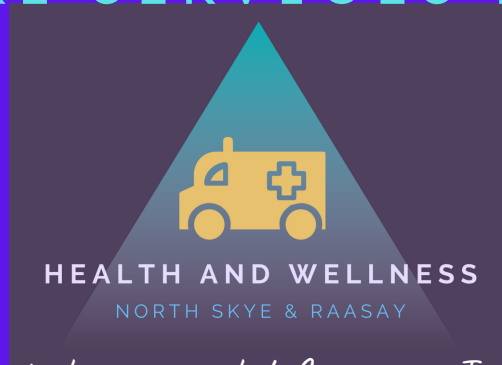




Winter '21/'22

# NORTH SKYE & RAASAY HEALTHCARE SERVICES NEWSLETTER



*Cuairt litir curam slainte coimhearsnachd Ceann a Tuath an Eilean Sgiathnaich*

## Bed numbers in Portree Hospital increased to 11

Bed numbers in Portree Hospital, Skye have increased from seven to 11 through a redesign of the available space on the ground floor. This work has allowed the COVID Assessment Centre and urgent care facilities to remain on the ground floor and away from the in-patient area.

Louise Bussell, Chief Officer, NHS Highland said: "We're pleased that we have been able to increase the bed complement in Portree Hospital. Increasing from seven beds to 11 while still allowing us to have in place our COVID assessment centre, room for urgent care and a room where we can see and treat any possible patients with COVID is to be celebrated."

'I'm delighted that the bed numbers have increased at Portree Hospital. Community members have been working tirelessly along with NHS Highland for many years and although covid has, of course, thrown extra hurdles in the way it is very encouraging to see more beds opening for the communities of North Skye.', Sophie, Health and Wellness project officer,



## Christmas Wishes

I'd like to send out my best wishes to all of our readers, community volunteers and representatives for the Winter period. I'd also like to say a HUGE thank you to all of the hard working health professionals who look after us throughout the year, who are dedicated to living and working in this beautiful and remote setting and who for many will be spending their holidays on call, caring for people and bringing cheer to others. The journey throughout the implementation of the Ritchie Report has been long and not always easy but it's important to remember we are all one team, striving for the best possible health and care services for the most vulnerable people in our communities. I'd just like to take this moment to wish everyone a Merry Christmas, a Happy New Year and to thank everyone for their efforts throughout 2021. *Sophie Isaacson, Health & Wellness Comms Project officer*

# Broadford Hospital to Open In February

At Broadford Hospital the construction work is finished and the building has now been handed over to NHS Highland. Tracy Ligema of NHS Highland, said 'This is a very exciting stage of the project which will soon see this brand-new facility open. All efforts will now go into getting the hospital ready to open for patients at the end of February'

## Enhanced Ambulance service - Skye

Plans are in place for 2022 when the Scottish Ambulance team serving Skye & Lochalsh will be enhanced when the crew at Broadford will change from shift working to 24/7 working. Kyle and Dunvegan will also benefit from new investment with two new ambulance posts in each location over the next few months. Alan Knox, area service manager for Lochaber and Skye said " This funding announcement for these additional ambulance posts is great news. The new ambulance paramedics and technicians will boost capacity and enhance our resilience in Skye and the Lochaber Area, whilst also supporting NHS Highland. Ross Cowie, Community Workstream lead added "It is hugely encouraging, given where we were prior to the Ritchie Report. Now we have nine advanced practitioners running Urgent Care. The Ambulance team at Portree has increased from six staff to twelve, with the right balance of paramedics and technicians, which, along with the recent plans for Broadford changing to 24/7 working rather than on call is all a huge step forward."

## Scottish Ambulance Service

I am Rachael Jackson, I'm one of two Clinical Paramedic Team leaders employed by the Scottish Ambulance Service for Skye, Kyle and Raasay. My position is based in North Skye, and I work both as a team leader in clinical and administrative management, and also on the Dunvegan Ambulance Crew.

I first came to Skye nearly 30 years ago, whilst I was still studying Science at Sydney University. I had long wanted to come to the place my ancestors were from. 24 years ago I travelled to Skye again with the intention of working the summer on Skye..... I never left! I started with the Scottish Ambulance service 5 and a half years ago through their vocational training route, and joined the Dunvegan crew as a student technician. Over the following years I qualified as a technician and then as a Paramedic.

