

Slàinte

Health update from NHS Western Isles SUMMER/AUTUMN 2026

NHS
Eileanan Siar
Western Isles

Young Lives vs Cancer

Physio team fundraiser success!



**Success for
Childsmile 2026**



**Chemotherapy Nurse
is 'Local Hero'**



**Long Service
Recognition**



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Welcome to Slàinte

- your local NHS news

Welcome to the latest edition of 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.

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



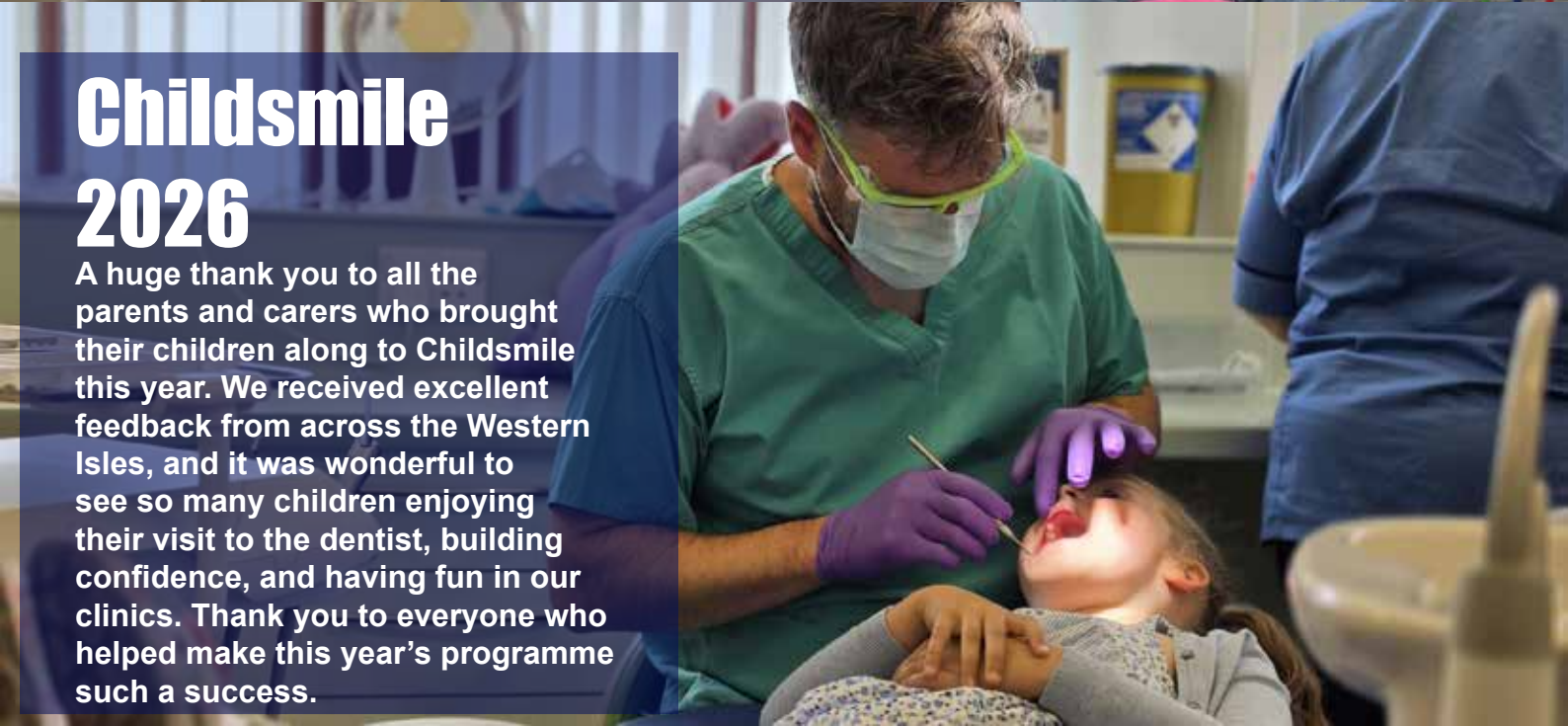
STUDENT HEALTH

NHS 24

Life can be stressful while studying. You're not alone. Check out free mental health support:

- ✓ on campus
- ✓ NHS services

NHSinform.scot/studenthealth



Childsmile 2026

A huge thank you to all the parents and carers who brought their children along to Childsmile this year. We received excellent feedback from across the Western Isles, and it was wonderful to see so many children enjoying their visit to the dentist, building confidence, and having fun in our clinics. Thank you to everyone who helped make this year's programme such a success.

Tick awareness boost for Lochportain Water Network workforce

Workers delivering a major water infrastructure project in North Uist have received practical advice and support on how to protect themselves from tick bites while working outdoors.

Following a request from Site Supervisor Neil MacKinnon, Isabell MacInnes, NHS Western Isles Health Protection and Screening Nurse Specialist, visited the Lochportain site. The Scottish Water project is extending the public water network to Lochportain, Cheesebay and Hoebeg.

Delivered by Malcivils and Morrison Construction, the project involves extensive work in areas where ticks are known to be prevalent. Concerned about potential exposure, Neil arranged a dedicated tick awareness session to help keep the workforce safe.

While on site, Isabell also met Donald John MacAulay and Fraser MacKay, who had been proactively reading up on ticks and the risks associated with Lyme disease to better protect their workforce. Their commitment to raising awareness and promoting preventative measures highlights the project's strong focus on employee wellbeing.

Workers shared first-hand experiences of encountering ticks on site, highlighting the importance of the initiative. One employee, Ryan,

explained that he had removed a tick from himself the previous week using tweezers. Isabell provided tick removal tools and information cards, including advice on carrying out regular tick checks, how to remove ticks safely, and how to recognise symptoms of Lyme disease, including the characteristic "bullseye" rash.

The session was well received and forms part of ongoing efforts to promote health, safety and wellbeing across the project. It ensures workers have the knowledge and equipment needed to protect themselves while delivering this vital infrastructure upgrade for the local community on behalf of Scottish Water.

Ticks can carry infections like Lyme disease, so it's important that people know how to protect themselves. Enjoy the outdoors - but take a few simple steps to stay safe and check for ticks daily, especially after time in long grass or undergrowth.

Prevent tick bites

- Ticks don't jump or fly - they latch on when you brush past vegetation. Reduce your risk by:
- Wearing long-sleeved clothing and tucking trousers into socks to minimise exposed skin.
- Choosing light-coloured clothing to spot ticks easily.
- Sticking to footpaths and avoiding brushing against plants and long grass.



- Taking extra care in dense vegetation.
- Using an insect repellent that is effective against ticks.

After being outdoors

Adopt routine tick-checking practices after spending time outside.

- Brush off clothing (and pets) before entering indoors.
- Remove clothing once home.
- Check your body carefully - look and feel for ticks.
- Pay close attention to hidden areas like behind knees, armpits, and along the hairline.
- Remove any ticks promptly to reduce the risk of infection, including Lyme disease.

Tick removal tools (available from vets and local shops) are the safest way to remove ticks.

If you find a tick

- Remove it quickly and carefully using a proper tick-removing tool.
- Don't pull it off with your fingers - this can leave parts behind.
- The sooner it's removed, the lower the risk of infection.

Plastic tick removal tools, which resemble a small claw hammer or credit card, are widely available in rural shops across the Western Isles.

Business packs with information about ticks and Lyme disease are available from NHS Western Isles: wi.hirs@nhs.scot



Safe socialising with 'Ask for Angela'

Staff from local licensed premises have recently taken part in training on the 'Ask for Angela' scheme, facilitated by NHS Western Isles and Western Isles Women's Aid.

The training, provided by James Macaskill, Outer Hebrides Alcohol and Drug Partnership Development Officer from NHS Western Isles, and Annabel MacKay from Western Isles Women's Aid, was organised by the local Pubwatch group with members in attendance including licence holders from local venues. The Ask for Angela scheme is supported by Police Scotland, with Inspector Neil Taylor also attending the event.

Originally established in 2016, the Ask for Angela scheme is a national initiative aimed at helping people discreetly access support if they feel unsafe, threatened or vulnerable while socialising. It provides a simple and discreet way for people to seek help in pubs, bars, clubs and other licensed premises.

Individuals who feel uncomfortable or at risk can approach a member of staff and ask for "Angela", signalling that they require assistance without drawing attention to their situation.

Participating venues are trained to recognise the phrase and respond appropriately and sensitively. Depending on the circumstances, staff may support an individual by:

- escorting them to a safe or private area;
- assisting them to leave the venue safely, including arranging transport;
- contacting a friend, security staff or Police Scotland if necessary.

NHS Western Isles Director of Public Health,

Colum Durkan, said: "The Ask for Angela scheme is a fantastic example of partnership working between public, private, and third sector organisations in the Western Isles. The enthusiasm since the outset demonstrates a real commitment to keep nights out safe, which is hugely important for individuals and the island community as a whole."

A Pubwatch spokesperson said, "Pubwatch was started up to create a safer environment for everyone using licenced premises in the Western Isles, and it is delighted to support the Ask For Angela initiative, making already safe spaces even safer for anyone experiencing threats or harassment during an evening out."

The initiative aims to reduce the risks associated with harassment, coercion and other situations where someone may feel vulnerable, while helping to create safer social environments within the local night-time economy. The scheme is open to everyone and is not limited to women.

During the session, Annabel MacKay also highlighted the work of the White Ribbon campaign, an international movement that encourages men and communities to take a stand against violence against women and girls and to promote greater gender equality. The campaign encourages individuals to become active allies in preventing gender-based violence and supporting safer communities.

For further information about a safer Outer Hebrides and local support services available, please see:

<https://www.saferouterhebrides.com/>
<https://www.outerhebadp.com/>

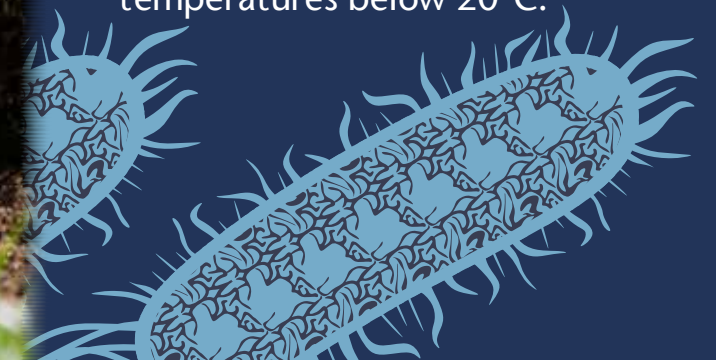


Legionnaires disease

NHS
Eileanan Siar
Western Isles

Legionella is a bacteria which is transmitted via water vapour. It normally thrives in temperatures between 20°C to 45°C, which can be reached in sheds, water barrels and polycrubs. Gardeners can follow these top tips to keep safe from Legionella:

- When opening a bag of compost or potting soil, make sure your head isn't directly over it.
- Do not store compost, potting soil or water barrels in greenhouses as these will heat up and may encourage Legionella.
- Consider wearing a dust mask when turning compost heaps.
- Empty the water out of garden hoses after use.
- Do not leave full hoses in the sun after use.
- Flush the hose or outside tap with fresh water for at least five minutes once a week if it hasn't been used. Let it run gently without creating a fine mist or spray while flushing.
- Avoid using water from garden water butts/ barrels when the temperature inside the butt is likely to rise above 20°C.
- Ensure any water collection units have lids and are kept in a shaded area, **not in a greenhouse or polycrub.**
- Only use water from water butts via a watering can, do not use the water via a hosepipe or sprinkler.
- Clean water butts every year.
- Consider insulating water butts to keep water temperatures below 20°C.



