

Slàinte

Health update from NHS Western Isles

NHS
Eileanan Siar
Western Isles

SUMMER 25



First total wrist replacement successfully performed in Stornoway!

See pages 40 & 41



Mum shares baby's
experience of RSV
Pages 14 & 15



Childsmile 2025
Pages 44 & 45



By Royal Invitation
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Welcome to Slàinte - your local NHS news

Welcome to our newsletter for the local community.

The intention of this newsletter is to update you on some of the news, developments and updates from your local health service.

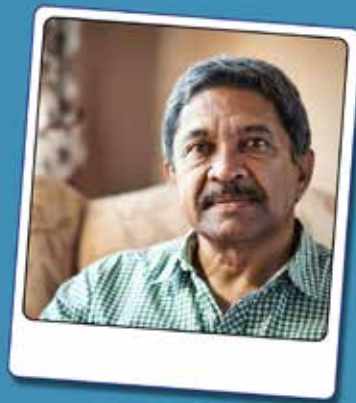
This is a collection of updates we have already produced as Press Releases, or issued on social media, as well as some news and updates that we have issued to our staff.

Our intention is to gather updates on a regular basis to share with you.

Slàinte will be available on our social media pages as well as to download from our website at: www.wihb.scot.nhs.uk/about-us/publications/

Slàinte Mhaith

Did you know there's a vaccine that helps protect against RSV?



This year, adults turning 75* will be offered the RSV vaccine.

*between 1 August 2025 – 31 July 2026



Gillian McCannon reappointed as Board Chair

NHS Western Isles is delighted to welcome the news that Gillian McCannon has been reappointed as Chair of Western Isles NHS Board.

Mrs McCannon's reappointment was announced at the beginning of August by Cabinet Secretary for Health and Social Care, Neil Gray MSP.

Mrs McCannon has been a member of Western Isles NHS Board since 2016. She was first appointed Chair in July 2021, after undertaking the role of Interim Chair for nine months.

Mrs McCannon has spent over 40 years of her professional career, both within the NHS as a registered nurse holding the position of senior nurse, as well as developing service transformation and latterly as an academic teaching fellow for undergraduate and post graduate nurse education at the Western Isles Campus for the University of Stirling.

Her professional career working within the NHS, allows Mrs McCannon to understand the complexities, challenges and opportunities in providing health care delivery to the communities which NHS Western Isles serves. This experience will help support the future development in reform of the NHS both within the Western Isles and across Scotland. Reappointment enables her to continue



to bring strong strategic leadership and governance to the Board.

Mrs McCannon said: "I am pleased and proud to have been reappointed as Chair of Western Isles NHS Board. The organisation continues to deliver high quality healthcare across the islands for our local population, and our aim is to continually improve, develop and respond to need. I look forward to continuing to serve the local population as Chair of the Board."

This reappointment is for 4 years and runs from 5 July 2025 to 4 July 2029.

We welcome all feedback on NHS Western Isles communications. If you would like to provide feedback, please contact wi.coms@nhs.scot.





NHS Western Isles provides support for Bethesda wheelchair dependent residents

To support wheelchair-dependent residents at Bethesda Care Home & Hospice, NHS Western Isles recently provided a capital grant to enable them to purchase a wheelchair accessible vehicle.

A donation of £38,000 now enables wheelchair-bound residents to attend healthcare appointments at short notice, as well as social events. Previously, Bethesda had to rely on a suitable vehicle being available at a given date and time, which also meant that the booking return time had to be adhered to, leaving residents often feeling restricted on their time limit.

Joanne Ferguson, Bethesda's Finance Development Officer & Fundraiser, said: "Having this type of vehicle at all times at Bethesda will have a significantly positive impact on the mental health and wellbeing of all our residents, but primarily those using a wheelchair.

"Previously, residents in wheelchairs were only able to attend activities if an appropriate vehicle was available, and if not, this would dictate whether the residents could take part or even accept

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the invitation to attend. We are all aware of the benefits that socialising and taking part in activities with other people has on our mental health, but this vehicle is especially more essential for our residents and helps them to maintain control over as many parts of their life, as possible, and gives them much more freedom."

Bethesda, which was opened in 1992 by HRH Princess Anne, the Princess Royal, provides four hospice beds for specialist palliative care and 30 long-term care home beds for heavily dependent elderly.

Joanne added: "As an additional positive, this brand-new vehicle will enable more flexibility with scheduling resident healthcare appointments and create less pressure on our local patient transport service."

Gordon Jamieson, NHS Western Isles Chief Executive, said "What a fantastic vehicle. We are delighted to be able to support Bethesda. Being able to provide specifically designed transport for those who are less able is welcomed by everyone."

NHS Western Isles embraces sustainability with new 25p surcharge on single-use drink cups

In a move to reduce waste and support environmental sustainability, the dining rooms and vending machines within Western Isles Hospital in Stornoway and Ospadal Uibhist agus Bharraigh in Benbecula has implemented a 25p surcharge on single-use drink cups, which started in June.

This initiative follows growing concern over the environmental and financial impact of disposable cups.

To support the transition away from these, reusable takeaway cups have been distributed to NHS Western Isles staff as part of the organisation's Rest, Rehydrate and Refuel campaign, linked to staff wellbeing. Staff are encouraged to bring

and use these cups in dining areas to avoid the surcharge and help reduce the organisation's environmental footprint. This change reflects NHS Western Isles' ongoing commitment to sustainability, and was funded through the board's Endowment Funds.

Members of the public are also being encouraged to bring in reusable takeaway cups, to avoid the 25p surcharge if they are ordering takeaway beverages.

More information on the impact of single-use cups can be found at <https://www.zerowastescotland.org.uk/resources/single-use-cups-scotland>.



Carers Week 2025: celebrating our commitment to equality for carers

This year the annual Carers Week campaign ran between June 9 - 15. This campaign aims to raise awareness of caring, recognise the difference carers make to families and communities, whilst also highlighting some of the challenges that unpaid carers face across the UK.

The theme of Carers Week this year was ‘Caring About Equality’, highlighting the inequalities that carers experience e.g. poverty, social isolation, poor mental and physical health.

In line with this year’s theme, NHS Western Isles shared information on what we do as an organisation to support carers.

NHS Western Isles was recognised as a Carer Positive employer in July 2022. The organisation was praised on its Special Leave Policy, the provision of health and wellbeing support, and the practical and technical provisions to allow staff to work from home.

As a recipient of the Carer Positive employer recognition, employees of NHS Western Isles benefit from workplace cultures and practices which value and support staff with caring responsibilities.

Our ‘carer friendly’ policies e.g. Carers Leave and Flexible Working Policy, allow us to also share in the benefits by reducing levels of stress, reducing sickness absence, lowering recruitment and training costs, and increasing staff morale and productivity levels.

Diane Macdonald, Director of Human Resources and Workforce Development, NHS Western Isles, said: "The NHS has a strong commitment to supporting staff who are carers at home with policies that often go far beyond the statutory minimum requirements. Balancing work and care can be difficult, but also very rewarding. It's important that staff feel able to speak to their employer about the demands on them and be able to receive the appropriate advice and support to be able to remain at work."



**“No one understands
when I need to take time
out to care for dad.
But he wouldn’t be able to cope
without me being there for him.”**

Unpaid carers often provide a life-line for those they care for. To make sure they are recognised and supported, we need equality for carers.



Visit carersweek.org to find out more and to get involved

Carers UK is a charity registered in England & Wales (246329) & Scotland (SC039307).
A company limited by guarantee 864097. Registered office 20 Great Dover Street, London SE1 4LX.

Alzheimer Scotland launches SafeConnect

Alzheimer Scotland has launched SafeConnect in partnership with Police Scotland - a new safeguarding initiative to support people with dementia who may be at risk of going missing.

The SafeConnect fob is a small, yellow device that can be carried or attached to clothing. It holds secure emergency contact details and can be scanned with a smartphone using NFC to help quickly reunite someone with their loved ones or carers.

Following a successful local trial in partnership with Police Scotland, they are now rolling out distribution of free SafeConnect fobs across Scotland for anyone living with a diagnosis of dementia.

To request a free SafeConnect set-up pack or find out more about the initiative, contact our Dementia Advisor team at advice@alzscot.org or call 0300 373 5774.

Once programmed, they recommend the fob is attached to your house keys, handbag, jacket, walking aid or anything likely to be taken outside and into the community.





Gentle Movement Sessions

Marion Matheson, a Health Improvement Practitioner in the Public Health Team, delivers a weekly programme of gentle movement sessions for older adults across the Western Isles.

Marion's sessions are available in person in North and South Uist with refreshments provided, and online for those in other locations.

They cater to a range of abilities, and carers and

family members are always welcome to join in.

The sessions are a fantastic opportunity for older adults to participate in physical activity and connect with others from the community.

For information on the sessions or a copy of the session programme, please email: marion.matheson1@nhs.scot.



Thanking our valued volunteers!

To mark Volunteers Week, NHS Western Isles held a special afternoon tea for our volunteers in June, to highlight their contribution to the organisation.

Kicking off the event, Board Chair, Gillian McCannon expressed her gratitude to all the volunteers and the invaluable contribution they make to the success of projects throughout NHS Western Isles. She spoke of her own experiences of volunteering as a teenager in a hospital which sparked her passion for caring for others and led to a long nursing career.

Susan Macaulay, Emergency Department Manager and Janette Murray, Service Manager: Urgent & Unscheduled Care, expressed their thanks to the volunteers in attendance for their fantastic work marshalling the public during the recent Emergency Department refurbishment. This was a vital aspect of ensuring everyone was able to receive the right care in the right place.

Volunteers, Don Maclean and Dave Mawby, both explained that they really enjoyed their time marshalling at the front of the hospital, they enjoyed the social interaction with patients and were happy to be able to assist people who required a bit of direction.

Don, Dave, along with Walk Volunteer Terry Dukes, were all presented with a certificate by Mrs McCannon, thanking them for their support.

The event, held on June 4, was attended by the Board Chair, Gillian McCannon, representatives from the local Volunteers Centre, and various staff members from the Emergency Department, Urgent & Unscheduled Care, Patient Focus Public Involvement, Health Promotion, Equality & Diversity and Chaplaincy teams.



Cervical Screening Awareness Week (19-25 June)

Cervical screening (a smear test) is offered to women and anyone with a cervix who lives in Scotland and is aged between 25 and 64 years old.

It's a quick test to check for the human papillomavirus (HPV). HPV is a common virus that can cause many different types of cancer including head, neck and cervical cancer.

Cervical screening is the best way to find out if someone is at risk of cervical cancer. It can stop cervical cancer before it starts.

When it's your turn, you'll get a letter inviting you to make an appointment with your GP practice. Don't ignore your invite. It could save your life. Find out more at nhsinform.scot/cervicalscreening.

In Scotland, women (and anyone with a cervix) aged 25 to 64 are offered regular **cervical screening** (smear tests).



ASIST Training in Uist and Barra!

Marion Matheson and Elaine Mackay from the Public Health team recently delivered four days of suicide prevention Applied Suicide Intervention Skills Training (ASIST) training across Uist and Barra.

ASIST is designed to look at the idea of suicide first aid interventions with the aim to help a person at risk stay safe and seek further help. It aims to help people to recognise invitations for help, reach out and offer support, review the risk of suicide, apply a suicide intervention model, and link people with community resources.

The training was delivered across multi agency staff with attendees from Police Scotland, carers groups, third sector, social work and homeless colleagues.

Some feedback from the recent courses include:

- "I really enjoyed this training, the trainers were excellent and explained everything well and with compassion given how hard the subject is"
- "I enjoyed the course despite the subject. It gave me a better understanding of why people would consider suicide"
- "The course was very well delivered and was very interesting and very personal yet professional at all times"



NHS Board Meetings

Members of the public are encouraged to attend our NHS Board meetings to hear updates and discussions.

You can attend meetings online by contacting Cheryl.Martin@nhs.scot

Our full Board calendar is available on our website at www.wihb.scot.nhs.uk/about-us/meet-the-board/board-calendar

NHS WESTERN ISLES ENDOWMENTS

NHS Western Isles Endowments is the official charity of NHS Western Isles. The charity is dedicated to support patients, families and staff, improving the health and wellbeing of the people of the Western Isles. We are delighted to receive any size of funds.

If you wish to do a fundraising event for a specific piece of equipment, please contact NHS Western Isles to ensure the equipment can be accommodated within the area required and that the equipment would pass Infection Control (and any other applicable) regulations.

Any queries please contact Cheryl Martin cheryl.martin@nhs.scot who will speak to the responsible officer within NHS Western Isles. We are also very happy to publish any fundraising event on our Facebook page.

ONLY GO TO THE **EMERGENCY DEPARTMENT (ED)** IF YOU NEED URGENT MEDICAL CARE FOR A **CRITICAL EMERGENCY**

If you think you need **ED** but it's not an emergency, contact your **General Practice** or call **NHS24** on **111**.



CALL 999 OR
GO TO ED FOR
EMERGENCIES

CONTACT
GENERAL PRACTICE
DURING THE DAY

CALL NHS 24
ON 111
DAY OR NIGHT

ONLY

**Right Care
Right Place**

For more information and practical advice visit [nhsinform.scot /right-care](https://nhsinform.scot/right-care)

Supporting Our Communities Through Cancer: Local Services Join Forces

A range of local support services came together in Uist in June, to highlight the help available to individuals and families affected by cancer across the Western Isles. The collaborative event, hosted by Western Isles Cancer Care Initiative (WICCI), aimed to raise awareness of the support on offer during and after cancer treatment.

Attendees had the opportunity to connect directly with representatives from the **Western Isles Cancer Care Initiative (WICCI)**, the local **Macmillan nursing team**, the **Macmillan Benefits Adviser**, WICCI's new **Improving the Cancer Journey Link Worker**, the **Western Isles Community Care Forum**, and **NHS Western Isles's Public Health team**.

