

GIVING A VOICE TO YOUR EXPERIENCE

**Voice
of
Experience
Forum**

ISSUE 53
JANUARY 2021

REGISTERED CHARITY
NUMBER SC037466

VOICE OF EXPERIENCE FORUM NEWSLETTER



Inside this issue:

Welcome	1
Covid 19 Update	1
VoEF online information sessions	2
Support Available for Health & Mental Health	2
Monklands Replacement Project - UPDATE stakeholders	3
Fire/smoke Alarm update	4
NLC Grit Bins	4

Contact us at

Airdrie Business Centre,
1 Chapel Lane,
Airdrie
ML6 6GX

Tel: 01236 439550

Email:
info@voef.org.uk

Web:
www.voef.org.uk

WE HOPE YOU ARE SAFE & WELL



Welcome to this, the first edition of the Voice of Experience Forum newsletter for 2021. We hope that you all continue to be safe and well and have enjoyed some festive cheer in the recent weeks.

Staff continue to work from home but can still be contacted during working hours on the details provided in the blue panel on the left hand side of this page.

Please read our message on page 2 regarding the online information sessions which we will be offering in the coming weeks and months. These will be available to those of our members with or without a device and/or internet connection as we have a small stock of devices and access to mobile data if required.

COVID19 UPDATE

LOCKDOWN
STAY AT HOME

Following the First Minister's recent update on the worsening COVID19 situation, it is important to maintain the 5 golden rules.

These are:

- Face coverings must be worn in shops and public transport and indeed in any enclosed spaces.
- Avoid crowded places - indoors and outdoors
- Clean your hands and hard surfaces regularly.
- Two metre distancing remains our very clear advice.
- and self isolate, and book a test, if you have symptoms.

Please see additional information on page 2 of this newsletter regarding the latest health advice available.

As we remain in Tier 4, it is vital that we stay at home apart from essential travel until we are advised otherwise by the Government. Stay safe and follow the guidance.

VOICE OF EXPERIENCE FORUM — IMPORTANT ANNOUNCEMENTS



ONLINE INFORMATION SESSIONS

As the current health crisis continues to prevent us from meeting up in groups, it has never been more important to stay connected with both friends and family but also to the wider community through participation and membership of the Forum. In doing so, members are kept up to date with current developments, information and advice relating specifically to older adults. As a result of this, we plan to launch online information sessions over the coming weeks and months. These will be delivered in a digital format via the Zoom platform.

For those members who require training, devices and /or an internet connection, in order to participate in these events, we have a small stock of devices and mobile internet connections which are available, on short term lease, on request. Training can be provided remotely, so there will be no need for home visits.

Training can also be provided remotely, through our partners within Digital NL and AbilityNet .

LATEST HEALTH ADVICE



Where can you get the latest health information and advice?

The most up-to-date health advice and guidance for COVID-19 can be found on the [NHS inform](#) website. If you need a sick note due to coronavirus, don't contact your GP or NHS 24. You can [download an isolation note](#) directly from NHS Inform.

A free national helpline has been set up for those who do not have symptoms but are looking for general health advice: [0800 028 2816](#). It is open every day from 8.00am to 10.00pm.

If you are experiencing anxiety, low mood or other mental health issues in relation to Covid-19, the public distress Covid-19 helpline can be contacted on [01698 687 567](#). For advice and support throughout this very challenging time, visit their [psychological wellbeing](#) page.



LANARKSHIRE MIND MATTERS

Introducing a new website for COVID and beyond!!

NHS Lanarkshire's psychological services has launched a new mental health website for Covid-19 and beyond called "Lanarkshire Mind Matters". The website puts high-quality mental health self-help at people's fingertips. It aims to link adults aged 18 and over to evidence-based mental health information, advice and help, and can be found at: <http://www.lanarkshiremindmatters.scot.nhs.uk>.