Immunisations Champions project roll-out to all Western Isles schools



A 'wee scoosh' can make a big difference this flu season

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

Flu is more than just a bad cold and can make even healthy children seriously ill. In some cases, flu can lead to complications. These can include bronchitis, pneumonia, painful middle-ear infection, vomiting, and diarrhoea. In the worst cases, flu can lead to disability and can be life threatening.

Getting vaccinated is the best way to protect your child against flu. It also helps reduce the spread of the virus to others who may be more vulnerable, including babies, grandparents and people living with long-term health conditions.

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.

For most children, the vaccine is given as a quick and painless nasal spray. It cannot give the child flu, but it starts to provide protection against it within 10-14 days.

Consent forms and further information have been sent home to parents and carers of school children. These should be returned to your child's school as soon as possible. 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.



A successful pilot project focused on immunisation education in Western Isles schools is set to be expanded after running over the past two years.

The project was created by Isabell MacInnes, who is currently an NHS Western Isles Health Protection and Screening Nurse, but used her previous experience working as a School Nurse across Uist, Barra and Harris to develop the programme.

The programme aims to improve understanding of vaccines among young people by equipping Primary 7 pupils with knowledge and confidence as 'Immunisation Champions'.

During the pilot, selected pupils from participating schools took part in a series of four structured lessons covering key topics such as: how the immune system works, how vaccines protect individuals and communities, consent and confidentiality, and the reasons why some people choose not to be vaccinated. Pupils also explored vaccine-preventable diseases, different types of vaccines, and how vaccinations are delivered, alongside looking at vaccination uptake and disease rates.

Pupils were shown trusted websites where they could find reliable information about diseases and vaccinations. They worked collaboratively to research diseases, deliver group presentations, and create information stalls within their schools while also supporting the school nursing team during flu vaccination season.

Feedback from pupils has been overwhelmingly positive, with many highlighting their interest in learning about diseases and how vaccines help

prevent illness. The project also complements key areas of the school curriculum, including health and wellbeing, science and social studies.

Isabell said: "It has been great seeing how engaged and enthusiastic pupils have been throughout this project. By giving young people the knowledge and confidence to understand vaccinations, we are helping them make informed decisions and play an important role in protecting their communities."

The initiative supports the principles of the United Nations Convention on the Rights of the Child (UNCRC), now embedded in Scottish law, by encouraging children to access accurate health information, participate in decisions affecting their wellbeing, and develop an understanding of how to protect both themselves and others.

The programme has attracted praise from Health Boards across Scotland, and Public Health Scotland has recommended that it be offered to all Primary 7 pupils.

NHS Western Isles is now exploring how to extend the programme more widely. It is proposed that all Primary 7 pupils in Western Isles schools will take part in the lessons, with each school selecting four pupils to become Immunisation Champions.



Veronica joins the Tartan Army in Boston and Miami!

Barra midwife, Veronica MacNeil, joined the Tartan Army in Boston and Miami in June, cheering on Scotland as they faced Haiti, Morocco and Brazil in the FIFA World Cup.

Veronica said: “Boston was something else, we were treated like royalty. Oh my goodness it has been amazing! After the buzz in Boston, we didn’t think it could get any better, but when we arrived in Miami, the atmosphere was incredible.”

Reflecting on her time in Miami, Veronica said: “Ocean Drive was amazing – love was in the air, just pure joy. The football connection was just the surface, it felt like like something much deeper. Something about people celebrating people of all races, nationalities and beliefs. It was a truly special day and I’m so grateful to have been a part of it.”

She added: “It wasn’t the result we’d hoped for but the celebrating with the Brazilians made it all worthwhile. We still had a ball! They certainly know how to throw a party and the service from the fan zone staff, police and volunteers was second to none.”



NHS Western Isles welcomes findings of Mental Health Inspection

NHS Western Isles has welcomed the publication of a Healthcare Improvement Scotland (HIS) unannounced inspection report into mental health services at Western Isles Hospital, which has highlighted a number of strengths in care delivery, alongside areas for further improvement. The inspection, carried out by Healthcare Improvement Scotland in February 2026, focused on the safe delivery of care within the Acute Psychiatric Unit.

Inspectors found evidence that staff are delivering trauma informed interventions to reduce distress and promote wellbeing. Patients who spoke to inspectors described the unit as a safe environment, with care described as responsive.

Good practice was also noted in infection prevention and control, and a new patient feedback questionnaire is being introduced to strengthen patient experience and engagement.

The report highlights good compliance with infection prevention and control standards. It also states that staff spoke about ‘visible, supportive leadership and effective teamwork’ and that they described NHS Western Isles as a good place to work.

The inspection recognised the challenges associated with delivering mental health services in a remote and rural setting, including capacity constraints and access to specialist inpatient beds for patients with complex needs.

The report identifies a number of areas for improvement, including training completion, governance of policies and procedures, care documentation and ensuring consistency in access to therapeutic activity. NHS Western Isles has already developed an improvement action plan to address these requirements.

Chief Executive of NHS Western Isles, Gordon Jamieson, said: “We welcome this report and the opportunity it provides to identify areas for improvement. We are pleased that it recognises the compassion, professionalism and dedication of our mental health staff.

“Delivering safe, high-quality care in an island setting brings additional challenges, and I am proud that our teams continue to provide a supportive and therapeutic environment for patients.

“We fully accept the areas for improvement identified and are making progress to address these. This work is already underway, and we are committed to ensuring our services continue to improve for the people we serve.”

The full report is available [here](#).

Physio success at 'Walk Lydia Home' challenge



The Physiotherapy Department would like to thank everybody who supported their 'Young Lives vs Cancer' fundraising efforts!

Young Lives vs Cancer is one of the charities which provided invaluable support to one of the team's colleagues, whose daughter underwent an unbelievable amount of arduous treatment for a brain tumour - and the team is delighted to welcome Lydia back to the Western Isles. Her strength and resilience has been an inspiration to us all!

Staff raised an incredible £1740 with their virtual 'Walk Lydia Home' fundraiser, whereby the

Physiotherapy team collectively walked/ran/swam/cycled over 1213 miles in the month of May, smashing the initial target of 524 miles - and completed the challenge with a team walk around the Lewis Sports Centre running track.

In addition, their Bake Sale, held on June 26, also raised an impressive £848.35.

The team want to sincerely thank everyone who has supported their efforts and sponsored through the Just Giving page - and bought all the baking!

Thanks everyone!

Local chemotherapy nurse recognised as 'local hero' at Scottish Parliament opening

Chemotherapy nurse George Macleod has been selected as a 'local hero' for the Na h-Eileanan na Iar constituency, in recognition of his outstanding contribution to the community.

George Macleod was nominated as a special guest by MSP for Na h-Eileanan na Iar, Donald MacKinnon, in recognition of his dedication and service. Mr MacKinnon said: "Cancer is a devastating diagnosis for anyone who receives it, and walking in for treatment can be an intimidating experience. Every islander whose life has been touched by cancer has come to understand the importance of George and the chemotherapy team's kindness, patience and professional care.

"While we rightly celebrate the big instances of heroism in our community, it is just as vital that those who provide everyday acts of compassion and support are also recognised. It cannot be underestimated how important such a role is for those in the islands who are facing some of the most difficult experiences of their life. I am pleased to ensure that George receives a small recognition of how important his work is to our community."

Their Majesties The King and Queen joined MSPs at the official opening of the Scottish Parliament's Seventh Session on June 27. The ceremony included an address by His Majesty, formally opening the new parliamentary session. Following the ceremony, Their Majesties attended a reception with individuals chosen as 'local heroes' from constituencies and regions across Scotland.

Coleen Macleod, Senior Charge Nurse at the Ambulatory Care Unit, praised George's long-standing commitment. She said: "We are very proud of George and his commitment to his patients and to his nursing career. He was one of the original nurses to start giving Chemotherapy to Western Isles patients and has been doing so since 2002."

George began working for NHS Western Isles in 1990 as an Auxiliary Nurse in Lewis Hospital before starting his nursing training the following year. While working in the Surgical Ward at Western Isles Hospital, he completed Systemic Anti-Cancer

Therapy (SACT) training in 2000.

He went on to become one of the first nurses to deliver chemotherapy locally in 2002 and has worked as a full-time SACT nurse ever since.

George is part of a dedicated chemotherapy team that includes Sophie Macleod, Jacqueline Macdonald, Fiona Campbell and Sandra Mackenzie, and is line managed by Coleen Macleod. He is keen to highlight the role of the wider team in delivering care across the islands.

He said: "I am very fortunate to be part of such a dedicated, selfless and clinically competent team. Every one of them is a hero to me. My initial reaction was a bit of embarrassment and thinking 'why me?' but I quickly realised though that I must only have been nominated to represent the chemo team as a whole - and their exceptional work deserves to be recognised."



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
- 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 708131** or **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.



MRI Suite prepares
to welcome its first
patients

NHS Western Isles is delighted to announce that the new local MRI service is planned to open to patients from Monday, 5 October 2026, marking a major milestone in the development of diagnostic services for the Western Isles.

Extensive preparations have been underway for some time ahead of the launch of the service, and we were pleased to welcome the arrival of the MRI magnet in Stornoway on Tuesday 8 September 2026 aboard MV Loch Seaforth.

Although adverse weather conditions threatened to disrupt the operation, the magnet arrived safely at Western Isles Hospital in the early hours of Tuesday morning and was carefully moved into position within the new MRI facility by a specialist delivery team.

NHS Western Isles would like to recognise the significant contribution made by the main contractor, Lewis Builders Ltd, and the design team, Gaudie Wright & Partners. Their hard work, professionalism and collaborative approach have been instrumental in maintaining project momentum and keeping the programme on track.

The opening of the MRI suite represents a significant advancement in healthcare provision for the Western Isles.

The opening of the MRI Suite represents a significant development for healthcare in the Western Isles.