Held across two events, these gatherings offered a relaxed and friendly space for people to drop in for a chat, ask questions, or collect information about the wide range of services available locally.

The group would like to thank those who came along and engaged with the sessions. Most importantly, they want to remind everyone in our communities that support is always available - whether through direct services or by signposting to someone who can help.

More events like this are planned across the Western Isles.

You are not alone, we are here to support you.



Western Isles mum shares her baby's experience of RSV and why she's urging expectant mothers to take the vaccine

A Western Isles mum is urging anyone who is pregnant to seriously consider taking the RSV vaccine, after it saved her son from serious illness when he was only a few weeks old.

Bethany Webster is sharing her son's experience of falling ill with Respiratory syncytial virus (RSV) to encourage expectant mothers to take the vaccine when it is offered.



Ronan before he fell ill with RSV.

RSV is a common and highly infectious respiratory virus that affects the breathing system. It generally causes mild illness with cold-like symptoms, such as a runny nose, cough, fever, or a decrease in appetite.

Most people recover from an RSV infection after two to three weeks, but for some, it can cause severe illness including pneumonia and bronchiolitis, which could lead to complications and hospitalisation.

Bethany explained: "When I was 32 weeks pregnant, I asked to be given the RSV vaccine. It took me some time to fully consider taking it as it was quite new at the time. However, I had heard about some children and babies having to be flown off island and requiring ventilation after contracting RSV, so I knew that I didn't want to take the risk of my baby becoming unwell."

"The vaccination was no problem. My midwife, Catherine, gave it to me, and we joked and chatted throughout. I felt a slight tingle at first, but it wore off quickly. I had a slightly tender arm the following day."

Bethany continued: "Fast forward to the end of February. Ronan was four weeks old and my husband and my older child had a slight cold. Our extended family had colds too, so we asked them not to visit us until they felt better. I had a minor headache but was generally well. We didn't think anything of it as everyone was still well apart from a little cough, so we continued as normal with a bit of extra handwashing."

"On the Sunday, Ronan started coughing, he was still happy and feeding well so we didn't worry too much. By the Monday he was sleepy, so we spent the day on the couch, he was still coughing but feeding and nappies were both fine. Through the night he started to feel hot, and his cough was getting worse, he was very unhappy, and I knew something wasn't right, so we called NHS24 and made our way to the hospital."

Bethany recalled that the staff at the hospital were 'amazing' and saw Ronan straight away. The four-week-old was checked over and some throat swabs were taken. He was then given paracetamol and the staff observed him for a few hours.

Once the staff were happy with Ronan's breathing and feeding, they sent him home with instructions to return if he became any more unwell.

"Later that day we received a call from the paediatrician confirming that he had RSV and that he might get worse before he got better," said Bethany. "He advised that since I had taken



Ronan getting comfort from Dad (Mark) during his hospital visit.

the RSV vaccine in pregnancy, there was a good chance he wouldn't get as sick as he would have if I hadn't have taken it.

"The Tuesday night was the worst night, Ronan's cough was worse, and we hardly slept. He was warm and working harder to breathe after coughing, he wasn't feeding as well and his nappies were dryer, so we took him back to the Emergency Department. The staff checked him over again and reassured us. By that evening, we had turned a corner, he was feeding better and not struggling as much with his breathing, so we went back home."

"Within a week he was back to his normal self, and we started getting some early smile attempts. He still had a cough for roughly four weeks after his hospital visits."

Bethany states that she is 'so glad' to have taken the RSV vaccine, acknowledging: "Without it, my son could have had a significant stay in hospital due to how young he was. We were lucky that we only had to visit the Emergency Department for

a few hours rather than be admitted and flown to Glasgow, which would have meant splitting up the family for potentially weeks as he recovered in hospital."

She added: "It was just a slight cold for the rest of us, not something that would have kept us in bed all day, so we thought nothing of it. RSV might not be significant for most people, and many people might not even know they have it, but for young babies it is a significant illness and can be very serious. I have seen older children be completely floored by RSV."

"I urge anyone who is pregnant to seriously consider taking the RSV vaccine because it definitely made a big difference for Ronan's recovery."

The best way to protect your baby from serious disease is getting the recommended vaccines at the right time. If you're pregnant, you'll be offered the RSV vaccine from 28 weeks. Speak to your midwife about getting the vaccine.

Visit www.nhsinform.scot/rsv-baby for more information.



Ronan at 3.5 months, fully recovered and cough free

Western Isles Hospital DINING ROOM

OPEN 24 HOURS

Serving meals and snacks to all staff, visitors and the general public between 8am-7pm.



Serving tea, coffee, sandwiches, toasties, paninis, salads, light snacks, main meals, cold drinks, home baking, desserts and ice creams.

Featuring:

- 70 seat dining room
- selection of hot and cold meals
- vegetarian options available
- children's menu available
- fresh home made soup served daily
- outside patio area
- free Wi-Fi

Our staff will welcome and help you in any way they can. All meals are prepared freshly on site and we work closely with local suppliers to ensure the best quality and freshest produce is used at all times.

How to find us...

- Travel down to Level 1 (below reception level)
- Turn right exiting the stairwell or lifts into main corridor
- Travel down main corridor to the second door on the right. The Dining Room will be clearly marked.

Take-away service

Available during meal service hours with the option to phone in an order prior to collection.
Phone **01851 704704 Ext. 2131**

LOOKING FOR A QUICK SNACK OR DRINK?

NHS
Eileanan Siar
Western Isles

Visit our vending area located in the Dining Room on Level 1 (below reception level).

Available 24/7

Options include:

- healthy options
- chilled water
- soft drinks
- confectionary
- sandwiches
- salad boxes
- crisps
- biscuits
- selection of hot drinks (tea, cappuccino, latte, espresso & hot chocolate)
- microwave available for heating meals



Sandwiches and salad boxes are prepared freshly on site.

Western Isles Hospital VENDING SERVICES

Meal service:

Breakfast 8.00am - 11.00am

Lunch 12 noon - 2.00pm

Evening meals 5.00pm - 7.00pm

Serving fresh, quality meals at great prices.

Make sure your vaccines are up to date

Infectious diseases such as meningitis and measles can spread easily in university and college communities. Vaccination offers the best protection against these diseases, which is why it's important to check your vaccines are up to date.

International students

If you've moved to Scotland from overseas, make sure you're up to date with the vaccinations offered for free by the NHS in Scotland. You may be able to get additional vaccines that were not available where you lived before.

MenACWY

The MenACWY vaccine offers protection against some of the common causes of meningitis. Students are at higher risk of meningitis, which can be severe and life-threatening.

For more information visit meningitis.org.

MMR

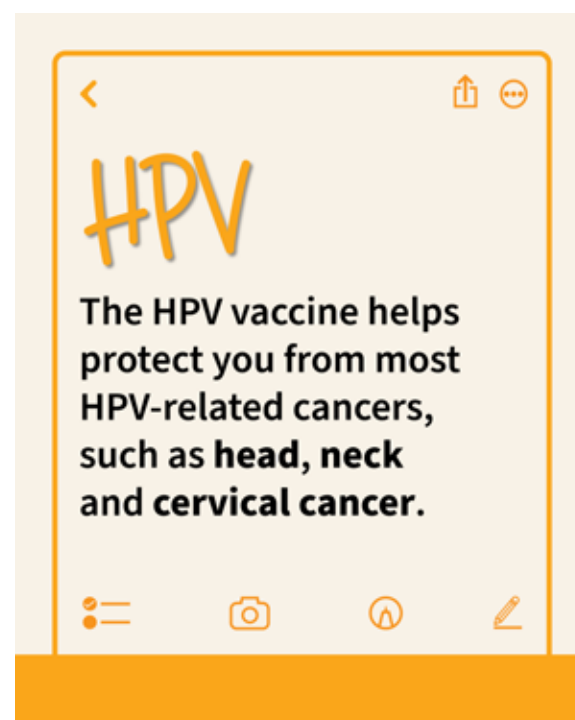
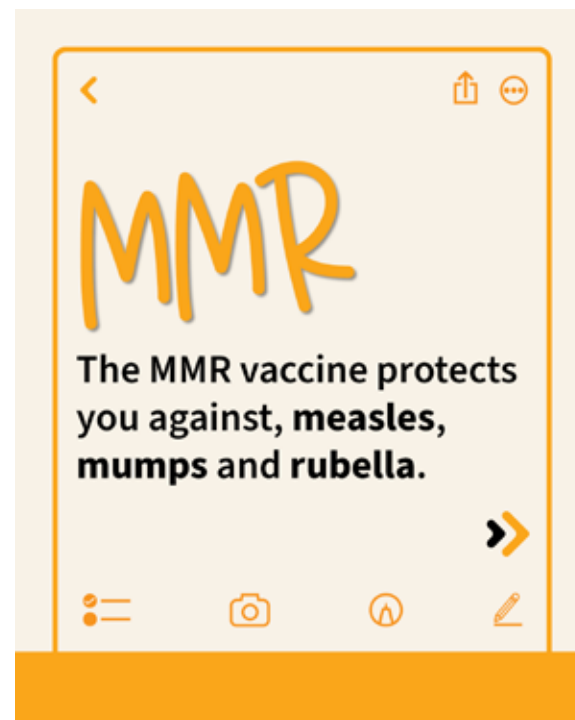
The MMR vaccine protects against measles, mumps and rubella. Parts of the UK and other countries across the world have seen an increase in the number of people getting measles in the last year. Evidence suggests students are at higher risk than the general population and that is why it's important to check you've had two doses of the MMR vaccine.

HPV

The human papillomavirus (HPV) vaccine helps protect against HPV-related cancers including head, neck and cervical cancer. It also protects against over 90% of genital wart infections. Most students will have had the HPV vaccine at secondary school but if not, you may still be able to get it up until the age of 25.

Find out more

Visit nhsinform.scot/vaccinesforstudents



Recognising the importance of having a

Power of Attorney

Do you know the difference between a Will and a Power of Attorney? A Will only applies after your death, whereas a Power of Attorney only applies while you are alive.

Many people believe when they are unable to make decisions for themselves, that their spouse/partner, next of kin or named person will automatically take over making decisions for them – but this is not the case without having a registered Power of Attorney (PoA) in place.

It is important to be aware that if you lose capacity and do not have a registered PoA in place, any future decisions taken for you may instead be taken by a doctor, the local authority or the court. This includes you receiving medical treatment, your home and living situation, and managing your financial affairs.

The law says you have capacity if you are capable of acting, making decisions, communicating decisions, understanding decisions or remembering decisions. However, every year thousands of people across Scotland (at any age) can lose capacity. This could be due to an accident or fall, a head injury, a stroke or an ongoing progressive illness, such as dementia. Accidents or illnesses can happen at any age, so the sooner you complete and register your PoA, the better.

A PoA is a vital legal document that all adults over the age of 16 should have in place. It lets you grant power to someone that you know and trust, and gives them the authority to take action or make decisions on your behalf, when you no longer have the capacity to do so. Should you not have a PoA in place, your spouse/partner or family/named person would have to apply to the Court for a Guardianship or Intervention Order to be able to manage your affairs, which can be a long and expensive process.

Spouses/partners should also be aware of other complications that can arise without having a Power of Attorney in place. If the individual without capacity is the sole name on bank accounts, utility bills, insurance or house/mortgage deeds, their spouse/partner may be unable to access or manage these items, or even pay bills. It is worth ensuring both names are added to all important paperwork.

To raise awareness on the importance of having a Power of Attorney (PoA), NHS Western Isles has partnered with local solicitor firms Ken MacDonald & Co, Anderson Macarthur Solicitor & Notaries and MacDonald MacIver & Co Limited, to develop a series of 6 short information films. Contact your solicitor for further information about obtaining a PoA, or watch each of our short films at:

www.wihb.scot.nhs.uk/our-services/home-care



Open Water Swimming Safety Tips from NHS Western Isles

There is a wealth of evidence which shows that spending time in nature can have a positive impact on our health and wellbeing. One activity that has become increasingly popular in recent years is open water swimming.

Open water swimming is a fantastic way to connect with nature, whilst exercising and enjoying the freedom of lochs, rivers, and the sea. However, unlike swimming in a pool, natural water can expose people to bacteria, pollution, cold temperatures, and unpredictable currents.

The beautiful beaches and lochs across the Outer Hebrides offer some of the best open water swimming spots, and while open water swimming can be hugely rewarding, it does come with some risks.

Hazards such as strong currents, cold temperatures and water quality should all be taken seriously. To help people stay safe, NHS Western Isles has prepared guidance for reducing the risks of developing illness or infections for anyone thinking about taking up open water swimming.

Choose where and when to swim:

- look for signs of water contamination – avoid swimming in water with blue-green algal (cyanobacteria) blooms or scums in fresh water
- be mindful of shallow warmer bodies of water as they often breed blue-green algae
- be mindful of where Scottish Water storm drains are located – more information available at: <https://www.scottishwater.co.uk/Your-Home/Your-Waste-Water/Overflows/Live-Overflow-Map>
- be aware of the locations of septic tank outfalls
- wait at least 48 hours after heavy rain in case of sewage overflow.

Before you swim:

- cover cuts, scratches or sores with a waterproof plaster
- wear appropriate protective clothing such as a wetsuit, gloves or protective footwear.

While you are swimming:

- try to avoid swallowing or splashing water into your mouth
- observe local safety advice
- wear bright colours that can easily be spotted in open water.

After swimming you can minimise the risk of becoming ill by:

- cleaning your hands thoroughly with soap and water, removing all sand from hands before eating or handling food
- thoroughly cleaning cuts or abrasions using soap and water, before applying a waterproof plaster
- handing your wetsuit with care after use - clean your wetsuit and swimsuit with detergent and rinse as advised by manufacturer
- do not do multiple swims in one day without rinsing your swimsuit or wetsuit in between.

Isabell MacInnes, Health Protection and Screening Nurse Specialist, NHS Western Isles, said: “With the increase in the number of people interested and participating in open water swimming we felt it was important to provide some information that will help people take precautions to stay safe and prevent illness, so we have developed an information leaflet and poster.”

