



Craigshill Health Centre— June 2025 Newsletter

Mental Health Awareness

Our Practice Mental Health Nurse works in Craigshill Health Centre on Mondays and Fridays.

Who can see the PMHN?

Patients must be aged 18+

How can the PMHN help?

She is here to help with a wide range of mental health issues including stress, anxiety, depression, low mood or panic attacks.

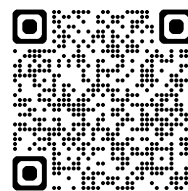
How to book...

Call on the day or book one week in advance.

west space

Are you looking for local mental health and wellbeing resources and information in West Lothian?

West Space contains self help materials, guides and resources and a directory of services based in West Lothian.



www.westspace.org.uk

NHS Inform has a wide range of advice on mental health.

www.nhsinform.scot/illnesses-and-conditions/mental-health/



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

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 21st May
Wednesday 4th June
Wednesday 18th June
Wednesday 2nd July
Wednesday 23rd July
Wednesday 6th August
Wednesday 20th August

01506 522068



2025 SPRING COVID-19 DROP-IN CLINIC

Clinics open until
29th June 2025

Strathbrock Partnership Centre
Monday & Tuesday

Carmondean Health Centre
Monday & Tuesday

Bathgate Health Centre
Wednesday, Thursday & Friday

Howden Health Centre
Saturday & Sunday

Linlithgow Health Centre
Saturday

East Calder Health Centre
Sunday

Whitburn Health Centre
Tuesday

West Calder Health Centre
Wednesday

Ashgrove Health Centre
Friday



No appointment required
Clinics open:
08:30-12:30 & 13:15 to 17:30



To find out more about West Lothian HSCP's vaccination programme scan the QR code or visit:
<https://westlothianhsc.org.uk/article/74153/vaccine-hub>

Supporting parents & caregivers of Neurodiverse children

Are you a parent, grandparent or caregiver for a child who has been diagnosed with or awaiting diagnosis of a neuro-diverse condition?

Are you worried and confused about how this will affect your child and family as they grow into adulthood?

Due to demand, S.M.I.L.E. Counselling is offering an information session to help you:

- Understand how neurodiversity may affect your child's behaviours and understanding of the world
- How this may affect their relationships within the family, school and friends
- How to support them as they grow into adulthood

Hosted by:



Tracy Clark
Psychotherapist for
Neurodiverse Children
and Young People



Jodi McNeill
Cognitive Behavioural
Therapist for Children
and Young People



Friday 13th of June 2025
14:00 - 16:30

S.M.I.L.E. Counselling
6 Fairbairn Place
Livingston
EH54 6TN

WHERE



Cost: £20.00 per person.

For more information and to book a place, please email
info@smilecounselling.org.uk
or telephone **01506 239290**.

****Please note this is an in-person event
and will not be offered online.****



Fit Notes / Med 3s

Please note that when requesting a Fit Note, it takes 48 hours to process.

We cannot process a new Fit Note until the existing one expires. I.e. if your fit note expires on the 7th, We can not print the continuation until the 8th.