Until now, patients requiring MRI imaging have generally needed to travel to the Scottish mainland for their scan. Establishing MRI locally will allow many patients to remain closer to their families and communities while receiving their diagnostic imaging.

The service will initially operate within a defined clinical scope, with referrals assessed to ensure patients receive their MRI in the most appropriate location. Some specialist or complex examinations will continue to require referral to mainland services.

With the magnet now in place, final installation, commissioning, testing and staff training are progressing well as preparations continue towards the planned opening of the MRI suite on 5 October 2026.

Pictured left: Kathleen Macdonald, MRI Project Manager & Joanne Adlam, Lead MRI Radiographer, with the MRI magnet arriving on site at Western Isles Hospital on 8 September 2026.

Below - the team move the magnet into position in Western Isles Hospital.



Meet the MRI Team!

At the heart of the new MRI service is a dedicated team of specialist radiographers, led by Joanne Adlam, MRI Lead Radiographer, and supported by MRI Radiographers, Maureen Ifenna-Muokanne and Kes Sinfield-Newman. Together, the team brings extensive MRI, CT and wider diagnostic imaging experience to the new service.



Meet Jo - MRI Lead Radiographer

Joanne Adlam comes to the Western Isles with more than 30 years' experience in MRI.

Her career in MRI began at the Wessex Neurological Centre in Southampton in the 1990s, during the relatively early days of MRI's clinical use.

Jo states: "I was fortunate to have been introduced to MRI at a very early stage of its clinical use, and at such a centre of excellence."

Jo later returned to her native New Zealand, taking with her a strong foundation in MRI. She went on to complete a Master's Degree in MRI through the University of Sydney, graduating in 2004.

During her career in New Zealand, Jo played a key role in establishing a number of MRI services. Most notably, she led the MRI team in her hometown of Rotorua for more than 12 years.

"The opportunity to help establish the MRI service here in the Western Isles is a wonderful chance to give something back to the UK, where my own MRI journey began all those years ago. It is very special to be part of a team building a completely new service, and ultimately to see patients benefit from having MRI available much closer to home."



Meet Maureen - MRI Radiographer

Chidiuso Maureen Ifenna-Muokanne is a specialist cross-sectional imaging radiographer with more than eight years' experience across MRI, CT and X-ray.

Maureen began her career in Nigeria, where MRI formed part of her work within a busy imaging department, before relocating to Scotland and joining the Radiology team at Western Isles Hospital.

When plans for a local MRI service were announced, Maureen was keen to be part of it. She has since completed a Postgraduate Certificate in MRI with City St George's, University of London, alongside hands-on clinical training at Raigmore Hospital in Inverness.

She shares: "When I learned there were plans to bring an MRI scanner to the island, I was immediately excited. MRI has always been something I truly loved doing, and the chance to return to it felt like coming home. I am delighted to be part of

the team bringing this service to our local community. Knowing that more islanders will be able to have their scans closer to home makes it particularly special."

Meet Kes - MRI Radiographer

Kes Sinfield-Newman's route into radiography began as a Clinical Assistant in Southampton around six years ago.

Working alongside radiographers inspired Kes to pursue the profession herself, and she successfully secured a place on a Radiography Degree Apprenticeship.

During her studies she continued working clinically in MRI and later began cross-training in CT. Kes heard about the opportunity in the Western Isles through a former colleague and visited the islands in February.

She states: "I absolutely fell in love with the beautiful scenery, the community and the opportunity to be involved in something completely new. Moving to the Western Isles has been a big change, but everyone has been incredibly welcoming. I am extremely excited to be part of the MRI team and to help establish this new service for the islands."





Medical equipment notice for patients travelling by air

NHS Western Isles is reminding patients travelling by air to ensure that any medical equipment they intend to take on a flight has been assessed by Loganair in advance of travel.

Some items, including oxygen cylinders, electric mobility aids and devices containing large lithium batteries, may require approval from Loganair's Dangerous Goods team before they can be carried on an aircraft. This is to ensure that equipment can be transported safely and in line with aviation regulations.

Patients who need to travel with medical equipment should contact Loganair's Dangerous Goods team at least 72 hours before their flight by calling 0344 800 2855. This will allow sufficient time for the equipment to be reviewed and, where appropriate, approved for carriage. Patients should do this even if they have previously travelled with the same equipment, as approval is required to ensure current aviation safety requirements are met.

Patients are encouraged to seek advice as early as possible before travelling to avoid any disruption to their journey. This advice applies whether travel is arranged privately or through the Patient Travel Scheme.

NHS Western Isles urges local residents to be aware of fraudulent Breast Screening emails

NHS Western Isles is urging members of the public to be vigilant following a report of a fraudulent email sent to a local patient claiming to be related to a recent breast screening appointment. The reported email purported to be from a healthcare professional and requested photographs or video recordings to be sent for assessment. Information provided to NHS Western Isles confirms the email originated from a non-NHS email address.

NHS Western Isles would like to reassure the public that breast screening services do not contact patients using personal or non-NHS email addresses. Patients may be contacted by letter or telephone regarding breast screening appointments, results, or follow-up arrangements, but NHS staff would never ask patients to send photographs or videos by email.

Fraudsters often use health-related concerns to create a sense of urgency or anxiety, encouraging individuals to disclose personal information or provide images that could then be misused. It is important to remember that it is always acceptable to pause, ask questions, and verify any communication that appears unusual or unexpected.

If you receive an email claiming to be from an NHS service and you are uncertain about its authenticity:

- Do not respond to the email.
- Do not send any personal information, photographs or videos.
- Do not click on any links or open any attachments.
- Check the sender's email address carefully.
- Contact the relevant NHS service directly using a trusted telephone number to verify the communication.

Anyone who receives a suspicious email of this nature should report it and seek advice before responding. If you believe you have shared personal information or images in response to a scam, you should contact Police Scotland on 101 and seek appropriate support and advice.

NHS Western Isles takes patient confidentiality and information security extremely seriously and is working with relevant colleagues to review the incident and provide advice to the patient involved.

For further information about protecting yourself against fraud and scams, visit [Take Five to Stop Fraud](https://www.nhs.uk/health-scams/)



Please
tell us about your
experience of
NHS Western Isles
services

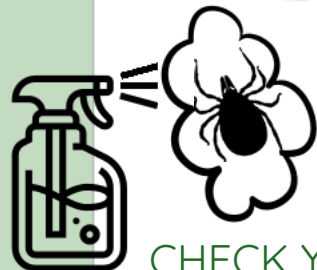
Scan the QR code or visit
www.careopinion.org.uk





ARE YOU TICK AWARE?

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

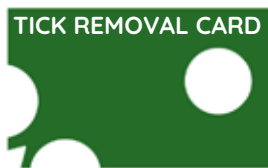
Wash pet bedding by itself at 50°C



REMOVING TICKS:

remove the tick as soon as possible

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



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

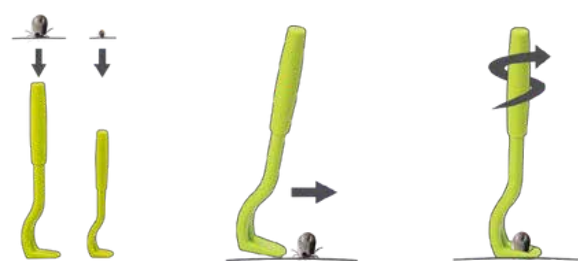
cover the tick with oils, lotions, chemicals or petroleum jelly

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



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



NHS
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Western Isles teenager gives back after stroke recovery with fundraising concert

A Western Isles teenager who suffered a stroke at the age of 16 organised a fundraising concert to support the services that helped him on his road to recovery.

On April 5, 2025, 16-year-old Luc Smith was rehearsing with his band, Preoccupied, at a friend's house when he suddenly became unwell. Thankfully, two of his bandmates, who had received emergency first aid training through their work as lifeguards, quickly recognised that Luc needed urgent medical attention and immediately alerted their friend's parents, who were nearby.

Luc was displaying signs of a stroke. An ambulance was called, along with Luc's mother, Anne, and neighbours, Innes and Helen Morton, provided vital assistance and support.

Luc was taken to the Emergency Department at Western Isles Hospital in Stornoway, before being transferred later that afternoon by air ambulance to the acute stroke unit at Glasgow's Queen Elizabeth University Hospital for further treatment.

Following investigations, the Consultant determined that his stroke had been caused by a Patent Foramen Ovale (PFO), a small opening in the heart that had not closed after birth.

In an inspiring display of determination and resilience, Luc was soon back rehearsing with the band and went on to perform at Preoccupied's first



gig at Stramash in August 2025.

In February 2026, Luc underwent successful surgery to repair the PFO at the Golden Jubilee in Glasgow and continues to recover well.

Luc and his family are incredibly grateful for the care, support and encouragement he has received, and continues to receive, throughout his recovery. As a way of giving something back, Luc and his family organised a fundraising gig to raise money for NHS Western Isles Occupational Therapy, the Monday Stroke Club and Scottish Air Ambulance.

The fundraiser took place at Laxdale Hall on August 29 and featured performances from Uncle Ethan and Preoccupied.

A huge 'well done' to Luc for his fundraising and for raising awareness of such a serious medical condition.

For information on strokes and support available please visit: www.stroke.org.uk/stroke



Preoccupied playing at An Lanntair in May.



Luc (left) and friends, David, Josh, Donnie and Finlay

Breathing Space bench installed at Cnoc Soilleir in South Uist



A new Breathing Space bench has been installed at Cnoc Soilleir in South Uist, providing a welcoming place for people to pause, reflect and take a moment for their wellbeing. The bench has been delivered through a partnership between Breathing Space, Cnoc Soilleir, Ceòlas and NHS Western Isles.

The Breathing Space bench initiative began in 2018 with the first bench installed in Troon. Since then, it has grown into a nationwide effort to encourage open conversations about mental health, with more than 100 benches now located across Scotland. The bench in South Uist, the first in the Western Isles, provides not only a place to sit but also a visible reminder that support is available and that it is okay to take time out when life feels overwhelming.

Each Breathing Space bench carries its own inscription, and South Uist is unique in featuring Breathing Space's first Gaelic wording. As the bench is intended as a place for people to pause

and take a moment, this inspired the message "Suidh sìos, gabh fois, tha thu airidh air", which translates as "Sit down, relax, you deserve it."

Alongside the installation of the bench, staff at Cnoc Soilleir will be undertaking mental health awareness training to help build confidence in supporting others. This is intended to be an ongoing initiative, helping to strengthen awareness, understanding and support for mental wellbeing across the community.

Pictured above: Launch of the Breathing Space bench.

Pictured opposite (clockwise from top left): Alison MacDonald (NHSWI Senior Health Promotion Officer), Peggy Ann MacMillan (Interim Operations Manager, Ceòlas), Lisa-Jane Dock (National Development Officer, Breathing Space) and Agnes MacDonald (Facilities & Operational Manager, Cnoc Solleir).



