmental standards from start to finish. Shop the latest collection, including new V&A collaborations, a brand new Moomin collaboration and lots more.

NHS staff can now save 25 per cent off all products including sale from People Tree.

To access the offer, use the exclusive discount code at the checkout stage.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/25-off-everything-from-people-tree>

- **25 per cent off all Nursem skincare**

NurseM is a range of therapeutic skincare developed with nurses to help maintain and restore healthy, balanced skin. Born on a nursing ward, as a nurse, their co-founder Antonia often came home with sore, cracked and bleeding hands from constant hand washing needed to keep her patients free from infection. Knowing that this problem affects nearly all nurses, Antonia and her husband Jonny worked for seven years with a group of British nurses, laboratories and Newcastle Science City to create a range of therapeutic formulas.

For every product you buy, NurseM give a month's worth of products to a nurse or midwife.

NHS Staff Benefits members can save 25 per cent off all NurseM skincare.

To secure the discount, simply click on the 'Get Deal' button and the discount will automatically be applied at checkout.

For more information, including terms and conditions, visit:

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

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/>

National Stop The Pressure Day

November 17, 2022

Categories: Pulse, Pulse - Spotlight



Pressure ulcers are a wide issue affecting many people.

“A pressure ulcer is localised injury to the skin and/or underlying tissue usually over a bony prominence, as a result of pressure, or pressure in combination with shear.” (2014, EPUAP)

It comes at a great cost to the NHS.

“Treating pressure ulcers costs the NHS more than £1.4 million every day (Guest et al. 2017).”

Most importantly, the cost to the patient is even greater. Pressure ulcers can cause pain, reduced mobility, social isolation, increased stay in hospitals, sepsis and even death.

By using the simple SSKINS acronym, pressure ulcers can be prevented and managed effectively.

- **S**kin Inspection
- **S**urface
- **K**eeP Moving
- **I**ncontinence
- **N**utrition
- **S**elf-Management

This year, to raise awareness, University Hospital Monklands and University Hospital Wishaw will glow in red light on Thursday 17 November – National Stop The Pressure Day.

More information on prevention and management of pressure ulcers is available on the Tissue Viability Service section of Firstport.

The Tissue Viability Service will be sending out daily resources and messages to assist staff with stopping the pressure for our patients.

Many Thanks

The Tissue Viability Service

Video message from deputy chief executive

November 18, 2022

Categories: Pulse, Pulse - General News



Judith Park, NHS Lanarkshire director of acute services and deputy chief executive, gives this week's staff message. Judith is providing interim cover until our new chief executive, Jann Gardner, takes up the post in December.

Judith starts by providing an update on the Covid numbers and system pressures. Staff will be aware that strategic command meetings are taking place three times per week. Next week, the strategic command group are having a whole-system event about frailty as well as a further event to identify opportunities that will improve hospital flow.

Judith ends by urging staff to get their vaccinations. There are still appointments available in the Salus Departments of our three acute hospital sites who are providing dedicated vaccination clinics for staff who have not yet been able to receive their winter vaccines (flu and/Covid-19 booster).

Staff can book an appointment through the NHS Inform online booking portal at <https://vacs.nhs.scot/csp>. Choose the health and social care option after logging in and use the drop down menu to see the three sites.

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

- Vimeo – <https://vimeo.com/772409740>
- YouTube – <https://youtu.be/Yk4aO5gDckE>

Winter clothing donation scheme launches today

November 21, 2022

Categories: Pulse, Pulse - General News



The coming months are going to be especially tough for many, given the cost-of-living crisis.

It is against that backdrop that our partners in South Lanarkshire Council are this year once again launching its winter clothing donation campaign to help those most in need.

This year the council are expanding our collections to assist with a variety of projects including:

- As last year, preloved winter jackets for our annual winter clothing campaign
- Preloved bedding for our Rag Rug project – finished products will be donated to the SSPCA and Pathfinder Dogs charity
- Odds and ends of wool for our knitting group – with seasonal products donated to various charities

Soumen Sengupta, Director of Health and Social Care for South Lanarkshire, said: “This is going to be a particularly challenging winter for many people and families right across our communities.

