PLANS for the new state-of-the-art community hospital in Midlothian have been given the green light.

Work on the new community hospital, which will be built at Mayshade South, near Bonnyrigg, is due to start early in 2009.

The £18 million hospital will have 88 beds, comprising 40 frail elderly continuing care beds and 48 frail elderly mental health beds.

The new community hospital will also include a day hospital for older people, a dedicated physiotherapy and occupational therapy service, an outpatient department, including X-ray service, child health clinics and a range of other health services.

In 1948-2008 60 years of the NHS

Welcome!
...to the first edition of your quarterly newspaper – keeping you updated on news about healthcare in your local community. Let us know what you want to see in the next edition by emailing us at lothian.communications@nhs.net or giving us a call on 0131 536 9315.

New health centre for Dalkeith

Patients in Dalkeith are set to benefit from a new health centre.

Last summer we carried out a consultation project to gather people’s ideas and suggestions for the new health centre. These suggestions have been passed on to the project team and are being used to help the design of the building.

So far, the design team and quantity surveyor have been appointed and approved by the Project Board. Work on the proposed design for the centre is under way.

The new building will include:
- Dalkeith Medical Practice (GPs and nursing staff)
- Health visitors
- District nurses
- Podiatry
- Physiotherapy
- Midwifery
- Speech therapists
- Community psychiatric nurses.

The anticipated completion time is summer/autumn 2010.

Contact your Community Health Partnership

Gerry Power, general manager, Midlothian Community Health Partnership, Dalkeith Medical Centre, 22-24 St Andrews Street, Dalkeith EH22 1AP
Phone: 0131 561 5531 or 0131 561 5541
Fax: 0131 561 5541
E-mail: midlothianchp@nhslothian.scot.nhs.uk

COMMUNITY HOSPITAL PLAN FOR MIDLOTHIAN GIVEN THE GO-AHEAD

Work on new £18m premises at Bonnyrigg due to start next year

Lothian’s out-of-hours service for Midlothian, which currently operates from the former Bonnyrigg Health Centre, will move to the new hospital.

Robertson Capital Projects won the contract to complete the project, and it is anticipated the hospital will be completed by 2010.

Dr Charles Winstanley, chairman of NHS Lothian, said: “We are delighted to have reached another significant milestone in the development of this new hospital.

“This is a significant investment for the local community not just for older people but people of all ages in Midlothian.

“This new hospital is another example of our commitment to deliver services more locally. It will also deliver a range of services not currently available in Midlothian, including a range of outpatient clinics, diagnostic and X-ray services.”

Eddie Egan, chairman of Midlothian Community Health Partnership, said: “This is excellent news that I know the people of Midlothian will welcome.

“The new hospital will provide first-class, modern and appropriate facilities for patients while providing the best possible working conditions to enable staff to function at the highest level.”

INSIDE: Excellence in partnership – NHS Lothian’s annual report celebrates a year of challenge and achievement
Little France facility will offer 21st-century medical care for youngsters

BRIGHT FUTURE AHEAD FOR SICK KIDS HOSPITAL

THE new hospital for children and young people to be built at Little France will be substantially larger than the current Victorian site.

It will be more than 21,000m² in terms of area, compared to the 18,000m² at the Sciennes site.

The new hospital will also have facilities for adolescents and a dedicated teenage cancer unit for the first time, according to plans endorsed by the Scottish Government.

It will be separate from, but linked to, the existing Royal Infirmary of Edinburgh, allowing children to benefit from opportunities for collaboration between paediatricians and their colleagues in adult hospital services.

The new hospital for children and young people at Little France will be paid for through normal public routes rather than the private finance initiative.

It will be financed through a mixture of public funds, funds from property disposals and contributions from a number of charities.

The Scottish Government’s contribution will be nearly £50m.

Jackie Sansbury, director of strategic planning, NHS Lothian, said: “This is very welcome news and providing in terms of 21st-century medical care for young people.

“We will continue to work on the design of both services and the building and remain on track to open the new hospital by 2013.”

Work on finalising the design brief is almost completed.