Women across the Western Isles are encouraged to attend their breast screening appointment when invited

If you're a woman aged 50 or over, regularly checking your breasts and attending your routine breast screening appointments can help detect breast cancer at an early stage, when treatment is more likely to be successful.

Breast cancer remains one of the most common cancers affecting women in Scotland, but when it is found early it is often highly treatable. Everyone who receives an invitation for breast screening is encouraged to attend their appointment. Screening appointments are available at locations across the Western Isles, making it as easy as possible for women to access the service. The appointment takes about 10 minutes, and the staff are welcoming, supportive and happy to answer any questions.

Breast screening involves taking low-dose X-ray images of your breasts, known as mammograms, to look for signs of cancer before any symptoms develop. If you're attending for the first time, or would like to know what to expect, you can watch

NHS Western Isles launches new breast screening film

An engaging breast screening short film answering some of the most commonly asked questions prior to attending breast screening has been produced by NHS Western Isles, in advance of the Breast Screening Mobile Unit returning to the Western Isles this month.

The film, produced in response from feedback by local women who previously attended the Unit, features a wide variety of local health professionals from throughout the Western Isles, offers information about breast screening (mammograms), including what to expect at your appointment, and helping women feel more informed and reassured before they attend.

Breast screening is routinely offered every three years to all women aged 50 to 70, the screening plays an important role in detecting breast cancer

a short video in which actress Elaine C. Smith attends her breast screening appointment. The video is available at: <https://www.youtube.com/watch?v=FOplwRPhq1o>.

Remember:

- **There are 5,100 new cases of breast cancer diagnosed each year in Scotland.**
- **Breast screening can take as little as 10 minutes and could save your life.**
- **Breast screening detects tiny cancers, when they are often less advanced and easier to treat.**

The breast screening unit will be in locations across the Western Isles from August 2026 so look out for your appointment.

at an early stage, often before there are any signs or symptoms. Early detection improves the chances of successful treatment. The appointment itself usually takes around 10 minutes, and while it's natural to feel a little anxious, many women say the experience is much quicker and easier than they expected.

It is important that your GP has your up-to-date address and mobile number, as invitations will be sent to your registered address three weeks in advance of your appointment. If you are unable to attend, or have any further questions about your appointment, please contact the Breast Screening Team using the details provided in your appointment letter.

Watch the video at: <https://youtu.be/2R-BhlwWWYk>

Remember - don't get scared, get checked.

Breast Screening MOBILE UNIT is in the Western Isles



from 17th August 2026

Women aged 50 - 70 will receive a breast screening invitation by post. Invitation letters are sent out approximately three weeks before the appointment.

Barra (Northbay): from 17th August 2026

Uist (Balivanich): from 17th August 2026

Harris (Tarbert): from *7th September 2026

Lewis (Stornoway): from *21st September 2026

Breast screening is also offered to: non-binary people who's birth certificate originally said female who haven't had breast removal surgery, trans women who are taking hormones & trans men who haven't had breast removal surgery.

For more information:
<http://www.nhsinform.scot/healthy-living/screening/breast-screening/>

*Estimated start dates

Outer Hebrides Alcohol & Drug Partnership Summer Safety Campaign 2026

Advice on Reducing Drug-Related Harm

Summer in the Outer Hebrides can bring brighter days with longer hours of daylight. Warm weather can increase the risks associated with alcohol and drug use. Some substances can affect your body's ability to regulate temperature, increasing the risk of dehydration, overheating and heat exhaustion.

If you are heading to a festival or summer event there are ways to stay safe and look after yourself and your friends. The Outer Hebrides Alcohol & Drug Partnership would like to provide some advice to help you stay safe.

If you choose to use drugs, while it is not recommended and the safest option is not to use drugs at all, remember that no drug use is without risk. The strength and contents of substances can vary, increasing the chance of harm. Stay with friends and look out for each other, take breaks from the sun, and never mix drugs with alcohol or other substances. If someone becomes unwell, seek medical help immediately. Festival staff and medical teams are there to help.

Combining alcohol with drugs, or mixing different drugs, can significantly increase the risk of overdose, impaired judgement, accidents, and injuries. Warmer weather may increase these risks. If you do mix substances, use less of each than you normally would and make sure someone you trust is around who can help if needed.

Summer gatherings, festivals and outdoor events can be enjoyable, but people can become unwell quickly, particularly in hot weather. Drink water regularly, eat before and during social occasions, and pace yourself throughout the day and evening.

Certain drugs can also affect blood sugar levels, making it especially important to look after yourself. Stay with friends and don't hesitate

to seek medical help if you are concerned about someone.

It is advisable not to use drugs alone, but if you do, there are ways to reduce the risks. Let someone know where you are, keep your phone charged and accessible, and avoid taking large amounts or using substances too quickly. Be aware of the signs of overheating, dehydration and overdose, and seek help immediately if someone becomes seriously unwell. Using smaller amounts at a time and avoiding higher-risk substances can help reduce harm.

It is also important to know that drug potency can vary, increasing the risk of overdose. If you choose to take drugs, be aware that the strength and contents may be different from what you expect. Knowing the signs of an overdose can be vital. These can include difficulty breathing, unresponsiveness, blue/grey lips or fingertips, very slow heart rate, and fitting/seizures. All of these require immediate help.

If someone overdoses, call 999 immediately and ask for an ambulance. Even if Naloxone is used, always call emergency services. Its effects are temporary and further medical help may be needed. Acting quickly could save a life.

When someone uses drugs, it affects more than just the individual. Partners, children, parents and other family members can experience stress, worry, fear and isolation. It's important to remember that support is available for families too. Scottish Families Affected by Alcohol and Drugs (SFAD) offer information, advice and support through online resources and telephone services, helping families feel less alone and better supported. You don't have to cope on your own. <https://www.sfad.org.uk/support-services>

You can also find information on other alcohol and drug services available in the Outer Hebrides on our website – www.outerhebadp.com

Alcohol safety: looking after yourself and others

Summer is a time to relax, socialise and enjoy yourself, but it is also important to be aware of how much alcohol you are drinking. The Outer Hebrides Alcohol & Drug Partnership would like to provide some advice to help you stay safe.

The UK Chief Medical Officer's low-risk drinking guidelines recommend that both men and women drink no more than 14 units of alcohol per week, spread over three or more days. To check what this looks like for you on a weekly basis, you could have a look at the Scottish Government's Count14.scot website, which provides a free drinks calculator <https://count14.scot/>.

Warmer weather and alcohol can be a risky combination, as alcohol can contribute to dehydration. Taking simple steps can help you stay safe and enjoy your summer. These include pacing yourself, alternating alcoholic drinks with water or soft drinks, drinking extra fluids in hot weather, planning how you will get home safely, and having alcohol-free days during the week.

Even small changes to your drinking habits can bring significant health and wellbeing benefits. Drinking less alcohol can improve sleep quality, boost energy levels, enhance mood and mental wellbeing, improve concentration and productivity, support physical health, and help you save money.

If you are attending a festival, concert or other

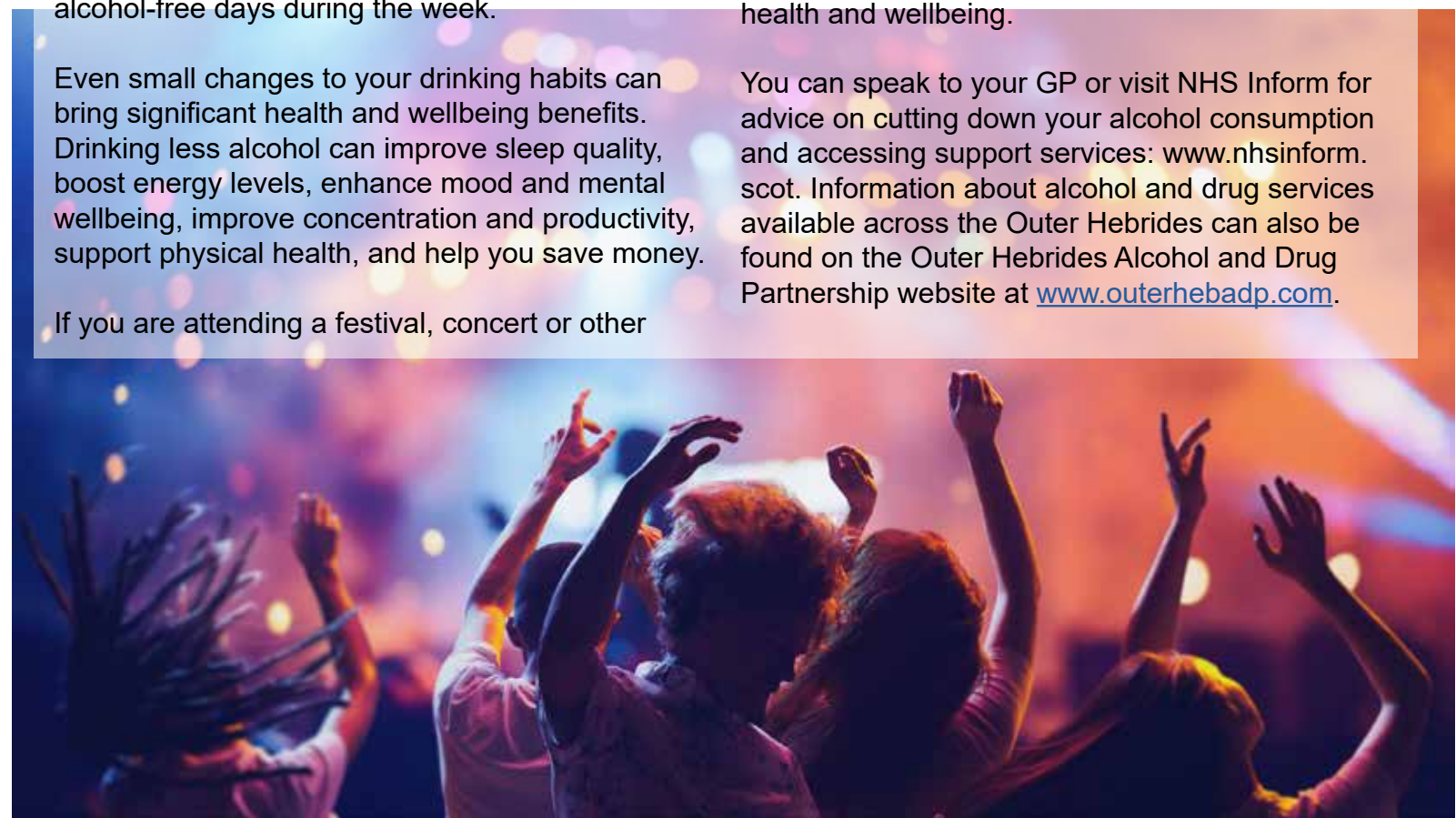
summer event, planning ahead can help ensure you have a good time and get home safely. Eating before drinking alcohol, staying hydrated throughout the day and looking out for friends can all help reduce risks. If someone becomes unwell, do not hesitate to seek medical assistance.