“In the face of such challenges the commitment of staff across our services, such as our Unpaid Work Service, is only matched by the generosity of the people of South Lanarkshire, whose support we very much appreciate.

“We know that everyone is having to tighten their belts and so anything that can be spared will be very much appreciated.

“Our Unpaid Work Team will ensure that the clothing donated will be laundered, sorted and redistributed across South Lanarkshire to the people who need them the most.”

Donations can be handed in from Monday 21 November until Monday 19 December 2022 at the following collection points:

- Auchentibber Resource Centre, East Avenue, Blantyre
- Council Headquarters, Almada Street, Hamilton
- Brandongate Office, Leechlea Road, Hamilton
- South Vennel, Lanark
- Cambuslang Gate, Main Street, Cambuslang
- Civic Centre, Andrew Street, East Kilbride

Deadline for Pulse competition entries

November 21, 2022

Categories: Pulse, Pulse - For You

Tags: ARRAN, Christmas bundle, pulse competition, Sense of Scotland



Staff have until 5pm today (Monday 21 November) to submit their entry for the latest Pulse competition, which will see one lucky reader win a limited edition ARRAN Sense of Scotland Christmas bundle. This will include:

- Advent calendar containing contents worth over £140
- Coorie 30cl scented candle
- Mandarin and petitgrain 30cl scented candle
- Hot toddy 30cl scented candle

Don't forget, NHS Staff Benefits members can save 30 per cent off Arran Sense of Scotland's Christmas collection. For details, visit:

<https://www.nhsstaffbenefits.co.uk/deal/save-30-off-arran-sense-of-scotlands-christmas-collection>

To enter the competition, answer the following question:

In 'The 12 Days of Christmas' carol, what was the gift on day five?

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 'ARRAN' in the subject line.

Smoking burns your money as well as your cigarettes

November 21, 2022

Categories: Pulse, Pulse - Spotlight



NHS Lanarkshire, NHS Greater Glasgow and Clyde and NHS Lothian have joined forces to support people who wish to quit smoking. They're launching a new campaign focusing on the harmful effects smoking has on people's health and bank accounts.

As the cost of living continues to rise, many people may be finding it difficult to make ends meet. This joint awareness campaign between Scotland's three largest health boards focuses on the benefits of quitting smoking to physical and mental health as well as money worries.

It directs those who smoke and their families to the free NHS stop smoking service: Quit Your Way. The service offers 12 weeks of support to anyone who smokes, including free nicotine replacement therapy, and specialist support to quit for pregnant women and those with mental health problems.

The campaign features NHS respiratory consultant, Dr John McCafferty, emphasising that although some may believe smoking is helping them cope through these difficult times, it actually has the opposite effect and makes them feel worse. [Watch the video here.](#)

Dr John McCafferty, consultant respiratory physician, NHS Lothian, said: "I understand people struggling might believe smoking helps them to relax. However, that relaxed feeling only lasts a short time before they start to feel anxious, tired and depressed. That can then lead to smoking more – it's a vicious circle.

"In my role as a respiratory consultant, many of my patients have serious health issues due to smoking, including COPD and lung cancer. I hope that being able to raise further awareness of the Quit Your Way service will encourage people thinking of quitting smoking to give it a go, even if they have already tried before.

“The health benefits from stopping smoking start almost as soon as you stop, quitting could save your life.”

Shirley Mitchell, programme manager – Quit Your Way, NHS Lanarkshire,

commented: “Smoking is not the main reason for poverty, but it does make things much worse for people living with money worries. For example, if someone smokes twenty cigarettes per day, research shows quitting could save them at least £3000 per year.

“Working in partnership with both NHS Greater Glasgow and Clyde and NHS Lothian means we’re in a much stronger position to raise awareness of our service, especially at a time when people may be struggling more financially and mentally.

“We know nicotine is a powerful, addictive drug, but by getting the right support from our service, it can increase your chances of quitting.”

Geraldine Lucas, Health Improvement Lead – Quit Your Way, NHS Greater Glasgow and Clyde, said: “Quitting smoking is the single most important thing someone can do to improve their health.

