



2019 FLU SPECIAL

If your surname begins with	Date / Time	Time of Clinic
Le -McG	16th October 2019	Clinics between 1pm - 2pm
McH - P		Clinics between 2pm - 3pm
Q-St		Clinics between 3pm - 4pm
Su - Z		Clinics between 4pm - 5pm
If your surname begins with	Date / Time	Time of Clinic
A - B	30th October 2019	Clinics between 1pm - 2pm
C - Di		Clinics between 2pm - 3pm
Dj - G		Clinics between 3pm - 4pm
H - La		Clinics between 4pm - 5pm

Flu Season

Flu Vaccines will be given at the practice on the **afternoon** of the following dates:

☐ **Wednesday 16th October 2019**

☐ **Wednesday 30th October 2019**

The Health Centre to send a letter to patients who are under 65 at risk of flu. The definition of 'at risk' ranges from having a long term health condition such as COPD, being a carer or having a high Body Mass Index.

Patients aged 65 or over are entitled to a Flu Vaccination. If you are 65 or over, you will be reminded by letter from the Health Board.

Pregnant Patients

Please note that the Maternity Day Unit at St John's Hospital will be offering the flu vaccine. This service will start from 1st October for all women who are booked at St Johns.



From Tuesday 1 October, women attending St John's maternity unit for any reason (any maternal scan, antenatal clinic or other maternity attendance) will have the opportunity to also attend the maternity day assessment unit to receive their flu vaccination.

Please contact the maternity day assessment unit on **01506 524110 / 524024**, as there will be a number of 'same day appointments' available each day.

For free advice

office@carers-westlothian.com
01506 448000
www.carers-westlothian.com
Carers of West Lothian
@carersWL
Sycamore House, Quarrywood Court, Livingston, EH54 6AX



Carers of West Lothian
Disability Service

Do you have a physical or learning disability

and live in West Lothian?

Carers of West Lothian are here to offer:

- INFORMATION
- ADVICE
- SUPPORT



West Lothian Health & Social Care Partnership | NHS Lothian | West Lothian Council

MACMILLAN @ WEST LOTHIAN NEWSLETTER AUGUST 2019

Welcome to Macmillan @ West Lothian Cancer Information and Support Service

In this edition, find out about our opening times, upcoming courses and the activities we have planned this autumn. Contact Macmillan @ West Lothian on 01506 283053 or email MacmillanWestLothian@westlothian.gov.uk for more information or to book a place at any of our events.

Macmillan Stepping Stones

Wednesday 25th September 1:30pm – 4:00pm

Wednesday 2nd October 1:30pm – 4:00pm

Wednesday 9th October 1:30pm – 4:00pm

Wednesday 23rd October 1:30pm – 4:00pm



There is still time to book into this course which will take place over 4 weeks in September/October 2019 and is aimed at people who are undergoing or have completed treatment. It is delivered by two highly experienced oncology nurses and comes highly recommended by previous participants who have told us Stepping Stones helped them to:

- Take time out to process what you have been through
- Move on and in a positive way
- Learn skills to help you relax now and take them forward for the rest of your life
- Find time for yourself
- Learn how important it is for a healthy mind as well as a body

Booking essential – contact the team for more details.

Macmillan Cancer Support and Information Will be available the first Monday of the month bi-monthly at Craigshill Health Centre 1pm-3pm

Sometimes you might just need someone to talk to. Our drop in service provides a safe and welcoming space for you to talk about how you are feeling and any worries you might have.

MACMILLAN
CANCER SUPPORT

PROSTATE CANCER SUPPORT GROUP FIND NEW HOME

After ten years of holding meetings at the Ability Centre at Carmondean the West Lothian Prostate Cancer Support Group had moved to a new home at the Crofthead Community Centre, Templar Rise, Dedridge, Livingston and will hold its next meeting on 10 October the speaker will be the Specialist Urology Nurse from the Western General Karen Walker to update members on 'All the news on Prostate Cancer diagnosis and all the treatment options'

The meeting dates for 2020 have been agreed and will take place on 6 February-7 May-30 July-8 October

The local support group is managed by and for men with prostate cancer. The support system of "Buddies" enables patients to talk to members either at a meeting or on the phone. All have, or have had prostate cancer and are undergoing various forms of treatment. The members share experiences of diagnosis and treatments hearing how other patients and carers are coping. This is vitally important to help men make a decision on a choice of treatment.

We also have recently added a ladies section to the group to help partners understand about treatments and to ask questions around prostate cancer by talking to other lady members at a separate on the night discussion group.

For more information contact Charlie Hogg on 01506 845981 or e-mail him at charliehogg@blueyonder.co.uk