You can find a copy of the leaflet here: <https://www.wihb.scot.nhs.uk/wp-content/uploads/2025/06/Open-water-swimming-trifold-leaflet-June-2025-final.pdf>

How to reduce the health risks of



Open water swimming is a fantastic way to connect with nature, get great exercise and enjoy the freedom of lochs, rivers and the sea. But unlike swimming in a pool, natural water bodies can expose people to bacteria, pollution, cold temperatures, and strong currents.

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MRI project set to transform patient care in the Western Isles in summer 2026

Progress continues across the NHS Western Isles MRI project, with key developments in design, procurement and workforce planning. Staff are working hard behind the scenes aiming to launch the new service in summer 2026.

The project will be procured and undertaken in two phases, firstly the main contractor works to prepare the space, and then the equipment purchases, and specialist works to install the MRI scanner.

The locally based MRI scanner will transform and redesign additional patient pathways. Prostate, gynaecology, cardiac and breast scanning will all be potential areas for improvement. MRI therefore has the potential to replace other imaging and investigation procedures to maximise patient care delivery in the Western Isles.

The main contractor works are expected to begin in Autumn 2025 and will involve essential construction to prepare the MRI space, including roof and power upgrades. The work is expected to take around six months. Following this, the equipment supplier is expected to be confirmed by late September with installation expected to commence in spring/summer 2026.

A major milestone has already been achieved with the appointment of an MRI Lead Radiographer, who will begin their role in November 2025—a crucial step in building a sustainable local service.

Additional recruitment is planned ahead of the service launch, including roles for an additional radiographer, an administration assistant and support roles.
(Continued)

NHS Western Isles is grateful to London City/St. George's and NHS Highland for their support in offering training opportunities for clinical experience.

Work is also progressing in several key areas, including:

- transitioning and developing clinical pathways
- health and safety planning
- addressing hospital storage requirements
- IT system preparations
- capital and revenue financial planning.

NHS Western Isles will continue to keep staff and the public informed as this vital project

moves forward.

NHS Western Isles Chief Executive, Gordon Jamieson, said: "We are very proud of the range and quality of services that we deliver to our communities. Having the ability to perform MRI scans here in the Western Isles is a very significant clinical improvement for patients, staff and the public.

"I know clinical staff will welcome this additional, and where necessary, immediate diagnostic scan. I thank everyone for their ongoing efforts and look forward very much to the opening."

NHS Western Isles urges parents to help beat flu this winter by taking up vaccine offer

NHS Western Isles urges parents and carers to make sure their child is protected against flu this winter, with an easy wee scoosh up the nose.

Flu can be very serious for children. Between 1 October 2024 and 31 March 2025, 1,874 children spent time in hospital with flu in Scotland – that's roughly the same as 170 football teams.

The vaccine will be offered to all school-aged pupils, all children aged 2-5 not yet in school and children aged 6 months to 2 years old with a condition that puts them at increased risk of flu. Home-educated young people and young people not attending mainstream education are also eligible.

The flu vaccine is offered as a painless nasal spray to almost all children. It cannot give the child flu, but it starts to provide protection against it within 10-14 days.

The nasal spray offers the best possible protection for children and young people and can also stop flu spreading to family, friends and others, especially those most at risk of becoming seriously ill with flu. Children aged 2 to 5 are being offered vaccination from the start of the programme to ensure they receive the earliest protection and prevent the virus spreading. Further information regarding the delivery of the flu vaccine for children aged 2 to 5 not yet in school will be released shortly.

Consent forms and further information is being sent home to parents and carers of school children on return to school. Secondary pupils can self-consent but are encouraged to speak to a parent or carer first. All primary and secondary school pupils with consent to be given the flu vaccine nasal spray will receive this at school starting in August through to December 2025.

Gordon Jamieson, Chief Executive, NHS Western Isles, said: "The flu virus changes every year. This means that it's important for children to get an annual vaccination, so that they have the most up to date protection. Getting your child vaccinated against flu can also protect them from getting serious bacterial infections that can sometimes follow flu, preventing them from getting sick and missing out on nursery, school or other activities.

"Look out for your child's appointment letter by post or a consent form in their school bag. Please make sure that you complete and return the consent form to their nursery/school to ensure they get the vital protection this year's flu vaccine offers."

Community transport lifeline expands in North Lewis



Comunn Eachdraidh Nis (CEN) has secured capital grant funding from NHS Western Isles to purchase an additional wheelchair-accessible vehicle. This expansion will help meet growing demand and help ensure that no one in the community is disadvantaged due to mobility challenges.

A community consultation conducted in 2022 revealed that transport was a significant barrier to accessing social activities. The findings highlighted an urgent need for improved transport options to promote inclusivity and community participation.

CEN previously acquired one accessible vehicle through the Mobility's Community Transport Grant Programme. This vehicle supports wheelchair users, individuals with restricted mobility, and those with long-term health conditions. Its availability has already made a meaningful impact on the quality of life and well-being of disabled community members.

The demand for this service has exceeded expectations, leading to the hiring of a full-time employee to coordinate and deliver transport. For some residents, this service is their only means of leaving home to attend social events or medical appointments.

Frances Robertson, Nurse and AHP Director/Chief Operating Officer at NHS Western Isles, said: "We are so pleased to be able to provide this funding to support Comunn Eachdraidh Nis in their delivery

of an already well-established accessible transport service. Their work within the community supporting those most at risk of isolation is commendable. We hope that this extra vehicle will help them to keep providing this service widely within their community."

Based in North Lewis, CEN has a strong track record of delivering innovative community projects. They operate a vibrant community hub and offer essential services to socially isolated groups. In addition to accessible transport, CEN runs a day club for elderly and housebound individuals, aiming to reduce loneliness and improve overall well-being.

They also support young adults with additional needs by providing transport to and from college. This not only offers respite for parents and carers but also gives young people the opportunity to travel independently with their peers.

Duncan MacKinnon, Transport Manager at CEN, said: "Loneliness threatens our health and wellbeing, and in our ageing society, older people are particularly at risk. At CEN, we understand that accessible community transport plays a vital role in combating loneliness.

"Every day we help people who can't use public transport – older people and those with disabilities – to get out and about. This enables them to remain active members of the community, meet friends and family, attend health appointments, do their shopping, and so much more."

Volunteering Connects to Future Medical Role

Volunteering within NHS Western Isles is a great way to gain experience, demonstrate commitment and develop key skills. Aspiring medical student Verity Storrow, a 6th year Nicolson Institute pupil, has certainly found this to be true whilst undertaking a hands-on volunteering placement at Western Isles Hospital over the previous 12 months.

After being successfully recruited into the new role of Service Experience Feedback Volunteer, Verity had the unique opportunity to meet and support local patients, and their families, speaking with them about their healthcare experiences and obtaining feedback on what they felt was good about their experience and in addition, what they felt could be improved.

After talking to patients and their families in several hospital areas, including Surgical Ward, Medical Ward 1, Medical Ward 2 and the Ambulatory Care Unit, Verity found her role to be particularly important for those patients without family or friends supporting them, as well as with those who may not feel comfortable talking to a member of staff about any issues they were experiencing.

Denise Symington, Patient Focus Public Involvement Officer, said, "On behalf of NHS Western Isles, I would like to thank Verity for the time she has given to this role, and wish her every success in her chosen career. We hope to see her returning to NHS Western Isles as a Resident Doctor in the future.

"Overall, very positive feedback was returned on the care being received locally from patients and their families. We were pleased to learn there were no themes identifying a need for change, with all feedback received being later reported



Above: Rev. TK Shadakshari, NHS Western Isles Lead Chaplain & Strategic Diversity Lead, presenting a Volunteer Certificate to Verity Storrow.

to the appropriate wards. In addition, staff support was particularly highlighted, which was gratefully appreciated and acknowledged by staff, and all feedback will be included within our next PFPI annual report."

NHS Western Isles was delighted to learn that Verity has now been successful in her applications to university and has received one conditional and two unconditional acceptances. Her first choice to study medicine is at the University of St Andrews, followed by The University of Aberdeen or the University of Strathclyde.

Verity said, "I thoroughly enjoyed my time volunteering in NHS Western Isles and the added confidence this gave me in talking to patients and their families. Work experience is an opportunity to develop and strengthen transferable skills that go beyond what you'll learn at school or college. It can also help you discover what really matters to you as you make decisions about your future career."

Due to the success of this volunteering role, the NHS Western Isles Volunteer Operational Group is expecting to readvertise this role soon. In addition, the group will continue to look at future volunteer roles to encourage more young people to think about volunteering, and how they can use this experience within their personal statements for their future university applications.

For further information about future NHS Western Isles Volunteering roles, please contact our Volunteering Services Manager, tel. 01851 704704 or [click here](#).



Local health service supports the sound of change for Stramash

To support the wide range of local outdoor community music events organised by the Stramash Stornoway Community Group, NHS Western Isles provided a capital grant to enable them to purchase new external PA equipment, which will additionally benefit local events held throughout the year.

A donation of £6,600 has enabled the group to purchase a suitable replacement PA system for outdoor and indoor use, which replaces their existing 20-year-old equipment, which is now beyond economical repair.

'Stramash' is often seen as an event one weekend every year, but is in fact involved in many of the outdoor events held across the island in the summer months and indoor events all year round.

Stramash Stornoway is also closely linked to Macaulay College CIC, which provides people with additional social and educational requirements with a programme of activities that encourages them to have meaningful and fulfilling working and social lives whilst achieving their full potential and reaching person specific targets.

Stramash gives the Macaulay College CIC students access to learning new skills in a different environment away from the college, working with many different people in the community.

The Stramash Festival itself is a unique event – and open to families at no cost, which not only helps tackle isolation, but enables individuals of

all ages to come together and enjoy all the fun of a festival, regardless of their financial status.

The festival runs over two days and is completely free to enter over the two days. The Saturday afternoon event is billed as family friendly and, working with partners in the community, this particular event is fully committed to providing a family day out with absolutely no financial burden. A place where everything – hot food, candy floss, treats for kids, tea and coffee for adults, and inflatable fun (such as bouncy castles) are all free in a payment-free environment where everyone is equal.

NHS Western Isles Chair, Gillian McCannon, said: "NHS Western Isles was delighted to be able to support Stramash Stornoway – an organisation with a community focus at the heart – that tackles isolation, bringing people together to support wellbeing and encouraging volunteers to come together, creating enhanced community cohesion amongst many groups locally. The group's link with Macaulay College CIC enables students to get involved in the setup, running and strip down of the entire Stramash Festival, giving a sense of ownership to the College and its students."

Thanking NHS Western Isles, Paul Matheson, Chairman of the Stramash Stornoway Community Group, said: "This Capital Grant Award has given our group a real boost and

is already allowing us to make a difference, with many community events to be held over the summer months ready to benefit from the equipment purchased.

"The Stramash Festival focuses on providing a platform for local musicians and artists to showcase their original material, network with visiting musicians from the mainland and provides a diverse and enjoyable weekend of entertainment to the community – all for free.

"Its success is achieved through solid forged partnerships and skill sharing, helping each other out where we can. The group is also proud to have a strong bond with Macaulay College CIC, which assists them each year during the set-up, running and dismantling of the festival."

Paul added: "In a time of increasing costs, Stramash aims to provide an afternoon of family-friendly entertainment, a place for families to enjoy a day out regardless of their financial status. No money is required at this event as there is nothing to buy – all hot food, candy floss and treats for kids, tea and coffee for adults, bouncy castles – are all free."

Pictured (L-R): Paul Matheson (Chairman of the Stramash Stornoway Community Group), Gillian McCannon (NHS Western Isles Chair) and Roland Engebretsen (Director of Macaulay College CIC).



Please
tell us about your
experience of
NHS Western Isles
services

Scan the QR code or visit
www.careopinion.org.uk



Patient Voices:

How Pre-Hab Classes Are Changing Lives Before Surgery

Local classes offered to NHS Western Isles elective patients up to 12 weeks prior to their surgery have been hailed a resounding success.

The classes, for elective total hip and total knee replacement patients, are held weekly at the Lewis Sports Centre, and consist of up to 14 patients attending. Those eligible are given class details at their initial meeting with their Consultant.

The NHS Western Isles Arthroplasty Team, led by Nicola Libby, Arthroplasty Practitioner, and supported by the Quality Improvement Team, recently obtained feedback from class patients.

85% of patients stated they found the class “really helpful”, whilst also welcoming the chance to meet other members of their NHSWI pre- and post-care team, including Dietitians, Occupational Therapists and Physiotherapists.

In addition, several patients mentioned that having dietetic support at the classes benefited them greatly, helping them to lose weight and adopt a more healthier lifestyle for the future.

Whilst one patient remarked, “I loved it (the classes) and meeting all the team really helped me so much!”, additional feedback reported on how friendly and supportive the class team was.

Nicola Libby, NHS Western Isles Arthroplasty Practitioner, said: “We are delighted with the success of these classes; they are a great team effort by everyone involved, and to see these excellent results is so rewarding.

“Many people worry that exercising will increase their pain and cause further joint damage. However, while resting painful joints may make them feel more comfortable at first, too much rest can increase stiffness. Whilst patients await their surgery, it is important to strengthen their

muscles as much as possible, as this will aid their recovery. It is important to find the right balance between rest and exercise, and at the Pre-Hab class we offer a range of exercises that involve taking joints through a range of movement which should feel comfortable. Each of the exercises can also be adapted, if necessary, to suit the individual patient.”

All patients enjoyed the in-person group sessions and having the ability to chat to others undergoing similar procedures, and feeling confident to keep on with their post-surgery exercising at home.

Nicola added: “Now that we have seen how much these classes benefit local patients in their recovery, we have many more ideas to enhance the service, so watch this space!”

Photos featured are from Pre-Hab class.