It is also advisable to keep an eye on your drinks. Drink spiking can happen to anyone and may occur in bars, clubs, festivals, parties or smaller social gatherings. Symptoms can include sudden dizziness, confusion, slurred speech, vomiting, or loss of consciousness.

To help protect yourself and others, never leave drinks unattended, only accept drinks from people you know and trust, and avoid drinking anything that tastes unusual or appears different from what you expected. If you think you or someone else may have been spiked, seek help immediately from venue staff, security personnel, the police, or emergency services, as appropriate.

If you are concerned about your own drinking, or worried about someone close to you, support is available. Local alcohol and drug services provide free, confidential advice, information and support. Reaching out for help is a positive first step, and the right support can make a real difference to your health and wellbeing.

You can speak to your GP or visit NHS Inform for advice on cutting down your alcohol consumption and accessing support services: www.nhsinform.scot. Information about alcohol and drug services available across the Outer Hebrides can also be found on the Outer Hebrides Alcohol and Drug Partnership website at www.outerhebadp.com.



NHS Western Isles welcomes a visit from Scotland's Patient Safety Commissioner

NHS Western Isles was pleased to welcome Scotland's Patient Safety Commissioner, Karen Titchener, to the Western Isles Hospital in Stornoway, where she met with staff and learned more about the delivery of healthcare services across the Western Isles.

Mrs Titchener visited on 13 July 2026 and was welcomed by NHS Western Isles Chief Executive, Gordon Jamieson, who provided an overview of healthcare provision across the islands. Discussions highlighted the unique challenges of delivering services in a remote and rural setting, including workforce recruitment and transport considerations, while also showcasing the organisation's commitment to providing high-quality care close to home.

Adam MacDonald, Associate Director of Clinical Services and Deputy Director of Nursing and Allied Health Professionals, provided an overview of community nursing services across the Western Isles. He outlined the vital role these teams play in delivering equitable care and treatment within local communities, helping patients access services without the need to travel or be admitted to hospital wherever possible.

The Commissioner also received a presentation from Janette Murray, Service Manager for Urgent and Unscheduled Care, and Gail Black,



Integrated Front Door Service Project Manager, on the Integrated Front Door Service. Bringing together Hospital at Home, Urgent and Unscheduled Care, and the Acute Assessment Unit, the service is helping to reduce hospital admissions, enhance patient experiences and deliver person-centred care across remote and rural communities.

Following the presentation, Mrs Titchener toured the department, meeting staff and gaining a first-hand understanding of the environment in which these services are delivered. She was also shown the recently refurbished Emergency Department and learned about the close links between the two services and their role in supporting patient care.

The visit continued with an introduction to the Chemotherapy Team within the Ambulatory Care Unit, where the Commissioner heard about the processes involved in bringing chemotherapy treatments to the islands and safely administering them locally for patients.

The Commissioner also received a presentation on Mental Health Services from Emma MacSween, Chief Officer of the Integrated Joint Board, Ann Duncan, Senior Charge Nurse, Acute Psychiatric Unit, and Debbie Macrae, Community Psychiatric Nurse (CPN) Team Manager. Ann Duncan provided an overview of inpatient psychiatric care in the Western Isles, highlighting the service's commitment to patient safety and wellbeing. She also outlined recent improvement works undertaken within the ward to further enhance the care environment and ensure the highest standards of safety for patients.

Debbie Macrae then discussed the delivery of



mental health services within the community, emphasising the team's commitment to providing safe, effective, recovery-focused and person-centred care. She highlighted the strong focus placed on promoting independence, reducing health inequalities and supporting individuals and families throughout their mental health journey.

In the afternoon, Mrs Titchener visited the Maternity Department. Lyn Macdonald, Interim Associate Director of Women and Children's



Services, together with members of the Maternity Team, outlined how they deliver an integrated and comprehensive service to meet the needs of families across the Western Isles. Discussions focused on the challenges

associated with geography, workforce limitations and fluctuating demand, while highlighting the team's commitment to delivering safe and effective care.

The final meeting of the day was with Louise Sullivan, Head of Clinical Governance and Professional Practice, and Marina Macleod, Interim Risk Manager. They provided an overview of NHS Western Isles' approach to adverse event reporting, including the recent transition from Datix to InPhase, and discussed national patient safety initiatives and their local implementation.

Mrs Titchener described the visit as 'genuinely valuable' and said that she had come away with a real appreciation of how much the Board has built around the reality of your geography'.

She stated: "The combined AAU and Hospital at Home team, in particular, struck me as a genuinely innovative approach with the specialist practitioners working across both units, reducing A&E waiting times while supporting patients of all ages. It's exactly the kind of model I want to see reflected in any future national framework for Hospital at Home.





"I was equally struck by the resilience your teams have built around your dispersed population, from the CTAC service reaching such a high proportion of your community, to the emergency air transfer arrangements linking Barra and the Uists to Lewis, to the oncology team at Stornoway managing complex mainland supply chains and inter-island travel to keep chemotherapy on schedule."

She added: "I'm also very conscious of the pressures underneath that good practice: the single-practitioner model in Uist and Barra, the vulnerability of ferry and flight links, and the social care vacancies that, as in every Board, are driving delayed discharge despite your community services doing everything they can to prevent admission in the first place."

Gordon Jamieson, NHS Western Isles Chief Executive, said: "It was a pleasure to welcome Scotland's Patient Safety Commissioner, Karen Titchener, to the Western Isles and to have the opportunity to showcase the dedication, innovation and professionalism of our staff."

"Patient safety is at the heart of everything we do, and we were pleased to share how our teams work together across hospital, community and integrated services to deliver safe, effective and person-centred care for people living in our island communities."

"As an island health board, we face unique challenges, but our geography also drives us to develop innovative approaches that enable people to access high-quality care closer to home whenever possible. It was encouraging to hear the Commissioner's recognition of the excellent work being undertaken across a range of services, including our Integrated Front Door Service, community teams, oncology and mental health services."

"We are grateful to the Commissioner for taking the time to visit the Western Isles, meet our staff and gain a first-hand understanding of both the opportunities and challenges associated with delivering healthcare across a dispersed island population. We look forward to continuing to work closely with national partners to strengthen patient safety and further improve services for the people we serve."

NHS Western Isles to invest in new Endoscopy Reporting System

NHS Western Isles has approved investment in a new Endoscopy Reporting System (ERS) that will modernise how endoscopy procedures are recorded, reported and managed across the organisation.

The decision follows the approval of a business case by the Corporate Management Team and will see NHS Western Isles move to a modern cloud-hosted system already used by NHS Highland. The new system will replace the existing reporting platform, which is reaching the end of its supported lifespan.

Endoscopy services play a vital role in diagnosing and monitoring a range of conditions affecting the digestive and respiratory systems. The new system will support gastrointestinal, respiratory and urology procedures, providing clinicians with improved reporting tools, image capture capabilities and enhanced access to clinical information.

It will also improve the quality and availability of data, reduce reliance on manual processes and support integration with national systems used for performance monitoring, training and quality assurance.

NHS Western Isles Associate Director of Clinical Support Services and Deputy Chief Operating

Officer, Kristian Stone, said: "This investment is an important step in ensuring our endoscopy service has the digital infrastructure it needs to support high-quality patient care now and into the future."

"The new system will provide a more reliable and resilient platform for our clinical teams while reducing manual processes and improving the availability of information to support patient care, quality improvement and service planning."

"Working with NHS Highland also allows us to align with a neighbouring Board and benefit from a proven solution that is already supporting endoscopy services elsewhere in Scotland."

The new system is expected to improve efficiency for clinical and administrative staff, enhance patient safety by reducing the risk of transcription errors, and support future service developments. It will also help ensure NHS Western Isles remains aligned with national digital health ambitions and evolving endoscopy standards.

Implementation planning is now underway, with the new system expected to be introduced during 2026 following the necessary technical and operational preparations.



Long Service Recognition for Mairi and George

Congratulations to George Maciver, Catering Manager, and Mairi Morrison, Catering Assistant on their long service recognition. George and Mairi are pictured, right.

The pair were unable to make it to the celebration events last year but had some tea and cake with the rest of the catering team at the Western Isles Hospital on 21 August.

A very well deserved recognition after keeping patients, visitors and staff well nourished for over 30 years!





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



NHS Western Isles Board Meetings

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

You can attend meetings by contacting michelle.mcphail@nhs.scot

Our full Board calendar is available on our website at

www.wihb.scot.nhs.uk/about-us/meet-the-board/board-calendar

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

Planning for pregnancy?

Whether you are pregnant, or trying, the safest option is to stop drinking. Avoiding alcohol is best for you and your baby.

Alcohol is a toxin, avoiding it means less strain on your body, and less risk of miscarriage, problems for your baby's health and of Fetal Alcohol Spectrum Disorder

#NoAlcoholNoRisk

As part of raising awareness of Foetal Alcohol Spectrum Disorder (FASD), the Outer Hebrides Alcohol and Drug Partnership is highlighting the importance of #NoAlcoholNoRisk during pregnancy. [Find out more about why no alcohol is the safest option](#)

Foetal Alcohol Spectrum Disorder (FASD) can affect people in different ways throughout their lives, including learning, memory, attention, communication and daily living skills. Understanding FASD can help us provide the right support and create more inclusive communities.



The decisions you make



*can make
all the
difference*

Volunteer to join the Children's Panel and you can help a young person have a brighter future. Learn more at chscotland.gov.uk



Could you be a Panel Member?

Do you want to make a real difference in your community and improve the lives of infants, children and young people?

Children's Hearings Scotland (CHS) is looking for new volunteer Panel Members to do just that.

Panel Members are from local communities and are critical to the Children's Hearings System. Their highly important role is to listen, reflect and make legal decisions with and for infants, children and young people who have been referred to the Children's Panel for their care and protection.

Panel Members are there to ensure that the young person is at the heart of every decision made – because every decision, no matter how big or small, has an impact on the life of the child or young person in the hearing.

We offer a first class training programme with a highly experienced team and network to support your development and wellbeing, who will help you as you train to become a Panel Member.

“Being a Panel Member is challenging but it is also satisfying and rewarding. Once you have completed a comprehensive and beneficial training programme, along with your knowledge and life skills, you will be able to make decisions that will benefit children and their families for many years to come.”

David, Panel Member



Find out more at
chscotland.gov.uk



FREE VAPING SUPPORT

Are you looking for advice and support to stop vaping. We are here to help.

