

# Craigshill Health Centre



December 2024 Newsletter



Craigshill Health Centre will be closed on the following dates:

Wednesday 25<sup>th</sup> December 2024 (Christmas Day)

Thursday 26<sup>th</sup> December 2024 (Boxing Day)

Wednesday 1<sup>st</sup> January 2025 (New Year's Day)

Thursday 2<sup>nd</sup> 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



## PHARMACY OPENING TIMES OVER CHRISTMAS AND NEW YEAR 2024/2025

PHARMACY (TRADING NAME)	ADDRESS	POSTCODE	PPD No	TELEPHONE	FAX	25-Dec	26-Dec	01-Jan	02-Jan
OMNICARE PHARMACY UPHALL	23-25 WEST MAIN STREET	EH52 5DN	2521	01506-857516	01506-859824	CLOSED	CLOSED	CLOSED	CLOSED
OMNICARE PHARMACY	25 MAIN STREET MID CALDER	EH53 0AW	2600	01506-885055		CLOSED	CLOSED	CLOSED	CLOSED
LINDSAY & GILMOUR CHEMIST	173 MAIN STREET EAST CALDER	EH53 0EL	2227	01506-881935	01506-253153	CLOSED	CLOSED	CLOSED	CLOSED
YOUR LOCAL BOOTS PHARMACY	12 THE MALL - CRAIGSHILL LIVINGSTON	EH54 5ED	2308	01506-432504	01506-432504	CLOSED	CLOSED	CLOSED	CLOSED
MORRISONS PHARMACY	DEDRIDGE ROAD NORTH LIVINGSTON	EH54 6DB	2463	01506-462003	01506-462003	CLOSED	CLOSED	CLOSED	1000-1600
LADYWELL PHARMACY	45 FERIBANK LADYWELL LIVINGSTON	EH54 6DT	2520	01506-437100	01506-444440	CLOSED	CLOSED	CLOSED	CLOSED
BOOTS THE CHEMISTS LTD	ALMONDVALE CENTRE LIVINGSTON	EH54 6HR	2035	01506-436997	01506-441898	CLOSED	0900-1800	CLOSED	1000-1800
HEALTHFUL PHARMACY DEDRIDGE	157 NIGEL RISE - DEDRIDGE LIVINGSTON	EH54 6LX	2581	01506-461732	01506-461732	0830-1330	0830-1800	0830-1330	0830-1800
ROWLANDS PHARMACY	HOWDEN HEALTH CENTRE LIVINGSTON	EH54 6TP	2593	01506-410161	01506-410161	CLOSED	CLOSED	CLOSED	CLOSED
OMNICARE PHARMACY	6 MAIN STREET - DEANS LIVINGSTON	EH54 8DF	2457	01506-411570	01506-411570	1000-1500	CLOSED	1000-1500	CLOSED
MORRISONS PHARMACY	CARMONDEAN CENTRE LIVINGSTON	EH54 8PT	2464	01506-430449	01506-430449	CLOSED	CLOSED	CLOSED	1000-1600

## Winter Illnesses

### Sore throat

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



### Norovirus

Advice on protecting yourself against Norovirus this winter.  
[Norovirus | NHS inform](#)



### Chest Infections

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



Everyday questions about your health  
 The answer is NHS inform



[www.nhsinform.scot](http://www.nhsinform.scot)  
 0800 22 44 88



NHS 24  
**NHS inform**  
 Health information you can trust

## Children's Physiotherapy Drop-In Clinics For Children under 12 Years Old



Are you worried about your child having:

- On-going aches and pains or injuries
- Walking difficulties
- Balance problems
- Not achieving their milestones e.g. rolling, sitting, walking

Please come along to discuss your concerns with a physiotherapist at:

**St John's  
Hospital**  
9:30–11:30

Wednesday 8th January  
Wednesday 22nd January  
Wednesday 5th February  
Wednesday 19th February  
Wednesday 5th March  
Wednesday 19th March

**Kidz Eco  
Bathgate**  
13:30–15:00

Thursday 30th January  
Thursday 27th February  
Thursday 27th March

01506 522068



## Keeping warm this winter



## Worried about winter fuel costs?

Home Energy Scotland 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](#).

**CHANGEWORKS.**

## Free Energy Saving Advice

Call our free Green Energy Helpline for advice on getting to grips with smart meters, energy tariffs and electric vehicles.



Freephone: 0800 008 7766  
(Mon – Fri 9am – 5pm)

## 2024 COVID-19 & Flu Vaccinations



**Craigshill  
Health Centre**



**Wednesday  
18th December**



**9.00am - 12:30pm  
13.00pm - 16.00pm**

Drop-in clinics available. No appointment needed!



**All eligible citizens welcome**

To find out more about West Lothian HSCP's vaccination programme scan the QR code or visit:  
[westlothianhsc.org.uk/article/74153/Vaccine-Hub](https://westlothianhsc.org.uk/article/74153/Vaccine-Hub)