The present Victorian building dates from 1895. The new 21st-century building will be the fourth new children’s hospital in the capital since the 19th century.

The first Edinburgh Hospital for Sick Children opened in 1860 at Lauriston Lane, with just 20 beds and a dispensary.

It was first granted the Royal Charter in 1863 by Queen Victoria.

Log on and Browsealoud

IF websites could speak, what would they say? Well, now NHS Lothian’s website can—and it has a lot to talk about!

You can listen to the contents of the NHS Lothian website being read aloud to you by downloading a free piece of software called Browsealoud.

The service is designed to improve access to our website for people who find it difficult to read online. This includes people with dyslexia or mild visual impairments and those who do not speak English as their first language.

The Browsealoud software can be downloaded for free and will enable text to be read aloud from many websites including www.nhslothian.scot.nhs.uk and www.healthyr espect.co.uk when a cursor is placed over text.

You only need to download the software once to be able to do this on all Browsealoud-enabled sites. Webmaster David McBain said: “We have subscribed to Browsealoud because it is crucial that we make the information on our websites available to as wide an audience as possible.

“The software, which many other health authorities have also signed up for, will make our sites much more accessible to people who find it difficult to read online for a variety of reasons.”

Visit our website www.nhslothian.scot.nhs.uk for more information. To download the free software, visit www.browsealoud.com.

NHS celebrates its diamond anniversary

ON 5 July this year, NHS Lothian celebrated the 60th anniversary of the National Health Service.

As part of the NHS diamond anniversary celebrations, we are hosting a series of open days throughout the year at our hospitals across Lothian.

The Royal Infirmary of Edinburgh was the first hospital to throw open its doors at the end of October. St John’s Hospital held its open day at the start of November and the Western General will follow suit early in 2009.

These events are a celebration of a landmark birthday—we’re looking back, acknowledging and valuing our history, achievements and the founding spirit of the NHS.

The National Health Service celebrated the 60th anniversary of its doors at the end of October. We are inviting locals, staff, volunteers and patients to take part in these fun-filled days to mark the birthday and celebrate the achievements made in healthcare over the last six decades.

Visitors will be given the chance to meet staff from all disciplines and view exciting exhibitions to learn more about their healthcare.

They will be given the chance to step back in time for a fascinating glimpse into the health service used by previous generations to see exactly how far it has come.

A host of old theatre equipment will also be on show as well as a parade of uniforms through the ages, medical archives and infection control procedures.

Open day visitors will also be able to learn more about blood transfusion, handwashing, volunteering and even be given the opportunity to join NHS Lothian.

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OPPOSITE:

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Surgeries offer a wide range of treatment in £1m state-of-the-art Bonnyrigg facility

Dental centre opens its doors

A NEW state-of-the-art dental centre in Bonnyrigg has opened its doors to patients.

The £1 million centre, which was officially opened by Nicola Sturgeon, cabinet secretary for health and wellbeing, at the end of September, provides patients with a quick access, emergency dental facility. Five purpose-built dental surgeries are situated within the former Bonnyrigg Health Centre. Two will provide emergency and short courses of treatment for unregistered patients.

The additional three surgeries will accept patients on referral for special care, frail older persons and paediatric services.

Robert Naysmith, clinical director, community dental services, said: “I am delighted that we are now able to offer a walk-in, easy access, emergency dental service. “A great deal of planning has gone into this service and it will be a vital addition to the community dental services we already provide.”

Nicola Sturgeon added: “The new centre offers high-quality NHS care and specialist dental services, right in the heart of the community.

“Not only does its five dental surgeries offer treatment for those not currently registered with an NHS dentist, but it also offers more training opportunities for the dental professionals who work here.”

The centre operates five days a week and is equipped with digital radiography and decontamination unit for instruments.

The community mental health team also operates from another wing of the building, providing an out-of-hours service for patients in East and Midlothian.

Helping patients to breathe easy

PATIENTS with chronic respiratory problems in Midlothian are benefiting from the introduction of customised treatment plans to help them stay well.