Above (L-R): NHSWI Pre-Hab team members: Don Murray (Occupational Therapy Technical Instructor), Nicola Libby (Arthroplasty Practitioner), Amber MacVicar (Occupational Therapist) and Johan MacRitchie (Physiotherapist). Missing from photo is Jackie MacLean, Dietetic Assistant.



NHS funding grant to help preserve Lews Castle Green

Hebridean Celtic Festival (HebCelt) was successful in applying for a £15,000 NHS Western Isles funding grant to help facilitate the staging of the event and ensure that the popular green space also remains available for future use, making it easier for those taking part to explore activities across Lews Castle Green.

The funding will be used to purchase durable, interlocking ground guards designed to minimise turf damage and soil compaction. They will be used annually, making it a long-term investment in both site sustainability and the festival’s long and continued track record for environmental responsibility.

HebCelt not only enriches the cultural landscape but also positively contributes to the health and wellbeing of the local population, visitors, and participants.

Lews Castle Green is a vital community asset and a focal point for public life in Stornoway all year-round.

Carol Ferguson, Festival Operations Coordinator, said: “By securing this funding, we aim to take proactive steps to reduce environmental impact, protect the integrity of this treasured green space, and support its continued use by the public and for future events.”

“We have identified the specific ground protection system most suitable for our needs, based on consultations with event safety professionals and site managers. Technical specifications have been reviewed, and suppliers have been sourced and ground guards acquired.”

NHS Western Isles Director of Public Health, Colum Durkan, said: “We are delighted to be able to support HebCelt. The festival offers a wide array of physical activities that encourage attendees to engage in movement, from dancing to music in the main venue, to active participation in outdoor events. For many, the festival provides an opportunity to be physically active in a social, enjoyable setting, which can help reduce stress, improve cardiovascular health, and increase energy levels.

“HebCelt also serves as a powerful tool for improving mental health and emotional wellbeing. For many, the festival is a cherished annual tradition, providing a sense of community and belonging. It gives people the chance to reconnect with friends, family, and other attendees, reducing feelings of isolation and loneliness that can affect mental health, particularly in rural areas. Music and art have been well-documented as key components in promoting mental health, and the positive impact of enjoying live music, participating in arts-based activities, and being part of a shared cultural experience can help reduce anxiety, depression, and stress. HebCelt offers a space where people can find joy, distraction, and emotional release, contributing to improved mood and overall wellbeing.”

The mats will be implemented as part of the festival’s standard infrastructure plan, with clear deployment strategies integrated into site build schedules for 2025 and beyond.

NHS Western Isles funding for the purchase of the ground guards also creates an opportunity to support other local events and initiatives. When not in use by the festival, they will be made available for loan to other local community groups and organisations.

That maximises the value of the investment, supports smaller events in managing their own environmental impact, fostering greater collaboration and mutual support across the community events sector.

It should also help ensure the Castle Green remains accessible, attractive, and usable as a public space for all throughout the year. It supports outdoor recreation, family gatherings, and community events outside festival time. These activities can have other mental health and wellbeing benefits including social interaction, physical activity, and connection to nature factors - all proven to enhance community wellbeing.

The investment also strengthens the environmental responsibility of the festival, reinforcing HebCelt’s role as a sustainable community-led event.

Public Health Scotland update on measles in Scotland - ensure everyone in your family is fully protected

As measles cases continue to increase across the world, including in England where outbreaks continue, Public Health Scotland (PHS) is continuing to encourage the public to take up the offer of the Measles, Mumps and Rubella (MMR) vaccine. Having two doses of the MMR vaccine is the best way to be fully protected against measles.

As of August 20, there have been 28 cases of laboratory confirmed measles in Scotland in 2025.

Measles can be a very serious condition, causing pneumonia and encephalitis (inflammation of the brain) and can affect people of any age if they have not been vaccinated.

The MMR vaccine protects against measles with the first dose offered to children between 12-13 months, and the second dose offered at 3 years 4 months. If it’s missed at these times, it can be given at any age.

Uptake of MMR has declined across all UK nations in recent years and there remains a risk of infection in those who are not vaccinated or not fully vaccinated for their age.

Health care workers should also have two doses of MMR and are advised to speak to with their employer or occupational health department if they haven’t been fully vaccinated.

More information on measles, including what to do if you think someone in your family has symptoms, can be found on [Measles | NHS inform](#).

Further information on how to check you / your child is fully protected can be found on [MMR against measles | NHS inform](#).

Updates on case numbers are published on the PHS [data and surveillance page](#) every Thursday.



Pictured L-R:Colum Durkan, Director of Public Health, NHS Western Isles, Carol Ferguson, Festival Operations Coordinator, HebCelt Festival, and Jane Morrison, Director & Volunteer Coordinaton Lead, HebCelt Festival

FEEDBACK

FEATURE

NHS
Eileanan Siar
Western Isles

WELCOME!

Feedback Feature is your opportunity to view recent feedback received by NHS Western Isles from patients, carers, general public and staff alike.

RECENT PATIENT FEEDBACK...

“I wouldn't be here if it wasn't for Gill, mental health worker in the Isle of Barra. She gives me a positive when I can only see a negative. She has helped me to think in different ways and has gave me confidence. I was in a dark place and Gill helped me out of it. It's a great service and I would hate it to stop. My wellbeing depends on the service. The service has given me back confidence. I have trust in this service.”

“My son had to attend A&E due to a dislocated elbow during sports in school. All the staff who attended to us were invaluable. The A&E staff were gentle and provided adequate information to make informed consent. The anaesthesiologist, other staff members, and nurses were super warm and also provided great care to my son. I wanted to thank them for providing service, as my son felt heard and prioritised.”

“I was made very welcome and attended to as soon as I entered the day surgery ward. The nurses, anaesthetist and consultant surgeons were brilliant, explaining everything they were doing for me and what would happen next. I must say that I don't remember much about going to theatre, or sleeping for hours afterwards. However I do remember being woken up gently by the nurse, having a lovely cup of tea and slice of toast. Seeing the surgeon who told me how things had gone and the physiotherapist who told me about aftercare and exercise. A wonderful team!”

“Treated very well by well informed professionals. Every step of the procedure was explained, staff were friendly and caring making me feel relaxed and comfortable in their care. Although the staff were busy working with ill patients they still had time for me and to answer any questions.”

NHS Western Isles
www.wihb.scot.nhs.uk

www.facebook.com/NHSWesternIsles

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www.x.com/NHSWI



Share your story



June 2025



Know your limits - be safe over summer

As everyone enjoys the summer months and sunny weather, the Outer Hebrides Alcohol & Drug Partnership wants to make sure everyone takes care and has an enjoyable time.

There were 1,277 alcohol specific deaths in Scotland in 2023, of those deaths, 416 were women and 861 were men. Ensuring you stay within the recommended low risk drinking guidelines will reduce the risks to your health and wellbeing.

The Chief Medical Officer's guidelines advise that to protect yourself from harm, it is safest not to drink more than 14 units a week on a regular basis. Fourteen units is equivalent to six pints of beer or six medium glasses of wine or seven double measures of spirits.

Heavy drinking can lead to hypertension and increased risk of stroke, cirrhosis and liver failure and certain head and neck cancers. Alcohol is linked to casual and unsafe sex that can lead to pregnancy and STIs. To protect yourself from pregnancy and STIs you can request free condoms from your GP surgery.

When attending events or being out with friends, it is easy to forget how many drinks you have had. Although alcohol can relax you, it is a depressant and drinking to excess can leave you feeling stressed and anxious. If you are not

drinking water in between drinks, this can cause you to become dehydrated which leads to a hangover the next day, where you will feel awful and may affect you participating in any plans you had for that day. Relationships with family can be affected, where they may have to deal with tension in the home and possible neglect of family members and children.

Alcohol does not have to be key factor in all this. There are options and choices that you can make. Consider reducing the amount you drink and have at least three alcohol free days per week. Swap to low or non-alcohol options or lower strength drinks which are more widely available. Choose a smaller measure of wine or spirits and most importantly, pace yourself.

The Scottish Government's count14.scot website provides a free drinks calculator to work out how many units you would typically drink in a week. Why not give it a try. You might be surprised!

If you feel your drinking is becoming a problem for you or a loved one, please talk to your GP. NHS Inform also provides information on tips to cut down and offers advice where you can get help and support with alcohol Alcohol | NHS inform. You can also find information of alcohol and drug services available in Outer Hebrides on our website – www.outerhebadp.com.

New Bone Densitometry Scanner for NHS Western Isles

NHS Western Isles has become the first service in Scotland to introduce a new feature in Bone Densitometry: the 'Trabecular Bone Score' software.

NHS Western Isles recently took delivery of a new GE "i-DXA" Bone Densitometry scanner to replace the previous scanner, which has been in use since 2014.

This new equipment secures the future of the NHS Western Isles Bone Densitometry service for the next decade and ensures that Osteoporosis, a very common condition in the elderly and those with underlying risk factors, can be effectively diagnosed and patients placed on a management regimen to reduce their future risk of fractures.

The new scanner incorporates important upgrades including the introduction of a new feature in Bone Densitometry, the Trabecular Bone Score making NHS Western Isles the first service in Scotland to utilise this exciting new software.

Shuna Mighton, DXA Reporting Radiographer explains: "Osteoporosis is a condition where the bones have a reduced mineral density, and also a



degraded internal structure, or microarchitecture. Both features contribute to the fragility of the bone and to the overall fracture risk, but until now Bone Densitometry measured the mineral density only. Trabecular bone score uses special software to analyse the same scan measurements and gain additional information on the internal structure of the bone. This information, when combined with the mineral density, allows for a more accurate calculation of future fracture risk. In turn this can identify more patients who would benefit from treatment to protect their bones and reinforces the evidence for some treatment options.

"Enhanced cross calibration of the new scanner with the old one ensures that follow up scan data is accurate and that we can be confident that measures improvement or decline is accurate. This is important in assessing patients' treatment response."

Since its installation in April 2025, 139 NHS Western Isles patients have already benefitted from this enhanced scanning facility.

NHS Western Isles Chief Executive, Gordon Jamieson, said: "Health promotion, illness prevention and early detection are key objectives for us. This new scanner and technology helps us to continue to do the best we can for our communities."



Stay safe, make smart choices, and enjoy the summer



The Outer Hebrides Alcohol & Drug Partnership launched their summer safety campaign in July.

As part of this campaign, they provided information on substance use to help individuals make informed decisions to ensure everyone stays safe.

In 2023, there were 1,172 drug misuse deaths registered in Scotland with males twice as likely to have a drug death. Illegal drugs now regularly contain substances which are not what you perceive them to be.

More recently, nitazines, which are synthetic opioids have been detected in drug supplies across Scotland in both benzodiazepines and heroin. Drugs containing nitazine can be hundreds of times stronger than heroin and pose a substantial risk of overdose. Side effects include a slower heart rate, constricted pupils, itching and nausea.

If you plan on using drugs, set boundaries for yourself and be cautious of the source. Only try a small amount and wait at least an hour before considering taking any more. Never choose to use alone in case you fall unconscious.

Always protect yourself on a night out. If you feel you may have been 'spiked' tell the venue manager and make sure a someone stays with you and seek medical attention, should you become unwell. Consider contacting the police on 101 so they can help stop this happening to anyone else. If someone falls unconscious it is vital that you put them in the recovery position.

Avoid mixing cocaine and alcohol as this can lead to cocaethylene, where the body tries to breakdown the two substances at the same time. Signs of a cocaine overdose includes paranoia, high temperature, nausea, chest pain, seizures. Longer term use of cocaine can lead to damage to the heart, impotence, difficulties managing mental health and dependency. Repeated snorting of cocaine can damage the nasal structure of the nose and perforations in the cartilage between the nostrils. Never share drug equipment with others.

Naloxone can reverse the effects of an overdose of opioids, such as heroin, codeine and nitazines. If you or someone you know uses opioids and could be at risk of an overdose you can request a Naloxone Take Home Kit through the Scottish Families Affected by Alcohol and Drugs (SFAD) postal service at <https://www.sfad.org.uk/support-services/take-home-naloxone>.

There are several sites you can access to find out more information on drugs and their effects. NHS Inform contains interactive tools as well as contact details of support groups such as Narcotics Anonymous (NA) and Cocaine Anonymous (CA) - [Support for people affected by drugs | NHS inform](#)

[Crew 2000 – Mind altering](#) and [Honest information about drugs | FRANK \(talktofrank.com\)](#)

If you feel you may have a problem with drugs, substances or even prescribed medication please talk to your GP. You can also find information of other alcohol and drug services available in Outer Hebrides on our website – www.outerhebadp.com

Putting someone into the Recovery Position

Step 1

Put the hand closest to you by the head (as if the person was waving).

Step 2

Put the arm furthest away from you across the chest, so that the back of the hand rests against the cheek.

Step 3

Hold the hand in place and lift up the knee furthest away from you, making sure the foot is planted firmly on the ground.

Step 4

Push down on the bent leg to turn the person on their side and call 999.



Maintaining the Rhythm for Local Pipe Band

Pupils of the Sgoil Lionacleit Pipe Band (SLPB) are benefiting from new bagpipes and drums, thanks to a capital grant provided by NHS Western Isles.

As well as enabling the band’s young musicians, which consist of Uist and Barra school pupils aged 10-17 years (Primary 6 up to secondary school), the opportunity to meet socially and participate in a mutually enjoyable activity, the tuition also supplements their learning towards national qualifications.

SLPB is led by a committee on an entirely voluntary and non-profit basis, with band practice taking place out with school hours. The £24,000 funding allocation has enabled the committee to purchase seven sets of bagpipes, four sets of small pipes and drum sets.

The band is reported to be its strongest ever, attracting increasing numbers of pupils year by year. However, due to a high demand for tuition in pipes and drums, it has become a struggle to provide instruments to match the demand, with some pupils having to share. In addition, the pupils are also offered the opportunity to travel to mainland events, where they meet and compete with their peers throughout Scotland.