Remote and Rural emergency medicine is a challenging and rewarding job, and I have loved being a part of an immensely skilled and dedicated team who provide emergency care within our community. The challenges we face include extended travel times and distances, as well as access and extreme diversity in what we see in our work from day to day. Our focus is always making the best decisions to achieve the best outcomes for our patients, individualized to every situation. We are extremely fortunate to have highly skilled Rural Practitioner Doctors, Rural Support Team Advanced practitioners, Nurses and Care and management teams with whom we work very closely. It is one of the most outstanding achievements of health care in this region - an integrated, cooperative interprofessional team, who are a model for remote and Rural medicine delivery to our community. Of course the challenges we face are ever changing, and the current difficulties arising from covid have been met with adaptability and innovation within the Service, and an outstanding Community network of support and input that has been invaluable in keeping the wheels turning.

We have recently advertised for new student technician roles in the area, and were overwhelmed and delighted with the interest and applications that have come forward. After interviews, our first 2 new student techs will be starting their training in spring 2022. Further student techs will be joining us later in the year, and the overall robustness of frontline emergency care in our community will be strengthened. It's very exciting times, and we are delighted to have had so many local people from the community express interest in joining us, as we work to continually improve patient care in Skye, Kyle and Raasay.

All of us involved in frontline emergency duties, and also our very valued patient transport crews wish you, our community, a wonderful Christmas and a very Happy New Year to come.



# Milne Weir, Seconded into new role as Programme Director with NHS Highland!

## What is your role?

My new joint role is working across the health and care system in Skye as a Programme Director with NHS Highland and as the Regional Director for the Scottish Ambulance Service in the North of Scotland.

My role with NHS Highland will be working with individuals, teams, organisations and local community representatives to support the future strategic direction of health and care services, service developments and local engagement in Skye. I am not new to Skye and will be familiar to colleagues in the Scottish Ambulance Service, NHS Highland and local community representatives. I am delighted to see positive progress being made in response to the Sir Lewis Ritchie Report and its recommendations, accepting that there remains work to do.

## Your thoughts on healthcare for 2021, looking back, reflection?

What a year it has been. Our health and care teams have been working hard every day to deliver high quality care and compassion to patients and local communities in Skye and Lochalsh. I would like to thank colleagues for the valued contribution they have made under challenging circumstances with the Covid pandemic. I have seen the very best of people when it has been tough, when they have been caring for others and when they have been managing their own challenges at home.

## Your aspirations for healthcare for 2022?

There are so many positive stories across Skye with individuals, teams and local communities coming together to support each other. My aspirations would be to build on this recognising the kindness and compassion, that so many people have shown over the last year.

## Your own personal Christmas wish?

Be as kind as we can as we don't always know the challenges that people are facing when we are speaking to them.



## Home Farm

Work is ongoing at Homefarm nursing home in Portree. Ross Mackenzie, NHS Highland Area West Manager tells us 'We anticipate that works will be complete April / May 2022. This shows a slight slippage on original estimated timeline due to difficulties getting contractors and difficulties in the supply chain around material availability. There will be 35 beds open once work is finished.



# Together we care

NHS Highland want to know; what is important to you?

Watch the video to find out more and how you can get involved: Together We Care - YouTube  
Or visit their website: Service Redesign (scot.nhs.uk)

Take part in their survey at  
<https://forms.office.com/r/519bjRi4Sb>

You can also email them at: [nhsh.listening@nhs.scot](mailto:nhsh.listening@nhs.scot)  
or write for free to Freepost RUAK-JGSH-TUUL,  
Clinical Governance Team, NHS Highland, Together  
We Care, Assynt House, NHS Highland, IV2 3BW.



