



March 2025 Newsletter

Welcome Dr Parker

We are delighted to welcome Dr Parker to the practice as our new Registrar. As a training practice, we have qualified Doctors on placement who are completing their GP training.

Dr Parker joins us for an initial 6 month period and returns for a further 12 months next year.

Craigshill Health Centre will be closed on the following dates:

Friday 18th April 2025

Monday 21st April 2025

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



Physiotherapy -Persistent Pain Introductory Class

This is a class to help you learn more about your pain and how some changes can help you manage your pain better. There will be a 30 minute presentation followed by time for questions.

Phone 0131 536 1060 (Option 3) to book your preferred class (Tues – Thurs between 9am and 12pm)

If phoning to book into the session, please state you are booking onto the Persistent Pain Introductory Class and give your choice of class from the selection below:

Tuesday 8/4/25	Strathbrock Health Centre	1330-1430
Thursday 1/5/25	Blackburn Health Centre (Health Education Room)	1000-1100
Thursday 22/5/25	Livingston Ability Centre	1500-1600
Friday 13/6/25	Bathgate Health Centre (Physiotherapy Department)	0930-1030
Monday 30/6/25	Online Class (details will be provided on booking)	1400-1500
Tuesday 22/7/25	Strathbrock Health Centre	1330-1430
Thursday 14/8/25	Blackburn Health Centre (Health Education Room)	1000-1100
Thursday 4/9/25	Livingston Ability Centre	1500-1600
Friday 26/9/25	Bathgate Health Centre (Physiotherapy Department)	0930-1030
Monday 20/10/25	Online Class (details will be provided on booking)	1400-1500

Everyday questions about your health
The answer is NHS inform



www.nhsinform.scot
0800 22 44 88



Prescriptions

‘Who orders my prescription?’

Patients are responsible for ordering their prescriptions

You can however request for your prescriptions to be ordered on your behalf by your local pharmacy. Please speak to them directly to arrange this.

We process over 15,000 prescriptions per month. Due to the high volume, and clinical safety, we cannot automatically process your prescription.

There are other ways to order:

- Online [via our website](#)
- Our prescription line: **01506 440023**
- Via your community pharmacy

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 19th March
Wednesday 2nd April
Wednesday 23rd April
Wednesday 7th May
Wednesday 21st May
Wednesday 4th June
Wednesday 18th June

01506 522068



Health & Social Care Partnership
West Lothian
NHS
West Lothian Council



Spring Fayre

Saturday April 5th
10:00am-12:30pm



Stalls

Crochet goods, Hand painted glass, Personalised gifts & much more

Raffle & Tombola

Bunny Hunt

Bacon rolls (£)

Tea/Coffee & Juice (£)

2 Almondbank, The Mall, Livingston, EH54 5EJ



HEALTH & WELLBEING EVENT

13 APRIL, 2025
11:00 AM - 02:00 PM

About Our Event

Join us at RBS Gogarburn Conference Suite in Edinburgh, for our Health and Wellbeing Event. Specifically designed for cancer patients in active treatment and recovery, along with their carers, family, and friends. Discover valuable resources to support your holistic wellbeing and connect with a supportive community.

Event Highlights

Hear from our speakers ◀
We have fantastic guest speakers lined up for the event.

Get support ◀
Connect with cancer charities and cancer support services.

Join in ◀
Option to join in the fitness, fashion and make-up tutorials.

Light Refreshments ◀
Enjoy tea, coffee, light refreshments and snacks.

FREE TO ATTEND

Get tickets
eventbrite.co.uk/

Website
www.cancercard.org.uk