Debbie Bozkurt, NHS Western Isles Director of Finance & Procurement/IJB Chief Finance Officer, said, “NHS Western Isles was delighted to support the purchase of this crucial band equipment. It is widely acknowledged there are many important health benefits associated with playing musical instruments, especially from an early age, improving both their physical and mental health. Many people find playing music has a calming effect, and can help to reduce stress and build self-esteem and confidence. Furthermore, being able to master certain technical aspects, such as concentration, manual dexterity and quick reflexes, contributes to improving an individual's memory and cognitive skills, keeping the brain healthy.”

William Hart, SLPB committee member, said “We are sincerely thankful to NHS Western Isles for their £24,000 donation towards our new instruments. The bagpipes and drums that we possessed were aged and seriously deteriorated through wear and tear over the years, and, despite being heavily repaired, were becoming unserviceable. In addition, this new equipment will provide a benefit to the wider community, as the band performs at many well-attended public functions and occasions.”

NHS Funding Boosts Accessibility at Lewis Sports Centre

A successful NHS capital funding grant will make the swimming pool at Ionad Spòrs Leòdhais (Lewis Sports Centre) more accessible for those with mobility issues.

Neuro Hebrides is a local organisation which supports patients with neurological conditions and their carers throughout the Western Isles. They provide a community for shared experience and understanding for those living with or caring for someone with a neurological condition.

The organisation works closely with partner organisations and charities to identify different activities and resources available to their members to help them live with and manage their conditions.

After numerous conversations with service users, it became clear that many of them would really enjoy using the pool at the Lewis Sports Centre, as it would allow them to retain some mobility and a level of fitness they can no longer get from other weight bearing exercises.

Before applying to NHS Western Isles for the grant, there was no hoist at the Lewis Sports Centre as it was deemed unsafe at an earlier inspection. This meant that anyone with mobility issues, who required to be lifted and lowered into the pool, were unable to do so.

The funding has been used to purchase and install a hoist to allow people to be safely lowered into the pool, and easy access steps to enable those with mobility issues to access the pool with ease.

Emily Holmes, Charity Coordinator, Neuro Hebrides, said: “The swimming pool plays a vital role in the local community, and ensuring it is accessible for all will play a crucial role in reducing social isolation for many people by enabling them to participate in swimming related activities.

“The improvements in accessing the pool will not only help people with neurological conditions but will be beneficial to anyone who has difficulty in entering the water due to their limited mobility or anxiety entering the water without easy access



steps.”

NHS Western Isles Nurse and AHP Director/ Chief Operating Officer, Frances Robertson, said: “Ensuring opportunities to participate in leisure and sports activities are available for those with mobility issues is hugely important and NHS Western Isles is delighted to have been able to support these improvements.

“Making the pool more accessible will help to increase the number of people participating in sport and physical activity. It will help to tackle inactivity, promote health, create opportunities in sport and swimming and much more, not only for people with a neurological condition, but for the whole community.”

Pictured above, left to right: Frances Robertson, Nurse and AHP Director/Chief Operating Officer, NHS Western Isles; Michael Stone, Facilities Operations Manager, Lewis Sports Centre; and Kate Mawby, Trustee, Neuro Hebrides.

Thrill of Portugal's Virtual Victory!

Congratulations to everyone who took part in the NHS Western Isles Spring Big Team Challenge, which followed a virtual route through Portugal.

There were over 300 participants that took part in the walking challenge this spring, with 165 teams of varying sizes of between one and four members. Collectively, the teams covered an incredible 117,446.7 miles.

The walking challenge was kindly supported by HITRANS who funded the prize incentives for gold, silver and bronze prizes. Vicky Trelfer, Active Travel Officer, HITRANS said: "The impressive distance covered is equivalent to walking from Stornoway to Sydney, Australia, and back six times, or from Balivanich to the Moon and halfway back so participants should be proud of their interstellar efforts."

The winning team was 'Not Fast, Just Furious', who won the gold prize of a £200 Love Local voucher. Colum Durkan Director of Public Health, NHS Western Isles, and Leah Mackay, HITRANS, were pleased to present the prize to the winning team consisting of Mairi, Karen, Jo and Suzanne.

All members of the winning team are staff at the Stornoway Childcare Centre. Team leader, Mairi, also achieved the highest step count as an individual across the challenge.

Mairi said: "Taking part as a team encouraged me to take part, and we really egged each other on throughout to keep going for walks."

There were prizes for best team and best individual across the silver and bronze categories also. Staff from UHI North, West and Hebrides took part under the team name 'Sole Survivors' and were the winning team in the silver category. They received a voucher from Norma Macleod,

Healthy Working Lives Advisor, NHS Western Isles.

Maureen Murray was the individual winner in the bronze category and was pleased to receive her Love Local voucher from Laura Mackay, Health Improvement Practitioner and Project Lead.

NHS Western Isles is grateful to HITRANS for funding this challenge and the prizes. We hope that the health benefits from increasing step counts and walking habits have been the real prize for all the participants.

Feedback from participants has been very positive with many looking forward to taking part in similar challenges in the future.



'Not Fast, Just Furious' team



'Sole Survivors' team



Laura Mackay and Maureen Murray.

First total wrist replacement successfully performed in Stornoway!



NHS Western Isles is delighted to share that the first total wrist replacement (Motec) has been successfully performed at Western Isles Hospital, Stornoway — marking a significant step forward in delivering advanced hand and wrist surgery to remote communities.

This landmark procedure was led by Mr Grzegorz Sianos, Consultant Hand and Wrist Surgeon at Glasgow Royal Infirmary, with the exceptional support of an outstanding multidisciplinary team.

The procedure took place on

August 5, and the patient was Donald Morrison from Lewis. Mr Morrison is pictured with Mr Sianos (above).

Mr Morrison said: “It went very well. Everything went great and the surgeon and anaesthetist were excellent. I couldn’t have wished for a better service.”

Mr Morrison said that having the procedure done locally made a ‘big difference’ to him. He added: “I was home that night – just in time to see the Rangers match!”

Mr Sianos commented: “We wish our patient a smooth and uneventful recovery

under the dedicated care of Occupational Therapy Team Lead & Rheumatology And Hand Condition, Jenny Hill, whose rehabilitation work is crucial to functional recovery.”

NHS Western Isles Chief Executive, Gordon Jamieson, said: “As an organisation we are continually trying to improve and expand the range of services, procedures, and care that we can safely and effectively deliver.

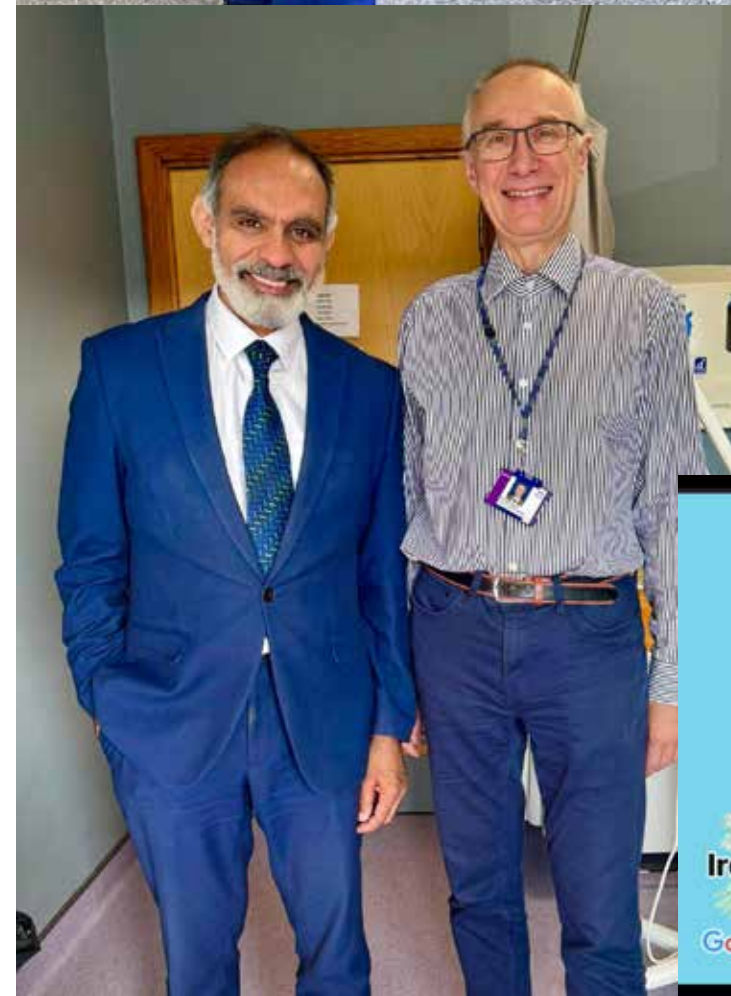
“Being able to deliver our first total wrist replacement is fantastic, and testament to the whole team led by Mr Sianos. Well done to them and best wishes to the patient.”

Special thanks to theatre, anaesthetic, and clinical support staff, and Acumed for technical support. Also thanks to Motec, whose pioneering design of the Motec wrist prosthesis continues to bring transformative outcomes to patients worldwide.

A final reflection from Mr Sianos: “Stornoway (Latitude N58) lies on the same parallel as Linköping, Sweden, where this innovative prosthesis was designed. It is both humbling and inspiring to see how international collaboration and innovation can deliver cutting-edge care to even the most geographically remote parts of our healthcare system.”



Photos:
Top left: Mr Sianos and Donald Morrison.
Left: Mr Sianos and Mr Saeed Zaki, Consultant Orthopaedic Surgeon, who was part of the surgical collaboration.
Above: The Theatre team at Western Isles Hospital.
Below: Geographic link between Sweden and Stornoway.





E-bike loan scheme relaunches in Point

A popular e-bike scheme is being relaunched in Point this summer, with support from Capital Grant funding from NHS Western Isles.

The loan scheme, which lends e-bikes for local use has received an upgraded online booking system, now has dedicated truck and trailer for transportation and is being managed for Point and Sandwick Trail from Aros an Rubha Community Hub.

The pool of eight E-bikes, includes men's, women's and two cargo bikes which can take passengers and be used to transport goods is taking bookings via the Point and Sandwick trail website at <https://pointandsandwicktrail.com/bike-bookings>

PSCCP Chairman, Tom Clark commented: "We are so pleased to be relaunching the e-bike scheme with the new booking system and a trailer and truck that will give us capacity to collect or move e-bikes for group use and for emergency purposes. This includes carrying helmets and safety gear or bike bags. We are very grateful to NHS Western Isles as their grant of £15,300 has been used to purchase the new truck and trailer. Thanks also

to Point and Sandwick Trust who provided us with web support to create a bespoke online booking system. We hope many people will benefit from free access to the e-bikes on our beautiful paths."

The Point and Sandwick Community Coastal Path (PSCCP) Committee is the volunteer group behind the Point and Sandwick Trail, a vision to restore and connect 40km of coastal paths from Stornoway, through Sandwick and around the Point peninsula. They successfully purchased a selection of e-bikes in 2022 as part of their initiative to get more people out cycling and funding for project came from a number of sources including Point and Sandwick Trust, Highlands and Islands Enterprise and the Energy Savings Trust. To date the e-bikes have been made available to people on low income and those recovering from health conditions. More than 50 people have used the scheme, borrowing the e-bikes for a variety of reasons including recovery from illness and wanting to get fitter.

NHS Western Isles Chief Executive, Gordon Jamieson, said: "We were delighted to be able to support this impressive project, which assists people, irrespective of age, mobility and health, to

take part in physical activity outdoors. This clearly positively impacts on the health and wellbeing of members of our community. We hope that this financial assistance will help the project to reach and benefit even more people, supporting them to become fitter and exercise on a regular basis."

PST Community Consultant, Alasdair Nicholson, who works closely with the PSCCP added: "Exercise and access to the outdoors and nature are well recognised as improving cognitive skills, physical health and mental health. The combination of developed walking and cycling routes and the related e-bike project contribute to preventative conditions like cardio-vascular disease as well as

aiding existing long-term conditions or recovery from illness across age ranges. The addition of the new truck and trailer will enable the project to reach more people, organise and develop more group e-cycling and the new structure will strengthen the team who provide the booking arrangements, maintenance and health and safety and other back office support.

Expanding the offering via the online booking system and under management of Aros an Rubha and Muirneag Consulting, the project hopes to attract new users and support wellbeing across the local community.



Getting the Message Across

The Public Health Department held a stall at the Lochs Show in July, to promote current NHS Western Isles public health campaigns. This was manned by Rhona McGuire, Senior Public Health Administrator, and Isabell MacInnes, Health Protection and Screening Nurse Specialist.

The campaigns featured included open water

swimming, hydatid disease, mental health awareness, and ticks and Lyme disease; these generated lots of interest among visitors to the show.

Rhona (left) and Isabell (far right) are pictured at the stall with Gordon Jamieson, NHS Western Isles Chief Executive.





HENRY is on the way!

Marion Matheson and Laura MacKay from the Public Health team will soon be running the next HENRY programme in venues across the Western Isles.

HENRY equips families with children aged five and under with practical skills for healthier lifestyles.

It covers a range of topics including healthy eating, physical activity, weaning, oral health, active play, and sleep.



L-R: Laura MacKay and Marion Matheson.

Marion and Laura held a HENRY taster event on July 21 at Laxdale Hall, which was attended by families keen to take part in the programme.

Colum Durkan, Director of Public Health, said: “The HENRY programme supports families in giving their children the best start in life. Instilling good dietary habits, regular exercise, and healthy behaviours at an early age helps to prevent conditions such as obesity and diabetes as they grow up.”

The programme is free, and anyone who would like more information or the details of upcoming sessions can contact Marion and Laura by emailing: wi.henry@nhs.scot



KNOW YOUR LIMITS ALCOHOL

It's recommended that you don't drink more than 14 units of alcohol a week, spread out over at least 3 days and have several alcohol-free days a week

What is 14 units?