“Most people will know that quitting smoking can improve their physical health, but it’s also proven to boost your mental health and wellbeing, helping relieve stress and anxiety. We want to highlight that our services are there to support people at this very challenging time.

“The NHS has a great team of Quit Your Way advisers with lots of experience in helping people to give up smoking. Stop smoking services can provide tailored information and support, as well as discussing the free nicotine replacement products like patches and gum that are available through the Quit Your Way services to help you quit.”

To find out about the stop smoking services and to access the best support to quit in your area call the **Quit Your Way helpline service on 0800 84 84 84** between Monday – Friday from 9am until 5pm or visit [QuitYourWay.scot](https://www.quityourway.scot).

You can also visit your local **Community Pharmacy** for FREE stop smoking support.

Where to start with self-care

November 22, 2022

Categories: Pulse, Pulse - For You

Tags: staff health and wellbeing



For NHS Lanarkshire staff to be able to manage their own health and wellbeing The Talking Rooms have provided a Self-Care Check-In & Needs Review to help highlight where to start.

By self-reflecting on 20 areas and assessing the impact of these, staff can begin to make a plan for their self-care in ways that aim to improve their experiences of health, wellbeing, work, relationships and personal growth.

Complete the Check-In [here](#)

For further information and resources on Staff Health and Wellbeing visit [Your Health Matters](#)

Retirement of Dr Linda Findlay, Medical Director

November 23, 2022

Categories: Pulse, Pulse - Spotlight



After a 32-year career in the NHS, colleagues have bid a fond farewell to Dr Linda Findlay, Medical Director for South Lanarkshire Health and Social Care Partnership.

Dr Findlay joined NHS Lanarkshire in 2001 as a senior trainee in psychiatry, before becoming a consultant in the Learning Disability Service in 2003. She has held a number of different roles before taking up the post of Medical Director in 2018.

Linda, said: “It has been my absolute privilege to grow my career in Lanarkshire and to have had such a varied career. I have been fortunate to have been involved in service redesign, ranging from the move from residential hospital care for those with a learning disability to the community through being involved in the Distress Brief Intervention Service, to responsibility for the Primary Care Improvement Plan. I have worked with hugely supportive colleagues whom I will greatly miss.”

Soumen Sengupta, Director of Health and Social Care for South Lanarkshire, added: “Linda is a truly exceptional leader and a respected team-player who will be sorely missed. She has consistently been a vocal advocate for clinical quality, innovative practice and compassionate care.

“Linda has always championed the contributions made by all of our staff and the importance of ensuring that the safety of the people we care for is at the heart of everything we do. She leaves a lasting legacy to be proud of and with all of our thanks for the significant difference she has made. I wish her only the best as she enters the next chapter of her life.”

World AIDS Day

November 24, 2022

Categories: Pulse, Pulse - Spotlight



Every year, people across the world mark World AIDS Day on 1 of December to remember those who have died from an AIDS related illness, raise awareness to help prevent new cases of HIV and challenge the stigma and discrimination associated with the illness.

Despite improved treatments and understanding, the condition continues to affect some of the most vulnerable people in our communities.

Fiona McGovern, Health Improvement Senior for the Blood Borne Virus and Sexual Health Promotion Team said:

“Today over 105,000 people live with HIV in the UK. Yet recent research found 63% of the public do not remember seeing or hearing about HIV in the past six months. World AIDS Day is the perfect time for us to raise much needed awareness about HIV.”

HIV is considered a **manageable long-term health condition**, with treatments allowing people to live long and healthy lives.

The most up to date figures estimate there are 6,122 people living with HIV in Scotland. Around 92% of these people have been diagnosed and 90% of those who have been diagnosed are attending specialist care services.

European HIV & Hepatitis Testing Week is promoted from 21st – 28th November and it's more important than ever to promote regular testing. The sooner people know their status, the quicker they can access effective treatment. This is both beneficial to them and to any sexual partners they have.

The red ribbon is the international symbol for World AIDS Day and we will be promoting the National AIDS Trust **#RockTheRibbon** Campaign.

