

WINTER 2022/23

# COMMUNITY NEWSLETTER

## WEST CALDER & HARBURN



### THE GARDEN IS GROWING FROM STRENGTH TO STRENGTH

Polbeth and West Calder Community Garden is now known as The Community Woods and Garden and have so much going on.



This newsletter is funded, collated, designed and distributed by West Calder & Harburn CDT with financial support from Harburnhead Windfarm.

All wording is supplied by each individual organisation. If you want your organisation to be included in the next issue then email [sandra@westcalder.org](mailto:sandra@westcalder.org) to book your slot.



### SATURDAY SWIM SESSIONS

It's been a long-held ambition of The Trust to try and facilitate open swimming for the community in the new High School and we are now one small step closer.

We are glad to announce an initial 8-week trial of an adult lane swimming session on Saturday afternoons.

The sessions will start on Sat 14th of January, they will be one hour of swimming from 2pm and cost £3.50 per adult. There will be a limit to the places available but hopefully this will lead to more opportunities in the future.

Please note that these trial sessions are only for capable adult Swimmers. TO BOOK VISIT :

[www.trybooking.co.uk/CCCP](http://www.trybooking.co.uk/CCCP)



### REDEVELOPING THE OLD CO-OP BAKERY/ WEST CALDER WORKSPACE

The Scottish Co-operative Discovery Centre

In the Summer, The Trust started a National Lottery Heritage Fund funded project to further develop this exciting project. We have been busy consulting, designing, and planning in the hope that in 2023 we can achieve the funding required to go ahead. Most recently we held a weekend of activities and exhibitions at The Community Centre.

See centre pages for more info on the project and pictures from our weekend.



LOTTERY FUNDED

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# *West Kirk of Calder & Polbeth Harwood Church*

*We offer a wide selection of services and events in your local churches and extend a very warm welcome to everyone to come and join us.*

**Sunday Morning Service:** 9:45am West Kirk  
11:15am Polbeth Harwood

**Sunday Club & JAM Club:** For children 11yrs & under  
9:45am West Kirk & 11:15am Polbeth Harwood

**Bible Class:** Kids S1 upwards  
First Sunday in the month – 9:45am the West Kirk

**Teen Time:** P7 upwards  
One Sunday in the month- 6:30-7:30pm  
West Kirk Church hall. Games, food fun!

**Youth Group:** Youth – High school age  
Last Friday of the month – 7 – 9pm  
West Kirk Church hall.

**The Bridge:** 16 – 23 yrs stay connected  
Church in a different setting and format to suit

**Baby & Toddler Group:** Wednesday 9:30-11am during  
term time. £1 adults 50p toddler snack.

***New Year, New Beginnings. Delivering Faith Hope & Love***  
***More information can be found on our church website:***

***[www.west-kirk-polbeth-harwood.co.uk](http://www.west-kirk-polbeth-harwood.co.uk)***

# Harburn Village Hall



The Hall's Centennial Celebrations - 2023 are just about upon us.

The first and second phases of the preparation for festivities -- the extension work; the new kitchen and the newly landscaped garden are all complete. The third and final phase the provision of outdoor furniture is under way.

In the meantime the festive season calendar is almost into full swing, with the Harburn Players Pantomime -- Camelot -- premiering this week. The traditional Ne'er Day Brunch returns post Covid, and the Burns Supper resumes its place on the calendar on the 28th of January.

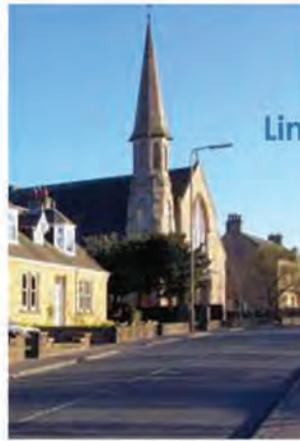
The Christmas craft Fair was a great success with dozens of happy shoppers heading homewards with traditional hand made treasures to give as Christmas Gifts ... or perhaps just to keep and be enjoyed at home.

