

# PULSE

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

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April 2023

# Latest discounts from NHS Staff Benefits

April 3, 2023

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](http://www.nhsstaffbenefits.co.uk)

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

- **15 per cent NHS discount on activities at Go Ape**

A Go Ape NHS discount is now available for all NHS staff benefits members.

From tree-to-tree crossings, bouncy nets and all-terrain Segways, Go Ape has all the adventure boxes ticked. Whether you are a thrill seeker or after quality family fun, put a smile on your face, get the wind in your hair and make some memories that will last a lifetime.

Go Ape is offering an NHS discount of 15 per cent off activities at all sites (excludes Saturdays). To access the offer, use the exclusive NHS discount code to book online.

Go Ape has locations in Peebles, Stirling and Banchory, Aberdeenshire.

For more information, including terms and conditions, visit:

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

- **£25 off holiday bookings with Jet2**

Looking for a Jet2 NHS discount? Jet2holidays have package holidays you can trust – with accommodation, return flights, transfers and a 22kg baggage allowance wrapped up into an ATOL-protected package holiday.

Book now for just a £60pp deposit– plus NHS staff benefit members get an additional £25 off per booking (for minimum of two people).

To access the offer, please use the exclusive Jet2 NHS discount code. The Jet2 NHS discount can be used on all Jet2holidays bookings.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/jet2-holidays-nhs-discount>

- **10 per cent NHS discount on childcare costs at Little Stars nurseries**

Sheila and Kevin Gilmartin have been involved in childcare for nearly 20 years, starting their first nursery in their house in Alloa. After building their first open plan nursery next to their house, they have expanded into other sites in Stirling, Falkirk, Govan and Hillington.

Little Stars nurseries provide childcare and early education for children from birth to aged five across their nurseries in Glasgow and Clackmannanshire. They are committed to providing the best possible experiences for both children and families and are proud to have over 500 families enjoying and thriving due to their facilities.

Little Stars nurseries is offering NHS staff 10 per cent discount on childcare costs and a refundable £30 admin fee – just show your NHS ID/payslip on your visit.

Open 51 weeks of the year from 7.30am to 6pm, you can also take advantage of their referral scheme when recommending new families to Little Stars and also their EasySwitch scheme if moving from another nursery.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/10-discount-on-nursery-costs-and-refundable-admin-fee-at-little-stars-nursery-govan>

<https://www.nhsstaffbenefits.co.uk/deal/10-discount-on-nursery-costs-and-refundable-admin-fee-at-little-stars-nursery-hillington>

<https://www.nhsstaffbenefits.co.uk/deal/10-discount-on-nursery-costs-and-refundable-admin-fee-at-little-stars-nursery-alloa>

<https://www.nhsstaffbenefits.co.uk/deal/10-discount-on-nursery-costs-and-refundable-admin-fee-at-little-stars-nursery-falkirk>

<https://www.nhsstaffbenefits.co.uk/deal/10-discount-on-nursery-costs-and-refundable-admin-fee-at-the-new-little-stars-nursery-stirling>

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

# Take control of health & ‘Quit Your Way’

April 4, 2023

Categories: Pulse, Pulse - For You

Tags: no smoking day, no smoking day 2023, quit your way



NHS Lanarkshire is encouraging residents and NHS Lanarkshire staff who smoke to contact its free Quit Your Way service. There they will find a variety of support available to meet specific needs for each person, including:

- one-to-one telephone or video calls;
- local pharmacy support;
- nicotine replacement therapy delivered to people's homes;
- personalised quit plans.

There are many benefits of quitting smoking, including better health and helping with financial worries, especially for those who may be struggling during the cost of living crisis.

Quitting can also improve mental health, as some may also believe smoking is helping them cope through difficult times, when it actually has the opposite effect and makes them feel worse.

One Lanarkshire resident, who quit smoking with the NHS Lanarkshire Quit Your Way service, said: "I quit smoking for two reasons – my health and the money it was costing. I had previously stopped smoking for around 15 years, however, in 2020 my mum was seriously ill and passed away. It was such a stressful time that I started smoking again and before I knew it I was smoking 20 cigarettes per day. I was spending £300 a month on cigarettes, and with the way things are going with bills etc increasing, I couldn't do it anymore.

“This time around it hasn’t been easy to stop. My adviser has been a fantastic support and gave me lots of hints and tips, I was using the patches and gum to manage withdrawals but I’m only using the gum now and it’s getting easier.

“I’ve been putting this cash by in a tin that I would spend on cigarettes. My grandson wanted a football strip which I thought was too much money to buy him, but after my first 10 days of quitting smoking, I was able to buy it for him. I’m also keeping the money I’m saving for other bills. That was just a part of it though – my health was the main reason and I now have more energy and my house doesn’t smell of smoke anymore.”

Shirley Mitchell, senior health improvement manager – Quit Your Way, NHS Lanarkshire, commented: “When it comes to quitting smoking, everyone is different but giving up is not something people have to do on their own

“During this challenging time when people may be struggling more financially and mentally, some might believe smoking helps them 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.

“I’m sure raising further awareness of No Smoking Day will encourage people thinking of quitting smoking to give it a go. Our service is here to support all Lanarkshire residents, even if they have already tried before, as we understand that nicotine is a powerful and addictive substance.”

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 and Friday from 9am until 5pm or visit [QuitYourWay.scot](https://www.quityourway.scot).

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](#).

There is also still time for NHS Lanarkshire staff to register for free access to the [Smoke Free App](#). There are four licenses left for staff to redeem, which are usually worth up to £50 each to access certain features. Staff who sign up will have free access to the app for 12 weeks and will also be provided with free nicotine replacement therapy delivered to their home or to collect from their chosen pharmacy.

# Michelle launches menopause support group

April 4, 2023

Categories: Pulse, Pulse - Spotlight

Tags: Menopause



Neonatal nurse educator Michelle Brooks, age 38, has started a monthly staff menopause support group at University Hospital Wishaw. Her personal experience of premature menopause has motivated this.

Michelle explains: “Menopause is a transition that affects 100 per cent of women however 25 per cent experience severe symptoms.

“Results of a national survey revealed that 90 per cent of respondents believed their symptoms negatively affected their work. Around 50 per cent reported menopause related absences with around 30 per cent considering leaving their jobs or reducing their hours due to their symptoms.

“With a predominantly female, ageing workforce and access to numerous expert health professionals, University Hospital Wishaw seemed like the perfect location to initiate this group.