## GET THE RIGHT CARE IN THE RIGHT PLACE



	NHS Inform includes self-help guides for a range of common conditions: <a href="https://nhs.uk/nhsinform">NHSinform.scot/self-help-guides</a> If you think you need A&E, but it's not life threatening, call NHS 24 on 111. If you need same day medical attention that cannot wait for your GP Practice to reopen, call NHS 24 on 111.	<b>NHS 24</b>
	<ul style="list-style-type: none"><li>• Colds</li><li>• Cold sores</li><li>• Sore throat</li><li>• Diarrhoea or constipation</li></ul> <ul style="list-style-type: none"><li>• Indigestion</li><li>• Aches and pains</li><li>• Help if you run out of your repeat prescription</li></ul>	<b>Pharmacist</b>
	Contact your GP Practice Call NHS 24 on 111, 24/7, 365 days a year <b>Breathing Space:</b> 0800 83 85 87 Weekdays: Monday - Thursday 6pm to 2am Weekend: Friday 6pm - Monday 6am	<b>Mental Well-being</b>
	<ul style="list-style-type: none"><li>• Tooth pain</li><li>• Swelling to your mouth</li><li>• Injury to your mouth</li></ul> <ul style="list-style-type: none"><li>• Painful or bleeding gums</li><li>• Advice on oral hygiene</li></ul>	<b>Dentist</b>
	<ul style="list-style-type: none"><li>• Red or sticky eye</li><li>• Pain in or around your eye</li></ul> <ul style="list-style-type: none"><li>• Blurred or reduced vision</li><li>• Flashes and floaters</li></ul>	<b>Optometrist</b>
	A range of clinicians, including doctors, nurses and sometimes pharmacists and physiotherapists to help you with both mental and physical health issues.	<b>GP Practice</b>
	<ul style="list-style-type: none"><li>• Cuts and minor burns</li><li>• Sprains and strains</li><li>• Suspected broken bones and fractures</li></ul>	<b>Minor Injuries Unit</b>
	<ul style="list-style-type: none"><li>• Suspected heart attack or stroke</li><li>• Breathing difficulties</li><li>• Severe bleeding</li></ul>	<b>A&amp;E or 999</b>

If you are unsure about where to go or who to see, find out at:  
**[NHSinform.scot/right-care](https://nhs.uk/nhsinform/scot/right-care)**

## Update from Councillor Calum Munro

To take over the chair of the SLR Implementation Steering Group in September was a privilege which brought with it a great sense of responsibility. 2021 has been a challenging year. The Options Appraisal process has faltered and requires resetting and realigning with NHS Highland's Vision for Health and Social Care Services in Skye. The challenge of implementing SLR's recommendations to achieve the desired health and social care outcomes for North Skye and Raasay still requires much effort and pulling together. As we look ahead to 2022 I do so with optimism, and I do believe that with genuine co-production and renewed focus the health outcomes we aspire to can be achieved.

At this stage, though, I would like to pay tribute to the dedication and commitment of all those who deliver health and social care in every setting in our communities whether that be in people's own homes, residential home, medical centre, or hospital. It's also important to acknowledge and thank all those residents of North Skye communities who give up large amounts of time voluntarily to represent their community's views and to scrutinise, challenge and influence the direction this process takes. I wish everyone in Skye and Raasay a Merry Christmas and a Happy, Healthy New Year.

'S e urram a bh' ann cathair Buidheann Stiùiridh airson molaidhean Shir Lewis Ritchie a chur an gnìomh a ghabhail thairis ach tha uallach dleasdanasais àraid na chois cuideachd. Tha dùbhlannan air a bhith nar coinneimh uile ann an 2021. Cha deachaidh an t-adhartas bu mhiann leinn a dhèanamh air Measadh nan Roghainnean (Options Appraisal) agus tha againn ri ùrachadh agus ath-bheòthachadh a thoirt air a' ghnothach anns a' Bhliadhna Ùir. Cuideachd feumar obair a dhèanamh air Leirsinn ùr NHS na Gàidhealtachd airson an Eilein a chur an sàs a rèir miannan nan eileanach.