The STOP PRESS NEWS is that the Hall has just been awarded a grant to renew the aged radiators in the Hall with newer more efficient updates. The grant also funds the replacement of defective double glazing window units, both of which should make the Hall even more energy efficient.

The actual details of the Centennial Celebrations 2023 will be shared in the New Year.



IF YOU WOULD LIKE A PAGE  
IN THIS NEWSLETTER  
TO SHARE YOUR  
COMMUNITY GROUPS  
NEWS, JUST GET IN TOUCH  
WITH  
[mhairi@westcalder.org](mailto:mhairi@westcalder.org)



Limefield UF Church  
Limefield Road  
West Calder

Sunday services are held at  
11.00am in the Church building on  
Limefield Road opposite the station.

A warm welcome is given to all  
members and visitors

SRC NO SC009118

Contact Bill Purnell, 01506 842683

Facebook - West Calder : Limefield  
United Free  
Church of Scotland

## Our Lady & St. Bridget's RC Church, West Calder

4 West End, West Calder,  
EH55 8EF. Tel: 01506 871240.

e-mail:  
[office.stmaryswestcalder@staned.org.uk](mailto:office.stmaryswestcalder@staned.org.uk)

[www.westcaldercatholicchurch.org](http://www.westcaldercatholicchurch.org)

Saturday Vigil Mass: **5.15pm**

Sunday Mass: **11am**

Please see parish website &  
newsletter for weekday church services.

# West Calder Community Centre

## Xcite Ageing Well Project



The Ageing Well Project

### Craft Class

We have been busy this year in our Monday craft class making blankets, hats and vests, which have been donated to homeless charities, care homes, the NICU and the Children's ward in St. Johns Hospital and for babies overseas. We share ideas and patterns and have good conversation over a cup of tea or coffee. Our class meets from 10am to 12 noon and some of the members stay on for lunch in the Community Centre. Donations of wool whole or part balls in any ply would always be greatly appreciated!



The Ageing Well project promotes healthy lifestyles for adults over 50 in West Lothian! The Changing Lifestyle Project is part-funded by NHS, West Lothian Leisure Xcite and West Lothian Council. The project is a Lothian wide initiative and is part of the UK Ageing Well network. It aims to increase the expectation of good health in later life with activities that improve physical health, mental health and wellbeing. The emphasis is on meeting new people and making physical activity accessible and enjoyable.

### Seated Exercise

This is a social exercise group suitable for all abilities and ages with both male and female participants.. Gentle exercise moves are performed to well known music and sing along songs! Every Month we have a lunch time concert which is open to all members of the community and ends with tea and coffee which allows a good time of social interaction We meet every Friday in the main hall from 10-12 noon and new members are always welcome, A Section of Seated Exercise Class members Celebrating The Queen's Platinum Jubilee.

Two day trips were organised during the year for group members and friends, Clyde Valley Garden Centres and Largs for shopping





Polbeth and West Calder Community Garden is now known as The Community Woods and Garden.

Thanks to our wonderful volunteer team we have grown more food than ever before, most of which went across the road to the Community Shop at Polbeth Hub. We also supplied The Brunch Club with fruit and vegetables to use in their tasty meals. To celebrate the successful growing season, we had a community lunch, with some funding from West Lothian Food Bank. Lots of our own produce was used to produce a feast including soup, salsa, coleslaw, apple crumble and rhubarb and ginger cordial.

Our moth coffee event was a huge success with over 100 species of moth recorded in one morning. Thanks to Mark Cubitt for sharing his equipment and extensive knowledge.

Fungi expert Chris Knowles led a fantastic fungi-walk here at the Community Woods and Garden. We spotted many different species from the smallest mushrooms to gigantic puff balls! Our ancient trees provide the perfect habitat for fungi to flourish in our woods. We have also inoculated some logs with the aim of growing edible fungi, keep an eye on our social media for updates.