“With the backing of the maternity and neonatal senior leadership team and spiritual care/wellbeing teams, the group was formed. It has been supported by maternity secretary who shares communications, mail room who deliver flyers every month and the chaplaincy service who provide accommodation and refreshments.”

Jacqui Dillon and Caroline Spalding founders of the support group Menopause Warriors Scotland who starred in recent Davina McCall documentary have contributed to the success of the group from sharing their name to facilitating the first meeting.

Michelle added: “They are a pair of inspirational women in the menopause world who have recently been granted charity status for their organisation and have invited Michelle to sit on their board of

trustees.

“Subsequent meetings have been supported by a range of NHS professionals who have provided education and answered questions on their area of their expertise.

“The group have been grateful for the support of Kanan Rana (gynaecologist), Clare Willocks (gynaecologist), Louise McKay (physiotherapist) and Emma Ross (psychologist). To celebrate six months of Menopause Warriors Wishaw, the group enjoyed a visit from alternative therapist Ria this month who demonstrated some yoga and provided some massages.

“In addition to the evidence based information from specialists in their field, the group provides leaflets, copies of the workplace menopause policy, National Institute of Clinical Excellence (NICE) guidelines and a communication forum for its members between meetings.

“The most valuable aspect of the group however is believed to be the opportunity for women to support each other through sharing lived experiences and providing peer support to one another. There have been tears, laughter and lots of friendships formed along the way.”

Michelle who runs the group is in discussions with Monklands and Hairmyres wellbeing groups as well as various NHS and non NHS community groups to facilitate the establishment of additional menopause support groups.

The long-term vision is for meetings to be running in all three NHS Lanarkshire sites and in the community on different evenings so staff can have the flexibility to access support wherever and whenever is most suitable for them.



# Tania retires after remarkable 41 years' service

April 5, 2023

Categories: Pulse, Pulse - Spotlight

Tags: Retirement, Tania Kane



Congratulations go to Tania Kane, access planning manager, who recently retired from NHS Lanarkshire after a remarkable 41 years' service.

Tania, who was based at Kirklands Headquarters, started her career with NHS Lanarkshire as a clerical officer in medical records as part of a youth training scheme (YTS). Throughout her career, Tania has held various roles including supervisor in outpatients department; supervisor in medical records and supervisor in contracts department where she contributed to the implementation of GP fundholding. Other roles Tania has held include assistant planning manager, business support manager in the medical directorate and business support manager in theatres and anaesthetics.

Tania lives in Airdrie with her husband James and has a daughter, Megan, who is her pride and joy. Tania has four siblings and family is really important her. In her spare time, Tania enjoys spending weekends with her daughter and to holiday anywhere the sun is shining, but her heart lies in Fuerteventura and Disney Florida.

Tania has a hidden talent and is known to have 'Irish danced' worldwide (after a few Guinness) while celebrating St Patrick's Day. Her colleagues have enjoyed hearing about her trips away with her mum, the latest being on the 'Harry Potter' train over the Glenfinnan Viaduct.

Colleague Shirley Blaney, access planning manager, said: "I've known and worked with Tania for 41 years – even though neither of us look old enough! Over the years, we have laughed together, cried together and worked hard together. Tania is always willing to support colleagues and is a great friend. She will be sorely missed."



# Win one night stay for two at Ibis Styles Glasgow

April 5, 2023

Categories: Pulse, Pulse - For You

Tags: competition, pulse competition



We have teamed up with NHS Staff Benefits and Ibis Styles Hotels to offer one lucky reader a one-night stay inclusive of breakfast for two people at the Ibis Styles Glasgow Central Hotel.

The hotel is the ideal base for an adventure in Scotland's capital of music and entertainment. Glasgow boasts unmissable attractions, shopping, bars and restaurants only minutes from the front door.

Based in the heart of Glasgow's financial district on Waterloo Street, it is only a short four-minute walk from Glasgow Central Train Station making it the perfect place to meet with clients and colleagues. Ibis Styles Glasgow Central isn't just a place to lay your head at night; their Tinderbox café boasts the best coffee on Waterloo Street.

To enter, answer the following question:

**The Ibis Styles Glasgow Central Hotel is situated on what street in the financial district?**

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

[pulse@lanarkshire.scot.nhs.uk](mailto:pulse@lanarkshire.scot.nhs.uk) with 'Ibis Styles Hotel' in the subject line.

The closing date is Friday 19 May 2023.

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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 Begins COVID-19 Spring Booster Programme

April 5, 2023

Categories: Pulse, Pulse - General News

Tags: covid booster



Residents in care homes for older adults will be the first to receive their spring Covid-19 booster as the spring booster programme gets underway.

The spring booster dose will be offered to those aged 75 and over, and individuals aged five and over with a weakened immune system. Everyone eligible will receive an appointment over the coming months as the spring programme will run until June.

Tobias Tipper, lead for Lanarkshire's vaccination programme, said: "Covid-19 is still with us so it's really important that anyone aged 75 and over or any individual aged five and over with a weakened immune system gets their spring booster.

"Booster doses are safe, effective, and help to top up your protection against serious illness from the virus.

"Prioritising those most at risk has been the approach from the outset and the latest guidance from the Joint Committee on Vaccination and Immunisation (JCVI) is that a further spring dose is required as protection fades over time. This is why a spring booster vaccination is needed for the most vulnerable.

"If you receive an appointment with an unsuitable date, time or venue, please reschedule it online or by calling the National Vaccination Helpline 0800 030 8013. This will allow us to give your appointment to someone else.

"The COVID-19 spring booster programme is key to protecting the most vulnerable among us and I'd like to thank our vaccinators, support staff and all those who continue to come forward for

vaccination when invited.”

For more information visit NHS Inform at <https://www.nhsinform.scot/spring-coronavirus-covid-19-booster>

# Fond farewell to Angela

April 6, 2023

Categories: Pulse, Pulse - Spotlight



We would like to wish staff nurse Angela Robb a happy retirement and a fond farewell. Angela retires after 41 years of outstanding service in NHS Lanarkshire.

Angela commenced her career in nursing in 1982 as a student nurse at Law Hospital, continuing to work within various specialities throughout Lanarkshire such as the medical directorate, GP practice, school nursing and laterally the School immunisation team.

Angela is looking forward to the next chapter in her life, spending time with her husband, children and grandchildren. Her interests include, walking, travelling enjoying the great outdoors and the finer things in life, which she intends to pursue a bit more often in her now lengthy free time.

Angela will be missed for her caring bubbly personality, guidance, knowledge, enthusiasm and kindness to others. She will be a huge loss to the School Immunisation Team and NHS Lanarkshire as a whole.

