

Craigshill Health Centre



November 2023 Newsletter

Find the right care at the right time in the right place this Winter.

Guide to Services


Remove this guide and pin to your
fridge or notice board



At www.nhsinform.scot you'll find information, care guides and symptom checkers.

NHS Inform



Phone **111** for urgent care that cannot wait for your GP Practice to reopen.

NHS 24 call handlers can help with self-care advice or refer you to your local health services if you need more help. This includes A&E and minor injuries units.

111

- If you need to go to A&E but its not life or limb threatening
- if you need to visit a Minor Injuries Unit (MIU) for cuts, sprains or burns



- Colds
- Cold sores
- Sore throat
- Diarrhoea or constipation
- Indigestion
- Aches and pains
- Help if you run out of repeat prescriptions

Pharmacist



Breathing Space: 0800 83 85 87

Weekdays: Monday – Thursday
6pm to 2am

Weekend: Friday 6 p.m. –
Monday 6 a.m.

**Mental
Well-being**



- Tooth pain
- Swelling to your mouth
- Injury to your mouth
- Painful or bleeding gums
- Advice on oral hygiene

Dentist



- Red or sticky eye
- Pain in or around your eye
- Blurred or reduced vision
- Flashes and Floaters

Optometrist



- Doctors, nurses and sometimes pharmacists and physiotherapists to help you with both mental and physical health issues.

GP practice



- Cuts and minor burns
- Sprains and strains
- Suspected broken bones and fractures

**Minor
Injuries Unit**



- Suspected heart attack or stroke
- Breathing difficulties
- Severe bleeding

A&E or 999

Vaccinations

All vaccinations are now arranged by NHS Lothian. Please call **0131 446 4082** with any enquiries, or visit NHS Inform. www.nhsinform.scot/winter-vaccines

Urine Infections

Urinary tract infections (UTIs) are common infections that affect the bladder, the kidneys and the tubes connected to them.

Who can help me with a UTI?

Health Centre ANP / GP

- All males
- Any blood in the urine
- Pain in lower back/temperature
- Symptoms longer than 7 days
- Recurrent infections (more than 2 in 6 months)
- Pregnancy
- Patients with catheters
- Patients aged 65 or over

Your Local Pharmacy

Females aged 16 and over and do not have any of the symptoms outlined above.

Advice on UTI

Available via NHS Inform [here](#) or on the link below:

<https://www.nhsinform.scot/illnesses-and-conditions/kidneys-bladder-and-urinary-tract>

Prescriptions

Repeats

Repeats are medications that the GP has authorised to be ordered frequently with routine checks by the GP.

Acutes

Acute prescriptions require a review by the GP on each occasion when ordered.

Timeframe

Prescriptions take 48 hours to process by the practice.

You also need to consider the time the Pharmacy need to dispense your prescription. This normally takes 2 – 3 days.

Everyday questions about
your health

The answer is NHS inform



www.nhsinform.scot
0800 22 44 88



NHS
inform
Health information you can trust

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>



Andy's Man Club @ Craigsfarm

Every Monday

7pm – 9pm

info@andysmanclub.co.uk

Monthly Coffee Morning for parents and carers @ Spark

We believe that every child deserves a bright and healthy future. That's why Spark will be supporting parents and carers of school children and young people on the last Thursday of every month.

STARTS 28TH SEPTEMBER
9.15AM - 10.15AM

Parent/Carer coffee mornings are hosted by Qualified Life Coaches with lived and professional experience of neurodiversities, anxiety, disabilities and health and wellbeing.

Come along for a free cuppa and a biscuit with like-minded people in a warm, safe and relaxing environment.

Spark, opposite The Mall, Craigshill



More information :
kirsty@sparkscot.com
01506 442093