Our Woodland Well-being group has come to an end. To celebrate the success of the project the team made a beautiful communal artwork which is now on display in our "shed".

In September we were delighted to host "Into The Bings", an exhibition of Ukrainian and Scottish artists with a focus on post-industrial landscapes and heritage in partnership with St. Andrews University. The artworks will display in our woods for a few weeks.

Our Christmas Wreath Workshop was as popular as ever this year. Thanks to the lovely folk who attended and made some beautiful wreaths.

**Join our team of volunteers -** Volunteering at the Community Woods and Garden is a great way to meet new people, keep fit and learn new skills.

### **Garden and woodland**

We are always happy to welcome new volunteers to our friendly team. Every Monday and Friday between 9:30am and 12:30pm. All tools and training are provided.

### **Community Workshop**

Mondays 1pm to 4pm. Our small workshop team do a variety of jobs, including up-cycling furniture, mending tools, wood turning products for us to sell and much more. If you have woodwork skills or any other relevant skills we would love to hear from you. Union Square – we are looking for a key volunteer to help with the upkeep of the planters in Union Square, West Calder. There will be support for both the staff and the wider volunteer team.

For more information, to book an event, or to become a volunteer please email [info@pwccg.co.uk](mailto:info@pwccg.co.uk)

### **Facebook**

[www.facebook.com/pwccg](http://www.facebook.com/pwccg)

### **Instagram**

[@communitywoodsandgarden](https://www.instagram.com/communitywoodsandgarden)





Are you interested in...

Learning new skills? Improving your mental health? Connecting with your community?

We can help you find the service best for you!

Looking for advice and support? Wanting to build you confidence?

Our new Community Wellbeing Link-Worker Mark can help you, or someone you care about, access the Good Connections service. Mark can help you to identify an organisation, service, a community group, or activity (or a combination of all of these) best suited to a client's individual needs and support them with accessing this.

The Good Connections project uses local knowledge and resources to help people connect into non-clinical support, advice services, counselling and volunteering opportunities to improve health, wellbeing and social connections.

To refer yourself, someone you know, or to hear more about the Good Connections project, pop into the CDT office (Room 5, West Calder Community Hub) to arrange a chat with our Community Wellbeing Link-Worker.

Or give him a call/email: 07502 884983  
| [mark@westcalder.org](mailto:mark@westcalder.org)



**Our Brunch Club @ Home meals are brilliant and convenient.**

**Why not sign up for some affordable fresh meals delivered to your door daily Monday to Friday.**

**We deliver locally to West Calder, Harburn, Polbeth & Addiewell.**

**The prices below include delivery:**

**Main Only £2.50  
Soup & Main £3.50**

**Drop us an email and we will be in touch to get you signed up.**



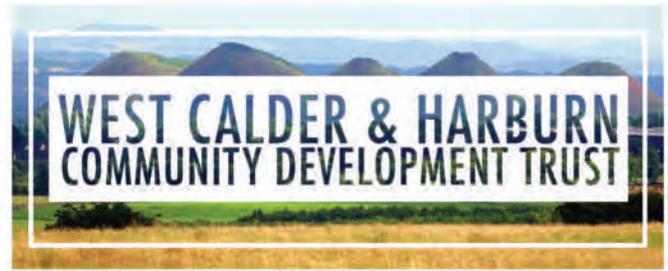
**We are looking for a volunteer driver to cover drops in Addiewell. It is only a couple of hours each week.**

**Contact Denise on [kitchen@westcalder.org](mailto:kitchen@westcalder.org) if you can help out.**

## Fireworks Fever

Another year another successful fireworks event, this is the second year we have delivered this event in partnership with West Calder Community HUB. This years was well attended as in previous years. It was however nice to welcome the crowds indoors post Covid for catering supplied by our very own Brunch Club.

