

# Craigshill Health Centre



January 2024 Newsletter

## Introducing Tailored Talks – Digital Support Pathway for Long COVID

If you are living with long COVID your GP can refer to you onto this digital and telephone pathway.

### Information for people living with Long COVID.

After your referral you will be emailed login details for Tailored Talks. The email will come from 'Lenus' and it may go into your junk folder.

Once logged in you will be invited to complete a self-assessment questionnaire. Depending on your scores, you will automatically be sent personalised 'Tailored Talks'. These provide relevant, multimedia, medical guidance created by health professionals.

Then you can request a call from the Chest Heart & Stroke Scotland (CHSS) Long COVID Advice Line, who can provide additional telephone support for up to 12 weeks.

CHSS will work with you to identify personal goals and document a support plan, on the following topics.

- Fatigue
- Breathlessness
- Managing daily activities
- Anxiety

### Will I see my health professional?

Yes. The Long COVID (Tailored Talks) pathway will not replace your appointments. You will see your health professional when you need to.

### What are the benefits?

- Receive information that is tailored to you.
- Share information with friends and family.
- Reduce anxiety and improve medical outcomes.

### Would you like to learn more?

Please scan the following QR Code or visit the following link:

<https://www.chss.org.uk/long-covid/>



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

# Cervical Screening Week

Monday 22<sup>nd</sup> – 28 January 2024

Don't Ignore It!  
Get Checked!

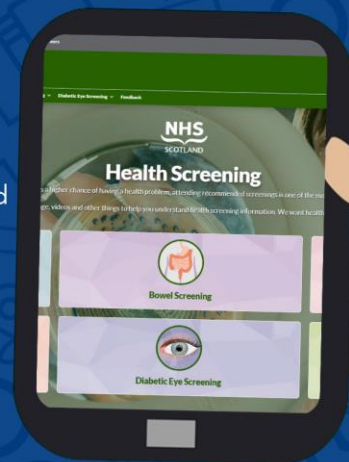
A smear test can help stop cervical cancer before it starts. Even if you expect everything's fine, don't ignore your invite.

[www.GetCheckedEarly.org](http://www.GetCheckedEarly.org)

## Visit the New Health Screening NHS Lothian Website

The website includes:

- Step-by-step guides "Social Stories"
- Informative videos and images
- Multiple Language Translations
- Sign Language Support
- Accessibility Tool Support



NHS  
Lothian

Scan the QR code or visit:  
<https://services.nhslothian.scot/healthscreening/>



A smear test  
lasts **5** minutes.

The impact of cervical cancer  
lasts a lifetime.

Attend your smear test.  
Reduce your risk.



Call our helpline:  
**0808 802 8000**  
Find us online:  
[jostrust.org.uk](http://jostrust.org.uk)

Approved by the Health Research Authority. Registered Charity no. 1050011. Registered in Scotland.

### Guide to Services

Remove this guide and pin to your  
fridge or notice board

	At <a href="http://www.nhsinform.scot">www.nhsinform.scot</a> you'll find information, care guides and symptom checkers.	<b>NHS Inform</b>		<ul style="list-style-type: none"> <li>Tooth pain</li> <li>Swelling to your mouth</li> <li>Injury to your mouth</li> </ul>	<ul style="list-style-type: none"> <li>Painful or bleeding gums</li> <li>Advice on oral hygiene</li> </ul>	<b>Dentist</b>
	Phone 111 for urgent care that cannot wait for your GP Practice to reopen. <b>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&amp;E and minor injuries units.</b>	<b>111</b>		<ul style="list-style-type: none"> <li>Red or sticky eye</li> <li>Pain in or around your eye</li> </ul>	<ul style="list-style-type: none"> <li>Blurred or reduced vision</li> <li>Rashes and flares</li> </ul>	<b>Optometrist</b>
	<ul style="list-style-type: none"> <li>Colds</li> <li>Cold sores</li> <li>Sore throat</li> <li>Diarrhoea or constipation</li> </ul>	<b>Pharmacist</b>		<ul style="list-style-type: none"> <li>Doctors, nurses and sometimes pharmacists and physiotherapists to help you with both mental and physical health issues.</li> </ul>		<b>GP practice</b>
	<ul style="list-style-type: none"> <li>Indigestion</li> <li>Aches and pains</li> <li>Help if you run out of repeat prescriptions</li> </ul>			<ul style="list-style-type: none"> <li>Cuts and minor burns</li> <li>Sprains and strains</li> <li>Suspected broken bones and fractures</li> </ul>		<b>Minor Injuries Unit</b>
	<b>Breathing Space: 0800 83 85 87</b> <b>Weekdays:</b> Monday – Thursday 6pm to 2am <b>Weekend:</b> Friday 6 p.m. – Monday 6 a.m.	<b>Mental Well-being</b>		<ul style="list-style-type: none"> <li>Suspected heart attack or stroke</li> <li>Breathing difficulties</li> <li>Severe bleeding</li> </ul>		<b>A&amp;E or 999</b>