Aig an ìre seo ged-thà bu toil leam moladh mòr a dhèanamh air gach neach a tha ag obrachadh gu dìcheallach agus gu dùrachdach airson seirbhisean slàinte agus cùraim a thoirt seachad don fheadhainn nar coimhearsnachdan a tha feumach orra. Cuideachd, tha e uabhasach cudromach aithneachadh gu bheil an t-uabhas dhaoine a' toirt seachad tòrr mòr ùine gu saor-thoileach airson taic a chumail ri leasachadh mholaidhean Shir Lewis Ritchie agus tha iad sin airidh air ar taing mhòr. Tha mi a' guidhe Nollaig Chrìdheil agus Bliadhna Mhàth Ùr dhuibh uile.



# Louise Bussell

**Tell us about your role?** I am currently the Chief Officer for community services within the health and social care partnership of the Highland region including all adult social care services, primary care provision, in-patient and community services for physical health, mental health, learning disability and drug and alcohol services. This role involves setting out and taking forward the strategic direction for our services as well as managing our resources for what we need to do on a daily basis. I do this in close collaboration with a variety of partners, organisations and community groups with the focus being on ensuring the right services are provided at the right time to meet the needs of our population. I see a key role being ensuring that our staff are supported to do their job, feel valued for the work that they do and assisted to provide excellent care by the way our services are planned and led. I have a senior leadership team that is made up of clinicians and managers who are committed to developing our services with our teams and communities.

## **Your thoughts on healthcare for 2021, looking back,?**

Sadly throughout 2021 all of our lives have been impacted upon in so many ways and to varying degrees by Covid-19. As you all know this has been a particular challenge for health and social care services. Despite this challenge I believe that our health and social care staff have provided and continue to provide compassionate care and treatment to those that need their services. There will have been changes to how we do this at times with online and phone calls being substituted for face to face and limitations due to safety that may have felt a more difficult experience and our resources have been stretched on occasions. I believe that everybody concerned has aimed to ensure people get the care and support they need with many people going the extra mile to provide cover and support which is genuinely appreciated. Thank you so much to all of the health and social care staff for their contribution at the most difficult of times.

I think it is essential to take this opportunity to highlight that whilst health and social care providers have done a huge amount over 2021, as was the case in 2020, so many people in local communities have stepped up to help their family, friends, neighbours and wider community. As you know this has always been an important part of living together but this real enhancement of community led support throughout the pandemic has been truly remarkable and life affirming for all concerned. I genuinely believe this will be one positive legacy of Covid.

The vaccination roll out has further stretched our capacity over the year but it is so important for our wellbeing and although there have again been difficulties with this at times due to the scale the opportunity to have the vaccine and access to it has been key for our future.

## **Your aspirations for healthcare for 2022?**

I joined NHS Highland in July 2020 as Head of Mental Health services after working in a variety of health and social care clinical and leadership roles. I took up the role of interim Chief Officer in November 2020. As you will see from the timescale sadly I have never experienced working in Highland outside of the pandemic. I am very much looking forward to having this opportunity in the future and hope that this will be in 2022.

We are currently working on a strategy for NHS Highland which is to be called Together we Care. We are consulting on it now and it will be published in 2022. This will help us to shape how we plan and develop our services across Highland and at a local level on Skye. Our ambition is to build a better future for health and care. NHS Highland is the lead agency for adult services in Highland and The Highland Council is the lead agency for children's services but ensuring we have lifelong services for people provided by a variety of organisations and groups means that we must and will work closely together to develop truly integrated services. For Skye in particular we need to work with all services and the public to ensure that our services meet the needs of the community in the short to medium term whilst we establish and plan a shared vision for the future. Our commitment is to continue with the services we have, support service developments where needed and explore what is required for the years to come.

## **Your own personal Christmas wish?**

I am on call on Christmas day so hoping for a peaceful day and a bit of sunshine for a walk on the beach. I would also wish that everybody has a happy and healthy Christmas and New Year.



# Recruitment and Retention - Further developments for the Centre of Excellence

In 2018, Sir Lewis Ritchie carried out an independent review of the health and care provision in North Skye and recommended the creation of a Centre of Excellence in Remote and Rural Healthcare and Digital Innovation for Skye, Lochalsh and South West Ross. A Centre of Excellence working group was established in 2019, to develop and share models of care, digital innovation and multidisciplinary education and training for all remote, rural and island health and social care professionals. This includes health, social care practitioners and volunteers working within the rural community and rural hospital settings.

