

Craigshill Health Centre



November 2024 Newsletter

PUBLIC HOLIDAY

Craigshill Health Centre
will be closed on the
following dates:

Wednesday 25th December 2024 (Christmas Day)

Thursday 26th December 2024 (Boxing Day)

Wednesday 1st January 2025 (New Year's Day)

Thursday 2nd January 2025

If you have a medical condition that
requires urgent attention and cannot
wait until the following day, please
dial **NHS 24 on 111**



Supporting
people
who care
for others



YOU'RE INVITED!

Carers Rights Day 2024

Do you provide care or support
for a relative/friend/neighbour?

Learn more about what support is available in your
community for you and your cared for person(s)



Thursday 21st November 2024



Livingston Football Stadium

(Almondvale Suite)



Drop In between 1pm – 3pm



Information and advice available on:

- what your rights are as an unpaid carer
- social care support for you and your cared for person
- assistance into power of attorney
- benefits and money
- working carers rights
- social and community groups

And Much More...

We look forward to seeing you on the day

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



Carers of
West Lothian

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

Weight Loss Injections

Weight loss injections is NOT work that GP practices are contracted to do under the NHS.

This position applies to the GLP-1RA indication for weight loss and does not apply to the diabetes indication which is a separate issue.

Norovirus

Advice on protecting yourself against norovirus this winter.

Norovirus causes diarrhoea and vomiting and is one of the most common stomach bugs in the UK. It's also called the 'winter vomiting bug' because it's more common in winter, but you can catch it at any time of the year.

Norovirus can be very unpleasant but usually clears up by itself in a few days.

You can normally look after yourself or your child at home.

You can find out more by clicking on the link below:

[Norovirus | NHS inform](#)



Care of Burns
in Scotland
National Managed Clinical Network

NHS
SCOTLAND

Help prevent scalds this winter



To avoid **hot water bottle** burns and scalds, follow these safety tips this winter:



Avoid using a bottle more than 2 years old

Check the year of manufacture in the middle of the 'daisy wheel' on the bottle neck

Always use a cover

Never fill with boiling water

Fill a maximum of two thirds

Do not let children fill hot water bottles

Scan the QR code to learn about the daisy wheel and for safety advice



Advice if you have a sore throat

[Got a sore throat? Here's how to help it](#)



Chest Infections

Chest infections are common, especially after a cold or flu during autumn and winter.

Although most are mild and get better on their own, some can be serious.

Find out more by clicking on the link or scanning the QR code: [Chest infection | NHS inform](#)



Worried about winter fuel costs?

We offer free, impartial advice on energy saving, keeping warm at home, renewable energy, greener travel, cutting water waste and more. Call them on 0808 808 2285 for more info or visit [here](#).

