

NHS LANARKSHIRE
NORTH COMMUNITY HEALTH PARTNERSHIP
NORTH EAST UNIT

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Subject: Update Report to the Local Area Partnership

1. New Chair & Chief Executive Appointments

The Cabinet Secretary for Health & Wellbeing has confirmed the appointment of Neena Mahel as Chair of NHS Lanarkshire. Neena has been Interim Chair of NHS Lanarkshire since May 2012.

The new Chief Executive for NHS Lanarkshire has been confirmed as Ian Ross. Ian has been acting Chief Executive for the past 8 months.

2. Be Ready for Winter

The NHS has taken steps to ensure residents of Lanarkshire are ready for winter.

The “Ready for Winter” campaign highlights how and when people can access NHS services during winter and what they can do to fend off illnesses which typically take hold at this time of year such as colds, sore throats and flu.

The campaign encourages the uptake of the Flu vaccine; encourages people to access pharmacists and ask for advice on treating common winter ailments; to make an appointment with their GP if they have an illness or injury that won't go away and only to use Out of Hours services when they cannot wait to see their own GP.

People are asked to check pharmacy opening times and make sure they have the necessary medication to see them through the festive period.

GP surgeries are closed on 25th & 26th December, 1st & 2nd January.

NHS 24 telephone number is 08454 24 24 24

3. **Keep Well**

In Lanarkshire the Keep Well Programme is delivered in partnership with GP Practices.

If you are registered with a participating GP Practice and meet the eligible criteria you will be invited along for a free Keep Well health check.

It is important to look out for your invite either by phone, letter or home visit.

The Keep Well Health Check includes:

- A physical check up
- General questions about health and lifestyle
- An opportunity to ask about health related problems

In addition Keep Well has access to a variety of health improvement services such as:

- Free weight management
- Free gym passes
- Free access and support for issues such as musculoskeletal problems and counseling

The service targets 40-64 year olds and identifying early signs and symptoms can make sure that interventions are tailored to individual needs.

Freephone number 0800 012 1191.