



Craigshill Health Centre—April Newsletter

Practice Opening Times over Easter

Our GP practice will be closed on the following dates over the Easter break:

Friday 18th April 2025

Monday 21st April 2025

If you have a medical condition that cannot wait until we reopen on Tuesday 22nd April, please dial 111.

SPRING COVID CLINICS IN CRAIGSHILL HEALTH CENTRE

Wednesday 28th May 2025

From 09:30am—3:30pm

We will be hosting a clinic in the Health Centre for those eligible. If you have received a letter invitation for a COVID Spring vaccine and would prefer to be vaccinated in the Health Centre, please come along—no appointment needed.

Local Pharmacy Opening times over Easter Break

WEST LOTHIAN

PHARMACY (TRADING NAME)	ADDRESS	TELEPHONE	18-Apr	21-Apr	05-May
BOOTS THE CHEMISTS LTD	UNITS 8/9 ARGYLE COURT 114 EAST MAIN ST BROXBURN	01506-852648	0900-1730	CLOSED	CLOSED
OMNICARE PHARMACY UPHALL	23-25 WEST MAIN STREET UPHALL	01506-857516	0900-1800	CLOSED	CLOSED
ROWLANDS PHARMACY	STRATHBROOK CENTRE BROXBURN	01506-771757	CLOSED	CLOSED	CLOSED
OMNICARE PHARMACY	25 MAIN STREET MD CALDER	01506-885055	0900-1800	CLOSED	CLOSED
LINDSAY & GILMOUR CHEMIST	173 MAIN STREET EAST CALDER	01506-881935	0900-1800	0900-1800	0900-1800
YOUR LOCAL BOOTS PHARMACY	12 THE MALL - CRAIGSHILL LIVINGSTON	01506-432504	0830-1800	CLOSED	CLOSED
MORRISONS PHARMACY	DEDRIDGE ROAD NORTH LIVINGSTON	01506-462003	0900-1700	CLOSED	CLOSED
LADYWELL PHARMACY	45 FERNBANK LADYWELL, LIVINGSTON	01506-437100	0900-1800	CLOSED	CLOSED
BOOTS THE CHEMISTS LTD	ALMONDVILLE CENTRE LIVINGSTON	01506-436997	0900-1800	0900-1800	0900-1800
HEALTHFUL PHARMACY DEDRIDGE	157 NIGEL RISE - DEDRIDGE LIVINGSTON	01506-461732	CLOSED	CLOSED	CLOSED
ROWLANDS PHARMACY	HOWDEN HEALTH CENTRE LIVINGSTON	01506-410161	CLOSED	CLOSED	CLOSED
OMNICARE PHARMACY	6 MAIN STREET - DEANS LIVINGSTON	01506-411570	0900-1800	CLOSED	CLOSED
MORRISONS PHARMACY	CARMONDEAN CENTRE LIVINGSTON	01506-430449	0900-1700	CLOSED	CLOSED

People invited for the COVID-19 vaccine this spring:

- ✓ Those over the age of 75
- ✓ Residents in care homes for older adults
- ✓ Those who are eligible with a weakened immune system



Public Health
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Bowel Screening Awareness Month—April



Bowel screening is a quick and easy test to collect a small sample of your poo that you complete at home. The sample is sent away to be tested for the presence of blood. If blood is found, you will be invited to attend for further investigation.

The screening test kit will be posted to your home address. Registering with a GP practice and keeping your contact details up to date every time you move will ensure that your test kit will reach you.

Completing your bowel screening test is important for detecting changes early.

If you have missed a test or are over 74 years and would like a test kit, you can contact the Scottish Bowel Screening Centre on 0800 0121 833

Be aware of your body— look out for changes – if concerned, do not delay in getting advice from your GP practice

Bowel Cancer Awareness Talk

Thursday 10th April at 2pm
Spark, Craigshill

Join us

A volunteer from Bowel Cancer UK will be delivering a presentation about bowel cancer awareness in which you can:

- learn the facts about bowel cancer, including the six most common symptoms
- receive information on how to reduce the risk of bowel cancer
- learn about the importance of the NHS screening programme

There will also be an opportunity to ask the volunteer speaker any questions you might have.



To find out more, please email:
gina.freeman@westlothian.gov.uk

Registered Charity Number 1071038 (England and Wales) and SC040914 (Scotland)

Health Visitor Support Sessions

Our Health Visiting Team have a series of support sessions available. If you are interested, please call us on 01506 432621 Option 3 for more information.

NEW Behaviour Session

Delivered by NHS Health Visiting Team member



Behaviour Session

- Positive discipline strategies
- Setting boundaries and limits
- Dealing with tantrums and challenging behaviours

If you would like to book on to our next session please call 01506 432621, select option 3 for Community Reception.

Please note that these sessions are for children under the care of the Health Visiting Service aged between 0-5 years.

For further information, please contact your Health Visiting Team or visit our website www.westlothian.gov.uk/healthvisitors

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NEW Weaning Session

Delivered by NHS Health Visiting Team member



Weaning Session

- When & How to Start – Signs of readiness, first foods, and weaning approaches.
- Safety & Nutrition – Introducing allergens, choking vs. gagging, and balanced meals.
- Common Challenges & Q&A – Fussy eating, tips for success, and parent questions.

If you would like to book on to our next session please call 01506 432621, select option 3 for Community Reception.

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Health & Social Care Partnership
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NEW Toilet Training Session

Delivered by NHS Health Visiting Team member



Toilet Training

- Toileting session for specific advice on toilet training and general toileting advice.
- Understanding signs of readiness.
- Strategies for successful toilet training.
- Dealing with setbacks and challenges.

If you would like to book on to our next session please call 01506 432621, select option 3 for Community Reception.

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