Recruitment and retention of health and social care staff is an ongoing challenge in remote, rural and island areas, especially in tourist hotspots like Skye. This can have a significant impact on provision of safe and sustainable health and care services. Improved access to rural specific education, local training, and career opportunities and raising the profile of rural health and social care roles have a vital role to play in attracting and retaining skilled staff in remote, rural and island areas.

To help progress this work a Recruitment & Retention subgroup has now been set up including local multi-agency employers and community partner members. The first meeting took place on the 4th of October

The aim of the Recruitment and Retention subgroup is to:

- Help implement new recruitment and retention methods to improve the recruitment and retention of health and care staff to the area, aiding service sustainability
- Help establish good working relationships and networks with existing effective remote and rural recruitment and retention initiatives across Scotland and internationally.

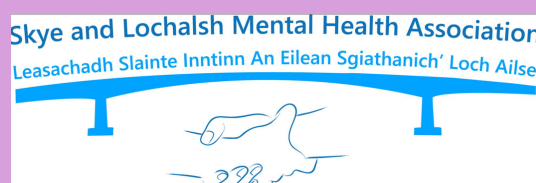
The group will make use of the evidence-based recommendations from “Making it Work: Recruit & Retain” a 7-year international research project including Canada, Iceland, Norway, Sweden and Scotland.



## SLMHA

Am Fasgadh is here to support people in Skye and Lochalsh who are affected by a mental health problem, or their family and carers. First and foremost we offer a chance to get out of the house and meet other people in a Covid-safe way, but we provide advice, guidance, help and a listening ear for all sorts of issues that make life difficult. Anyone interested can get in touch with us directly – no referral is needed.

We're open Monday to Friday with social distancing and other Covid precautions. People can come either between 10.30 and 12.30 or between 1.00 and 3.00, but at the moment we're asking people to phone on 01478 613533 to reserve a place before they arrive. Lunch is available in both sessions.





# Health and Wellbeing Practises North Skye

## Benefits of yoga / meditation on health

Today we are experiencing a world that is increasingly stressful and hectic and we are getting sicker and unhappier. In a survey carried out by mentalhealth.org.uk in 2018 they say that "In the past year, 74% of people have felt so stressed they have been overwhelmed or unable to cope". We are constantly looking outward for something that will bring us happiness. In a time when we know that our NHS is under great strain, we can take charge of our own health. Yoga and meditation can tackle the causes of our health issues rather than treating the symptoms. Yoga can have a direct effect on our mental health, our physical health, our emotional health and gives us a sense of belonging.

With yoga we look inward. We discover that the elusive happiness that we often seek outside of ourselves is a mirage. In fact, joy and peace are within us all, we need to identify and remove the obstacles and habits that get in the way of our centre. Peter Blackaby puts it like this in Intelligent yoga "yoga can help us to become more fully integrated as human beings"

Yoga is open to everyone no matter what faith group, age group, fitness level, It is non-competitive and non-judgemental. It's a 'come as you are thing'. It's your practice; you do what is right for you, because only you know what is needed for you. A famous doctor explains our uniqueness like this "There is no one alive that is youer than you " ~Dr Seuss (happy birthday to you; 1959)

Yoga is an ancient Indian practice. It has evolved naturally to suit modern living but there is a timeless richness in the traditional teachings. It is now popular worldwide and is practiced by half a million Brits daily. This number is increasing. Yoga can take many forms and is not just the bendy pretzel type shapes we are used to seeing. Postures develop and prepare the body for meditation but working with the body is a mindful practice in itself. We draw our awareness into the body. Through movement, cleansing, mindfulness, breathing techniques, we can meet ourselves on deeper levels.

The movement and postures in yoga aim to allow the body to explore its full potential. Leaving no part of the system to become stagnant and a breeding ground for disease.

Tari Prinster lists some evidence-based benefits to yoga in her work as a leading yoga teacher for cancer survivors; Yoga detoxifies the body, strengthens the body, increases range of motion and flexibility, keeps your spine strong, strengthens the immune system, manages weight gain, manages pain, manages fear, anxiety and depression, enhances body image, enhances empowerment and wellbeing.

