

Prostate Cancer

About prostate cancer

Prostate cancer is the most common cancer in men and anyone with a prostate in the UK.

Prostate cancer usually develops slowly, so there may be no signs you have it for many years.

Symptoms often only become apparent when your prostate is large enough to affect the urethra (the tube that carries urine from the bladder to the penis).

When this happens, you may notice things like an increased need to urinate, straining while urinating and a feeling that your bladder has not fully emptied.

These symptoms shouldn't be ignored, but they do not mean you definitely have prostate cancer. It is more likely that they are caused by something else, such as benign prostatic hyperplasia (also known as BPH or prostate enlargement)

Testing & Support

There is no single test for prostate cancer. All the tests used to help diagnose the condition have benefits and risks, which your doctor should discuss with you. These are typically in the form of a blood test.

If you have concerns and show symptoms mentioned above, please contact us to make an appointment.

Edinburgh and Lothian Prostate Cancer Support Group

A local support group is available for those diagnosed with prostate cancer.

To find out more please call:

01506 632 309 or 01506 651 388

For more information on prostate cancer, please scan the QR code or visit NHS Inform.



Craigshill Health Centre



May 2023 Newsletter



Welcome to our May newsletter. This month's edition has information on Carers of West Lothian, details on our COVID Vaccine clinics and more!

WHAT'S HAPPENING @ CRAIGSFARM MAY 2023

Here are some great events happening this month that you might be interested in:

MONDAY <ul style="list-style-type: none">HARTBEEPS (9AM - 3PM)	TUESDAY <ul style="list-style-type: none">MEDITATON (10:30AM - 12PM)TI-CHI & QIONG (10:30AM - 12:00PM)SWEATY MAMA (1:30PM - 2:30PM)WHOLEHEARTED KIDS (5PM - 6PM)YOGA (6PM - 7PM)INTUITIVE DANCE IN POLISH (7:15PM - 8:15PM)
WEDNESDAY <ul style="list-style-type: none">YOGA (11AM - 12PM)YOGA WITH AGA (6PM - 7PM)	THURSDAY <ul style="list-style-type: none">COMMUNITY CONNECTIONS (10AM - 12PM)GENERATION ARTS (10:30AM - 11:30AM)YOGA (6PM - 7PM)STEPPING STONES (7PM - 8:30PM)
FRIDAY <ul style="list-style-type: none">BABYBALLET (9:30AM - 11AM)MEN'S ART (11AM - 2PM)FUN, FIT, FABULOUS (7:30PM - 8:30PM)	

01506 894639 admin@craigsfarm.org.uk

Craigsfarm Community Development Hub, Maree Walk, Livingston EH54 5BP



Carers of West Lothian

Are you an unpaid carer?

Information, advice and support for all unpaid carers and disabled people.

Open Monday to Friday 9am to 5pm

Email: office@carers-westlothian.com

Web: www.carers-westlothian.com

Tel: 01506 448 000



Money Advice Shop @ Craigshill Health Centre

**No appointment
necessary – this is
a walk-in clinic**

Wednesday 3rd May 2023 (1pm – 4pm)

Wednesday 17th May 2023 (1pm – 4pm)

Wednesday 31st May 2023 (1pm – 4pm)

The Advice Shop is a free, impartial and confidential service to help the people of West Lothian with a focus to alleviate poverty and to promote inclusion and equality through advice, assistance and advocacy.



Public Holidays

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

Monday 1st May

Monday 8th May

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

QUIT YOUR WAY with our support

Do you want to stop smoking?

To take the first step towards a new,
smoke free life, call

01506 651 829

**Sore tummy?
Recurring diarrhoea?
Blood in poo?
Don't get embarrassed,
get checked.**



Spring COVID Vaccines

Vaccinations are now run by the local Health and Social Care Partnership. There are a number of vaccination sites across West Lothian available for eligible patients to receive their COVID Vaccine.

To make things easier for those who struggle to travel, there will be two **walk in clinics** held in Craigshill Health Centre on the following days:

- Wednesday 24th May 2023 (9:30am – 4:30pm)
- Wednesday 21st June 2023 (9:30am – 4:30pm)

Who is eligible?

Patients aged 75 or over. If you are under 75 and have received an invitation letter, you can also attend but **please bring this along to the clinic.**

**Do you have a question
about vaccinations?**

**Please call the local
vaccination helpline:**

0300 790 6296

**Everyday questions about
your health**

The answer is NHS inform



www.nhsinform.scot
0800 22 44 88



**NHS
inform**
Health information you can trust