

Craigshill Health Centre



September 2023 Newsletter

Fit Notes (Med3)

Fit Notes can be requested by phone **01506 432621** or online via our website.

Please note the following:

Self-certification

You need to self-certify for the first 7 calendar days.

Advance of extensions

We cannot process a FTWN in advance. Our IT system does not allow us.

We can accept your call and schedule for it to be looked at when due.

Time to process a FTWN

It takes 2 working days to process a FTWN. We can backdate to the date you need it to start.

West Space

West Lothian's online source of mental health and wellbeing information

Looking for local mental health and wellbeing resources and information?

West Space contains self-help materials, guides and resources and a directory of services based in West Lothian.

Please visit <https://westspace.org.uk/> or click [here](#) for more information.

Everyday questions about your health
The answer is NHS inform



www.nhsinform.scot
0800 22 44 88



NHS
24
NHS
inform
Health information you can trust

Appointments

We have created a guide to our appointment system which is available on our website. You can view the guide [here](#) or on the link below:

<https://tinyurl.com/2c72zjdH>

We appreciate appointment systems can be a very contentious issue with patients across the country. We hope this guide is helpful for patients.

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



**Children's
Physiotherapy
Drop-in Clinic
For children under 12
years old**

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

Vaccinations

All vaccinations are now arranged by NHS Lothian. If you have a query about routine vaccinations, please call **0131 446 4082**.

For more details about the Winter Flu / COVID vaccination programme, please visit NHS Inform / Winter Vaccines

www.nhsinform.scot/winter-vaccines

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 for 2023 will take place on:

Wednesday 11th October
Wednesday 8th November
Wednesday 22nd November
Wednesday 6th December
Wednesday 20th December

Please come along to see a physiotherapist to discuss your concerns between 9.30am – 11.30am

Physiotherapy Department, St John's Hospital, Livingston

01506 522068

NHS 24 Online

Virtual assistance and information on your nearest health services



To download on apple, click below or scan the QR Code:

<https://tinyurl.com/2xjr4z47>



To download on android, click on the link below or scan the QR Code:

<https://tinyurl.com/43xyyyxt>



Got a health issue that can't wait?

The NHS 24 Online app is a fast way to find out what to do and who can help you.