

## 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**



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 <a href="https://westspace.org.uk/">https://westspace.org.uk/</a> or click <a href="https://westspace.org.uk/">here</a> for more information.

# Everyday questions about your health













## **Appointments**

We have a 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 contentious issue with patients across the country. We hope this guide is helpful for patients.

## **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/wintervaccines

## **Everyday questions about** your health



www.nhsinform.scot 0800 22 44 88













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

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 for 2023 will take place on:

Wednesday 11th October Wednesday 8th November Wednesday 22<sup>nd</sup> November Wednesday 6th December Wednesday 20th December

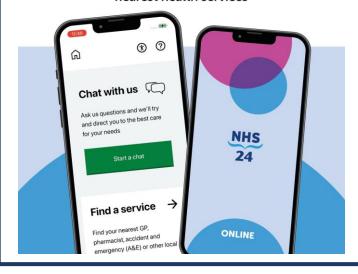
Please come along to see a physiotherapist to discuss your concerns between 9.30am - 11.30am

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.