By offering personalised exercise sessions and advice on how to control their symptoms, the pulmonary rehabilitation team, based at Bonnyrigg Health Centre, aims to improve the lives of hundreds of patients across Midlothian who have chronic breathing difficulties.

Chronic obstructive pulmonary disease (COPD) is the umbrella term used to describe a variety of illnesses, including chronic bronchitis, emphysema and chronic obstructive airways disorders.

People with COPD have permanently damaged lungs and find it difficult to breathe most of the time. Many sufferers feel unable to exercise or even do activities such as housework or gardening, while others have had to give up work.

The innovative service will allow patients to have initial assessments carried out in their own home and access treatment locally in church halls and community centres.

Patients are prescribed individual exercise programmes designed to increase fitness, improve muscle strength and allow them to better manage their breathlessness. Evidence suggests that this can improve patients’ ability to manage everyday activities.

Alison Scott, senior physiotherapist on the pulmonary rehabilitation team, said: “The programme will bring enormous benefits to patients with COPD. The programme aims to help people maintain their independence.”

The programme focuses on teaching self-management of the condition through sessions of exercise and education over a six-week period.

NHS Lothian is providing funding of £64,000 for a one-year pilot of the service. The new service has already begun at Bonnyrigg and Dalkeith Community Centres and will be rolled out to Penicuik and Newbattle.

Have your say

DO you want to have your say on NHS Lothian’s services? Getting involved in the Public Partnership Forum (PPF) for Midlothian is a great way to get your views across.

Voluntary organisations, community groups and individuals can join the PPF.

If you want to get involved, contact Catherine Evans at catherine.evans@nhslothian.scot.nhs.uk or telephone 0131 561 5927.

If you want to get involved, contact Catherine Evans at catherine.evans@nhslothian.scot.nhs.uk or telephone 0131 561 5927. You can also have your say on NHS Lothian’s services by getting involved in our patient and public forums which are based at our hospitals.

If you want to get involved, please contact:

■ Family Council at the Royal Hospital for Sick Children – denise.claxton@luht.scot.nhs.uk or telephone 0131 536 0068.

■ Patients Forum at St John’s Hospital, Livingston – diane.loughlin@wlt.scot.nhs.uk or telephone 01506 523589.

■ Patient and Public Partnership Network (covering the Royal Infirmary of Edinburgh, Western General Hospital, Liberton Hospital, Princess Alexandra Eye Pavilion and the Royal Victoria Hospital) – pat.straw@luht.scot.nhs.uk or telephone 0131 242 3385.

Further information on how to get involved is also on the NHS Lothian website www.nhslothian.scot.nhs.co.uk.

New CHP website

MIDLOTHIAN Community Health Partnership has launched a new website offering information on local health services.

To find out more about healthcare services in Midlothian, visit the website at www.nhslothian.scot.nhs.uk/community.

To be referred to the programme patients need to contact their GP or practice nurse. For more information, contact the team on 07500 765 922 or 07500 765 923.

GET IN SHAPE FOR THE NEW YEAR WITH TONEZONE

FANCY getting in shape for the new year? We’ve teamed up with ToneZone to offer one lucky reader three months’ free platinum fitness membership. With four swimming pools, seven gyms and more than 140 fitness classes per week, there’s plenty to choose from to kick-start your new year’s resolution.

To be in with a chance of winning this prize, simply tell us which word or phrase from the list is missing from the word search.

CALORIES • ENERGY • EXERCISE • FITNESS • FRUIT • GYM • PROTEIN • JOGGING • NUTRITION • STRENGTH • VEGETABLES • WATER • WELLBEING

The missing word is __________________________

Name __________________________

Address __________________________

Contact telephone number __________________________

Send your answer to communications department, NHS Lothian, 148 Pleasance, Deaconess House, Edinburgh EH8 9RS by Friday 30 January 2009. The first correct entry drawn out of the hat will win.
HELPING PEOPLE HELP THEMSELVES

Help is at hand to stop smoking

SMOKING is the single biggest cause of illness, death and premature death and we are committed to helping people avoid the health problems caused by smoking. Stop smoking support is available in community pharmacists across Lothian. NHS Lothian Smoking Services is a government funded course the Lothian region.