Monklands Replacement Project - Update for Stakeholders 16th December

MONKLANDS REPLACEMENT PROJECT



Update for stakeholders – 16 December 2020

NHS Lanarkshire Board recommends Wester Moffat as preferred site option for new University Hospital Monklands

The Board of NHS Lanarkshire met last month and approved the recommendation of Wester Moffat as the preferred site option for the new University Hospital Monklands.

The Board's recommendation will now be put forward to the Cabinet Secretary for Health and Sport, Jeane Freeman MSP, who will make a final decision. Three site options for the Monklands Replacement Project (MRP) were considered at the Board meeting (in alphabetical order): Gartcosh, Glenmavis and Wester Moffat.

Neena Mahal, Chair of the Board of NHS Lanarkshire, said:

“The Board’s recommendation that Wester Moffat is the preferred site for the new, state-of-the-art University Hospital Monklands marks a significant milestone in our exciting project to create a world-class hospital to serve the communities of Lanarkshire over the coming decades.

“I would like to thank the public and our staff for their extensive participation during the engagement process on the Monklands Replacement Project.

“The feedback we received on the three site options proved invaluable in helping Board members to give thorough consideration to the issues of key interest to members of the community, such as travel and transport, site contamination, cross-boundary flow of patients and the socio-economic impact of relocating the hospital.

“I would also like to acknowledge the hard work of the Monklands Replacement Project team, who provided the Board with the comprehensive information which formed the basis of our deliberations.

“The Board’s recommendation, which is not a final decision, will now be considered by the Cabinet Secretary for Health and Sport.”

For the full list of documents considered at the NHS Lanarkshire Board meeting, see the [Board papers section](#) of the NHS Lanarkshire website.

A decision on a preferred site is a necessary step in the preparation of the business case for the new hospital build.

www.monklands.scot.nhs.uk

MRP.Team@lanarkshire.scot.nhs.uk

Fire/smoke alarms and Grit Bins

VoEF Membership

FREE Membership of Voice of Experience Forum is open to anyone over the age of 60 and organisations representing older people in North Lanarkshire.

Benefits of becoming a member include:

- Regular Newsletters
- Invitations to events
- Involvement in consultations
- Your views & opinions being heard by other agencies
- Influence in the planning of service provision for older people

VoEF also deliver presentations throughout North Lanarkshire.

If you run a group or attend a group for individuals over the age of 60 and would like to book VoEF for a presentation, please get in touch with Denis O'Keefe using the details on page 1.

Remember, Membership is **FREE!**



FIRE SMOKE ALARM CHANGES

With the changes in legislation due to be implemented in February 2022, what homeowners need to know about changes in legislation relating to fire and smoke alarms can be found using the following link <https://www.gov.scot/publications/fire-and-smoke-alarms-in-scottish-homes/> this includes information on;

What is the new fire and smoke alarm standard and how many alarms are required to meet the standard?

What types of housing will be covered by the new standard?

Types of alarm which meet legislation – 2 types

I own my own home. Who will pay?

How long do I have to comply?

I am a tenant of the local authority or a housing association, when will my home have these alarms?

The answers to all of these questions and more can be found on The ScotGov website link provided above.

GRIT BINS



NLC recently reported that the number of grit bins has increased by 350% in recent years, to a point that they cannot continue to effectively maintain them all. As part of the budget setting process earlier this year, the council decided to reduce the number of grit bins by 20%. A new process has also been agreed to assess any new requests for grit bins against a set criteria. NLC will begin the rationalisation process over the coming months by removing some bins in areas where there are more than required and when they are empty.

Grit bins will only be topped up on request when resources are available. NLC would ask residents to use these to keep local paths and streets clear and safe, and to help elderly neighbours who might not be able to clear the paths adjacent to their own properties.



The link to request a refill of you local grit bin from North Lanarkshire Council is <https://digital.northlanarkshire.gov.uk/services/grit-binrefill>