For further information or support visit the Outer Hebrides Alcohol & Drug Partnership

Website: www.outerhebadp.com
Email: wi.ohadp@nhs.scot | Tel. 01851 762022



Help Stay Tick-Free This Summer

With the continuing summer weather, people are spending more time outdoors and enjoying the beautiful Western Isles landscapes and scenery. However, following previous reports of higher tick numbers in the environment, NHS Western Isles is raising awareness of ticks and Lyme disease to ensure that people are aware of what they can do to avoid tick bites.

This year, the Health Protection Team has prepared free tick information packs for local businesses and accommodation providers, and each pack includes a new poster, leaflet and also a handy tick removing tool.

Isabell Mac Innes, NHS Western Isles Health Protection Nurse, said "We want to encourage everyone to enjoy the outdoors and all that the Western Isles has to offer. However, if you or your family are out and about, particularly in areas of rough grass and undergrowth, make sure you know how to protect yourself from being bitten and how to check each day for ticks."

The tick packs can be accessed by contacting the team via tel. (Lewis and Harris) 01851 708033 or (Uists & Barra) 01870 603366, or by emailing: wi.healthprotection@nhs.scot

In addition, there will be a Tick and Lyme disease information stall at the Lochs Show on Saturday 26th July for those wishing to pick up a free pack.

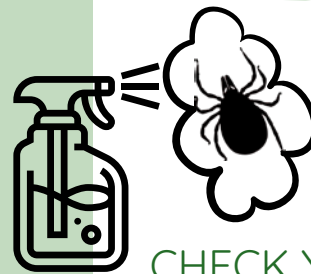
Prevent tick bites

Ticks don't jump or fly, but wait until an animal or person brushes past to climb on, so here are some simple steps to avoid coming into contact with ticks:

- keep exposed skin to a minimum, wear long sleeves and tuck trousers into socks
- wear light coloured clothing so ticks are easier to spot and brush off
- walk on paths, avoid brushing against vegetation
- take care in areas with dense vegetation
- use appropriate insect repellents (packaging will state whether it works for ticks).



DO'S:



REPELLENTS

Use insect repellents containing DEET

CHECK YOUR CLOTHES

Wear light coloured long clothing so ticks are easier to spot and brush off



Remove your clothes when arriving home; not in the bedroom, as ticks could remain on carpets/bedding.

CHECK YOUR SKIN

Ticks like warm, moist places; think waist, armpits, hair line, groin, ears

Keep exposed skin to a minimum. Wear long sleeves and tuck trousers into socks



GOING OUTSIDE

Avoid/take care in areas with dense vegetation

Walk on paths



PETS

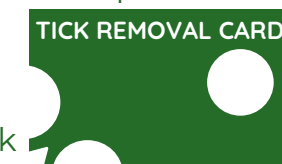
Wash pet bedding by itself at 50°C



REMOVING TICKS:

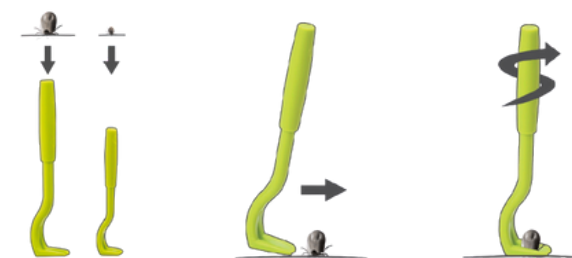
remove the tick as soon as possible

to use the card: place card between tick and skin. Then scrape the tick off



ensure all mouthparts are removed, any parts left in the skin can cause a local infection

to use the remover tool:



apply antiseptic to the bite area/wash with soap and water. Keep an eye on the site for several weeks for any changes

FOLLOWING A TICK BITE, IF YOU FEEL UNWELL WITH FLU-LIKE SYMPTOMS OR DEVELOP A RASH AROUND THE SITE OF ATTACHMENT PLEASE CONSULT YOUR GP.

DO NOT

cover the tick with oils, lotions, chemicals or petroleum jelly

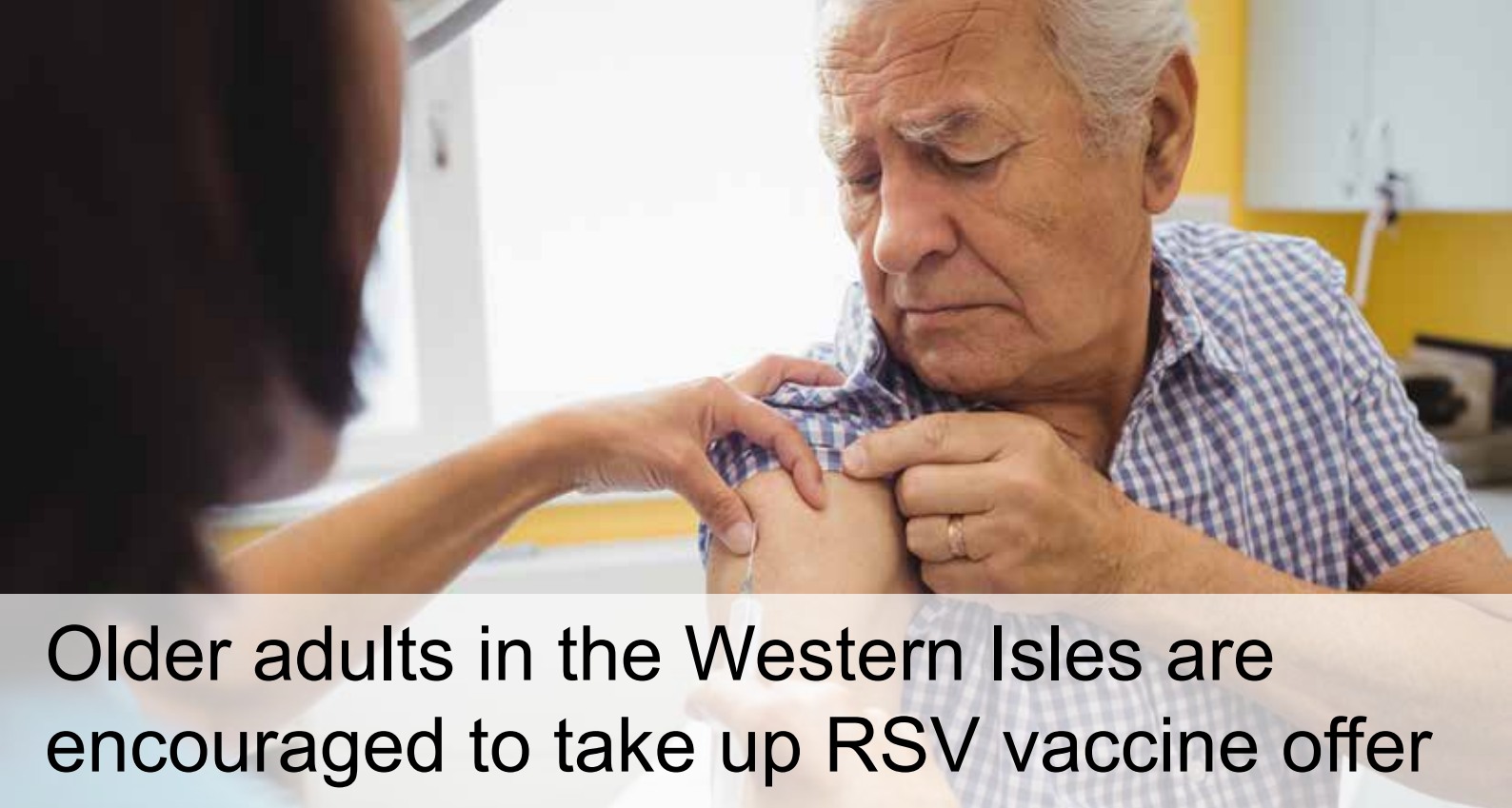
try to burn the tick off with a lit cigarette end or match. This can increase the likelihood of the tick passing on a disease

squeeze or squash the tick



NHS
Eileanan Siar
Western Isles





Older adults in the Western Isles are encouraged to take up RSV vaccine offer

NHS Western Isles is encouraging older adults to take up the offer of vaccination against Respiratory Syncytial Virus (RSV).

RSV is a common and highly infectious virus that affects the breathing system. It generally causes mild illness with cold-like symptoms, such as a runny nose, cough, fever, or decrease in appetite. RSV can be very serious for those who are at the highest risk of serious illness from the infection, including older adults and babies.

Appointment letters have been sent out to local residents who are turning 75 years old between 1 August 2025 and 31 July 2026 and appointments are underway. The vaccine will also be offered to anyone aged between 75 and 79 years of age who has not yet been vaccinated. If you haven't received a letter but think you are eligible, please contact the vaccination centre by phoning 0808 196 8383 or emailing wi.vaccination@nhs.scot.

The RSV vaccine, which was first offered in Scotland last year, has been successful in reducing hospitalisations among those who are more vulnerable to serious complications of RSV infection. A study published earlier this year showed a 62% reduction in RSV related hospitalisations among eligible older adult age groups following the vaccine's introduction in August 2024.

The RSV vaccine is also offered during pregnancy,

with vaccines offered from 28 weeks. RSV is the leading cause of respiratory hospital admissions for young babies in Scotland. Getting vaccinated while pregnant will help protect newborn babies from serious illness caused by an RSV infection.

Gordon Jamieson, Chief Executive, NHS Western Isles, said: "RSV can be very serious, and in some cases even life threatening. We are encouraging everyone who is eligible to take the offer of the vaccine to reduce the chances of serious illness.

"It is extremely encouraging to see the results of the study showing a significant reduction in RSV related hospitalisations as a result of the vaccine."

Read more about the positive impact of the RSV vaccination programme in reducing hospitalisations in Scotland: [Launch of new RSV vaccine results in encouraging reduction in hospitalisations - News - Public Health Scotland](#)

More information on the RSV vaccine for older adults is available on NHS Inform [RSV vaccine for adults | NHS inform](#)

More information on the RSV vaccine during pregnancy is available on NHS Inform [RSV vaccine during pregnancy | NHS inform](#)

More information on RSV vaccine uptake is available on the [PHS Vaccination Surveillance dashboard](#).

Newmarket-Tong path enriches communities

Residents and visitors alike are benefiting from recent improvements to the existing Newmarket Gateway Trust (NGT) Blackwater Trail walkway from Newmarket moor into Tong, due to a capital grant provided by NHS Western Isles.

In recent years, NGT extended the existing walkway, through separate additional funding, by approximately 3km (1.8 miles). However, the new walkway highlighted the need for the existing part, which was over 20 years old, to be greatly improved. This was noted to be especially needed for parents and carers with prams and buggies, and those using mobility scooters or who may struggle with rough terrain, due to areas being degraded and, in some parts, unpassable.

NGT, a committee and registered charity which manages the walkway, continuously strives to improve the Newmarket area and its community assets for its residents, as well as the wider community. In addition, the committee has previously redeveloped and upgraded its popular multi-use, multi-ability playpark and green space; even more important now due to the completion of Phase 1 of the new 74-house development at Newmarket's Blackwater, with Phase 2 well under way.

Diane Macdonald, NHS Western Isles Director of Human Resources & Workforce Development, said: "NHS Western Isles was delighted to support these much-needed improvements for the Blackwater Trail walkway. Walking is one of the easiest and most accessible ways to improve your health and wellbeing. Walking has a whole range of benefits for your health. It helps prevent heart disease, diabetes and cancer. It improves your wellbeing and is linked to better sleep, improved cognitive function and an overall better quality of life."

Murray Macleod, Chair of NGT, said "We are sincerely thankful to NHS Western Isles for their financial support towards the walkway. It is important to provide safe, free accessible outdoor amenities and activities for our children, families and individuals to enjoy. This funding has enabled us to scrape back the existing path and re-lay an appropriate surface, ensuring that the path is accessible to the community as a whole. These upgrades will make the amenity accessible once again, connecting the two communities of Newmarket and Tong, and offering new walking, running and cycling routes."



Pictured L-R: Murray Macleod, Sharon Reid (Comhairle nan Eilean Siar Community Learning & Development Officer), and Diane MacDonald.

By Royal invitation

Mairi Smith, Macmillan Advanced CNS/Team Lead (Lewis & Harris), attended a special Reception hosted by the Queen at Holyrood Palace on July 3.

The event was the Queen's first engagement as patron of the Queens Nursing Institute of Scotland (QNIS).

There are currently 170 contemporary Queens Nurses in Scotland; many of whom are pictured below with Her Royal Highness.

QNIS was set up in 1889 with a donation from Queen Victoria.



Local Employers Encouraged to Benefit from Mental Health First Aid Initiatives

A vital two-day training programme which equips staff with essential skills to provide immediate mental health support in their workplace, is being offered by the NHS Western Isles Public Health Department.

The Scotland's Mental Health First Aid (SMHFA) training courses are now available for employers across the Outer Hebrides. A recent course took place in July in Laxdale Hall in Stornoway, with participants representing a diverse range of local organisations.

The training empowers individuals to recognise early signs and symptoms of mental health problems, offer non-judgmental support and reassurance, and guide those in distress towards appropriate professional help. Participants also learn to assist anyone developing or experiencing a mental health issue, or in crisis, until professional intervention is secured, or the crisis resolves.

Norma Macleod, NHS Western Isles Healthy Working Lives Advisor, said: "Feedback from our recent successful event saw attendees particularly highlight the value of the course. In addition, they said it helped increase their confidence in addressing mental health challenges in the workplace, whilst would also help them foster a supportive environment for their colleagues."

Comments from course participants included:

"An excellent course, informative and relevant to my work role."

"Excellent course that was both thought provoking and practical in



Trainers (L-R) Norma Macleod (NHS Western Isles Healthy Working Lives Advisor) and Anne Mathie (Mental Health Training).

terms of mental health condition, how they can be supported in work setting and other situations and how to approach and support these in a range of circumstances and exactly what our role should be without crossing any boundaries."