In 2007-2008, 3748 people in Lothian used our free stop smoking courses across the region. To find out about free help for reducing the spread of cuts and sprains that should be treated in our minor injuries and outpatient appointments. In July 2007, we met the target that nobody should wait longer than 18 weeks for an outpatient appointment. We aim to reduce this further, cutting the maximum wait for an appointment to 12 weeks by 2008-2009.

Faster diagnostic tests

In December 2007, we met the target of a maximum nine-week wait for access to diagnostic tests – five months ahead of schedule. Work is under way to further reduce times.

Reduced waits for inpatients

Throughout 2007-2008, we multi-

considerable progress to ensure that patients with cancer are referred, diagnosed and begin treatment within 62 days of their referral to our cancer services. Compliance rose from 84.5 per cent at the start of 2007-2008 to 94.7 per cent by the first three months of 2008.

Taking delayed patient discharge

We continue to reduce the number of patients who are delayed in hospital, even though we are busier. In 2007-2008, patient waiting times stood at 30.5 days, a significant reduction from 42.2 days in 2006-2007.

Improving services

We strive to improve our patients get the best treatment, which means making the best use of our time and resources.

We have reduced waiting times for patients waiting over six months for their osteoporosis therapy. We have also focused on improving the quality of the services we offer to patients with cancer.

Promoting leadership in compassionate care

Last year, the NHS in Scotland was named as a partnership in the NHS in England. The Lothian programme is led by the Chief Executive of Lothian Health Services Board. It is focused on the development of compassionate care in all our services, including our care for patients with renal disease and diabetes.

Our innovative Lean in Lothian programme has brought a dramatic effect on waiting times, key support services. It has had a significant impact on the principles of “Kaizen” – a Japanese word meaning “change for the better” or “improvement”.

So far, the programme has brought considerable progress to ensure that the NHS in Scotland is improving services for patients and families. The programme is part of a wider-based approach to care and has been funded partly by Scottish Government and Health and Social Care Scotland.

NHS Lothian has a very good and positive year and we are doing well in tackling the challenges ahead.

Partnership working is key to providing excellence in healthcare and that’s the theme of our annual report 2007-2008, Excellence in Partnership.

It shows how we are providing more healthcare wherever people tell us they want – closer to their homes in community settings, or at home. And it shows how – when people need hospital treatment – we are giving them with a quicker and more personalised service.

These two pages summarise work in our annual report, which you can find on our website at www.nhslothian.scot.uk

About NHS Lothian

NHS Lothian is responsible for planning and delivering healthcare services for the people of Lothian. Here are just a few to give you an idea of what we do:

• In 2007-2008, there were more than 4 million patient contacts across Lothian.
• There were 209,514 attendances at A&E departments at our three main acute teaching hospitals: St John’s Hospital at Livingston; the Royal Infirmary of Edinburgh and the Western General Hospital.
• The programme, run in partnership with the University of Edinburgh’s 12 world leading research centres.
• Using the “Kennets” – a Scottish word meaning “charge for the better” or “improvement”.
• For more information all those interested, visit the NHS Lothian annual report 2007-2008.
• For more information all those interested, visit the NHS Lothian annual report 2007-2008, Excellence in Partnership, on our website at www.nhslothian.scot.uk (From the home page, go to “Resources” and select “Publications”).
Staff are rewarded for going the extra mile for sick children

HEALTH workers at the Royal Hospital for Sick Children have picked up two prizes at the Scottish Health Awards.

The awards, presented at a dinner in Edinburgh, aim to recognise and reward Scotland’s most committed and caring NHS workers who are prepared to go the extra mile. Ann Lurie and the team of speech and language therapists at the Royal Hospital for Sick Children were presented with the Therapists Award, while Dr Zoe Dunhill, a retired clinical director at the hospital, collected the Women and Children’s Services Award.

The team of speech and language therapists received their award for their commitment and expertise in setting up social communications groups for children with Asperger’s syndrome in the Lothians.