Everyone in the school immunisation team would like to say to Angela: “Have a long and happy retirement where you can say goodbye to all the pressure and welcome to the endless leisure”.

# Janice honoured with merit award

April 11, 2023

Categories: Pulse, Pulse - Spotlight



An occupational therapist has been awarded a Merit Award for her outstanding work in occupational therapy.

Janice McClymont, Head of Profession, Occupational Therapy Services, NHS Lanarkshire and Honorary Fellow, School of Health and Life Sciences, Glasgow Caledonian University was awarded for her considerable innovation, impressive volume of achievements, work on post Covid and the development of an occupational therapy model which has a national reach and influence.

The Royal Society of Occupational Therapists Fellowship and Merit Awards recognises individuals nominated by their peers for their excellence and the individual's special contribution to their profession.

Janice said: "It is a real honour and privilege to be recognised by my profession and colleagues, and I am absolutely delighted to receive this award. I would like to thank Professor Katrina Bannigan for her nomination, and all of my colleagues in NHS Lanarkshire and across the partnerships for their continued support and leadership opportunities over the years."

Colleagues have enjoyed celebrating with her stating: "This is so well deserved – we are privileged to be led by you!"

Many congratulations Janice.





# Get involved in supporting our future workforce

April 11, 2023

Categories: Pulse, Pulse - General News



Can you provide work placements and/or Apprenticeship opportunities?

As an Anchor organisation and Employer of choice, we recognise the link between health and work and the need to widen access to its workforce and enhance the life chances of those within its local communities.

Lorraine Scott, HR Business Partner – Employability, NHS Lanarkshire commented: “Our Employability Hub Team has supported young people on Foundation and Modern apprenticeships in 2022/23, along with those on our NHS Demonstrator Programme aimed at long term unemployed individuals, by delivering employability workshops and offering one to one support.

“Some staff are already involved with the Hub and find it hugely rewarding by supporting individuals to develop their skills and helping to secure permanent employment.

“By engaging with our future workforce, it helps many people in our local communities. There are various ways for potential recruits to interact with our organisation and we feel we benefit from the diverse skills and experience that they have to offer.

## **Become a Career Ambassador – Inspiring the Next Generation**

Are you passionate about sharing your knowledge and time to advise and inspire our future workforce? Helping young people make informed choices and consider the full range of roles and professions within Health and Social Care, help us dispel myths and ensure young people have a realistic view of the world of work and the routes into it.

Examples of how you can get involved:

- Supporting careers fairs
- Mock interviews
- Q&A sessions
- College/University Health and Social care career talks (virtual and face to face)

Lorraine Scott added: “For any member of staff who has an interest in becoming a career ambassador by supporting our future workforce, from inspiring apprentices to assisting those with challenges on entering the workforce, then we need your help. Simply fill out the questionnaire and we’ll be in touch.”

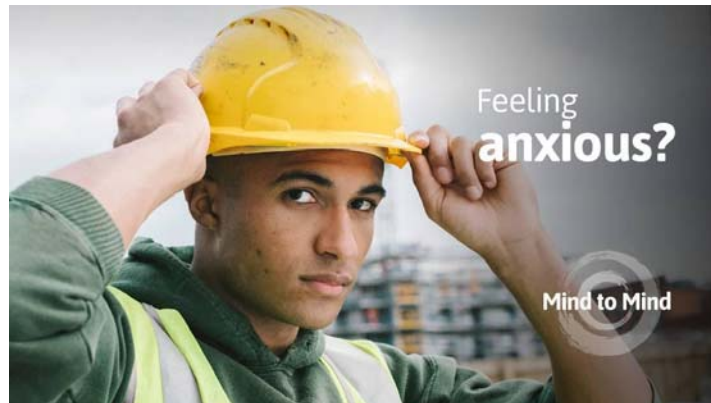
To access the questionnaire, visit: <https://forms.office.com/e/JrSeWeePcL>

Complete by Friday 12th May 2023.

# Mind to Mind can help you deal with life's challenges

April 11, 2023

Categories: Pulse, Pulse - For You



Mind to Mind, a new website hosted on NHS Inform, helps people look after their mental wellbeing and is available to NHS Lanarkshire staff.

The website features over 30 videos of people talking about their own mental wellbeing challenges in order to help others who may be going through the same.

Covering topics including dealing with anxiety and panic, handling stress, improving sleep, lifting mood and moving through grief, each contributor shares practical advice on what has worked for them.

The website also features commentary from a range of professionals and signposts where people can access further help and support.

Thousands of people in Lanarkshire every month already visit our own pioneering website, Lanarkshire Mind Matters, to help improve their wellbeing.

This national resource is a valuable addition to Lanarkshire Mind Matters and features inspiring stories from people who have successfully dealt with mental-wellbeing challenges, and has some great advice from professionals too.

The website is at [www.nhsinform.scot/mindtomind](http://www.nhsinform.scot/mindtomind).

Lanarkshire Mind Matters is at [lanarkshiremindmatters.scot.nhs.uk](http://lanarkshiremindmatters.scot.nhs.uk).

# Good clinical practice

April 12, 2023

Categories: Pulse, Pulse - General News

Tags: good clinical practice



Good Clinical Practice (GCP) training is available to all staff within NHS Lanarkshire who plan on or currently practice clinical research and require the necessary certification to do so.

Both the introduction to GCP course, which is for those who have either not done any training or whose training has lapsed after the two-year certified period, and the GCP update course, for those who require only an update within the two-year certified period, are available to book via LearnPro (search: Good Clinical Practice) or you can contact Liz, Steven, Leigh or Emma to book a session.

The courses are run monthly and are free to all staff members within NHS Lanarkshire and Scotland wide. The introduction to GCP course is a full-day session carried out at University Hospital Wishaw and refreshments are provided, the GCP Update course is a half-day course online via Teams.

<https://nhs.learnprouk.com/>

[Emma.lee@lanarkshire.scot.nhs.uk](mailto:Emma.lee@lanarkshire.scot.nhs.uk)

[Steven.marshall@lanarkshire.scot.nhs.uk](mailto:Steven.marshall@lanarkshire.scot.nhs.uk)

[Liz.lennon@lanarkshire.scot.nhs.uk](mailto:Liz.lennon@lanarkshire.scot.nhs.uk)

[Leigh.hamilton2@lanarkshire.scot.nhs.uk](mailto:Leigh.hamilton2@lanarkshire.scot.nhs.uk)

# Health & Social Care North Lanarkshire to host career event for care providers

April 13, 2023

Categories: Pulse, Pulse - General News



Health & Social Care North Lanarkshire is set to host a career event for care provider companies on Thursday, 27 April.