"Cannot rate this course highly enough. Both Norma and Anne were fantastic at giving clear and engaging presentations. They are both clearly very knowledgeable and I feel it has given me a solid foundation for being the company MHFA. I would have no hesitation in recommending this course to others."

"The training was excellent throughout, learning the word "parking" for my own thoughts helped me with the visual of what parking means to me. Learning the model of ALGEE and how it can be used for everyone that is in crisis. I must add that having training with a variety of different people with varied experience and learning from each other and making new connections with what other services are doing."

"This training was excellent, enhanced what we are already doing and reminded us of what to do and what not to do when someone is in crisis. Gave a better understanding how to respond in each situation."

NHS Western Isles encourages all local employers to consider enrolling their staff in future SMHFA courses to promote mental wellbeing across their communities, and help create safer, more supportive workplaces.

There are a number of funded places available, and to book a place on an upcoming course, or for further course information, please contact Norma Macleod, NHS Western Isles Healthy Working Lives Advisor, by emailing: norma.macleod1@nhs.scot

Growing Together

A look inside the Cearn's flourishing 'Grow Our Own' project

Over the next few months, we'll be sharing updates on the inspiring community development work underway in the Cearn's area - where Public Health maintains a steady presence at the Resource Centre two days each week.

This edition, we shine a spotlight on a vibrant grassroots initiative that brings people together: the 'Grow Our Own' project.

Situated in the heart of the community, 'Grow Our Own' has become more than just a growing project - it's a symbol of collaboration, sustainability, and local pride.

Entirely volunteer-led and supported by the Cearn's Community Association, the project is coordinated by Iain Leng, a dedicated resident whose passion is transforming the site into a thriving, organic green space.

Using mostly donated materials, Iain has

helped shape the site with creativity and care - constructing potting stations and raised beds from reclaimed wooden pallets, laying donated paving slabs to create accessible walkways, and planting berry bushes along the perimeter of the project. Each improvement enhances the area and creates a welcoming space for people to work in.

"when individuals, organisations, and neighbours come together, real change can take root."

Iain is aided by his neighbour, Norman Macleod, who has joined him in working tirelessly to ensure that the community can enjoy the health and social benefits of growing their fruit and vegetables. Together, they've turned a patch of land into a place of purpose and connection.

Recent support has come from Public Health, which donated bags of bark and sheets of plywood to aid in weed control and enhance

the walkways within the poly-crub growing area. Additional bark was also donated by Macaulay Road Co-op - proving that when individuals, organisations, and neighbours come together, real change can take root.

Stay tuned as we continue to follow the progress of Cearn's community development work, celebrating the projects - and people - that are helping this area grow from the ground up.

If anyone would like further information on the project, or other ongoing community development work, please contact Mary MacLean, NHSWI Fas Fallan Manager, Public Health Department, by emailing: mary.macleon@nhs.scot



L-R: Cathie Maciver, Sybil Macleay, Etta Mackay, Colum Durkan (Director of Public Health), Mary Maclean (Public Health), Iain Leng, Janet Maclean (Public Health) and Calum 'Barney' Mackay.



Improving the Cancer Journey official launch event



The Improving the Cancer Journey (ICJ) official launch event took place on August 19 in Stornoway.

The special event was attended by various stakeholders including members of staff from NHS Western Isles, WICCI, and Macmillan Cancer Support.

This event was held to celebrate the success of the service to date. Since beginning to take referrals in January, the service has made an extremely strong start, having already had upwards of 60 referrals, and helping to find a wide range of support for the concerns and questions raised.

The ICJ service is a joint project between Macmillan Cancer Support, NHS Western Isles, and Western Isles Cancer Care Initiative which aims to provide every person affected by cancer - including families and carers - with vital assistance in finding support for any non-clinical concerns they may have.

The ICJ service in the Western Isles was commissioned to the third sector by NHS Western

Isles and has its natural home in the highly regarded and well-established WICCI. With Link Workers based in the offices in Lewis and in Uist, the service supports anyone from the Butt to Barra.

Timothy Durbin, Macmillan ICJ Pan Island Programme Manager, NHS Western Isles, said: "A cancer journey will impact both the individual and those close to them. Challenges relating to finances, housing, emotional wellbeing, physical health, and family dynamics are common and can be especially overwhelming during a time when coping may feel most difficult.

"Since beginning to take referrals in January, the service has made an extremely strong start, having already had upwards of 60 referrals, and helping to find a wide range of support for the concerns and questions raised."



Cabinet Secretary announces new appointment on Western Isles NHS Board

The Cabinet Secretary for Health and Social Care, Neil Gray MSP, announced the appointment of Ian McCorquodale as a Member of Western Isles NHS Board.

Ian McCorquodale recently retired after 25 years' service with Police Scotland and feels this role is an opportunity to continue serving the community in the Western Isles.

He brings a wealth of experience in public service from various roles including latterly working as police sergeant in Uist.

Ian has a calm strategic approach and a strong sense of integrity along with extensive experience in governance, decision making and stakeholder engagement at local and national levels. He is committed to contributing effectively to strategic oversight, challenging constructively and supporting the Board in delivering the best possible outcomes for patients.

Having worked extensively alongside health services and partner agencies in the Western Isles, he is looking forward to building on these multi-disciplinary partnerships and bringing a fresh input to support the work of the Board in delivering high quality, safe, person centred, community based services.

This appointment will be for four years and will run from 18 August 2025 to 17 August 2029.

Board Chair, Gillian McCannon, said: "On behalf of Western Isles NHS Board, I would like to warmly welcome Ian to the Board. I look forward to working with Ian and utilising the expertise that he will bring to that role in helping to support the work of NHS Western Isles."



The Meningococcal B (MenB) vaccine for protection against gonorrhoea

Diagnoses of gonorrhoea are high in Scotland and the rest of the world. An opportunistic vaccination programme for use of the MenB vaccine to prevent or reduce the severity of gonorrhoea is being rolled out from August 2025.

Gonorrhoea is a common sexually transmitted infection (STI) and is a major public health concern globally. Diagnoses of gonorrhoea are also high in Scotland. The immunisation programme aims to protect those at highest risk of gonorrhoea and to reduce the number of infections.

Gonorrhoea is caused by bacteria called *Neisseria gonorrhoeae* and is usually treated with antibiotics. However, the bacteria that cause gonorrhoea have become more resistant to all previous antibiotics used, meaning they are becoming less effective in treating the infection.

If left untreated, gonorrhoea infection can cause pain in the testicles, prostate and lower abdomen. It can also increase the risk of infertility and pregnancy complications. In rare cases, gonorrhoea can spread through the blood to cause infections in other parts of the body such as the skin, heart and joints.

The vaccine will be offered to those at highest risk of infection. This includes:

- gay, bisexual and other men who have sex with men (GBMSM) if they attend a sexual health clinic in Scotland and are assessed as being at increased risk of coming into contact with gonorrhoea
- those involved in selling or exchanging sex without using condoms
- those who sexual health clinics assess as being at high risk of infection.

The MenB vaccine

Research has shown that because of similarities between the bacteria causing meningococcal meningitis and the bacteria causing gonorrhoea, the MenB vaccine can protect against future infections of meningococcal disease and gonorrhoea.

The MenB vaccine is already used in the routine childhood immunisation programme to protect against meningitis and septicaemia (blood poisoning) caused by meningococcal bacteria group B.

It is expected that this new vaccination programme will reduce case numbers and the individual risk of contracting gonorrhoea and tackle the steady increases in gonorrhoea diagnoses, mainly in the GBMSM community, over the past ten years.

Protect yourself against gonorrhoea

Get the meningococcal B (MenB) vaccine

The MenB vaccine is being offered to those at increased risk of gonorrhoea. Diagnoses are high in Scotland and the rest of the world.

It's important to get both doses of the vaccine for the best protection.



Find out more about the vaccine and eligibility by scanning the QR code or by visiting nhsinform.scot/gonmenb



Pictured: Some of the staff and volunteers at the Heb Celt Festival from Action for Children, NHS Western Isles, Outer Hebrides Alcohol and Drug Partnership and other

Safe space for festival-goers

Hebridean Celtic Festival

The Safe Space tent at the Hebridean Celtic Festival provided a monitored rest and recovery area for those that may have taken too much alcohol or substances or may have just felt anxious and needed some emotional and practical support.

The tent was situated in the festival grounds and was staffed over the three days by experienced and supportive volunteers who were trained to manage risks to festival goers.

Everyone who came into the tent was well looked after. Anyone requiring additional support was safely passed to the care of the on-site paramedics and ambulance crew, reducing the need for the person to be taken to hospital.

This service would not be possible without the amazing team of staff and volunteers who come from a range of backgrounds such as Action for Children, NHS Western Isles, Outer Hebrides Alcohol and Drug Partnership and other organisations, including third sector.

EDF Festival

Marion Matheson (pictured third from the right, below) from the Public Health Team, very kindly supported the EDF Festival in Benbecula recently.

Marion spent both the Friday and Saturday nights working with colleagues from other local organisations to staff the Safe Tent, without which the festival would not have been possible.

A massive thanks and well done to Marion and her colleagues for all their excellent work over a busy - and at times very wet - weekend.



MENTAL WELLBEING



www.mentalwellbeing.wihb.scot.nhs.uk

**Information, tools and resources
to help you look after your
mental health & wellbeing**

Positive Mental Health & Wellbeing



Promoting Health at the Barra & Vatersay Science Festival

The Isle of Barra & Vatersay Science Festival returned for its second successful year on July 3 & 4, offering two vibrant days packed with hands-on experiments and engaging science activities for all ages.

NHS Western Isles was pleased to be invited along, and used the opportunity to promote key messages around health and wellbeing.

Public Health staff Alison Macdonald and Joyce

Beverstock were on hand to talk about the importance of routine health screenings, making positive lifestyle changes, and also highlighted the smoking cessation service which is available locally.

Christine MacInnes raised awareness on sugar, where children could weigh out the sugar content in their favourite sweets, and check the pH levels of their favourite drinks and understand the effects of acid and erosion - a fun and impactful way to get young minds thinking about healthy choices.

Isabell MacInnes, Health Protection Nurse, shared practical and important advice on what to do in the event of a tick bite - a timely reminder during the summer season.

We were also pleased to have Jo Bark, Director of Dentistry, generously pop by on her days off to support the event and engage with the community.

A huge thank you and congratulations to the Festival organisers for hosting such an educational event. It was great to see science, health, and the community coming together!



Teamwork pays off on Butt to Barra Challenge

What do three nurses, one paramedic, one fireman and two policewomen have in common? It sounds like the beginning of a joke, but these amazing individuals were part of a larger group of dedicated cyclists who completed the 185-mile Butt to Barra Cycling Challenge, together raising over £35,000 (and still counting!) to be split between their respective charities.

Christopher (Paramedic) and John (Fireman) Adams did the cycle in memory of their late mother on behalf of Bethesda Hospice, following the care and attention she received,

as well as their family, towards the end of her life. Both have raised over £8,000.

Lesley Leng Murray, who has undertaken the cycle five times now, also fundraised for Bethesda Hospice.

Hannah Macdonald (Nurse), Clare Campbell (Police Officer), Johan Macleod (Police Officer) and Nicola Libby (Nurse) undertook the cycle to raise money for Crossroads, who offer support to carers, regardless of age, disability or illness and to those living alone, struggling with ill-health or loneliness.

Hannah's aunt is the Crossroads Manager.

Lesley said: "The cycle, as always, is challenging but still it's a wonderful gathering of people that you know and others that you meet for the first time.

"It is not a race but a supportive event to raise money for our wonderful local charities, that are greatly relied upon and offer patients, service users and families well needed care and support."

Back row (L-R): Christopher Adams, Hannah Macdonald and John Adams.

Front row (L-R): Clare Campbell, Nicola Libby, Lesley Leng Murray and Johan Macleod.



Pictured: Hannah and Nicola with fellow cyclists and Crossroads staff

Nicola and Hannah Conquer the Butt to Barra Challenge for Crossroads

Hannah Macdonald, Surgical Staff Nurse, and Nicola Libby, Arthroplasty Practitioner, recently took to their saddles to cycle an impressive 155 miles from the Butt of Lewis to Barra, all in support of local charity, Crossroads Lewis.

Crossroads Lewis is a registered charity that provides regular respite care for those looking after loved ones at home. Its mission is to support carers by giving them time for themselves—whether to attend appointments, socialise, or simply rest - helping to prevent burnout and exhaustion.

Both Hannah and Nicola are no strangers to physical challenges. Hannah has completed marathons, while Nicola has participated in the Moonwalk several times. The idea of the Butt to Barra cycle had long appealed to Nicola, and when she mentioned it to Hannah during a shift, they decided to take on the challenge together.

"Training together was great fun and really helped keep us motivated," said Nicola. "We both found it easier having a goal to work towards."

The first two days of the ride were particularly tough, with strong winds and heavy rain testing

their endurance. "The hills were also a challenge," Nicola added. "Whoever said Uist was flat definitely lied - it's not flat when you're cycling!"

Thankfully, the weather turned on the third day. "Cycling from Borrodale to Barra in the glorious sunshine was absolutely stunning," said Hannah, reflecting on one of the journey's highlights.

Another standout moment was the camaraderie amongst the cyclists and the unwavering support from the event crew. "We were tired, but the encouragement from fellow cyclists - especially those who had done the challenge before - really kept us going," they said.

Hannah and Nicola are now encouraging others to take part in next year's event. "We'd 100% recommend it. Yes, it's a challenge, and no, it's not an easy ride - but the people you meet, the support you receive, and the experience itself make it something you'll want to do again."

So far, the duo has raised an incredible £4,625 for Crossroads Lewis - and their fundraising page is still open. If you'd like to support their cause, you can donate via: [Hannah Macdonald is fundraising for Crossroads Lewis](#)

Partnership Event to celebrate the launch of the Western Isles Distress Brief Intervention Service



Organisations across the Western Isles came together in June to celebrate the launch of the Distress Brief Intervention (DBI) programme which looks to build and provide connected compassionate support, helping Western Isles locals with crucial mental health support when they need it the most.

