

Eye in Skye, Lochalsh and South West Ross Issue 2: Sharing information about your local health and social care services

Following the launch of our first newsletter, we have received and collated all of your great feedback in order to improve this next edition. This newsletter is created for you, and we want to make it as useful as possible.

In this edition of *Eye in Skye*, we have:

- New Posts to be introduced to Broadford Hospital, Community and Home Farm
- Skye, Lochalsh and Wester Ross Drug and Alcohol Forum
- Befrienders Skye and Lochalsh Volunteer Service
- First Contact Physiotherapy
- Opening of Staffin Health Centre
- Tension & Trauma Release Exercises Workshop
- Your Voice Matters



New Posts to be Introduced to Broadford Hospital, Community and Home Farm

As you may be already aware, recruiting nurses to our vacant posts is extremely challenging and we have had limited success over the past couple of years. We also have an ageing workforce, with more nurses retiring or reducing hours. This is a national problem and not one isolated to Skye, Lochalsh and West Ross.

As part of the recruitment drive to encourage more applicants to apply for posts in Broadford Hospital we have been looking at our workforce roles and skill sets. One of the potential solutions is the introduction of a new role: **Assistant Practitioner**.

The Ward Based Assistant Practitioner will provide high quality, safe and effective clinical and emergency care to adult inpatients under the direction of a Registered Nurse, Advanced Nurse Practitioner and/or Medical Practitioner. They will develop clinical skills that are more specialised and specific to an area of practice.

Each post-holder will have a base speciality within Broadford Hospital, including the wards and Emergency Department, and will contribute to the wider team rotations, in and out of hours, across each of these specialities. The Assistant Practitioner will be expected to have knowledge of the base specialty as well as generic knowledge and skills, which will be transferable across all clinical areas depending on the needs of the service and clinical priorities. It will also mean that we create a career pathway for people who may wish to look into training to become a registered nurse. These posts do not take away from the need for nurses but compliment the overall team.

The other new posts that are being introduced are the **Rotational Staff Nurse** roles. These post holders will rotate across three different sites (Broadford Hospital; Home Farm Nursing Home and North Skye Community) on a 4 monthly cycle. This is an ideal way of not only consolidating skills but developing a wide skill set and is ideal for either newly qualified nursing staff or those wishing to add variety to their work life balance.

Skye, Lochalsh and Wester Ross Drug & Alcohol Forum

The Drug and Alcohol Forum aims to provide an important network for those dealing with substance misuse issues in the Skye, Lochalsh and Wester Ross area. The forum is part of the [Highland Drug and Alcohol Partnership](#) (HADP), a multi-agency strategic partnership responsible for setting the overarching alcohol and drugs action plan and strategy for Highland. The forum also has representation from third sector groups, the public and private sector and community members who want to support the objectives of the Forum, including Police Scotland, NHS Highland, and Highland Council.

The purpose and objectives of the Forum are to achieve improved outcomes for individuals, families and communities by preventing and reducing drug and alcohol related harm by:

- Sharing knowledge, data and information to better understand the local needs relating to drug and alcohol prevention, recovery and the demand on local services.
- Sharing Information regarding local, regional and national activity including training, service provision and events
- Highlighting good practice and learning from the Forum to a wider audience.

Over the next year, one of the main priorities for the Forum will be establishing information sharing and communication pathways.

You can find more information on Drug and Alcohol services using the below links:

- [HADP Services for Young People](#)
- [HADP Services for Adults](#)
- [Substance Awareness Toolkit](#)
- [NHS Highland Drug and Alcohol Recovery](#)

Befrienders Skye and Lochalsh

Befrienders Skye and Lochalsh was set-up in 2018 by Skye and Lochalsh Council for Voluntary Organisations (SLCVO) and Highland Hospice to provide a befriending service to those receiving palliative care.

In 2020, the Covid pandemic saw our services expand to provide daily calls to people across the area with 57 volunteers making over 3,600 calls in six months. Coming out of the pandemic we have seen an increase in our telephone and face to face befriending services. We also realised there is a need for a range of befriending activities from group gatherings to hospital befriending.

March saw the launch of two new befriending services, Hospital Befriending and After Discharge Befriending, and we are looking for volunteers across Skye and Lochalsh to help manage these services.

Volunteer Befrienders provide company and companionship. The amount of time and activities will vary as each person is different however, volunteers may:

- Visit a person at home.

- Take short car trips/outings.
- Make regular telephone calls.
- Help with a hobby.