Please show your support and be an ally to those living with or otherwise affected by HIV by wearing a ribbon – which can be requested by contacting Fiona McGovern, Health Improvement Senior at [**Fiona.mcgovern@lanarkshire.scot.nhs.uk**](mailto:Fiona.mcgovern@lanarkshire.scot.nhs.uk)

For further details on HIV and hepatitis prevention, testing and treatment in Lanarkshire, visit:

Lanarkshire HIV & Hepatitis website: [**https://www.lanarkshirehivandhepatitis.org/**](https://www.lanarkshirehivandhepatitis.org/)

NHS Lanarkshire Sexual Health website: [**https://www.lanarkshiresexualhealth.org**](https://www.lanarkshiresexualhealth.org)

Realistic medicine conference

November 24, 2022

Categories: Pulse, Pulse - General News

Tags: realistic medicine



NHS Lanarkshire's annual Realistic Medicine Conference will take place on Friday 9 December 2022 from 8.30am to 1.30pm.

The conference will be delivered in person at University Hospital Hairmyres Lecture Theatre and is open to all NHS Lanarkshire and health and social care partnership staff.

It will feature updates from our national realistic medicine team colleagues and will also showcase local progress and success to date and highlight best practice. The conference presentations and poster viewing will provide an opportunity to learn and network with other colleagues.

Karen Morrow, realistic medicine programme manager, said: "This conference is open to all health and social care professionals within Lanarkshire. Attending the conference will enable staff to engage with the realistic medicine vision for Lanarkshire and how it aligns with national realistic ambitions. It will also showcase local and national updates and will provide the opportunity to hear from colleagues on their innovative realistic medicine projects.

"CPD accreditation and revalidation will be achieved through conference keynote sessions, networking and poster viewing and with colleagues showcasing their innovative work."

To book a place, please email LQA.RealisticMedicineTraining@lanarkshire.scot.nhs.uk

For more on realistic medicine, visit our website [here](#).

Bellshill Christmas appeal

November 25, 2022

Categories: Pulse, Pulse - Spotlight



Bellshill Health Improvement Team are supporting our local community in Bellshill to make Christmas a brighter time for those who need a little extra help.

There is an established an amazon wish list to make donating to the cause as easy as possible.

https://www.amazon.co.uk/hz/wishlist/ls/2IFLIT6ADAUPA?ref=wl_share

Older children and teenagers are often a group that get forgotten, if you'd like to help out and donate but not through the amazon wish list please contact

Marc.Howard@Lanarkshire.scot.nhs.uk or call Marc on 07973 785 190

Plea for high risk people to get vaccinated this autumn

November 28, 2022

Categories: Pulse, Pulse - General News



A senior respiratory clinician is reminding local Lanarkshire residents who are at high risk that getting their Winter vaccinations will not only offer protection but help reduce the risk of severe illness from flu and Covid this winter – both of which can cause very serious illnesses.

Appointments are available for anyone at high risk or anyone who is a household contact of someone with a weakened immune system and can be booked through the NHS Inform booking portal at <https://vacs.nhs.scot/csp>

Professor Andrew Smith, Consultant in Respiratory Medicine at University Hospital Wishaw said: “While the number of Covid cases has dropped significantly and people have slowly got back to some sort of normality, the reality is that Covid has not gone away and is still a very serious infection.

“This winter we are expecting to see a significant rise in cases of influenza. This is already evidence in other countries such as Australia which has already experienced waves of infection this year. This in combination with the ongoing circulation of Covid-19 provides even more reasons for the importance of receiving our winter vaccinations when they are offered.”

If anyone has received an appointment and the date is not suitable it can be rescheduled through the NHS Inform online booking portal to a more suitable date or time.

The programme is already vaccinating eligible care home residents and staff, the housebound, frontline health and social care staff, and appointment letters are being issued for other eligible cohorts in a sequential order determined on nationally agreed clinical priorities.

Media highlights

November 28, 2022

Categories: Pulse, Pulse - Spotlight



Our communications team has delivered a variety of news stories recently. Here are a few highlights:

Encouraging the uptake of Vaccinations across Lanarkshire

Our recent focus of media coverage has been around encouraging people to take up both their flu and Covid-19 booster vaccination. The highlights of coverage include hosting STV at Airdrie Vaccination Centre for a feature on STV Evening News, and hosting BBC at Ravenscraig vaccination centre for coverage during Reporting Scotland Evening News.