The free to attend event will take place at the Motherwell Concert Hall from 10am to 4pm.

It will be an excellent opportunity for people looking for a new career in care to connect with more than 30 care provider companies who are actively looking to recruit new staff to a range of different roles.

These are important roles as care workers ensure that people in North Lanarkshire requiring support receive an excellent service from skilled and compassionate people.

Maria Williamson, Quality Assurance senior manager, Health & Social Care North Lanarkshire, has urged people to attend the event and explore a potential new career.

She said: “We’re excited to be hosting this event and look forward to welcoming all those who are interested in a rewarding career in care.

“Our goal is to ensure that people who require care in North Lanarkshire receive the best possible service. This can only be achieved by employing the right people who are passionate about what they do.

“We hope everyone attending the event will be inspired to continue, or even pursue, a career in care

and make a difference in their community.

“There are excellent opportunities for professional progression in care and this event will allow us to showcase the many roles available.”

A creche will be available on the day to make it easier for parents or guardians to attend.

# Latest discounts from NHS Staff Benefits

April 13, 2023

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](http://www.nhsstaffbenefits.co.uk)

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

- **Up to 65 per cent off over one million hotels worldwide with Hotel Planner**

Hotel Planner was founded in 2003 and is a global leader in booking individual, group, and corporate hotel bookings. Hotel Planner is focused on offering discount rates to membership groups or 'closed user group rates' where they can offer rates up to 65 per cent off in comparison to what you see on public channels.

Top destinations include London, Manchester, Edinburgh, Florida, New York, Vegas, California, Mexico, Paris, Amsterdam, Barcelona and the Caribbean.

To secure the discounted rates, simply click on the 'Make Booking' button where you can search hotels in your desired location. The discount will be automatically applied when clicking through to Hotel Planner's website.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/up-to-65-off-over-1-million-hotels-worldwide-with-hotel-planner>

- **Two free tickets per person to Homebuilding and Renovating Show 2023**



Building a house, or renovating your home is both exciting and rewarding, yet it is not without its challenges. At the Homebuilding and Renovating Show, you will be given the confidence that you are doing things in the best way, with the best tools for the job. You will hear inspiring speakers live on stage, get tailored advice for your project and see, touch and compare the latest products, all under one roof.

NHS staff benefits members are being offered two free tickets to the Scottish Homebuilding and Renovating Show being held at the SEC, Glasgow on Saturday 20 and Sunday 21 May. The tickets are valid for any one day the show is open. To redeem your tickets, click on the 'Get Tickets' button and your tickets will be emailed to you.

For more information, including terms and conditions, visit:

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

- **30 per cent off all jewellery with Hot Diamonds**

Hot Diamonds is one of the UK's most-loved silver jewellery brands. From classic silver jewels to on-trend, gold layering designs, Hot Diamonds has it covered. Every design is hand-set with a real diamond – the eternal mark of everlasting love.

To secure the discount, simply copy the exclusive code for your 30 per cent discount, plus use the code 'Jewels' at the checkout stage for free next day delivery.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/30-off-all-jewellery-with-hot-diamonds-including-outlet-items>

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

# Little 'n' Lively funding to continue to support local families

April 13, 2023

Categories: Pulse, Pulse - Spotlight



Delivered in partnership with Healthy Valleys, NHS Lanarkshire's family education and learning programme, has received £150,000 of Scottish Government funding, to continue working with local Lanarkshire families to improve their and their children's health and wellbeing.

Little 'n' Lively provides a fun learning experience for families with children aged 0-2 years. Throughout the seven-weeks, sessions explore the importance of play, healthy eating, physical activity, and the great outdoors in raising happy, healthy, resilient children.

The programme launched in July 2021 and is accessed through health professional referrals in order to address health inequalities in Lanarkshire.

**Jonathan Cavana, NHS Lanarkshire's Senior Health Improvement Manager for the Healthy Lifestyles and Weight Management Service said:** "Little 'n' Lively was developed to support families with young children to lead healthy lifestyles.

"We are continuing to develop the programme even further and the ongoing early years funding from the Scottish Government has enabled us to support more families across Lanarkshire."

**Stephanie Girdwood, Healthy Valleys Early Years' Team Leader, commented:** "We are thrilled to deliver this programme for local Lanarkshire families.

"Little 'n' Lively provides a platform for families to come together, share their experiences and explore the ways in which their children learn and develop. The programme focuses on implementing positive experiences in early childhood and the importance of embedding healthy habits at an early age, including physical activity, a balanced diet and social connection.

“Since launching, we’ve had great feedback from parents and carers that they really enjoyed and learned from the sessions as well as meeting other families and making friends.”

# Special visit was ‘neigh’ bother

April 17, 2023

Categories: Pulse, Pulse - General News



Staff at University Hospital Hairmyres organised a very special visit.

Physiotherapist, Fiona MacDonald, arranged for two police horses to visit Eleanor Dempster. This is because Eleanor was one of the first female officers appointed to the mounted branch of Glasgow Police in 1974.

Fiona said: “We like to find out about each individual’s likes and interests to see if we can incorporate anything into their therapy and recovery programme.

“We learned about Eleanor’s career and her love of horses. One of our nurses brought in a saddle to help with Eleanor’s rehabilitation by getting her to polish the saddle to build up her arm strength. You could see the positive effect this had on Eleanor.

“As this was such a success, I emailed the mounted police to find out if there was anything else we could do and they were more than happy to help.”

Sergeant Lisa Connelly, Police Scotland mounted branch, said: “A photo of Eleanor and her two colleagues from the 1970s has been on display in the mounted branch for years. They are a real inspiration for us.

“As soon as everyone at the mounted branch became aware that the request was for Eleanor, we were all really keen to get involved.

“One of our grooms filmed some footage in our yard for Eleanor and sent the video to Fiona. Once we found out how much Eleanor enjoyed the video, we were keen to arrange a visit because she paved the way for females in the mounted branch. It was lovely to meet her.”

Eleanor, who lives in East Kilbride, had a stroke just before Christmas and spent some time as an

inpatient at the hospital in the town.

She joined City of Glasgow Police in 1967 as a constable and was given the opportunity to become one of the first women officers to join the mounted police branch.

Already a keen horse rider, Eleanor completed the necessary training before she and fellow colleague Avril Dempsey took to the streets of Glasgow in 1974.

Fiona Campbell, a police constable who has 12 years' service in the mounted unit, said: "Seeing Eleanor's face light up when she saw the horses was amazing.