The Brunch Club is also run in partnership with the Trust and West Calder Community HUB, The Brunch Club cater at all our events and can cater for your event too. Just pop in or drop our team an email to enquire. Catering for all occasions at affordable prices. - [kitchen@westcalder.org](mailto:kitchen@westcalder.org)



## Santa Baby

Another event delivered in Partnership with West Calder Community HUB, this is a popular evening and a perfect start to the festivities for both organisations. Santa Parade, Santa's Grotto, Christmas stalls, Christmas story telling, bouncy castle and Sleigh pictures kept the Santa goes happy.

A special thank you to those who took the time out to get involved with our SCDC consultation on the night of the Santa Parade (Scottish Cooperative Discovery Centre). Your comments and input are invaluable to our developments.

email [cdt@westcalder.org](mailto:cdt@westcalder.org) if you are interested in more detail about the project or have any questions.

## Volunteer Opportunities

We are always looking for people to Volunteer, whether you have time to spare each week, or simply want to get involved at events, then get in touch and join our amazing team of volunteers.

Email us now  
[mark@westcalder.org](mailto:mark@westcalder.org)

To keep up to date with all things Trust related, follow us on Facebook today!



## How the project came about....

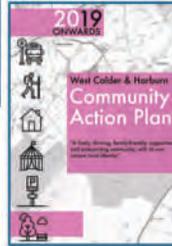
In 2012 a Community Council led consultation led to the 2013-2018 Community Action Plan.

The Community Action Plan was reviewed and renewed following further consultation in 2018 and 2019.

These plans set out themes with priorities which include:

- Celebrating our architectural heritage and our local history
- Better facilities for young people
- A big new project to underpin the revival of the community – Destination West Calder
- New job opportunities for young people
- Economic regeneration
- More services for those with Additional Support Needs
- Training and work experience for young people
- Preserving our local identity

In 2014 a Design Study identified priority projects including a redevelopment of The Old Coop Bakery/The Workspace and West Calder & Harburn CDT started looking at the potential for one project that delivered on several of these themes.



LEGO CREATIONS



CRAFT MINI MUSEUM TASK FROM ACTIVITY WEEKEND



A LITTLE MAGIC FROM OUR WEEKEND



ACTIVITY WEEKEND CRAFTS & FACE PAINTING



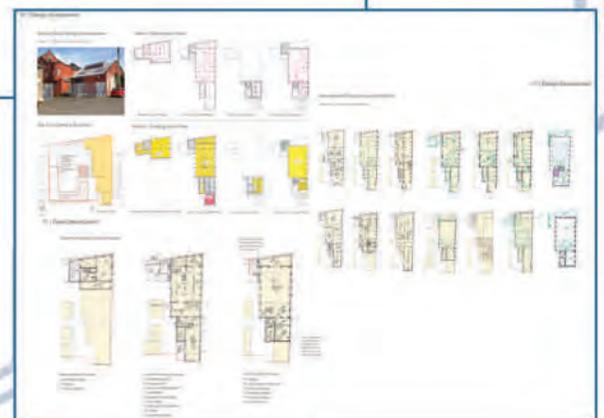
SCDC ARCHITECTS MODEL

## Community Consultation

Further Community Consultation in 2018 included:

- A community survey, completed by 132 people
- A wider survey focusing on this project, with 446 responses
- Two public consultations – at Fireworks Night and the Christmas Fayre (we spoke to 188 people)
- A focus group with 13 local residents living adjacent to the site
- Conversations with stakeholders including local community groups, West Lothian Council, businesses and schools (we spoke to representatives of over 11 local organisations)

We developed an Options and Feasibility Report and a Design Report:



We also held a 10-day Coop Heritage Festival where people could comment on options for the building and project.