Our Hospital and After Discharge Befrienders will provide company to people who need short-term social contact. We ask hospital befrienders to commit to two visits a month, although this may not be regular activity. After Discharge Befrienders are asked to make a minimum of 3 visits during a period of six weeks post-discharge.

If you feel you could offer some time to help, we have other volunteer roles including:

- Telephone befriending — minimum commitment 30 minutes every week
- Face to Face befriending — minimum commitment 1 hour every 2 weeks

If you would like to help people in your community or provide much needed company for those in hospital please visit the website to find out more information:

www.befriendersskyeandlochalsh.com

First Contact Physiotherapy service

First Contact Physiotherapy (FCP) provides fast access to an expert physiotherapist for patients with common musculoskeletal problems like back and neck pain, osteoarthritis, ligament and muscle problems, aches, pains and strains. After initial assessment, if required, the FCP can refer you onto secondary care services such as Physiotherapy, Orthopaedics, or Radiology (x-ray).

First Contact Physiotherapists assess, diagnose and guide the management of patients with musculoskeletal conditions work in GP surgeries, as part of the multidisciplinary team. These NHS Highland staff are advanced practitioners who have or are working towards MSK injection and non-medical prescribing skills.

You can access your FCP without the need to see your GP first. All you have to do is phone your GP practice and ask to see the First Contact Physiotherapist.

Opening of Staffin Health Centre



In March, the Staffin Health Centre on Skye was officially opened by Isobel McDonald, a retired District Nurse for the local area. She was joined by NHS Highland's Chair, Professor Boyd Robertson, Chief Executive, Pam Dudek, and a host of local health and social care staff and members of the public to open the facility - which will be known as Tobar na Slàinte.

Watch a video from the day below.







Tension & Trauma Release Exercises Workshop, Isle of Skye, 16-17 June 2023.

[Tre Scotland](#) are hosting an in person Tension & Trauma Release Exercises workshop at the Breakish Hall on the Isle of Skye on the 16th and 17th June 2023.

If you have a lot of tension, stress, anxiety, pain, depression or other similar symptoms, this workshop teaches you how to help manage and heal from these.

There are only a few spaces left, so if you're interested make sure to book as soon as possible. Book by emailing Vicki Cook at vicki@tresscotland.

What is TRE®?

Tension & Trauma Release Exercises:

A self-help, cost-effective, healing tool that enables you:

- to reconnect with the natural, involuntary tremors in your body that release stress and tension
- to heal stress-related symptoms
- to regulate your nervous system
- to self regulate & be more embodied

Where & When:

Isle of Skye

- 16-17 June 2023
- Breakish Hall, Isle of Skye, IV42
- 9.30-5.30 with hour and half lunch
- with Vicki Cook, TRE® Trainer (trescotland.com/scottish-team/)
- Max 8 participants

Who can come?

Anyone can come:

- who wants to release tension, stress, anxiety, pain, depression and other symptoms
- who wants to become trauma-informed
- who wants to be a TRE® Provider
- without a chronic mental or physical illness

What you will get:

So much:

- Learn to shake and/or go deeper
- Have 2 practice shakes each day
- Learn all about trauma as relates to TRE® and polyvagal theory etc.
- Learn self regulation & grounding
- Practice embodiment
- Answers to TRE® questions

Notes:

- Book: vicki@trescotland and Info: www.trescotland.com
- Cost: 2 days £235 early bird ~(month before), then £255
- To train to be Certified TRE® Provider more info <https://trescotland.com/train-to-be-a-provider/>

Testimonials

"Your entire workshop presentation was fantastic and exceeded my expectations. Thank you."

'Great clarity, alive, great holding, practical approach brings safety - good team'

'Mixed, varied, dynamic, alive and kicking. A good combo of experiential and theory. Challenging, provocative and playful.'

"This was a brilliant 3 days and I learned a lot (more) about myself"

Your Voice Matters

As always, we're keen to hear your thoughts, opinions and feedback on anything relevant to our services. This can be what's working, what's not working, what you like or dislike, or ideas on how we can better things for you, as you are at the heart of the community and your real life experiences matter the most.

It would also be great to hear of any improvements we can make to the *Eye in Skye* newsletter and any content you'd like to see specifically.

There are many ways you can provide feedback to us.

To give us feedback about this newsletter, radio podcasts, or other information we are providing about the Skye redesign, please email: engage@nhsh.scot.

You can choose from any of the options below to give us feedback about a health or social care service you have used:

[Care Opinion](#) (an independent organisation that is completely anonymous)

[Complaints | NHS Highland \(scot.nhs.uk\)](#)