A big thanks to all staff who featured in the footage.

We also shared a press release from Dr Skeoch, the clinical lead of the vaccination programme, which encouraged Lanarkshire residents to attend their vaccination appointments to ensure that their protection does not fade.

The press release received widespread coverage in the local media across Lanarkshire including East Kilbride News and Rutherglen Reformer. Read the press release [here](#).

Kick Start Careers

NHS Lanarkshire has welcomed 15 eager and inspiring young people to work placements in February, in partnership with the National Government Employability programme 'Kickstart'.

This is part of NHS Lanarkshire's commitment to creating opportunities for young people through high quality roles to build their skills in the workplace and gain more experience to improve their long-term work prospects.

The scheme offered the participants, aged 16-24, six-month work placement across domestic, clerical or health support worker roles. More than half of the participants have secured permanent

employment with the health board and other organisations.

This release has been featured largely in local media, with very positive coverage – such as this article for [East Kilbride News](#).

Read the press release for ‘Kickstart’ [here](#):

Appointments

Our new appointments have received strong positive coverage in local media.

NHS Lanarkshire has appointed a new Chief Executive, after the announcement that Heather Knox was retiring. Professor, Jann Gardner, Chief Executive of NHS Golden Jubilee, will be taking over the role in December 2022. Read the press release [here](#).

Most recently, Dr Chris Deighan has been appointed as Medical Director for NHS Lanarkshire. Taking over from Dr Jane Burns, who retires in December 2022, we are awaiting a start date for Dr Deighan to commence his role. To read more, click [here](#).

Dr Mark Russell has been appointed as Medical Director for South Lanarkshire Health and Social Care Partnership (SLHSCP). Dr Russell was key in the creation and delivery of the Covid-19 vaccination programme during the pandemic and continues to provide clinical input. This was the largest vaccination programme ever undertaken in Lanarkshire. Read more [here](#).

Additionally, 80 new junior doctors have been welcomed into NHS Lanarkshire 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. Read the press release [here](#).

Pressures on public sector finances and the small steps you can take to reduce waste

November 29, 2022

Categories: Pulse, Pulse - Spotlight



The rising costs affecting households are also impacting on all health boards. These combined with extra costs linked to Covid-19 and a high use of overtime, bank and agency staff in the face of relentless demand, adds up to an incredibly difficult challenge ahead.

As tough decisions are being worked through as to how NHS Lanarkshire can best provide services while dealing with financial pressures, this can only be done successfully with the input and actions of colleagues right across NHS Lanarkshire.

There will soon be a programme of financial efficiencies communications and engagement setting out what this means and what you can do, but in the meantime, anything colleagues can do to reduce waste or find a cheaper option will help, even if it's small. This could be things like:

- Turn off radiators when rooms are unoccupied
- Ensure radiators are free from obstructions
- Make sure lights are switched off in rooms that are not in use
- Switch PCs, monitors and non-essential equipment off when not in use rather than leaving them on standby

If you are experiencing money worries of your own, you can access support and advice from:

[CABS](#)

- The Money Advice Service is a UK-wide organisation which offers free practical help for millions of people who need impartial money advice, whatever their financial circumstances.

North Lanarkshire Council – Financial Inclusion 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.

Sources of financial wellbeing support

November 29, 2022

Categories: Pulse, Pulse - For You

Tags: staff health and wellbeing



Turn down a room thermostat from 22 to 21 degrees



Only fill the kettle with as much water as you need

NHS Lanarkshire's recent Staff Health and Wellbeing Week recognised that financial wellbeing is an area where everyone is keen to ensure they are managing. Financial worries cause stress and uncertainty, but you are not alone. Our partners Home Energy Scotland and NHS Credit Union are available to offer advice, information and services to staff and their families who want to ensure they are managing the financial pressures everyone feels from time to time.

