



**NHS 24 on 111 is the FIRST POINT of contact for all COVID-19 related symptoms 24 HOURS A DAY**



**Open up when you're  
feeling down**

## Breathing Space

**Open up when you're feeling down**

*Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the phone - we're here to listen.*

Find out more by visiting  
<https://breathingspace.scot>

Get in touch

**0800 83 85 87**

**Opening hours:**

**Weekdays:**

Monday-Thursday 6pm to 2am

**Weekend:**

Friday 6pm-Monday 6am

## Arriving for face to face appointments...

When arriving for an appointment in the Practice **please ensure that you arrive no earlier than 5 minutes before your appointment and wear a mask in the surgery.**

This is to ensure that the number of people in the premises is at a safe level for patients and staff.

COVID has not gone away. We need to stay safe and thank you for your understanding.

## Self Isolation

Please note that the time to self isolate if you have symptoms of COVID, has changed from 7 days, to 10 days.

West Lothian  
Health & Social Care Partnership  
[www.westlothianhsc.org.uk](http://www.westlothianhsc.org.uk)



West Lothian  
Council



### ADDICTIONS CARE PARTNERSHIP

To help reduce the spread of COVID-19 all the services in the Partnership are asking clients to contact us by phone first. Please call whichever service you feel will best meet your needs.

**Community Addictions Service**  
**01506 282845** NHS and Social Work service for adults with addictions to drugs or alcohol. Providing medical (substitute prescribing or detox), key working including nursing, occupational therapy, psychology and social care interventions.

**Recovery Service**  
**01506 353453** CGL service for individual and group assistance aimed at helping support you in your recovery from addiction

**Assertive Outreach Service**  
**01506 657992** CGL service for those finding it difficult to access or engage with treatment services due to substance misuse issues.

**West Lothian Drug & Alcohol Service**  
**01506 430225** For individual counselling, support, cognitive behavioural therapy, clinical psychology, family support and a service for young people aged 12 to 18 years old.

Also for Injecting Equipment to your home call  
07795 200 271.

If you have COVID-19 symptoms, these include:

- continuous cough
- fever/high temperature (37.8C or greater)
- loss of, or change in, sense of smell or taste (anosmia)

Please refer to the following NHS website:

<https://www.nhsinform.scot/coronavirus> or call NHS Inform on 111

We apologise for any inconvenience, thank you for your cooperation.



Breast screening is a test for breast cancers that are too small to see or feel.

Breast cancer is the most common cancer in women. About 1,000 women die of breast cancer every year in Scotland.

Breast screening doesn't prevent cancer, but can detect cancer early and reduce the number of women who die from it.

## Breast Screening will now resume in August

**2020.** Those who have been invited for screening prior to the COVID-19 restrictions will be sent another invitation.

The Breast screening team will be slowly resume and will take time to catch up on all patients eligible for screening. Your patience is appreciated.

There is no change to the screening process aside from safety procedures with COVID-19 i.e. PPE will be worn.

For more information please visit:

<https://www.nhsinform.scot/healthy-living/screening/breast/breast-screening>

<http://www.healthscotland.scot/health-topics/screening/breast-screening>

## MACMILLAN @ WEST LOTHIAN



Call us on 01506 283053 or email [MacmillanWestLothian@westlothian.gov.uk](mailto:MacmillanWestLothian@westlothian.gov.uk)

## Is the practice back to normal now?

We are not open as we were before the COVID Pandemic.

We are, however here for you.

We provide **Telephone Appointments** and if the GP needs to see you, they will offer a **Video Appointment** or see you **Face to Face**.

Our appointments are available throughout the day.

## Face Masks in Craigshill Health Centre

We are asking all patients to wear a face mask when attending the practice. We appreciate that the use of Face Masks are subject to debate, but as a healthcare provider we want to ensure that **everyone is safe** and therefore ask patients to wear a mask when visiting us.

We have hand sanitizer at the entrance. Please use this as you enter and exit the building.