"We presented Eleanor with the photo of her and her two colleagues that had been hanging in the mounted unit, it can now take pride of place in her home."

# Organ donation roadshow continues

April 18, 2023

Categories: Pulse, Pulse - Spotlight



Specialist nurses for Organ Donation, Diane Bowler and Alison Mitchell continued their organ and tissue promotional roadshow.

This time they visited University Hospital Monklands. They took the opportunity to share information around organ and tissue donation with members of staff and the general public.

They spent the morning answering questions and sharing the important message of making and registering your organ and tissue donation decisions via the national NHS organ donor register and sharing these decisions with family and friends.

A new organ and tissue resource page has been added to [FirstPort](#), where staff will be able to find information, current guidance and useful documents which support organ and tissue donation.

For more information around organ and tissue donation or to register your decisions around donation, visit [Organ Donation Scotland](#).

# Support during stress awareness month

April 18, 2023

Categories: Pulse, Pulse - For You



This April is Stress Awareness Month.

Stress is our body's natural response to dealing with pressure. But too much stress over a long period of time can have a negative impact on how we feel and perform at work.

Managing stress is a balancing act, balancing the demands placed on you with the resources to help you cope. When those demands outweigh your resources, you can be left feeling exhausted, anxious, and burnt out.

Help is on hand to help us combat stress, thanks to the National Wellbeing Hub.

The hub advice and resources to help with managing your own stress, as well as information on supporting colleagues with theirs.

The resources can be accessed at: <https://wellbeinghub.scot/stress/>

Staff can also access help and support at: <https://www.lanarkshirematters.scot.nhs.uk/>

# Staff at Silverbank surgery take on Kiltwalk in memory of colleague

April 19, 2023

Categories: Pulse, Pulse - For You

Tags: Evelyn Watson, Kiltwalk, Silverbank medical surgery



A team of 15 members of staff from the Silverbank medical surgery in Cambuslang will take part in this year's Kiltwalk Wee Wander on 30 April to raise funds for Chest Heart & Stroke Scotland (CHSS) in memory of their much-loved colleague Evelyn Watson, who sadly died in December 2021 after suffering a stroke.

Hazel McIntyre, practice nurse and partner at the surgery, said: “Our colleague Evelyn Watson – who was our practice manager – died in December 2021 after a sudden stroke. It was such a shock to lose someone so close to us all so suddenly.

“We had taken part in the Kiltwalk last year to raise money for the Glasgow Children's Hospital charity, and when we decided to do the same again this year, it seemed only right and appropriate to choose Chest Heart & Stroke Scotland as our charity.”

Nicola Wilson, Silverbank practice manager, added: “We're hoping to get lots of support from everyone in the local area. We all need services like those provided by CHSS which are vital, especially in the current climate.”

The team has set a target of £300 but hopes to smash that and raise as much as possible in Evelyn's memory.

Louise McLeod, community, events and corporate fundraiser at Chest, Heart & Stroke Scotland, said: “We're so grateful to the amazing team at Silverbank surgery for taking on this challenge to raise



money for CHSS in memory of their colleague and friend Evelyn.

“In doing so, they’re helping us to support the one in five people across Scotland who suffer from chest, heart and stroke conditions to live their lives to the full.”

If you wish to support the Silverbank medical surgery team, please donate via their JustGiving page at: [www.justgiving.com/fundraising/silverbanksurgery](http://www.justgiving.com/fundraising/silverbanksurgery)

To find out more about taking part in the Kiltwalk, visit:

[www.chss.org.uk/supportus/fundraise-for-us/events/kiltwalk](http://www.chss.org.uk/supportus/fundraise-for-us/events/kiltwalk)

# The Big Shout Out – The Infant Feeding Team

April 20, 2023

Categories: Pulse, Pulse - Spotlight

Tags: BSO, Infant Feeding Team, The Big Shout Out



The Infant Feeding Team have received a Big Shout Out for the support that they provide breastfeeding mums across Lanarkshire.

The small team, who offer an opt out support service to all new mums, were nominated by a new mum to thank them for the support they provided to her.



### **YouTube video player**

<https://youtube.com/watch?v=>



Anne Marie Bruce, infant feeding development midwife, said: “We offer the service to every woman in Lanarkshire who has had a baby and left hospital breastfeeding. We are an addition to the care provided by their midwife and health visitor.

“We come out to their home and provide general support such as attachment and try to support them in their breastfeeding journey, as much as we possibly can.

“Although breastfeeding is natural, it is something that you have to learn, so it takes a bit of time. This can be difficult, especially when mums are tired and sore after the birth. so we support them to find a comfortable position. “

Position and attachment is really important for breastfeeding. If a mum can get a comfortable position, that enables the baby to get in the right place to eat and that can make her journey so much

easier.

Anne Marie added: “The most common thing we find is that people don’t understand how breastfeeding works, how often babies feed and what normal newborn behaviour looks like.

“Mums can think they are getting it wrong, but in actual fact that the baby is behaving like a baby.

“Since COVID we become much, much busier. We are delighted to be busy, and we love that we’re contactable, but it takes a lot of planning and a lot of coordination to make sure that we get everybody the help that we need when they need it.

“The team during COVID adapted really quickly and were absolutely amazing. We were one of the first teams that used attend anywhere and within the first few days we fully transferred over and were offering mums video calls before anybody else was.

“We started our social media pages and we ran online breastfeeding support and that continues. So anyone having a baby in Lanarkshire can be reassured that help is available.”

Maureen Tuddenham, infant feeding team nurse, said: “The whole unit is a baby friendly unit. Every health visitor and midwife and member of staff that starts in maternity, gets baby friendly training within six months.

“This means that when a mum is seen by a health visitor or a midwife or member of the infant feeding team, we are all telling the mum the same thing. This ensures that all staff are consistent, we are all giving the same care that is evidence based.

Cheryl Clark, chief midwife for NHS Lanarkshire, said: “Congratulations to Anne Marie and everyone in the infant feeding team for their nomination in ‘The Big Shout Out’.

“They are an incredible bunch of ladies who work tirelessly every day to support every mum in Lanarkshire through their infant feeding journey.

“We’re all proud of the team and for a mum to nominate you because of the support she received during her breastfeeding journey just validates how incredible they are.”

Kathryn Reid, Clinical Specialist Physiotherapist for Chronic Pain, who nominated the team, said: “I had Lucas in Sept 2021, a somewhat challenging and isolating time due to COVID. I met Lesley, from the team, in the ward the day after Lucas was born and I remember her being so caring, knowledgeable and reassuring, especially as I was feeling particularly overwhelmed at the time.

