

Stress Awareness Month

By Dr Rebecca Miles

Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures of stress, which is becoming an increasingly big problem in our modern day society.

This is the time to open up and talk about stress and your mental health with friends, families, colleagues and professionals.

The 30 Day Challenge

- Pick three actions to carry out each day of the month to focus on your physical, mental and emotional wellbeing
- For example: go for a short walk, listen to a new podcast, write down 3 positive experiences that day
- Go to stress.org.uk/national-stress-awareness-month/ for more tips and ideas

Remember to look after yourself. Take time out of your day to focus on something you enjoy, or take 5 minutes to rest and relax.



Prescriptions

Please remember the following timescales when ordering your prescription:

GP processes a prescription within 48 hours (not including weekends and public holidays).

Pharmacy dispense prescriptions within 72 hours.

Craigshill Health Centre



April 2023 Newsletter



Welcome to our April newsletter. April is when we raise awareness on two different, but very important health conditions; stress and bowel cancer.

We also said a sad farewell to one of our Partners; Dr Duncan retires on 31st March after many years of service to both the Practice and the Local Health and Social Care Partnership.

OPAL Services

Older People, Active Lives



Helping people 60+ in West Lothian STAY CONNECTED

Social & Activity Groups

We host a range of groups across West Lothian, featuring entertainment, games exercise, socialising and more!

One-to-one Support

Regular visits, outings or phone calls from a volunteer. We tailor the support to your needs and wishes. Support typically lasts 6 to 9 months.

Online Groups

We run two groups online using Zoom software. Check with us for the latest updates (contact details below).

Digital Support

Computer, tablet & smartphone support (group and one-to-one sessions available).

**VOLUNTEERS
WANTED!**

To find out more, call 01506 815 815
email opal@cyrenians.scot or
visit www.cyrenians.scot/opal

Cyrenians

West Lothian Community Health
and Care Partnership
www.westlothianhchcp.org.uk

NHS
Lothian

**West Lothian
Council**

OPAL Older People, Active Lives

Scottish Charitable Incorporated Organisation (SCIO) SC011052

Everyday questions about
your health
The answer is NHS inform



www.nhsinform.scot
0800 22 44 88



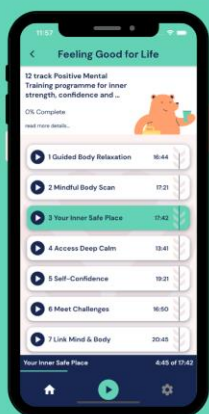
NHS
inform
Health information you can trust



Feeling Good



Your Mental Health Matters.



97%

of users said they would use the app again!



Feeling Good is an evidence-based audio app helping you to **relieve low mood, stress, and anxiety**, and **improve sleep**. Using Olympic coaching techniques, adapted by a local GP, to help your everyday wellbeing

Download from your app store
Unlock all tracks within app
referral codes

USERNAME: lothianwide1

PASSWORD: positive



... or scan the QR code
for instant access.

Public Holidays

A reminder that the practice will be close on the following dates:

Friday 7th April

Monday 10th April

Monday 1st May

Monday 8th May

If you need medical treatment that cannot wait until we reopen, please call NHS 111.



when it's less urgent than 999

Come and join the fun at Spark!



Keep up to date on our Facebook page or call us on 01506 442093



	Mon	Tues	Wed	Thurs	Fri
Morning	Pins 'n' Needles 10am-12pm Arts & Crafts 10am-12pm	Walk with Kirsty 9:30am-10:30am Healthy Eating Club 10:15am-10:50am Bingo & Quiz 11am-1pm	Xcite Singing for Health (£2.20) 10:30am-12pm	Meditation 9:30am-10:30am	Men's Group 10:00am-12:30pm
Afternoon	Sewing Bee 12:30am-2pm Carpet Bowls 2pm-3:30pm	Xcite Seated Exercise (£2.20) (ON HOLD due to staff illness) 1:30pm-2:30pm	Games Afternoon 1:30pm-3pm Introduction to Film Making (returns on April 5th) 1:30pm-3pm Quit Smoking 3pm-4pm	Tapestry 1:30pm-3pm	Closed

2 Almondbank, opposite
The Mall, Livingston
EH54 5EJ
01506 442093



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Farewell Dr Duncan

Dr Duncan will retire at the end of March after many years in the practice. She will be missed by the Craigshill team and patients alike.

Dr Duncan was also the clinical lead for the local health authority (HSCP) and was instrumental in creating the Wellbeing Hubs and bringing in other health professionals such as Physios and Mental Health Services to practices in West Lothian.

Within the practice, Dr Duncan provided invaluable service to both patient and the practice; she oversaw many aspects of our service and trained many GPs who are now working in Lothian.

Thank you for your service to both Craigshill Health Centre and the NHS.

West Lothian
Health & Social Care Partnership
westlothianhscsp.org.uk



Children's Physiotherapy Drop-in Clinic

Physiotherapists support children and young people who have difficulty with movement that impact on physical development, activity in play, learning and socialising.

Are you worried about your child having:

- On-going aches and pains and injuries?
- Walking difficulties?
- Balance problems?
- Not achieving their milestones e.g. rolling over, sitting up, not walking yet?

Our scheduled drop-in clinics will take place on 19 April & 24 May.

Please come along to see a physiotherapist to discuss your concerns.

Physiotherapy Department, St John's Hospital, Livingston.

01506 522068
Open: 9.30am - 11.30am