For more information on financial wellbeing visit [Your Health Matters](#)

Veterans First Point offers support for veterans

November 30, 2022

Categories: Pulse, Pulse - Spotlight



Veterans First Point (V1P) is a comprehensive support service for veterans living in Lanarkshire.

This service was designed by veterans, for veterans, and is staffed by veteran peer workers and psychologists and offers advice and support when it is needed most.

Andy Siddaway, Professional Lead for Veterans First Point (V1P) Lanarkshire said:

“Adjusting to civilian life after service in the armed forces can be tough. Most ex-military personnel make a smooth and successful transition to civilian life, but some people struggle and benefit from some specialist support.

“We will work with you to obtain the right support from those who can best help – when you need it.

“Veterans First Point is unique. We are here for veterans who experience any issues. If you have served for one day or more in the military, territorials, reserves or merchant navy (in support of military operations), you are a veteran.

“Veterans can self-refer to V1P or be referred by other professionals. We have veteran peer support workers who engage veterans and assess any and all needs. Our peer support workers either meet those needs themselves or signpost to a range of specialist veteran support organisations. Where there are mental health needs, we have a clinical team who provide individualised, evidence-based interventions.

We recommend that referrals are discussed with veterans beforehand because whilst some want to enter a specialist veterans’ services, some don’t.”

NHS Lanarkshire continues to be proud to employ and support veterans.

Craig Cunningham, NHS Lanarkshire's Veterans' Champion added: "NHS Lanarkshire is fully committed to the Armed Forces Covenant and exhibits this both in terms of delivery of health services for armed forces personnel and veterans, as well as support for employment of our Reserves and veterans.

"We support our staff who have signed up as Reserves and have a range of HR policies in place for veterans, Reserves, and Cadet Force Adult Volunteers."

A new national campaign is also being launched which encourages veterans to seek help with their mental health.

The campaign The Guard, by See Me, Scotland's national programme to end mental health stigma and discrimination, is being launched in the waiting room at Edinburgh Waverley station on 29 November 2022 at 3.30pm.

In developing this campaign See Me have spoken to veterans all over Scotland, who have said that not wanting people to know what you are going through, and worries about being seen as weak, stop veterans reaching out.

To help change this, See Me, have worked with veterans, and with support from Combat Stress and the Scottish Government have developed The Guard. The campaign will focus on five veterans, who have served across the forces, sharing their stories of struggling with their mental health, keeping it from others, and eventually reaching out for help.

Portraits of the five veterans will go on display in Edinburgh Waverly station from 29 November 29 until 8 December 8, all with a QR code, which will allow people to scan and listen to the veteran's stories.

If you are unable to visit the portraits in person, you can find out more about the campaign at <https://www.seemescotland.org/priority-groups/veterans/>

More information on Veterans First Point can be found [here](#).

NHS chair praises work of Maggie's

November 30, 2022

Categories: Pulse, Pulse - General News

Tags: Maggie's Lanarkshire



Martin Hill, NHS Lanarkshire chair, was full of praise for the outstanding work being done at the Maggie's Centre on a recent visit.

Maggie's Lanarkshire, based at the Elizabeth Montgomerie Building, University Hospital Monklands, helps those who have been diagnosed with cancer.

The homely environment gives people the space, time and support to help them cope with the challenges of cancer.

Martin attended the centre alongside non-executive board members Ally Boyle and Lesley McDonald, who is also whistleblowing champion, where Lorrie Cameron, centre head and clinical psychologist, showcased all the work being done at the centre to support people with cancer.

Martin said: "We were most impressed, not only by the feeling of friendly welcome and calm when you enter the centre, and not even just by the imaginative programme of events, meetings and classes run every week, but by the hugely important work of quietly supporting the needs of people who have a diagnosis of cancer.

"We heard that many of our hospital staff colleagues were aware of what Maggie's had to offer people, some even attending the programme, but there are also some who don't quite know what's on offer and don't signpost their patients.

"Particularly for those colleagues who are involved with patients with a diagnosis of cancer, I would highly recommend that they find out more and, if they have the time, even to pop in to the Centre

and chat with Lorrie and her colleagues about how their support might complement our clinical work and add value to the benefit of our patients and families.”

More information about Maggie’s can be found [here](#).