CONTACT US TODAY

 **Joyce Beverstock**
Vaping Advisor

 **01851 708040**

 **07929 718356**

 **Joyce.Beverstock@nhs.scot**

QUIT YOUR WAY
with our support

Need support in vaping? Get in touch today.

Accessing the right Mental Health care

Anyone can experience mental health issues, at any point in their life. You do not have to deal with these problems alone.

NHS 24 mental health services are available to everyone in Scotland. The services we offer include listening, offering advice, and guiding you to further help if required.



Go to nhsinform.scot/healthy-living/mental-wellbeing for

- advice on dealing with low mood, anxiety, phobias, and stress
- free courses to improve your wellbeing, sleep, stress or anger
- video stories from people who share their own experiences
- where to get help



If you are experiencing low mood, depression or anxiety, contact Breathing Space on 0800 83 85 87 or the webchat service at breathingspace.scot

- 24 hours at weekends (6pm Friday to 6am Monday)
- 6pm to 2am on weekdays (Monday to Thursday)
- 16 years and up, living in Scotland



Psychological therapy - after an assessment you could be offered a short series of telephone appointments with a therapist

- call Living Life on 0800 328 9655
- Monday - Friday: 1pm to 9pm.
- 16 years and up, living in Scotland



Your General Practice can support and treat mental health. They may offer talking therapies, local services or prescribed medicines. Online courses may also be offered. They may refer you to another professional.

111

For urgent mental health support, phone 111, day or night. If you are feeling distress, despair, or suicidal, specially trained advisors or our mental health nurses can support you and refer you to other services if needed. No age limit.



If a life is at risk, call 999 or go to A&E

If you are unsure what to do, find out at nhsinform.scot/mental-health-support. To find local services, go to nhsinform.scot/scotlands-service-directory

STAFF NEWS

Congratulations to the MacDonalds!

A massive congratulations to Kerry Coleman (Web, Graphics & Media Specialist/Inquiry Support Officer) and Allan MacDonald (pictured below), who were married at the Cabarfeidh Hotel on August. 7

Best wishes for a lifetime of happiness together.



Congratulations Julie!

Congratulations to Julie MacDonald, Dentist at the Western Isles Dental Centre, and her husband Albie, on the birth of their daughter, Flora. Flora is a new little sister for Lily, Archie and Struan.

Julie and Flora are pictured above.

Happy Retirement Marina!

Marina MacLean, Cleaning, Accommodation & Laundry Manager, has retired after an incredible 39 years of dedicated service with NHS Western Isles.

Marina began her career in August 1987 as a Laundry Assistant and steadily progressed through a number of roles, including Laundry Supervisor and Assistant Hotel Services Manager, before moving into her most recent position as Cleaning, Accommodation & Laundry Manager.

Reflecting on her time with NHS Western Isles, Marina noted the many changes she has witnessed over the years, particularly the transition from the Lewis Hospital to the Western Isles Hospital. She said: "Looking back, the transition from the Lewis Hospital to the Western Isles Hospital was a real turning point for the organisation - the moment it stepped into a new era. It brought greater demands, requiring new and modern equipment and additional staff and for all the new departments/wards that were developing along with a steady stream of "new and improved" systems arriving just as we'd finally mastered the old ones."

When asked about the highlight of her career, Marina was clear that it was the people she worked

alongside: "Without question, the greatest highlight of my career has been the people I've had the privilege of working alongside - some of the most committed, dedicated, and hardworking individuals you could hope to meet. Their strong work ethic, professionalism, and teamwork, no matter what the day brought - the job was always done with camaraderie. Their efforts directly contributed to patient safety, and it has been an honour and privilege to be part of that."

As she looks ahead to retirement, Marina is excited about the opportunities it will bring: "As I step into retirement, I'm hoping to try new things, whatever they may be. After so many years of routine it feels exciting to begin a chapter where I can explore at my own pace - whether that means learning something new. I'm not entirely sure what this next stage will bring, but I'm looking forward to finding out. I'm grateful for the support, the laughter, and the countless moments that made the years so meaningful."

On behalf of NHS Western Isles, we would like to thank Marina for her exceptional dedication and contribution to the organisation over nearly four decades of service. Her commitment, leadership, and professionalism have made a lasting impact, and she leaves with the very best wishes of colleagues across the organisation as she begins this well-earned new chapter.



Pictured: Marina (pictured second from left) on her last working day with Shona, Maggie and Maria, Domestic Supervisors.

Public Sector Reform

Statement from Gillian McCannon, Chair; Gordon Jamieson, Chief Executive; and Jane Bain, Employee Director

NHS Western Isles notes the First Minister's announcement regarding the future structure of public services, including proposals which indicate a significant reduction in the number of NHS Boards across Scotland from 14 to 2, and the potential introduction of single island authorities where it is desired.

We recognise the Scottish Government's ambition to ensure services are sustainable, effective efficient and responsive to local communities. At this stage, we await further detail on the proposals and any consultation process that will follow.

While it is clear that the current landscape of 14 territorial NHS Boards will change substantially, the detail of what this means for island communities has yet to emerge.

The Governance and decision making arrangements are at this point not known and therefore we are not able to comment on any impact for island populations. NHS Western Isles will engage constructively in discussions and will continue to advocate strongly for the needs of our island population.

Our priority will be to ensure that the delivery of safe, high quality healthcare, local influence over decision-making, and the long-term sustainability of island communities remain at the forefront of any future arrangements.

We will also emphasise the importance of recognising the unique challenges and opportunities of island areas, including the wider social and economic factors that support population sustainability, workforce recruitment and retention, and the resilience of local public services.

JELLYFISH STINGS

If you've been stung by a sea creature, you should ask someone with first aid training for help.

If help is not available, you should:

1. Rinse the affected area with sea water (not fresh water).
2. Remove any spines or stings with tweezers. Do not use your fingers to remove them.
3. Soak the area in warm water (as warm as you can tolerate).
4. Take painkillers like paracetamol or ibuprofen to manage pain

You should not use an ice pack on the wound or press the area.

You can find out more by visiting [NHS Inform](#).



Happy Retirement Margretta!

It was with much sadness that Margretta Macleod, Specialist Diabetes Dietitian, finished with the Nutrition & Dietetics Department in September.

Margretta was the very first dietitian in the Western Isles and has played a huge role in developing and shaping dietetic services across the area.

Although Margretta officially retired a couple of years ago, she has continued to support the Department through regular bank work.

Quite simply, we would not have managed without her. Her knowledge, experience and wise counsel have been invaluable, and she has been a constant source of support for colleagues across the service.

Margretta will be greatly missed within the Department; the contribution she has made over four decades is impossible to measure, and her legacy will continue to benefit patients and staff for many years to come.

We wish her every happiness in her retirement and hope she will continue to keep in touch with her friends and colleagues in the team.

Margretta, is pictured with members of her team at an afternoon tea held at Lews Castle to celebrate her retirement.

L-R: Margretta pictured with Janet Mackenzie, Specialist Dietitian (Stroke Management)



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.



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

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.



Think Western Isles

Think Wellbeing

NHS

Eileanan Siar
Western Isles

Want a healthier work-life balance?



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Looking for improved job satisfaction?

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www.wihb.scot.nhs.uk/vacancies



www.wihb.scot.nhs.uk/vacancies

BARRA Emergency Exercise



An excellent few days were held with our Emergency Medical Retrieval Service (EMRS) Consultant and the Skills Bus team at the end of August. Teaching was provided on burns, drowning, Silver Trauma and surgical airway management.

This was followed by a multi-agency exercise which involved a jet ski and power boat crash on Traigh Eais, with Police Scotland, Scottish Ambulance Service (SAS), Highlands and Islands Airport Limited (HIAL), HM Coastguard (HMCG) and NHS staff all being involved - capped off by a visit from the seasonal Oban Coastguard Helicopter!

We are exceptionally proud of the support from all agencies, NHS Education for Scotland (NES) and NHS Western Isles.

Dr Eleanor Barker
Clach Mhile Surgery, Barra



FREE MenB MENINGITIS VACCINE



Still time to get the MenB vaccine!

NHS Western Isles is encouraging eligible young people to take advantage of the free MenB vaccine at a local drop-in clinic before starting university or college. Older teenagers and students under the age of 25 are at increased risk of exposure to meningococcal group B bacteria, making vaccination especially important at this stage of life.

Meningococcal disease is a rare but serious bacterial infection that can cause meningitis and sepsis. Both conditions can become life-threatening if not treated quickly. The bacteria can spread through close contact with someone who carries it in the back of their throat, including through living in the same household, kissing, or sharing drinks or vapes.

Two doses of the MenB vaccine provide protection against the most common strains of meningococcal group B bacteria circulating in the UK. If you're eligible for the MenB vaccine, don't miss the opportunity to protect yourself against serious illnesses such as meningitis and sepsis.

You may be eligible for the MenB vaccine if you can answer yes to any of the following questions:

- Were you born between 1 March 2008 and 28 February 2009?
- Were you in S6 during the 2025 to 2026 academic year?
- Are you under 25 and starting your first undergraduate university course in the 2026 to 2027 academic year (including international students)?
- Are you under 25, starting your first college course in the 2026 to 2027 academic year, and living in shared student accommodation (including international students)?

NHS Western Isles Health Protection and Screening Nurse Specialist, Isabell Macinnes, said: "The best way to protect yourself against meningococcal diseases is to get vaccinated. There must be a minimum interval of 28 days between the first and second doses and anyone who leaves the Western Isles before our second dose clinics can receive their second dose at another vaccination service in Scotland."

She added: "Full protection is not achieved until two weeks after the second dose, so it is important that everyone receives both vaccinations."

For more information and to find out if you or someone you know is eligible for the vaccine visit: nhsinform.scot/menb-youngpeople

For clinic availability, visit: <https://www.wihb.scot.nhs.uk/vaccination-clinics/>

FIND YOUR LOCAL DROP-IN CLINIC

Clinic availability at:
<https://www.wihb.scot.nhs.uk/vaccination-clinics/>

Find out more about MenB at:
nhsinform.scot/menb-youngpeople



STUDENT HEALTH

Vaccines up to date? Make sure you're protected before term starts.

- ✓ MenB
- ✓ MenACWY
- ✓ HPV
- ✓ MMR

NHS
24



NHS Western Isles launches Phio: digital assessment and self management advice for people with muscle or joint pains

NHS Western Isles has partnered with leading musculoskeletal (MSK) healthcare provider EQL to launch Phio, a new digital solution designed to provide faster and more convenient access to the right care for people with bone, joint and muscle concerns.

People aged 16 and over who are registered with a Western Isles GP practice can now access Phio, a digital platform that assesses joint, muscle and back problems and helps direct patients to the most appropriate care. Available on any internet-enabled device, Phio offers a user-friendly, clinically supported service that enables patients to access expert advice and support from the comfort of their own home.

