

NEWSLETTER

Campbeltown
Hospital
Autumn 2024

WELCOME TO OUR NEW STAFF

Campbeltown Hospital has been successful in recruiting a number of new staff over the summer. They bring with them a wealth of experience and we are delighted to have them onboard. We hope you will join us in welcoming them into our local and hospital communities.

Malcolm McMillan – Strategic Estates Manager

Vikram Selvakumar – Physiotherapist

Claire Robertson – Senior Community Nurse

Linn Coffield – Occupational Therapy Assistant

Kerry O'May – Social Worker

Ann Malcolm – Social Work Team Lead

If you are interested in working for NHS Scotland details of current vacancies, including vacancies in Campbeltown Hospital, can be found by visiting jobs.scot.nhs.uk or searching for NHS Scotland jobs.

**WELCOME ✨
to the TEAM**



WINTER VACCINATIONS

The winter vaccination campaign begins in October and invites are currently being sent out.

You'll be offered flu and coronavirus vaccines this winter if you're:

- living or working in a care home for older adults
- aged 65 and over
- aged 6 months and over with an eligible health condition
- pregnant
- a frontline health or social care worker

You'll be offered the flu vaccine if you're:

- aged 18 to 64 with an eligible health condition
- living with someone who has a weakened immune system
- an unpaid or young carer
- a non-frontline NHS worker
- a poultry worker
- an asylum seeker living in a home office hotel or B&B accommodation
- experiencing homelessness or substance misuse
- living in a Scottish prison
- living in long-stay residential care home or other long stay care facility

Appointments can be booked or rescheduled by calling the **Vaccination Helpline on- 0800 030 8013**

If anyone has any enquires please contact Laura Judge on - 07816 200 476

"MEET THE TEAM"

"My name is Rehan Syed, and I'm the Physiotherapy Team Leader covering Kintyre and Islay. Our professional team serves the local community, working hard to meet our patients' needs with compassion and expertise."

Campbeltown Hospital Team:

- Rehan Syed (Physiotherapy Team Leader)
- Marsaili Ross (Advanced Physiotherapy Practitioner)
- Vikram Selvakumar (MSK Physiotherapist)
- James Leebody (Locum Physiotherapist)
- Aileen Lang (Physiotherapy Assistant)



SUPPORTING YOUR MOVEMENT AND RECOVERY

In the Physiotherapy Department, we are dedicated to helping you move better, feel stronger, and live healthier. Our team is here to support your recovery, manage pain, and improve your overall well-being.

OUR SERVICES

We offer a wide range of services to meet the diverse needs of our community:

- Musculoskeletal (MSK) Therapy: For aches, pains, and injuries affecting muscles, joints, and bones.
- Orthopaedic Rehabilitation: Post-surgical care and rehabilitation for bone and joint issues.
- Neurological Rehabilitation: Helping those with conditions like stroke or Parkinson's regain function.
- Vestibular Therapy: Specialized care for balance issues and dizziness.
- Falls and Frailty Rehabilitation: Focused support to keep you safe and steady.

WHERE YOU'LL FIND US

Our dedicated physiotherapists work across multiple settings to provide the best care:

- Outpatient Clinics
- Community Services
- First Contact Services at the GP Practice

HOW TO ACCESS OUR SERVICES

Our department is open Monday to Friday, 9 AM to 5 PM. Services are typically accessed through a referral from your GP. We are committed to providing timely, effective care to help you on your path to recovery.

HAVE YOU HEARD ABOUT PHIO?

Phio is the digital assessment service supporting NHS Highland's First Contact Physiotherapy Service.

Anyone aged 16 or over and registered with any GP practice in the Highland HSCP area, including Argyll and Bute, with pain or discomfort relating to muscles, joints or ligaments can use Phio.

It is a free interactive online tool that quickly and accurately signposts you to the right pathway to support your musculoskeletal condition.

The Phio assessment takes approximately 10 minutes to complete and your answers will always be assessed by Phio's qualified physiotherapy team. If your condition is deemed suitable, you will be invited to download an app on your smartphone with a programme of exercises tailored to your condition, designed to help you manage your condition at home. Once you start, a team of physiotherapists are on hand to monitor and support you via a two-way chat.

Accessing Phio does not impact your access to our other NHS Highland care services.

To find out more, use the QR code below or visit:
phio.eql.ai/provider/nhsnhighland-gp




Argyll & Bute Health & Social Care Partnership




You don't have to live with muscle or joint pain

Many muscle and joint problems can be managed at home with support from a team of Physiotherapists



Phio



73%
of GPs recommend self directed exercises for muscle & joint problems



>66%
of people using self-management report less pain within 2-4 weeks



68%
of people get started with their exercises within one day

Phio.

VOLUNTEERS NEEDED!

Campbeltown, Lorn & Islands and Mid Argyll Hospitals



- **Volunteer drivers**
- **Meaningful activities**
- **Wayfinding volunteers**
- **Ward volunteers**



Interested? email eleanor.andrews-steele@nhs.scot

CONTACT US

If you need to contact Campbeltown Hospital about an appointment or query please use the phone numbers below:

A&E Reception	01586 552224 option 9 then option 1
Audiology	01586 555351
Child health team	01586 865830
Community Nurses	01586 555802
General enquiries	01586 552224 option 9 then option 1
Inpatient Ward	01586 555820
Macmillan nurse	01586 555822 or 07789 650597
Maternity Unit	01586 555827
Occupational Therapy	01586 555811
Outpatients	01586 555829
Physiotherapy	01586 865806
X-ray	01586 555803