“Little did I realise at that time how much I would rely on the team over the next few days and weeks. My initial telephone calls to the team were extremely helpful and the home visits I received from



Lesley increased my understanding of breast feeding and normal baby behaviour and made me feel very reassured, less uncomfortable and confident to continue.

“I’m aware that other health boards don’t have this service available and feel very privileged to have been able to receive this help, without them my breastfeeding

journey would definitely have stopped prematurely.

“Thank you from Lucas and me for being such a wonderful team. I hope you all know how brilliant and appreciated you are.”

The Big Shout Out praises NHS Lanarkshire teams for taking an innovative, creative and patient-centred approach to working, and recognises the unique contribution staff make to overcoming the challenges faced across the entire healthcare system.

# Hospital gardening project sowing seeds of improvement in patient mental health

April 20, 2023

Categories: Pulse, Pulse - Spotlight

Tags: Green Health Partnership work at hospitals, MSP visit to garden growing site, MSP visit to Hairmyres Hospital



A local MSP saw first-hand last week (Tuesday, 11 April) the budding success of NHS Lanarkshire's Green Health Partnership (LGHP) in empowering and supporting patients.

Collette Stevenson MSP, Member of the Scottish Parliament for East Kilbride, visited the food growing site at University Hospital Hairmyres which is one of NHS Lanarkshire's many green health initiatives and is nurtured in partnership with Clydesdale Community Initiatives Scotland (CCI).

Patients who are spending time in particular hospital wards, and with support from various NHS Lanarkshire mental health teams as well as guidance from CCI, can get involved in growing fruit, vegetables and flowers during the summer and autumn months across eight therapeutic gardens and food growing sites.

Ms Stevenson took the opportunity to hear more about the project's goals and speak with NHS Lanarkshire staff alongside CCI workers and volunteers, about their experience and how the LGHP is helping patients.

She said: "It was great to visit the gardens at University Hospital Hairmyres and learn more about the good work being done there from enthusiastic staff and participants.

"The gardening project has helped many people who have spent time in hospital to learn new skills, build their confidence and improve their wellbeing. The Lanarkshire Green Health Partnership also

benefits the wider community, with fruit and vegetables grown donated to a local food bank.

“I’m positive this initiative will continue to flourish.”

**Soumen Sengupta, Director of Health and Social Care for South Lanarkshire, praised the well-established LGHP and its initiatives:** “Lanarkshire’s Green Health Partnership is playing a valuable role in helping patients access opportunities in local greenspace and nature to enhance both their mental and physical health.

“We are grateful for the grant from NHS endowments and NHS Charities Together that has helped make this possible, alongside the enthusiasm of our own teams and colleagues from CCI.”

**Ruth McElhinney, Community Development Manager at CCI, commented:** “By working with NHS Lanarkshire through the LGHP we aim to empower individuals who may be experiencing significant barriers to mainstream inclusion for a number of reasons and support them to be involved in their communities.

“At University Hospital Hairmyres, we work alongside patients as well as our own participants, where we engage in seed sowing, food growing and harvesting.

“These activities give people a sense of pride in their achievements and helps build confidence and aspirations, improving wellbeing throughout the process.”

**Lauren Duffy, Specialist Occupational Therapist, NHS Lanarkshire, added:** “The Occupational Therapy service aims to promote recovery whilst in hospital. Having the growing site enables our client group to engage in positive and meaningful activity. The group allows service users to build on social skills through team working and also provides the opportunity to gain new skills which can be transferred to the community on discharge.”

**Image 1 (L-R) – Ruth McElhinney, Community Development Manager – CCI, Andy Logan – CCI Volunteer, Kerri Todd, Health of Health Improvement – NHS Lanarkshire, Collette Stevenson MSP, Soumen Sengupta, Director of Health and Social Care for South Lanarkshire and Lauren Duffy, Specialist Occupational Therapist – NHS Lanarkshire.**

# Nomination period for the Staff Awards closes

April 21, 2023

Categories: Pulse, Pulse - General News



The nomination period for the Staff Awards 2023 has now closed.

Heads of service and directors from across the organisation have been busy nominating their teams for the outstanding work that they do to support the people of Lanarkshire every day.

The award ceremony will provide an opportunity for staff from across NHS Lanarkshire to celebrate achievements of colleagues in this, the 75<sup>th</sup> year of the NHS.

The Categories for the 2023 Staff Awards are: Care and Compassion, Innovation and Improvement, Collaboration and Volunteering.

Kirsty Cole, head of organisational development said: “We would like to thank everyone for their nominations for this year’s Staff Awards.

“The quality of the nominations has been outstanding and included a wide range of teams from across the whole organisation.

“Over the coming weeks we will be embarking on a shortlisting exercise of all the nominations received.

“The shortlisting exercise will see a team of non-executive directors a staff side representative and a member of the public partnership forum, working together to develop a final list of nominees to be put forward for each award.

“These shortlisted nominees will be invited to the awards ceremony.”



The award ceremony will be held on Wednesday 21 June 2023.

# Nursing recruitment event

April 24, 2023

Categories: Pulse, Pulse - General News



Third year student nurses at the University of Stirling had the opportunity to meet with a wide range of different potential employers at a recruitment event organised by the University's Careers Department.

The student nurses who will qualify as new registrants in Autumn 2023 were from the fields of Adult and Mental Health Nursing. They met with NHS Lanarkshire staff working in the three acute hospitals, perioperative and emergency departments, cottage hospitals, treatment rooms, district nursing teams, prisoner health, mental health and learning disabilities.

A lot of the students are from Lanarkshire or have family living here, so were keen to find out more about local opportunities during this next important step in their journey.

A large and enthusiastic cohort of staff from NHS Lanarkshire attended the afternoon event on Thursday 23 March 2023 at the Main Campus in Stirling. Senior nurses, team leaders, charge nurses and practice education facilitators were all on hand to provide advice, support and friendly faces. Everyone agreed the atmosphere was warm and welcoming, and a few nurses who had not considered NHS Lanarkshire left with something to think about and a welcome pack.

# Shortlisted nominees for Staff Awards chosen

April 25, 2023

Categories: Pulse, Pulse - General News



**YouTube video player**

<https://youtube.com/watch?v=>



The shortlisted nominees for the Staff Awards 2023 have now been chosen.

The shortlisting exercise saw a team of non-executive directors, staff side representative and a member of the public partnership forum, working together to develop a final list of nominees to be put forward for each award.