Under the guidance of Phio's physiotherapists, patients complete a comprehensive digital assessment and are then directed to the most appropriate care pathway. For some, this may involve urgent attention for symptoms that require further investigation or a face-to-face appointment with a GP. However, many patients will be able to access a tailored exercise and self-management programme through the Phio Engage self-management app.

Phio empowers patients to manage their conditions effectively in their own homes by providing them with personalised recommendations and support for their recovery.

The Phio app offers a range of features designed to assist patients in managing their MSK conditions, including a self-management programme, exercise routines, and ongoing remote monitoring from qualified physiotherapists.

It is free to use and is there as an alternative or complementary option for patients to choose to use.

This new initiative is designed to enhance access to physiotherapy advice, especially for those in rural communities where travelling to appointments can be a challenge. By improving the accessibility of care, Phio will reduce waiting times and support the workload of general practitioners, allowing them to focus on the most urgent cases while expanding the capacity of Western Isles' first-contact services. The service complements existing NHS Western Isles Physiotherapy and GP services and offers an additional option for accessing support.

The Phio app represents the latest step in NHS Western Isles' commitment to improving healthcare services and outcomes for patients across the Isles.

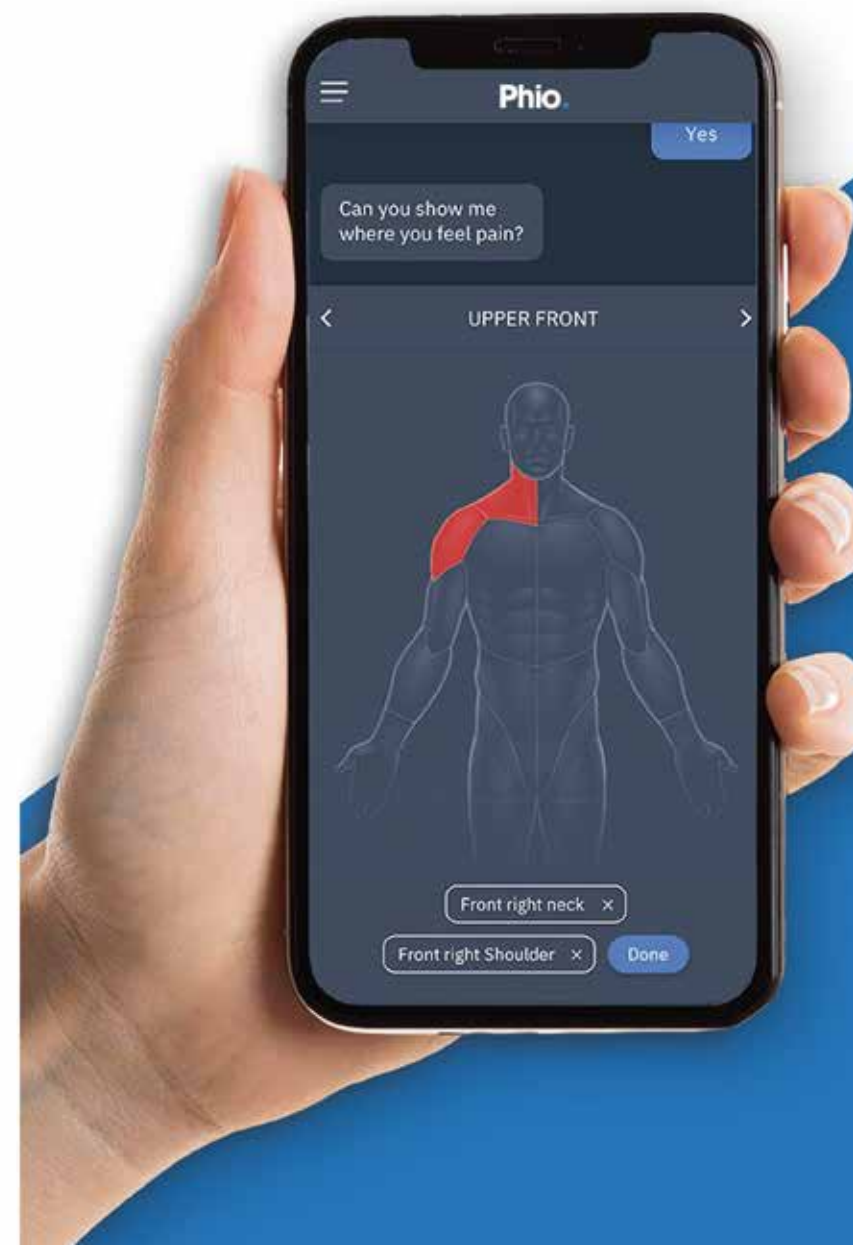
Allison Martin, Physiotherapy Manager, NHS Western Isles, said: "Phio is an exciting addition to the physiotherapy services available across the Western Isles. It gives people quicker access to expert advice and support for musculoskeletal conditions, helping them manage their symptoms and start their recovery sooner. By offering a clinically supported digital option alongside our existing services, we can improve access to care, particularly for those living in remote and rural communities, while ensuring patients receive the most appropriate support for their needs."

Eligible patients with a musculoskeletal injury can find details of how to access Phio on the NHS Western Isles website – www.wihb.scot.nhs.uk/physiotherapy or by visiting phio.eql.ai/provider/nhswesternisles

Phio.

Digital assessment and self-management for muscle and joint concerns

The care you need, 24/7



Scan the QR code



or visit:

[phio.eql.ai/provider/
nhswesternisles](http://phio.eql.ai/provider/nhswesternisles)

Summer Student Success!

NHS Western Isles once again offered paid Summer Student opportunities, continuing its annual Summer Student Recruitment Campaign success.

As part of the Board's ongoing commitment to employability and to promoting careers in health and social care, the scheme gives students the chance to gain valuable, real-world NHS experience over the summer months, while

earning a salary at Agenda for Change Band 2, including (where applicable) enhanced pay for weekend working.

The summer posts ran from May through to September 2026, with flexibility around dates and hours depending on service needs. Students were offered short-term contracts or, in some cases, the opportunity to join NHS Western Isles' staff banks, where regular hours may be available.



Elena Heger, pictured centre with her Physiotherapy team colleagues.

"My summer with the physiotherapy team at Uist and Barra Hospital has been a great experience. I have loved being part of such a welcoming, friendly team and everyone made it so easy to settle in.

"I have learnt a lot about rural healthcare and gained valuable insight into the variety of work involved. The mix of ward and outpatient caseload kept every day interesting and I really enjoyed getting to know patients and staff across the hospital."

Elena Heger, Physiotherapy Summer Student



Lizzie Anderson, pictured delivering community equipment to a patient.

"A huge thank you to the Western Isles Occupational Therapy (OT) team and the Stornoway Community Equipment Store (CES) team, for welcoming me back to the summer student position and for supporting me throughout the 6 weeks.

"This year I was given my tasks, an NHS car, a list of patients to visit, and off I went!

"The independence I was given allowed me to develop my own way of working, which gave me a real sense of purpose when supporting people in the community. It allowed me to demonstrate my individual strengths, and provided me with the opportunity to develop new skills in areas I was not as confident in.

"I had the privilege of being welcomed into over 70 patients' homes across the Western Isles, and each visit solidified just how much I love working in Occupational Therapy."

Elizabeth 'Lizzie' Anderson, OT & CES Summer Student



Lizzie and her dog making the most of the summer weather at Bayble Beach.



Perfect view: Lizzie relaxing from tent.

Summer Student Success!



L-R: Louise Fry (Senior Procurement Officer), Katie Macleod (Procurement Officer), Adam Mackenzie (Procurement Summer Student), Cameron Thompson (Wards Supplies Officer), Ian Rudall (Wards Supplies Officer) and Roisin Welsh (Senior Procurement Officer). Missing from the Procurement team photo is Bruce Banks and Chris King, Ward Supplies Officers.

"I thoroughly enjoyed my time as a Summer Student with NHS Western Isles; everybody was welcoming, supportive and always willing to help at all times.

highly recommend the programme to any student looking to gain very valuable experience in a professional environment."

Adam Mackenzie, Procurement Summer Student

"I am very grateful for the opportunity and would

"I have thoroughly enjoyed my placement with the Western Isles Dietetics team. It's been great to gain an insight as to what a dietitian does and how the team can help those in need by applying nutritional knowledge. The staff have been so friendly and welcoming which contributed to a really positive experience.

"Throughout my placement I worked on a variety of tasks, including local product analysis of plant-based milks, children's vitamins, protein products, and meal replacement drinks. My placement also related to my university course of sports psychology, as I designed a leaflet about the psychology of diet and ways to encourage physical activity in a range of age groups.

"The placement also gave me the opportunity to develop the Nutrition and Dietetics webpage. This improved my IT skills and gave me the responsibility to make a positive impact for the team.

"I feel valuable experience has been gained working with NHS and the team were a pleasure to work with."

Ross Macdonald, Nutrition & Dietetics Summer Student



SCOTLAND'S VETERANS, WE NEED YOUR HELP

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Summer Student Success!



During my time as a Summer Student in the Physiotherapy Department at Western Isles Hospital, I have gained invaluable experience across a range of contexts, including assisting on the wards, observing outpatient assessments, and helping with exercise classes.

It has been incredible to see the impact of physiotherapy on improving a patient's mobility, confidence, and independence.

I have thoroughly enjoyed interacting with patients, and working alongside knowledgeable, supportive colleagues within the department.

Iona Beattie, Physiotherapy Summer Student



My experience as a Finance Summer Student with the NHS has given me a genuine insight into the impact and responsibility that comes with working in finance.

I have had the opportunity to learn new skills, take on a range of responsibilities and see how finance plays a crucial role in supporting the NHS.

One of the many highlights has been working alongside such a friendly, supportive and knowledgeable team, who have made the experience both enjoyable and incredibly rewarding.

This placement has strengthened my interest in pursuing a career in finance and has given me greater confidence in following this career path. This is largely due to the opportunities I was given and the patience I was shown, which allowed me to explore different aspects of finance.

Mary Maclean, Finance Summer Student



I thoroughly enjoyed my placement in HR over the summer. It was very interesting to learn about the job recruitment process for NHS Western Isles, and how the HR department functions to serve the wider organisation.

The programme allowed me to expand on my office-based skills and develop my knowledge of using Microsoft and recruitment software. It was very valuable to get the opportunity to immerse myself within the recruitment process and to learn about the specific challenges of recruiting in a rural area.

The placement has given me a greater understanding of the workplace and improved my commercial and market awareness within the healthcare sector.

It has been especially valuable to work for an organization of this size while still being able to be at home for the summer. It has been lovely to work alongside and get to know everyone in HR.

