

Quality health services

Sàr sheirbheisean slàinte

Highland Spotlight
Sùil air a' Ghàidhealtachd

NHS Highland is committed to providing the highest quality service possible to people throughout the Highlands. People who are unfortunate enough to become ill or have an accident have some of the best care facilities available in Highland. Recent investments include a £3.4 million state-of-the-art Emergency Department at the region's main hospital in Inverness and a new Emergency Department at Caithness General Hospital in Wick. The Emergency Centre in Belford Hospital, Fort William specialises in mountain injuries.

Raigmore Hospital, Inverness, is a clinical teaching centre and one of Scotland's five recognised cancer centres with radiotherapy, chemotherapy and MRI and CT scanning facilities.

It is reassuring to know that the region is capable of handling major incidents and an air ambulance is stationed nearby to airlift seriously ill or injured patients to specialist care.





One of the safest places in the UK

Àite cho sàbhailte 's a th' ann am Breatainn

As a vast area, the Highlands has its own challenge when it comes to protecting communities. Police, Fire Brigade, Ambulance Services, the Coastguard Service and Mountain Rescue all rise to this geographical challenge.

Against this backdrop, it is reassuring that the Highlands is one of the safest places in the UK - a fact which is the envy of police forces across the country. The area has one of the lowest crime levels matched with high detection rates.

Community policing takes a high priority with officers adopting a positive approach to the wellbeing of the Highlands. Working in effective partnerships with communities and other organisations, policing is tackled at local level, is highly visible, responsive and supported by specialist units at the headquarters of Northern Constabulary in Inverness.

With Highland and Islands Fire Brigade, the Constabulary also share intelligence and common aims to help improve public safety particularly where reducing road casualties and promoting safer roads are a priority.

Due to the rural nature of the area, the Highland and Islands Fire Brigade employs a variety of operational staff, from wholtime, part-time retained and volunteer auxiliary to cover its vast area effectively.

Reducing the number of fires, fatalities and injuries is a priority. The brigade regularly engages with the public and businesses to help inform and educate them in the identification and minimisation of fire risks in their everyday lives of living, working and playing in the Highlands.

As one of the great and accessible wildernesses in the world, the mountains of the area attract outdoor enthusiasts in their droves. The formation of the Cairngorms National Park has added to the profile and attractiveness of these most beautiful environments. Several mountain rescue units exist in the Highlands which are voluntarily manned by teams of dedicated individuals, who help save lives all year round.





A healthy lifestyle for all

Dòigh-bheatha fhallain dha na h-uile

Clean, fresh air is a great starting point for any healthy lifestyle. Whether you're in the busy city of Inverness or on top of the world standing aloft Ben Nevis - the highest mountain in the UK - the air you breathe is some of the freshest and cleanest in the world.

It doesn't stop there though. Health professionals want to make Highland the healthy place to be. Striving for lower rates of preventable disease such as coronary heart disease, diabetes and cancers is key to achieving this.

With the great outdoors right on your doorstep, the opportunity is there for all who are able to maintain a fit and healthy lifestyle.

Keeping communities informed, motivated and interested in their own health and having good, accessible and flexible health services when people need them are high priorities for NHS Highland.

The Highland Wellbeing Alliance, the community planning partnership for the area, is at the heart of

a Joint Health Improvement Plan, which aspires to make sure that 'Highland should be seen by its residents and recognised by those outside its borders as offering the best quality of life available in Scotland'.

Providing the people and communities of Highland with the best health in Western Europe is an integral part of the plan. While it seeks to improve the health of the whole Highland population, reducing inequalities - between the most and least affluent groups in society - is paramount.

The health of some groups will be a focus for the plan including children and families, teenagers and older people. Improving people's working lives is also highlighted.

This all goes to prove that, wherever you are in the Highlands, there is a commitment to high quality health services whether it's the physical availability and quality of these or the promotion and education of a fitter, healthier lifestyle for disadvantaged groups, or the population as a whole.