Dr Dunhill, a retired clinical director at the Royal Hospital for Sick Children, received her award after the chair of the family council at the hospital nominated her for the accolade. The family council allows parents and carers of young people and children who attend the Royal Hospital for Sick Children to meet with staff to work on how the day-to-day experience of patients and their families can be improved.

Cabinet secretary for health executive, NHS Lothian, said: “It is fantastic that the work done by NHS Lothian staff has been recognised with two prizes at the Scottish Health Awards. I am delighted that Zoë Dunhill’s contribution to the development of children’s services in Lothian has been recognised in this way. To be nominated by the family council shows the level of praise and respect shown to the service and is a tribute to Zoë’s commitment. I am pleased that our speech and language therapy team at the Royal Hospital for Sick Children has been recognised for its work with children who have Asperger’s Syndrome. “The commitment to setting up Social Communication Groups shows the team’s dedication to providing the help and support that these children need.”

Nicola Sturgeon, cabinet secretary for health said: “All the winners of this year’s Scottish Health Awards have made a special contribution to healthcare. “I would like to congratulate both Ann Lurie and the team of speech and language therapists and Dr Zoë Dunhill on winning awards for their commitment to helping sick children and their families.”

Nicola Sturgeon said: “The commitment to setting up Social Communication Groups shows the level of praise and respect shown to the service and is a tribute to Zoë’s commitment. I am pleased that our speech and language therapy team at the Royal Hospital for Sick Children has been recognised for its work with children who have Asperger’s Syndrome. “The commitment to setting up Social Communication Groups shows the team’s dedication to providing the help and support that these children need.”

WINNING TEAM: the speech and language therapy team, Anne Leslie, Ann Lurie, Shirley Duffy and Jayne Graham, pick up their award

CONGRATULATIONS: Zoë Dunhill with her Scottish Health Award
AN INNOVATIVE abstinence programme has celebrated the graduation of its 50th patient since its launch in September 2007.

The Lothians and Edinburgh Abstinence Programme (LEAP), is a programme for people dependent on substances who want to get clean and stay clean.

Vernon, Sean, Ryan and Ben are the latest patients to complete the three-month programme, which is the first of its kind in Scotland, and were presented with certificates at a graduation ceremony at the end of October.

Speaking at the ceremony, Dr David McCartney, clinical lead of LEAP, NHS Lothian said: “Today is a very special day for our four graduates.

“It marks the end of their treatment process and a key point in their recovery.

“I am especially thrilled as today represents our half century in terms of graduating patients. We have now seen the 50th patient graduate, which is a milestone for the team here at LEAP.

“I take my hat off to all 50 graduates who have completed a tough and lengthy therapeutic programme and in doing so have turned their lives around.

“This really shows that people can recover from addiction.

“We are now looking forward to the next 50.”

Vernon Slater, the 50th patient to graduate from the programme, said: “LEAP really has changed my life for the better. The project taught me so much. Before I came to LEAP I had low self-esteem and I thought I was worthless. I don’t think that anymore.

“This project has given me a real sense of belief in myself. The project also taught me so much about the illness of addiction.

“I think that LEAP is an amazing project and I am grateful to all the staff for the wonderful treatment and support that I have received.

“I have never been so positive about being clean and I am now looking forward to a new life.”

LEAP is a three-month, community-based, intensive day programme with supported accommodation provided by the City of Edinburgh Council.

50TH PATIENT LEAPS TO RECOVERY

PROUD MOMENT: Vernon Slater with his graduation certificate, the 50th awarded since the LEAP programme was launched.

Hospital guide is shortlisted

AN information booklet which helps prepare patients for a visit to hospital has been shortlisted for an award.

The booklet, called “Going to hospital: a guide for patients and relatives”, is shortlisted in the Best Publication category in the CIPR Scotland PRide awards 2008.

It aims to prepare patients for a visit to hospital, with separate sections for inpatient and outpatient information.

It also includes a list of useful contacts, which is why we suggest people keep it in their homes as a handy reference guide.