Faye Smith, HR Summer Student





Clinical Skills Team celebrated for excellence in learning and development

NHS Western Isles is delighted to announce that the Clinical Skills Team has been shortlisted for a Nursing Times Workforce Award.

The Nursing Times Workforce Awards recognise the individuals, teams and organisations delivering exceptional work across nursing and midwifery workforce leadership, recruitment, retention, development and workplace culture.

The NHS Western Isles Clinical Skills Team has been shortlisted in the category for 'Best Workplace for Learning and Development'. This award recognises an organisation that puts staff learning and professional development at the heart of its workforce strategy, and celebrates opportunities that help nursing staff develop and progress.

The team was nominated for this award based on a simulation project, led by Laura Mackay, Clinical Practice Trainer, which was carried out with nursing and medical students – Final Act of Care: A Multidisciplinary Simulation Preparing Future Healthcare Professionals for Culturally Sensitive Care After Death.

Healthcare professionals must be prepared to provide compassionate, respectful and culturally sensitive



care during this significant stage of the patient journey.

However, opportunities to practise these skills before encountering death in clinical practice can be limited, so the team developed this innovative multidisciplinary simulation focusing on the "Final Act of Care" following death.

By preparing students to provide compassionate, culturally responsive care after death, the simulation contributes directly to

improving patient and family experiences during one of the most significant moments in healthcare.

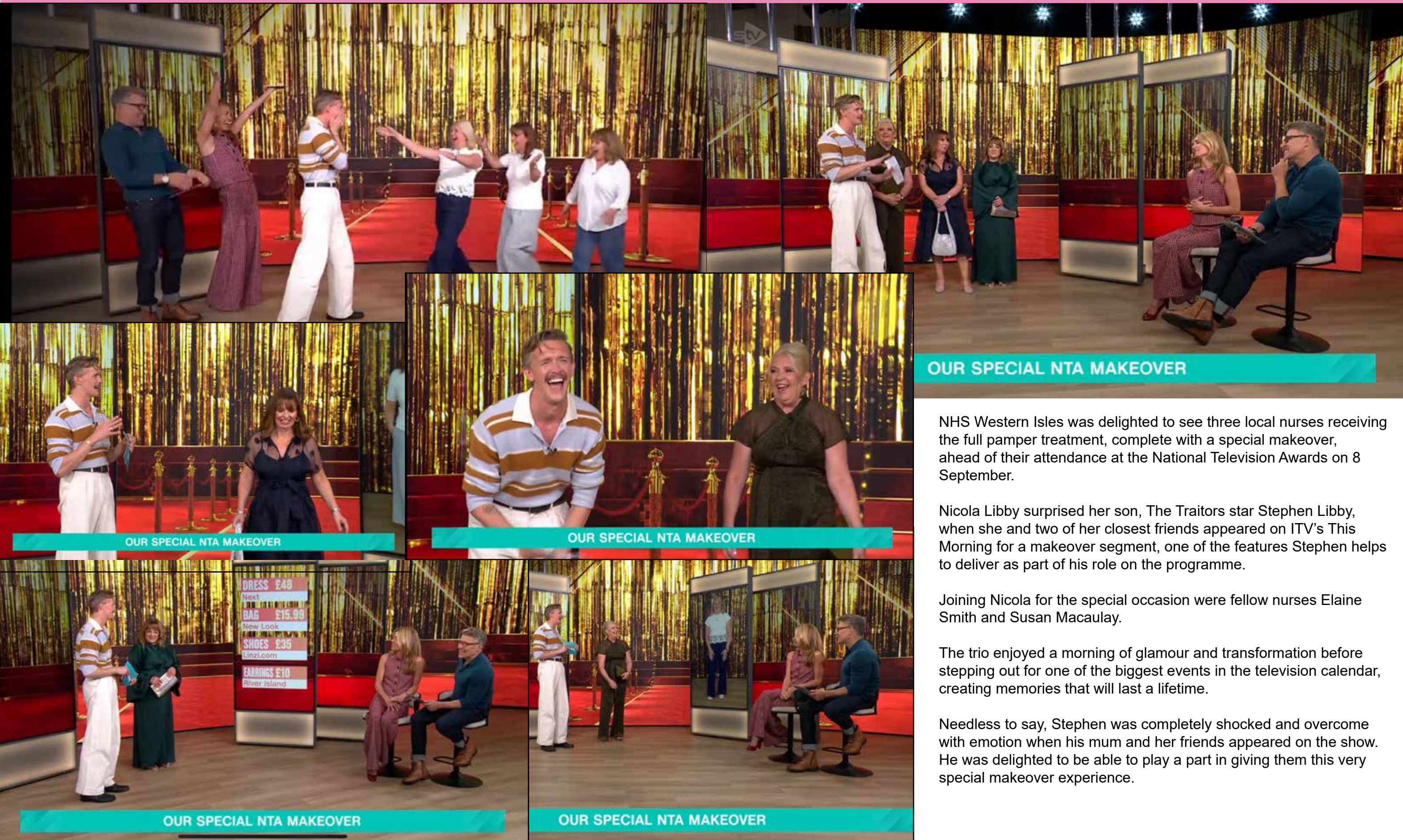
Feedback from participants was overwhelmingly positive. Students valued the opportunity to learn about different faiths, beliefs and cultural practices and recognised the importance of understanding how these influence care after death. Participants developed a greater appreciation of the need to recognise and respect the wishes of individuals and families.

Students reported feeling more prepared to encounter death in clinical practice and more confident in providing culturally sensitive care. The supportive environment enabled students to engage openly with a sensitive topic and develop confidence in an unfamiliar clinical skill.

NHS Western Isles Chief Executive, Gordon Jamieson, said: "Congratulations to the whole team. This represents a hugely significant and important aspect of our care and support services as we strive to be person centred and able to respond and meet the needs of everyone across our communities through this difficult time."

Everyone at NHS Western Isles congratulates the Clinical Skills Team on this outstanding achievement and wishes them every success at the Nursing Times Workforce Awards ceremony, which will take place at the Hilton London Metropole on Tuesday 24 November 2026.

Island Nurses Red Carpet ready thanks to This Morning Makeover



NHS Western Isles was delighted to see three local nurses receiving the full pamper treatment, complete with a special makeover, ahead of their attendance at the National Television Awards on 8 September.

Nicola Libby surprised her son, The Traitors star Stephen Libby, when she and two of her closest friends appeared on ITV's This Morning for a makeover segment, one of the features Stephen helps to deliver as part of his role on the programme.

Joining Nicola for the special occasion were fellow nurses Elaine Smith and Susan Macaulay.

The trio enjoyed a morning of glamour and transformation before stepping out for one of the biggest events in the television calendar, creating memories that will last a lifetime.

Needless to say, Stephen was completely shocked and overcome with emotion when his mum and her friends appeared on the show. He was delighted to be able to play a part in giving them this very special makeover experience.

Job Vacancy	Closing Date	Band	Job Ref
Bank Healthcare Support Worker (OUaB)	14/09/2026	2	251949
Infection Prevention & Control Administrator	14/09/2026	3	258293
Senior Healthcare Support Worker Medical 1	15/09/2026	3	252078
Maternity Services Secretary / Administrator	15/09/2026	3	257975
Staff Nurse (OUaB)	15/09/2026	5	258022
Domestic Assistant (OUAB)	17/09/2026	2	258418
Registered Nurse - Med 2	17/09/2026	5	258301
Community Staff Nurse - South Team (Balivanich)	17/09/2026	5	258037
Consultant in Obstetrics and Gynaecology	18/09/2026	Cons	254574
Public Dental Officer	18/09/2026	PDO	258096
Cross-Sectional Radiographer (MRI and CT)	18/09/2026	6	258809
Patient Services Officer	21/09/2026	2	258911
Clinical Support Assistant	21/09/2026	2	257927
Public Dental Officer (Barra)	23/09/2026	PDO	257883
Rural Acute GP (Benbecula MP)	29/09/2026	GP	254633
Consultant Anaesthetist	30/09/2026	Cons	258606
Public Dental Officer Uist	02/10/2026	PDO	258869
Bank Registered Nurse - ongoing recruitment	31/12/2026	5	251952

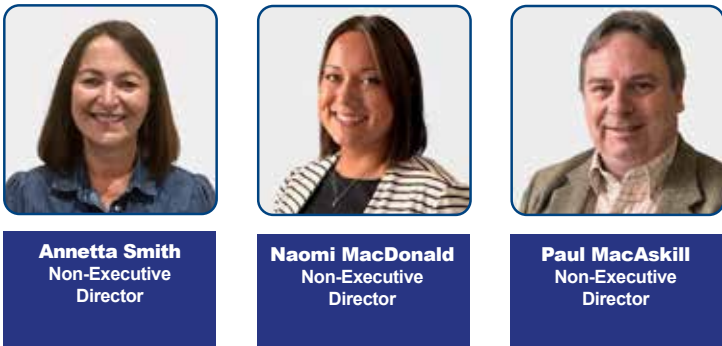
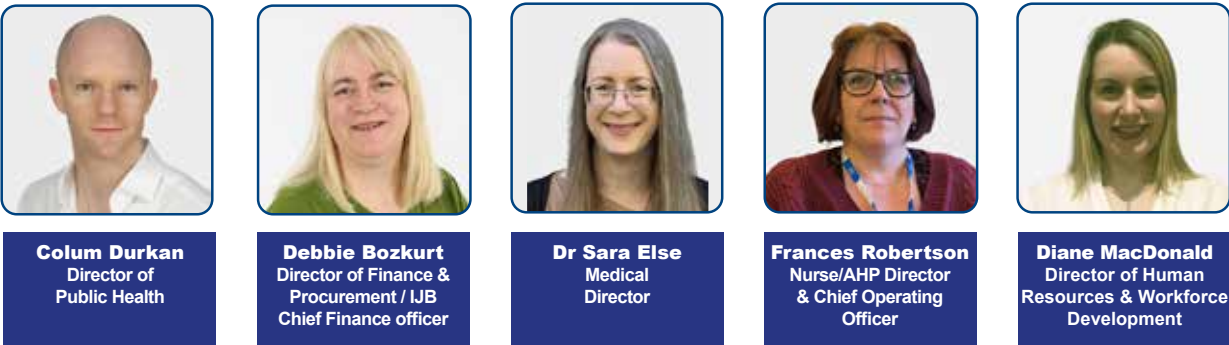
All NHS Western Isles current vacancies appear on the NHS Scotland website at: <https://apply.jobs.scot.nhs.uk> along with a job description.

The NHS Western Isles Human Resources Department is contactable via email: wi.recruit@nhs.scot or tel. 01851 704704.

If you are interested in joining our staff Bank please contact Mairi Smith, Bank Manager on mairi.smith2@nhs.scot



Executive and Non-Executive Directors



“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.