We learned that:

- A majority wanted to see the building developed rather than demolished
- 82% of people supported the idea of a big "Destination Project" in the building



HERITAGE FESTIVAL & ENGAGEMENT 2018-2019



OUR 1950s REPLICA CO-OP SHOP



OUR SCDC ACTIVITY WEEKEND

## What will be in the building

- The Discovery Centre including local heritage displays and gallery space
  - A resource for schools
  - Offices and delivery space for partner charities Carers of West Lothian and Signpost
  - A shop and local showcase market area
  - A café with training and work experience kitchen
  - Training facilities for vocational training with partner SW Enviro
  - Activity space for Additional Support Needs and Autistic Spectrum Disorder groups
  - Event space
- And  
A network of schools, colleges and other organisations delivering training and education modules locally, across West Lothian and Beyond.



BAKERY BUILDING HERITAGE DISPLAY



CREATIVE WRITING WORKSHOP INTRO



## Where we are now:

- In 2022 we received funding from The National Lottery Heritage Fund to:
- Develop building design and apply for planning permission
  - Do more consultation (inc this event)
    - Develop exhibition plans
    - Update the business case
    - Apply for rest of the funding



# Easter Breich Wood Community Group

SC051201  
Scottish Land Fund

It is now eight months since Easter Breich Wood was purchased for the community as a result of a grant from the Scottish Land Fund. The wood was formally opened as a community woodland by Angela Constance MSP in April 2022



The first AGM of the Easter Breich Wood Community Group (EBWCG) was held on Wednesday 16th November at which Camilla Kidner was elected as Chair, Niamh Coyne as Secretary and Heather McClafferty as treasurer. Camilla paid tribute to her predecessor Bryan Coyne as well as Dorry McLaughlin who served as treasurer. Both Bryan and Dorry were pivotal in securing the woodland for the benefit of their community and we thank them for their hard work.

The group has developed effective partnerships with the West Calder and Harburn Community Development Trust who provide support for maintenance and development of the woodland, event management and access to other partnerships such as with the Polbeth Community Wood-land and Garden and the Shale Trail - a 25km heritage trail from West Calder to Winchburgh, part of which runs through the wood.

In the first year of community ownership a number of wildlife-related activities have been developed including a water vole survey and taking part in the "Big Butterfly Count"; links have also been made with the Lothian Amphibian and Reptile Group who hope to support us with a full survey of the pond next spring. The SSPCA have used the woodland for the release of eight rescue hedgehogs who we welcomed to their new home in September this year.



We hosted a path maintenance volunteer event, which took place in July with our partners and volunteers from the Polbeth Community Wood and Garden.

We hope to establish and publish a calendar of events setting out the nature and maintenance educational and wellbeing activities for the full year and to advertise these in good time on our social media platforms with sign-up details so that the whole community can participate in these activities if they are interested.

If you are interested in keeping up to date with news from the Easter Breich Wood please like our Facebook page by following the QR code link. Please also consider becoming a member of the Easter Breich Community Wood Group. There is no membership fee but becoming a member means that you will receive timely communication about our events throughout the year.

Membership can be achieved through completion of a simple form. Please email [easterbreichwood@gmail.com](mailto:easterbreichwood@gmail.com) and we will send a form to you for completion.

The Board of Trustees is looking to recruit individuals who would be interested to help with the custodianship of the woodland. The Board is looking for individuals who can help with communication including development of social media and newsletter and with fundraising activity. Should you be interested please contact the Board at [easterbreichwood@gmail.com](mailto:easterbreichwood@gmail.com)



Please check out our Facebook page by scanning the QR code.



## The Calder witch hunt project: One year on

In the 17th and 18th centuries ordinary folk from Calder were accused and punished as witches. In 1644 at least five women were executed: Agnes Bishope, Agnes Vassie, Marion Gibson, Jonet Bruce and Helen Stewart. Others suffered horribly. The Calder witch hunt project is a community history project to understand more about what happened and commemorate those affected.

The project started almost exactly a year ago, and we'd like to share what has happened so far and what is still to come.