Yoga also has a deep connection with the breath, affecting our energetic body as well. We only use a fraction of our lungs capacity with our habitual daily breathing patterns. When we direct our attention towards the breath and take conscious control of this process, we can influence our health on a cellular level using the nourishing and cleansing effects of the breath. It only takes a short daily breathing practice to develop a valuable tool for whatever life presents to us.

Meditation is a thread of yoga where the mind becomes focussed and steadied upon a point. Through a balance of concentration and letting go, one can become undisturbed by the flux of daily life positive or negative, "the mind is unwavering like the flame of a candle in a windless place" Bhagavad Gita 6:19. This practice of focusing the mind toward a single point brings a state of consciousness that is calm and peaceful. Through these contemplation and concentration practices we can make positive new neural connections and let go of others that no longer serve us. The practice of meditation is also just a nice way to take a break from our busy surface minds.

From my own experience, many students, feedback and many modern evidence-based studies; yoga really works. This wonderful ancient practice has really stood the test of time and is needed more today than ever before. People who practice yoga often experience deeper self-awareness, self-love and universal peace. Oh and it's fun too.

Join a yoga class today, just give it a go and start to find the yoga that suits you. The amount of different yoga practices and teachers is absolutely endless. So, if you are not sure the first time you try it, know that the right style of practice and teacher is yet to find you.

**Contact me if you are interested in classes on Skye or on Zoom - [simon@earthandskyeyoga.co.uk](mailto:simon@earthandskyeyoga.co.uk)**



# Health and Wellbeing Practises North Skye

## Massage on Skye

The Therapy Studio offers a wide range of treatments, including Sports remedial and Swedish massage, Hot stones and Bamboo massage, Kinesio Taping, Radial Shockwave, Shortwave, Biomodulation, Tecar Therapy and Myofascial Release Therapy and Lymphatic Drainage. We also offer private sessions in our Far Infrared Sauna.

The combination of the therapies offered can help with

- reduction of chronic/acute pain (in joints and muscles)
- reduction of inflammation
- reduction of swelling (oedema)
- anxiety and stress reduction
- reduction of muscle tension/spasm
- breakdown of long term scar tissue
- supporting the immune system and overall health
- promoting better sleep

Many of our Isle of Skye customers have never experienced the combination of massage and technology that we can offer, but instantly recognise the benefits and the changes to their various aches and pains and the improved quality of life. These clients now book in regularly to either maintain their health or they have simply made their treatments into part of their health and wellness regime.

In all of our treatments we adopt a holistic approach, creating an environment where the client can feel comfortable and have confidence in the therapist. We have undergone training to a high standard, and the well-being of our clients is our priority. For more information visit: [www.therapystudio.net](http://www.therapystudio.net) or use our online booking system: [the-therapy-studio.selectandbook.com](http://the-therapy-studio.selectandbook.com)



## Health and Care Community Forum... Coming soon

There are numerous community and third sector groups linked to health and social care working throughout Skye and Raasay. The pandemic led to new networks being formed and showed the importance of coordinated action between communities, the council and health board, and it is felt that it would be beneficial to coordinate communication and action through a new Community Health and Care Forum which will feed in to the new QI Partnership group that is being formed to succeed the Sir Lewis Ritchie Implementation Steering Group.

### Aims of the Forum

- \*To be an open and accessible community forum for communicating key information and updates around health and Care in Skye and Raasay.
- \*To work in co-production to achieve the best possible health and care services for the people of Skye & Raasay.

The North Skye and Raasay Health and Care Community Forum will work alongside the QI partnership and will create a space for community members to come together, keep each other up to date on progress, share information and decide together on key questions, feedback or challenges to be passed onto the QI Partnership which will meet quarterly.

The forum will be chaired by Maggie Cunningham and will launch in early 2022. Invitations will be sent out to current community volunteers, community members who have been interested and following the process for the past 5 years as well as community councils, trusts and third sector community groups with a focus on health via e-mail. If you'd like to hear more about the forum or you'd like to be involved please e-mail [sophie@portreeandbraes.org](mailto:sophie@portreeandbraes.org)

# Festival of Learning 2022

**Centre of Excellence Festival of Learning 28 March - 10 April 2022 - Save the Dates! Registration Opens in January 2022**

NHS Education for Scotland's Remote and Rural Healthcare Educational Alliance (RRHEAL) are working with partners such as the University of Highlands and Islands, NHS Highland, NHS 24, community leads and members to support the development of a Scottish Centre of Excellence (SCoE) in remote, rural and Island health, care and digital Innovation.