James Muir, non-executive director for NHS Lanarkshire Board, said: “The awards judging panel was fantastic today. There was lots of energy and lots of great applicants that came forward.

“Very difficult decisions were made. The care and compassion we’ve seen in each of the nominations was fantastic.

I thought everyone was a winner, but we had a fantastic time looking at it and the effort put in by everybody was fantastic.”

The award ceremony will provide an opportunity for staff from across NHS Lanarkshire to celebrate achievements of colleagues in this, the 75<sup>th</sup> year of the NHS.

Margaret Moncrieff, chair of South Lanarkshire Health and Social Care forum, said: “It’s been a really enjoyable experience but it’s been challenging because the quality of the nominations have all been excellent.

“We have come to a consensus, but it would have been lovely to be able to give everybody an award because the quality was absolutely excellent.”

The Categories for the 2023 Staff Awards are: Care and Compassion, Innovation and Improvement, Collaboration and Volunteering.

Phil Couser, non-executive director for NHS Lanarkshire Board, said: “We have heard some really great stories of team and individual efforts and some really challenging circumstances. Some stories are really moving.

“It has been very difficult to judge. Sometimes it just comes down to that little bit of evidence that brings that story to life that just tips in the favour of one over the other.

“I am really honoured to be part of the judging panel, because I really see this as being absolutely vital to recognise the efforts that staff are putting in.”

The shortlisted nominees will be invited to the awards ceremony, which will be held on Wednesday 21 June 2023.

# Free bike loans for NHS staff!

April 25, 2023

Categories: Pulse, Pulse - For You

Tags: bike loans for staff, free staff bike loans



NHS Lanarkshire has partnered with GBT Shotts and Paths for All to continue to supply NHS staff with free access to more e-bikes and Brompton bikes.

The project has relaunched and there are now an additional 18 e-bikes and 32 Brompton bikes on offer for bands 2-5 and student nurses. Staff within these bandings can take advantage of a free 30-day loan of either an e-bike or Brompton bike of their choice. Thereafter, there is a cost per month of £10 for loan of a Brompton bike and £20 for loan of an e-bike.

## [Sign up for yours!](#)

All staff on other bandings can continue to access a free, 30-day loan for the existing Brompton bikes and e-bikes, however, there is a waiting list to access e-bikes.

As the lighter nights appear and the warmer weather is beginning, it is an ideal time for all in NHS Lanarkshire to embrace all the benefits riding a bike can bring:

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

## **Brompton Bikes**

This bike is compact, lightweight and foldable. Brompton folding bikes can be taken pretty much anywhere, whether it's to the office, on public transport, a restaurant or friend's house as they easily fold up in around 30 seconds; meaning you can transition from carrying to cycling quickly.

## **E-Bikes**

Also foldable and compact, this bike allows you to go further, quicker. Consisting a battery which is hidden away inside the tubing, and on a full charge it will go for approximately between 30-35km. The battery can also be charged on or off bike.

**David Kennedy, Health Improvement Senior – Physical Activity, NHS Lanarkshire, said:** “We're delighted to expand such an amazing scheme, in conjunction with our partners.

“Cycling has so many benefits, and we're delighted to continue to roll out more opportunities for bike hires for staff, who may either want to give cycling a try, or an E-Bike or Brompton bike a try.

“By providing top-quality folding bikes, we can keep NHS Lanarkshire staff moving safely, improving their own health and wellbeing, and in style!”

**Craig Bridges, Strategic Lead, Getting Better Together Shotts, added:** “The uptake of folding bikes loans by NHS staff has been brilliant.

“We're thrilled to work with Paths for All to add 50 more bikes to the existing fleet. We're looking forward to staff taking up the scheme whether they want to give cycling a try or if they're experienced riders.”

“GBT Shotts also offers support to anyone looking to purchase own their own bike, and have low-cost recycled bikes available waiting to be purchased and rehomed. Get in touch for more information: [craig@shottshealthyliving.com](mailto:craig@shottshealthyliving.com)”

Additionally, staff can purchase their own bike with at least a 25 per cent discount through the [Cycle to Work scheme](#), with secure cycle parking facilities now at 18 of our sites.

# Living Our Best Lives in Lanarkshire

April 26, 2023

Categories: Pulse, Pulse - General News

Tags: Our Health Together



NHS Lanarkshire's new healthcare strategy launches this month and gives us the chance to shape how we deliver healthcare for future generations in Lanarkshire.

Our Health Together – Living Our Best Lives is an opportunity for all our staff to be involved in discussions about local health services.

A lot has changed with healthcare over the last three years and the impact of Covid-19. Now is the time for every member of our staff to play a major role in shaping services for the future.

To help treat and support those who need healthcare the most we need to maximise what we can provide within our resources and our staff need to play a vital role in shaping services in a different way.

## **What are the next steps?**

We know we must listen to what matters to our staff. This means our staff will play an important part in planning how we should deliver our services in the future. We will use this feedback to develop our strategy.

## **How to get involved?**

We will be engaging with staff between April and June 2023 and hope to have a final draft of our strategy by November 2023.



There are a number of ways for staff to give us their views and feedback: they can complete a dedicated staff survey, if they are a Lanarkshire resident they can complete the public survey, or they can do both.

There will also be a number of **Staff Engagement Events with roadshows on our acute sites and MS Teams events for our Health and Social Care Partnerships.**

The acute hospital roadshows will take place as follows:

- University Hospital Hairmyres, Wednesday 10 May at 10:00am, Lecture Theatre
- University Hospital Wishaw, Tuesday 16 May at 10:00am, Lecture Theatre
- University Hospital Monklands Tuesday 23 May at 10:00am, Lecture Theatre

Two online Health and Social Care Partnership events via MS Teams will take place as follows:

- Health and Social Care North Lanarkshire, Thursday 15 June at 10:30am
- South Lanarkshire Health and Social Care Partnership – date to be confirmed

Links to the MS Teams events will be available on our website soon.

You can find out more about Our Health Together and out how to get involved using the following link: <https://www.nhslanarkshire.scot.nhs.uk/our-health-together/>

# MRP Future Friday

April 27, 2023

Categories: Pulse, Pulse - General News



The Monklands Replacement Project (MRP) is looking to the future.

The MRP team held their first ‘Future Fridays’ event – with 30 young people from local schools attending to find out more about plans for the new hospital.

Fiona Cowan, MRP clinical lead for nursing, said: “It was a really exciting day for the project. We would like to bring our local young people into the project where possible, to help us design and plan the new hospital.

“Going forward, we would love the young people of our local communities to get employment opportunities, either in the construction of the new hospital or by becoming NHS staff who will work in the new hospital.”