### Who has been involved

We've been very fortunate to find lots of local support for our work. Expert volunteers: author and place name expert John Wilkinson; historian Susan Gillanders; artist Claire Duncan and photographer Rodger Shearer. There has been fantastic support from West Kirk and Kirk of Calder, local schools and lots of other folk.

The project has been championed by The West Calder and Harburn CDT, with support from West Lothian Council museum service, and we were delighted to win funds from the Museums and Galleries Scotland Year of Stories 2022 fund.

There is now a project website: [www.calderwitchhunt.co.uk](http://www.calderwitchhunt.co.uk) Here you'll find detailed information about the history; video stories about some of the accused women; a Calder witch hunt comic book; our blog and list of upcoming events.

In June we held a successful weekend event with brilliant speakers, art, photography, a showcase for work by pupils from West Calder High School and our Calder witch hunt exhibition.

The exhibition has been visited by people from far and wide, including lots of local school pupils. It will be at various venues across West Lothian in the coming months; it is currently at Linlithgow Museum and will return to Kirk of Calder in spring.

The project even caught the attention of national and international media! Featuring in The Guardian newspaper, BBC radio, the Witches of Scotland podcast and an upcoming article in French newspaper Le Monde.

### What we've got planned

There are lots of plans for the project to continue. The exhibition will be back at Kirk of Calder when tours resume in spring, work with schools will continue, as will work to remember the women through art.

The Harburn Players drama group have plans for a play: The Calder witch hunt in April 2023, and we hope to share a Calder witch hunt poem by Kirsty MacDonald.

Our aim has always been to commemorate the people who were accused as witches and acknowledge the injustice of what happened. There are plans for a memorial, and we will continue our work to find out more about what happened and remember the folk affected.



Find out more at [www.calderwitchhunt.co.uk](http://www.calderwitchhunt.co.uk) and follow us on Twitter @CalderWitchHunt Facebook and Instagram Email: [calderwitchhunt@gmail.com](mailto:calderwitchhunt@gmail.com)



Our popular classes return at West Calder HUB for our primary school children. Sports and Well-Being for All Trust will be joining us on Tuesday 28th February to 28th March 4:00pm until 5:00pm Note - New start time!

£1 per week  
Contact [info@westcalder.hub](mailto:info@westcalder.hub) or see our Facebook page for registration

Our Community Shop has reopened at the HUB - Tuesday, Thursday and Fridays 9:30am till 2pm.

We receive weekly deliveries of fresh fruit, meat and vegetables. We also always have stocked cupboard items and toiletries.

Our primary focus is to help reduce food waste, but with the ever-growing costs of living we can help you save some money at the same time.

By supporting your local Community Shop you can save some money, whilst supporting your community and reducing food waste at the same time.... why would you not!?

Our baby and toddler group runs every Thursday 9:30am till 11am, term time only. Snack and refreshments for the adults. Lots of fun to be had and we will be having sessions monthly that will be aimed at doing a specific activity. We enjoy having lots of fun, good chat and lots of giggles! Please come along we always welcome new people and new ideas.



## Our Fresh New Look

West Calder Community HUB has been closed for a number of weeks over the summer. We have had a new boiler system installed, along with new lighting and decoration, it feels cosier than ever!

Come along to one of our groups, visit our Community Shop, grab some lunch or even just a cuppa and a chat with friends.





### Tending planters

Our planters have given a lovely display through the Summer. They were planted, and have been tended and watered by volunteers to keep the display fresh.

We would particularly like to thank Father Marcin Motyka and Our Lady and St. Bridget's Church for allowing us to fill many watering cans over the summer to keep the plants alive while our own building was closed.

Our thoughts have now turned to planting over the winter – perhaps you'd like to get involved.

Do you have spare time? Do you want to build your CV? Do you have skills to share?

Volunteering isn't about giving all your free time away; it is about giving what time you can and by doing that you help us help the community. We are always looking for people to help, whether it be gardening, helping with the Community Shop, helping with new groups and activities.