As part of this work a Scottish Centre of Excellence Festival of Learning has been arranged from 28 March through to 10 April 2022 .The main base for this event will be in Portree, Isle of Skye, with a mixture of sessions offered for people to either attend in person or join virtually online. The sessions will cover a wide range of practical topics relating to remote, rural and Island health, care and digital Innovation.

We aim to offer sessions of interest for everyone working and living in a remote, rural or island community. Here are just some of the sessions agreed so far -

- Using the NES Mobile Skills Unit to support training and learning
- Career development in remote, rural and island communities
- Digital innovation for health and care
- Care home training in personal outcomes, resilience and more
- Improving recruitment and retention in remote, rural and island areas
- Health Literacy: tools and techniques for good communication

To note your interest in attending please contact: [events@nes.scot.nhs.uk](mailto:events@nes.scot.nhs.uk)  
There is no charge to attend any of the sessions  
Registration for this event will open in January 2022 (no charge to attend this event)

More Information can also be found on the event website which we are continually updating: <https://events.nes.scot.nhs.uk/centre-of-excellence-festival-of-learning-2022/>

# SOSNHS Group Update

At the SOSNHS monthly meeting of 13th of December the proposed Vision document from NHS Highland (NHS) was considered by the group. Although the Vision document was broadly accepted it was felt that the document did not have enough specific details in it for the meeting to accept it fully. The meeting discussed what services/resources they felt would need to be included in the document for it to be accepted.

The following list of services in respect of Portree Hospital proposed by Sir Lewis Ritchie in 2018 and fully accepted by NHS at the time

1. Minimum of twelve beds at Portree Hospital
2. A walk in Urgent Care Centre / Minor Injuries Unit
3. An X-Ray facility available 24hrs
4. A Rehabilitation unit
5. An Outpatient Department running all the Clinics as previously available at Portree Hospital
6. For Portree Hospital to be accepted and seen as a centre of Excellence

These have not been achieved and we will continue to campaign for these services. For the wider Community of North Skye the group felt, as we had previously, that we should also continue to expect;

1. 40 Nursing home beds
2. An appropriate number of Care Home Beds.

SOSNHS plans to continue to campaign for the above during the present Vision Workshops, Options Appraisal process and, indeed, until it is felt the local Health Services are safe in the hands of NHS. SOSNHS strive for an equitable Health Service available to all at the point of need. SOSNHS meets every 6 - 8 weeks and if you'd like to get involved with the group please e-mail [SKYESOSNHS@gmail.com](mailto:SKYESOSNHS@gmail.com)

## SkyeLab

SkyeLab CIC setup was paused over the summer due to the effects of the pandemic and a lengthy delay in our funding package being secured. The good news is that our funding has just been confirmed and we are able to resume our setup plans.

SkyeLab is a community interest company (CIC) with a vision for a healthy, active, productive, independent and socially connected community, across the generations. Our aim is to provide community benefit by delivering health and care service improvements through training, demonstrating and researching people-centred digital innovations. SkyeLab will be a 'Living Lab' which will specialise in co-design, co-production, pilot and test of digital and technology-enabled health and care services of the future, validating their effectiveness to meet the needs of remote, rural and island communities such as our own.

During 2020, we were able to host several training sessions for local Scottish Ambulance Service staff and we hosted a workshop for NHS Highland. Our plans for early in 2022 include a training needs analysis to identify gaps in local provision, setup of our Digital Technology Demonstrator facility and for two weeks in March we plan to host a 'Festival of Learning' in partnership with NHS Scotland National Education Service (NES).



# First Responders & Emergency Life Support training



The Scottish Ambulance Service agreed with Sir Lewis Ritchie that local First Responder Teams would be supported and equipped throughout Skye and Wester Ross. Community Representatives worked with the SAS to help make this happen but Covid 19 intervened. The scheme has unfortunately not moved forward due to the SAS being unable and unwilling to train volunteers during this time.