Secondary breast cancer care to be transformed in Lothian

NHS Lothian has become the first health board in Scotland to appoint an exclusive secondary breast cancer care nurse.

We will employ the full-time specialist, dedicated to improving care for women with secondary breast cancer, to revolutionise services north of the border.

Secondary breast cancer is when the cancer that started in the breast spreads to another part of the body.

The nurse will take up post early in the new year to help patients manage their complex needs, including health fears and financial worries, which are often very different from a first-time diagnosis.

NHS Lothian is the only health board in the country and one of only a handful in the UK to have implemented such major service change to improve care for its patients.

Emma Bennett, lead breast care nurse at the Western General Hospital, Edinburgh, said the secondary breast cancer care nurse would make a real difference to the lives of hundreds of women.

She added: “Our new system will be up and running early next year to ensure women with a secondary diagnosis receive the level of care and support they deserve.

“We listened to women with secondary breast cancer to discover exactly what they wanted, needed and expected from their health service to allow us to tailor a system designed solely for them.”

New research shows that many women are not receiving enough support when they receive a secondary diagnosis.

But NHS Lothian is determined to tackle the problem and has already begun transforming the service in Scotland.

The new post is part of a wide-ranging investment package from NHS Lothian designed to improve breast cancer care services across the area.

The specialist will be based at the Western General Hospital and will also work with patients being treated at St John’s Hospital in Livingston.

IMPROVING HEALTHCARE: NHS Lothian has extended its breast cancer care service.

Accessing services for all

NHS LOTHIAN is on track to become a more inclusive health provider and employer.

The equality and diversity strategy, laid down in 2007, set ambitious targets for the health board, but it has already been upgraded.

Within the last few months, scores of staff have undergone better training to help them understand how to tailor care to different types of people from varying backgrounds.

More effective interpreting services have also been introduced to make sure deaf patients or those who speak different languages understand the healthcare system in NHS Lothian and the treatment they are being offered.

James Glover, head of equality and diversity at NHS Lothian, said that despite the great strides already made, there was no room for complacency.

He added: “We know there is no such thing as a ‘one size fits all’ health service and that is why we are committed to ensuring we provide care for all types of individuals.”

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EVERY winter more people make use of their local NHS services. We have plans in place to ensure we manage the extra demand on our services and that we provide the best service we can to patients over the winter months.

**TO HELP US HELP YOU THIS WINTER, PLEASE REMEMBER:**
- GP practice closures: during the festive season, GP practices will be closed for four days from Thursday 25 December to Sunday 28 December (reopening Monday 29 December). GP practices will also be closed for four days from Thursday 1 January to Sunday 4 January (reopening Monday 5 January).
- Pharmacy closures: most pharmacies will be closed on the festive public holidays too. For pharmacy opening times, see the NHS 24 website at www.nhs24.com.
- Flu jabs: if you are eligible for a free flu vaccination and haven’t had your jab yet, there’s still time to make an appointment. Everyone over the age of 65 is eligible for a free flu jab, as are those in “at risk” groups, such as people with severe asthma or diabetes, or who have a serious heart, lung or kidney disease.
- Minor injuries clinic: for minor ailments and injuries (such as cuts and burns, infections, stings, suspected sprains and small bone breaks) go to the minor injuries clinic at Edinburgh’s Western General Hospital (for adults and children over one year). Open every day of the year from 8am to 9pm. No appointment necessary. Phone 0131 537 1330/1331.
- NHS 24 and out-of-hours care: if you need urgent medical advice that cannot wait until your GP surgery opens, phone NHS 24 on 08454 24 24 24. If you need to be seen out of hours (between 6pm and 8am, at weekends, or on public holidays), an appointment will be made for you at the most convenient out-of-hours centre. Patients are seen by appointment only in out-of-hours centres.

**SIMPLE STEPS TO AVOID CATCHING WINTER BUGS**

*Many* of us are susceptible to germs at this time of year, but a few simple precautions can help you beat the bugs.