The Scottish Government Distress Brief Intervention (DBI) programme is a world first, starting as a pilot and now being rolled out across Scotland with the Western Isles as one of 20 Health & Social Care Partnerships with the programme already live.

The DBI Western Isles service, which started earlier this year, is for anyone aged 16 and over – where assessed as appropriate by trained staff – and has two closely connected parts, offering a service for people experiencing distress.

NHS Western Isles has commissioned this service through the Integrated Joint Board and the the Outer Hebrides Alcohol and Drug Partnership.

Level 1 in the Western Isles sees front-line colleagues, such as the Police, Emergency Department staff, Paramedics, GPs, and the Community Mental Health Team, trained to ease a
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person's distress. Where assessed as appropriate, and with the person's agreement, they can then be referred to the DBI level 2 service, with the promise of support within 24 hours. In addition, anyone over 16, from anywhere in Scotland, including the Western Isles can also be referred to DBI if they contact NHS24, where DBI is appropriate.

Level 2 in the Western Isles is provided by Change Mental Health which is a third sector mental health organisation whose staff are trained and who contact the person within 24-hours of referral and provide around 14 days of support. DBI staff provide a compassionate response to the person in distress, problem solving support, support with wellness and distress management planning, which helps in both the short and longer-term, as well as connections to other agencies for additional support where appropriate.

Visiting the Western Isles, national programme manager with colleagues from Change Mental Health spent some time offering training to be able to open up new pathways of referrals for partners.

NHS Western Isles also hosted an open day at UHI for partners to be able to come along to hear about the local work around DBI from the practitioners working on the ground.

Speaking on his visit to the Western Isles Kevin O'Neill, said: "It has been fantastic to spend a few days, hearing about all the impressive work that is taking place across Western Isles in support of the communities' mental health, including DBI.

"I pay the highest tribute to our partners across the Western Isles who have shown outstanding commitment, collaboration and innovation to build connected compassionate support, that meets the needs of this very remote and rural island(s) community.

"We welcome Western Isles to the growing DBI community, which has already supported over 90,000 people across Scotland. We look forward to continuing to work and learn together with the aim of providing the best connected compassionate support possible to the people of the Western Isles."

Nick Fayers, Chief Officer of the Western Isles Health & Social Care Partnership (pictured bottom right with Angela Grant, Outer Hebrides Alcohol & Drug Partnership Co-ordinator), who have overseen the Western Isles DBI development said: "It has been a pleasure to have the DBI National Team, Change Mental Health and the local partners at our open day to establish our DBI service and I am extremely grateful to everyone involved. DBI is a valuable addition to the mental health support services available in the Western Isles. The programme plays a key role in ensuring that individuals experiencing distress are given a compassionate, caring and timely response."



Did you know?

It has been estimated that there is between £12-18m worth of avoidable medicinal waste in Scotland. Reasons attributed to this have included repeat prescribing and over-ordering by patients. (2020)

HELP US REDUCE MEDICINE WASTE

The most expensive medicine is the one that you don't use.

It is up to all of us to be more responsible about ordering and using repeat prescriptions. Unused medicines cannot be recycled. If you aren't taking your medication, tell your GP or make an appointment with the Primary Care Pharmacy team.

Remember to check what medicines you have at home before re-ordering to ensure you are only ordering what you need.



Celebration of Learning and Culture

During August, a 'Celebration of Learning and Culture event' was held at Stornoway Town Hall.

The event was a partnership project, delivered by the NHS Western Isles Public Health Team and the Western Isles Learning Shop.

It featured food, music and dance from a range of cultures, and a presentation of certificates to local learners by Colum Durkan, Director of Public Health. Everyone who attended received a bag with a range of gifts, including 'Tastes and Tales' - a collection of the learners' writing and recipes.

Very special thanks to Mary MacLean from the Public Health Team for all her excellent work in planning and delivering the event.



Donation Helps Beat the Drum

Members of the Lewis Pipe Band are benefiting from a new set of pipe band drums and bespoke uniforms, due to a Capital Grant provided by NHS Western Isles.

The donation of £5,000 towards snare drums, tenor drums and a bass drum, as well as additional uniforms, will enable the continuation of the Band's strong piping and drumming heritage.

Formed in 1904, the Lewis Pipe Band (LPB), is the oldest community organisation in the Western Isles and has seen a large expansion in membership in recent years, with ages ranging from 16-70+ years.

Due to this increase in membership, additional equipment required to be purchased, as well as the replacement of certain older items which had reached the end of their lifespan. In addition, a number of uniform items which were made-to-measure and pre-loved by previous members since the 1970s, were no longer suitable to be recycled.

Sandy Gomez, Lewis Pipe Band's Pipe Major, said: "We are extremely grateful for NHS Western Isles' contribution towards these much-needed items, all of which remain as assets of the LPB and are only given to members for use during their time of membership."

"With over 120 years of tradition, LPB proudly represents our islands at local and national events. This includes parading in the town centre every Saturday evening from end of May until end of August, marching during community events and shows, participating at the World Pipe Band Championships, and, more recently, heralding the opening of the Hebridean Celtic Festival before joining award-winning Scottish band Skerryvore on the main stage for the events final festival song!"

NHS Western Isles Hospitals Manager & Armed Forces Veterans Champion, Lachlan Mac Pherson, said: "NHS Western Isles is very proud to support the Lewis Pipe Band. It is widely recognised that playing musical instruments, particularly in group settings, has been shown to improve mental health. As a group featuring such a wide age range of members, this can also provide not only emotional support but a sense of belonging and connection, which are essential for our overall mental wellbeing."

On August 9, the Lewis Pipe Band & the Lewis & Harris Youth Pipe Band held its event 'Generations – a celebration of piping and drumming across the ages' at Stornoway's An Lanntair, which saw both bands join for a special collaboration, in advance of travelling to compete at this year's 2025 World Pipe Band Championships in Glasgow.



healthy hebridean kids

The Healthy Hebridean Kids website helps parents with healthy lifestyle choices for children, offering tips on meals, activity, and useful links.



The site is hosted by **NHS Western Isles Maternal & Infant Nutrition Group**, a partnership group whose aim is to improve the health of families.

healthyhebrideankids.scot.nhs.uk



Photo: Lachlan Mac Pherson (centre) pictured with the Lewis Pipe Band at their 'Generations' event on 9th August 2025.

NHS Staff News



Congratulations Mr and Mrs Mackenzie!

Congratulations to Sandra Mackenzie (nee Campbell) and Stephen Mackenzie (pictured left), who got married on April 18 2025.

Sandra is a Medical Secretary at the Western Isles Hospital.

Congratulations Mr and Mrs Fletcher!

Congratulations to Matt Fletcher, Supplies Officer, and Hazel Fletcher, who got married in Stornoway at the Lews Castle on June 17, 2025. Hazel is a Distress Brief Intervention (DBI) Coordinator for Change Mental Health.

The couple are pictured (right) showing off their new rings.



Retirement for Angela after nearly four decades of dedication to Benbecula Medical Practice

Angela Binnie, Practice Nurse at Benbecula Medical Practice, hung up her uniform in June to embark on a well-earned retirement.

Angela began her nursing journey 47 years ago as a student nurse at the Victoria Infirmary in Glasgow. After qualifying, she returned to Fort William to live with her parents and worked as a Staff Nurse at the Belford Hospital for six months. She then moved to Edinburgh to train as a midwife at the Royal Infirmary and Simpsons Memorial Maternity Hospital.

Once qualified, Angela returned to Glasgow and worked as a midwife at the Glasgow Royal Infirmary and Rottenrow Maternity Hospital, helping bring new life into the world.

During this time, her parents moved back to the islands to live on the croft. While visiting them, Angela met her future husband, Ian. This encounter led her to leave her post as Sister in Glasgow and relocate to South Uist, where she worked as a midwife at Daliburgh Hospital.

Reflecting on that transition, Angela shared: "It was challenging, to say the least, after working in a large teaching hospital with the reassurance of close collaboration with obstetricians and paediatricians."

Eighteen months later, Angela and Ian married, and she transitioned into a new role as a Practice Nurse at Benbecula Medical Practice—a role she would hold for an incredible 37 years, becoming a cornerstone of community healthcare in Benbecula.

Angela said: "I can't believe how quick that time has flown in. I was so lucky to be encouraged and fully supported financially by our GPs at the time to develop my role as Practice Nurse, which at the time was a relatively new concept."



Angela embraced every opportunity to expand her knowledge and skills. She completed family planning training in Glasgow and a breast and cervical screening course run by Marie Curie, which deepened her expertise in women’s health. These qualifications enabled her to mentor new Practice Nurses and support training across local practices.

Recognising a need for improved asthma care, Angela completed a diploma in asthma management at the University of Stirling. This led to her taking on responsibility for asthma and COPD patients within the practice.

Her passion for women’s health continued throughout her career. She undertook further training in sexual health and menopause care at the Sandyford Initiative in Glasgow.

Angela reflected: “This is probably why I’ve stayed in this role at the practice for so long, fulfilling a desperate need to screen and prevent illness in our community. Although it has been challenging, it has been incredibly rewarding.”

Angela is now looking forward to spending more time with her husband and visiting her two children, who live in Glasgow and work in the Merchant Navy. She also plans to enjoy gardening, DIY projects, and running her self-catering home during the summer months—so she won’t be putting her feet up just yet.

Nature became a source of peace for Angela during her years at the practice, and she hopes to spend more time walking, exploring local hills, enjoying the beach, and working on the croft.

When winter arrives, she plans to indulge her love of home furnishings and upholstery. Trips to Glasgow to visit her sons and enjoy coffee shop outings with her sister are also high on her list.

Speaking fondly of her time at the practice. Angela reflected: “I will miss the patients who have depended on me to deliver this service in the ever-evolving NHS. We have seen various people retire and move on, but I have been very happy in my role and working with so many great professionals and colleagues over nearly four decades.”

She added a heartfelt tribute: “I’d like to give a special shout out to our Practice Manager, Sheena Mackinnon, who started at the same time as me and without her, I am not sure where we would be as a practice. Her dedication and her role and commitment to Benbecula Medical Practice has made my role so much easier.”

Angela concluded: “In summary, Benbecula Medical Practice as been a huge part of my life and I will miss the laughs we have had over the years, Christmas nights out, and any excuse to have a staff party, stories which would take too long to tell, but have left me with many happy memories.”





Think Western Isles

Think Wellbeing



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Recruitment



Job Vacancy	Closing Date	Band	Job Ref
Head Cook	28/08/2025	4	224100
Domestic Assistant	28/08/2025	2	223610
Domestic Assistant	28/08/2025	2	223615
Nurse Consultant Cardiology	29/08/2025	8B	224311
Primary Care Clinical Pharmacist	29/08/2025	7	224316
Estates Asset & Systems Officer	01/09/2025	5	221334
Registered Nurse Outpatients	01/09/2025	5	223483
Healthcare Assistant Surgical	01/09/2025	3	223533
Clinical Support Assistant	01/09/2025	2	223818
Dietetic Support Worker	02/09/2025	3	224033
PA to Director of Dentistry	03/09/2025	4	224628

All NHS Western Isles vacancies appear on the NHS Western Isles website:

www.wihb.scot.nhs.uk/vacancies/

Work With Us

Find out more about working with NHS Western Isles and living within the Outer Hebrides [by clicking here](#).

Know Who to Turn To

If we all use NHS services wisely, we can keep well and get the care we need quickly, safely and as close to home as possible.

Emergency Department

Your local Emergency Department is for emergencies, such as suspected heart attack or stroke, severe breathing difficulties or severe bleeding. In an emergency you should always go directly to your local Emergency Department or call 999. If you think you need to go to the Emergency Department but it is not life threatening, you should call NHS 24 on 111, they will assess you and advise you on the next steps.



NHS Inform

Self-care is the best option when you have a minor illness or injury, or just need some advice. NHS Inform has a wide variety of self-care guides for conditions such as headaches, sore throat, flu-like symptoms, vomiting and diarrhoea.

www.nhsinform.scot/symptoms-and-self-help/



Local GP Practice

When you have an illness or injury that won't go away, make an appointment to see your General Practitioner (GP). If your condition really can't wait until your surgery re-opens, contact NHS 24 on 111.



NHS 24

For immediate advice when your GP surgery or Dental Practice is closed and you too ill to wait until it re-opens, call NHS 24 on 111. NHS 24 will assess you over the phone and advise you on the next steps. When further medical assessment is required, they will refer you on to the most appropriate health professional or advise you to attend your local Emergency Department.



Community Pharmacy

Your local pharmacy can help with many common health issues such as coughs, colds, sore throats and stomach upsets. There is no need to make an appointment.



Meet the Board



Gillian McCannon
Board Chair



Gordon Jamieson
Chief Executive

Executive and Non-Executive Directors



Colum Durkan
Director of
Public Health



Debbie Bozkurt
Director of Finance &
Procurement / IJB
Chief Finance officer



Dr Sara Else
Medical
Director



Frances Robertson
Nurse/AHP Director
& Chief Operating
Officer



Diane MacDonald
Director of Human
Resources & Workforce
Development



Sheena Wright
Non-Executive Director /
Whistleblowing
Champion



Julia Higginbottom
Non-Executive Director /
Sustainability
Champion



Jane Bain
Non-Executive Director /
Employee
Director



Karen France
Non-Executive Director /
Chair of Area Clinical
Forum



Paul Steele
Non-Executive Director /
Comhairle
Representative



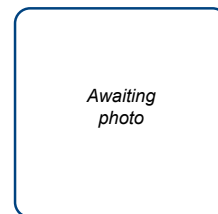
Annetta Smith
Non-Executive
Director



Naomi MacDonald
Non-Executive
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Paul MacAskill
Non-Executive
Director



Ian McCorquodale
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Director

“The best at what we do”

It is our responsibility to make sure that the care provided by NHS Western Isles is safe and focused on what you need.