The SAS National Community Resilience team has also been severely reduced during this time due to other pressures on the service so it is unlikely any progress with First Responders will happen in the near future.

During this time Lucky2BHere a local charity which helps communities purchase Automated External Defibrillators (AED) and also trains members of the public in Emergency Life Support (ELS) has been able to continue supplying AEDs however the charity faced difficulties in continuing the training side which is considered a hugely important part of the scheme.

After discussion and trials the L2BH training team were able to set up an online ELS (Zoom) training programme which has been successful and become very popular with members of the public. The charity is also working towards reintroducing ELS training in secondary schools.

The Course covers the same aspects as was always done in “hands on training” comprising of

- (1) Recognising the casualty and safety at scene
- (2) Recovery position
- (3) Cardiopulmonary Resuscitation (CPR) during Covid
- (4) Use of an AED
- (5) How to recognise a Heart Attack and help a patient
- (6) How to recognise a Stroke patient and help the patient
- (7) Recognise and help the Choking Patient
- (8) Any other points the group wish to discuss.

The Lucky2BHere training team now run regular courses on the first Monday of the month with the next course being on the 7th of February. We are also available for adhoc sessions on request. These courses are free. To book a space on a course just email [info@lucky2bhere.org](mailto:info@lucky2bhere.org) with your request. You will be sent a link to the next course.

The aim of L2BH's ELS training is to save lives by equipping members of the public with the necessary knowledge, skills and confidence to get involved in an out-of-hospital cardiac arrest. From recognising the symptoms of an arrest and calling for help, to starting CPR and using a defibrillator, everyone has the potential to save a life.



**EMERGENCY LIFE SUPPORT  
TRAINING TAKES 2 HOURS.  
IT COULD SAVE A LIFE!**





*Thank you to our funders*

Friends of Portree Hospital



Dunvegan Community Trust



**PORTREE & BRAES**  
COMMUNITY TRUST



## Options Appraisal Process / Vision Workshops...

A virtual workshop was held by NHS Highland on 27th October 2021 focussed on local health and social care services in Skye & Lochalsh. This was attended by a mixed group of stakeholders including community representatives. The purpose was to consider "a vision for health and social care services in Skye" which was presented by NHS Highland at the request of community groups engaged in the ongoing redesign of services.

The discussion element of the workshop was facilitated by Norman Sutherland from Higher Ground Health & Care Planning (HGHCP) and was structured around four questions:

- What do we welcome in the vision?
- What concerns do we have about the vision?
- Is anything missing from the vision?
- What changes do we propose to make it "our" shared (collective) vision?

Norman Sutherland of Higher Ground Health told us "I'd like to thank everyone who once again gave their time to support planning for health and social care services in Skye and Lochalsh. While recent work has concentrated on some of the shorter-term challenges, the purpose of this workshop was to focus on longer-term plans. From my perspective, the vision presented by NHS Highland was generally very well received by the majority of community representatives present. It was also clear however, that some participants in the process remain concerned at what they see as a lack of progress". "Recognising this, in my summing up, I emphasised the importance of NHS Highland now producing a clear programme. This will need to explain the process of change proposed and the associated dates when key information requested will be available."

### *Some helpful contacts*

**Samaritans** 116 123 Samaritans here to talk to 24/7

**Breathing Space** 0800 838 587 Low mood, anxiety, depression. Open: Mon-Thu | 6pm-2am and all weekend

**SLCVO Community Calls Service** 01478 612921 Daily check in service for older people to help with delivery of prescriptions, food or fuel

**Womens Aid** 01349 863 568 Information, a safe place to stay or just someone to talk to for women and children

**Childline** 0800 11 11 Children can call to speak to someone 24 hours a day

**Abused Men Support** 0808 800 0024 Advice, information and support for male victims of domestic abuse. Open: Mon-Fri | 9am-4pm

If you would like any further information or have any feedback don't hesitate to get in touch with [sophie@portreeandbraes.org](mailto:sophie@portreeandbraes.org) or phone 01478612185

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