**TO REDUCE YOUR RISK OF CATCHING AND SPREADING INFECTIONS, SUCH AS A COLD:**
- Wash your hands often.
- Avoid people with colds.
- Clean surfaces you touch with a germ-killing disinfectant.
- Don’t touch your nose, eyes or mouth.
- Keep medicines up to date and check before using them.
- Paracetamol, ibuprofen or aspirin, so labelled to say they contain paracetamol, ibuprofen or aspirin. Using several products together can be dangerous and can lead to an overdose. Products are labelled to say they contain paracetamol, ibuprofen or aspirin, so always check before using them.
- To combat the cold, layers of thicker clothing are more effective than one thick layer. Choose clothes made of wool, cotton or fleecy synthetic fibres. Also, wear a hat and make sure that your shoes will grip in slippery conditions.
- For more details and information on defrosting and cooking times, visit the Food Standards Agency website at www.eatwell.gov.uk
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**Emergency dental care**

**REGISTERED PATIENTS**

If you are registered with an NHS dental practice and have attended a practice within the last three years for an examination or treatment, you are a registered patient of the dentist who saw you. This is the dentist you should contact to access urgent dental care, by telephoning the practice. If the practice is closed, a telephone answering service will explain the practice’s arrangements for accessing care.

If you are a patient of the Lothian Community Dental Service, you should contact the dental clinic that you would normally attend to arrange all urgent dental care. Again, a telephone answering service will explain arrangements for accessing care when the clinic is closed.

**UNREGISTERED PATIENTS IN EDINBURGH, EAST LoTHIAN AND MIDLOTHIAN**

If you are aged 16 years and over, are not registered with a NHS dentist and need urgent dental care, go to Chalmers Dental Centre, 3 Chalmers Street, Edinburgh, Monday-Thursday 8am-4.45pm and Friday 9am to 4.15pm.

Child patients under 16 who are not registered with an NHS dentist and need urgent dental care should attend the children’s department, Edinburgh Dental Institute, Level 3, Lauriston Building, Lauriston Place, Edinburgh, Monday-Friday 8am-11am and 2pm-3pm.

If you need urgent dental care outside normal working hours (Monday to Friday 5pm-8am and at weekends and public holidays) and are not registered with an NHS dentist, call the Lothian Dental Advice Line on 0131 536 4800.

**UNREGISTERED PATIENTS IN WEST LoTHIAN**

If you are not registered with a dentist and need urgent dental care, contact local dental practices Monday to Friday 8am-5pm. If you need urgent care out of hours (between 5pm and 8am, at weekends or on public holidays), call NHS 24 on 08454 24 24 24.

**Festive eating – D0s and DON'Ts**

If you’re cooking poultry such as turkey as part of your festive celebrations, follow these simple steps to stay food safe.

**DEFROSTING**

- Make sure frozen poultry is properly defrosted before you cook it. If it is partially frozen, recommended cooking times won’t be long enough to cook it thoroughly and kill harmful bacteria.
- When you think it is defrosted, test the thicker parts with a fork and make sure there are no ice crystals in the cavity. Wash your hands thoroughly after handling raw turkey, giblets or other meat.

**PREPARATION**

To try to avoid bacteria spreading from your raw meat to other foods or worktops, remember to:
- Wash hands with warm water and soap, and dry thoroughly after touching raw poultry.
- Do not wash your turkey (this is because bacteria can splash on to worktops).
- Always clean worktops, chopping boards, dishes and utensils thoroughly after they have touched raw turkey.
- Store raw poultry at the bottom of the fridge so that it can’t drip on to other foods.

**COOKING**

To check the poultry is cooked:
- Make sure the meat is piping hot all the way through.
- When you cut into the thickest part none of the meat should be pink.
- Juices should run out clear.

**LEFTOVERS**

- Keep cooked meat and poultry in the fridge. Ideally eat leftovers within 48 hours.

For more details and information on defrosting and cooking times, visit the Food Standards Agency website at www.eatwell.gov.uk.
If the information you’re looking for is not on the website’s home page, use the search icon, keying in the words “safer Christmas eating.”