The Monklands Replacement Project has various specialist that contribute to the design, development and the planning of the hospital. As well as the doctors, nurses and other healthcare staff, the project also includes architects, engineers and accountants.

The Future Friday event gave the young people a chance to see the wide range of career options that are available in the NHS.

Andrew Hamilton (13), student at Airdrie Academy said: “I wanted to come along to get a better understanding about what’s happening with the replacement hospital.

“We had a lot of fun. We talked to some of the people that were in the project and we got to learn a lot about them and their jobs.”

Martin Anderson, head teacher of Airdrie Academy, said: “It was terrific to be part of the MRP Future Fridays launch event. This is a key opportunity for us to be involved in the design of the hospital, to

support our local residents to have a fantastic new health care facility and to be part of the regeneration of the Monklands area.

“Moreover, it is a chance to engage local employers in the life of the school and to show our young people how a massive project is brought to life and to inspire the next generation.”

Future Fridays is a North Lanarkshire Council initiative that aims to give young people greater opportunities to be job ready and better equipped for life once they leave school.

Councillor Angela Campbell, convener of education, children and families, said, “The dedicated time on a Friday afternoon is really important to make sure young people can learn in a real life context.

“Over the coming years, we’re hoping young people can actually see the Monklands Replacement Projects start to grow and flourish and feel that they have been part of that. We are really excited to see what our young people can do in terms of trying to develop some interesting and inspiring ideas which may become part of the hospital itself.”

# Baby Massage Programme Promotes Key Health Messages

April 27, 2023

Categories: Pulse, Pulse - Spotlight



A soothing and nurturing baby massage programme was ran by NHS Lanarkshire's Health Improvement team for local parents/carers and their little ones in Motherwell.

The interactive six-week programme helped parents and carers learn the benefits of baby massage, techniques for safe and effective massages, as well as key health messages.

Delivered as part of the Jenny and the Bear initiative, the programme was developed by the Tobacco Control team to raise awareness of the risk of children's exposure to second-hand smoke amongst families throughout Lanarkshire.

Other Jenny and the Bear programmes include storybooks and interactive packs for primary one children and swimming sessions for new parents. The swimming and baby massage classes encourage and contribute to parent child bonding and it's highlighted to families what they can do to ensure children aren't exposed to the harmful effects of tobacco to encourage a smoke-free, future generation.

**Karen Mather, tobacco control team leader, NHS Lanarkshire, commented:** "We were thrilled to pilot a baby massage class as part of our commitment to a smoke-free future for children.

"Second-hand smoke is harmful to everyone's health, even pets, but it's especially harmful to babies, children and pregnant women, which is why our Jenny and the Bear programmes offer a variety of activities introduced at early stages for families and children.

"Feedback from those who took part in the programme has been fantastic and it was great to hear how the babies enjoyed and benefited from their massages."

**One participant from the baby massage classes, said:** “I loved how kind the staff were and how comfortable they made me and my baby feel. I loved how they bonded with my son and taught me how to relax my baby and massage him properly.”

**Sarah Warnock, health improvement senior, NHS Lanarkshire, who led the class with colleagues, added:** “The Jenny and the Bear baby massage programme is a great opportunity for parents/carers to learn how to perform baby massage and the benefits but also to learn about the effects of second-hand smoke.

“The families told us they loved the programme and how they enjoyed meeting other families. It was brilliant to see their confidence growing week to week as they learned each technique.”

Jenny and the Bear programmes are accessed through health professional referrals.

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).

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](#).

# Respected health and social care leaders appointed as Honorary Professors

April 28, 2023

Categories: Pulse, Pulse - General News

Tags: Health and Social care, North HSCP, SLHSCP



Two highly-respected leaders in health and social care have been confirmed as Honorary Professors at Glasgow Caledonian University (GCU).

Soumen Sengupta and Ross McGuffie are the Chief Officers of South Lanarkshire and North Lanarkshire Health and Social Care Partnerships (HSCPs) respectively.

Both have been appointed as Honorary Professors jointly with the Yunus Centre for Social Business & Health and the School of Health & Life Sciences. The appointments have been made in recognition of their substantial leadership, contributions and expertise in the health and social care field, both locally and nationally.

The appointments also represent the next stage in the developing strategic partnership between GCU and health and social care provision in Lanarkshire. The continued collaboration will strengthen the ability to address health inequalities in the area.

Professor Sengupta said: “I feel very privileged to be joining GCU as an Honorary Professor and excited by the scope for further collaboration and innovation that lie ahead.

“I am really grateful for this opportunity to develop my relationships with some of the best health and care experts in the world – and share my own knowledge and insights with staff and students alike.

“I look forward to engaging with, and contributing to, the inspiring and vitally important work of the Yunus Centre and the School of Health & Life Sciences to improve the common good.”

Professor McGuffie echoed that sentiment and added: “In Lanarkshire, the workforce and our wider partnerships are committed to delivering health and care that’s preventative, proactive and focused on reducing inequalities. Those core values chime with GCU’s.

“I am also delighted to have the opportunity to further develop our collaboration through this appointment, and reaping mutual benefits.”

Professor Rachel Baker, Interim Pro Vice-Chancellor Research at Glasgow Caledonian, said: “I’m delighted to recognise our existing relationships with both South and North Lanarkshire Health and Social Care Partnerships through these Honorary Professorial appointments. We are looking forward to working together in research, capacity building and community health.”

This strategic partnership is currently demonstrated through GCU’s and the HSCPs’ CommonHealth Catalyst project. Funded by the Arts and Humanities Research Council, the project is focused on creating a community research consortium to confront the legacy of deindustrialisation.

# Historic day for the pharmacy department

April 28, 2023

Categories: Pulse, Pulse - Spotlight



On Friday 31 March 2023, the pharmacy department at University Hospital Hairmyres (UHH) along with many members of the wider hospital's teams, old colleagues, family and friends celebrated the retirement of two long standing, highly respected pharmacists – Karen Patterson and Adam Russell.

Karen was Head of Pharmacy for 16 years, leading the team through many changes, successes and challenges whilst also maintaining specialist input to Cardiology. She plans to locum and continue to enjoy her holidays abroad in her retirement.

Adam was a member of the pharmacy department since 1981. He was a stalwart in the pharmacy clinical team, with a specialist interest in respiratory and palliative medicine. He's going to work in the hospice for a short time following his retirement then hit the open road on his motorbike.

Ruth Waters, principal pharmacist, University Hospital Hairmyres, said: "We wish them all the very best for the future, they will be greatly missed."