We can give you the tools you need to gain experience in working with people, build your communication and enhance your CV.

If you would like to volunteer or have a project you are looking for a volunteer, then the best way to contact David is by phoning 077 088 740 15 or emailing [d.hansen@westcalderhub.org](mailto:d.hansen@westcalderhub.org).

West Calder Fitness Suite based within West Calder Community HUB has partnered with TOD Gym Group. We aim as a partnership to ensure that you receive all the of the services offered previously and bring some new and exciting features and services and make them readily available to you.

The gym will operate as normal with our staff being available and attending at various times of the day and evening.

We aim to deliver a service and experience that you will enjoy and be proud to be a part of and continue to use your new and exciting community-based fitness suite.

In the interim during this transitional phase, we ask that you be patient with us and please ask any questions you may have, our staff are happy to listen and answer them and assist you in any way they can.



### Community volunteering at West Calder Community HUB

A big thank you to all our volunteers, including members of our Board, who help make the HUB a thriving community centre. Since the Spring Newsletter volunteering activity has been strengthened but, as with most voluntary work, there is always more that could be done.

### Food collections

Our volunteers now collect surplus food from local shops for us to use in our for Community Shop. At the time of writing the cost-of-living crisis has reduced the amount of surplus food available, something which all organisations working in this field are concerned about.

### Shop volunteer

We have a number of opportunities to support us in the Community shop; Assisting with deliveries, stocking the shelves and fridges, serving customers, managing money....all of which could enhance your existing skills or help build some new ones.



### Community Shop

### Community Shop Opening Hours at the HUB

**Tuesday**  
**Thursday**  
**Friday**  
**9:30am till 2pm.**

# West Calder Medical Practice

## WEST CALDER MEDICAL PRACTICE – INFORMATION FOR PATIENTS

### Did you know?

- Our list size has grown by around 600 patients in the last 18 months, and we now care for over 9750 patients. Unfortunately, we have been unable to recruit additional doctors to help meet the increasing demand for appointments simply due to the number of doctors leaving General Practice along with a complete lack of availability of locum or newly qualified doctors.

- We now operate a call queueing system on our telephones. We have multiple people answering phones, so patients who are top 10 in the queue should be answered fairly quickly. We answer an average of between 1600-2000 calls per week.

- To allow us to be able to continue to provide a service to the Practice population with a decreased number of doctors, we need to continue with the 'Telephone First' model of service delivery as this allows us to deal with patients in the most efficient manner. We would like to reassure patients that where there is a clinical

- Our reception team have been trained in 'signposting,' which means they have the skill and confidence to direct our patients to the most appropriate clinician and in the most appropriate type of appointment. Whilst we understand patient anxiety regarding having to divulge details to our reception team, or being allocated an appointment with someone other than a doctor, we would like to reassure patients that these steps are necessary to allow us to continue to work safely. By providing our reception team with basic information, they can appropriately signpost patients, potentially taking advantage of direct access to our excellent expanded primary care team that now includes advanced physiotherapy practitioners, mental health nurse and pharmacists in addition to nurses, health visitors and healthcare support workers. Our reception staff have to adhere to the same strict confidentiality guidelines as doctors.

- In addition, we have employed 3 Advanced Nurse Practitioners (ANPs) to help us to be able to meet the demand for appointments. An Advanced Nurse Practitioner is an experienced and highly educated (to Masters Level in Advanced Practice)

ANPs have the freedom and authority to act and accept the responsibility and accountability for their actions. ANPs now work across all clinical settings and within General Practice can safely work in a first contact role to manage patients who present with a range of symptoms not previously assessed by another appropriate Health Care Professional. The core clinical competencies of the ANP are to:

- Take a comprehensive history
- Perform a clinical assessment (a comprehensive physical clinical examination of all systems and a mental health assessment)
- Formulate differential diagnoses
- Request, interpret and act on diagnostic tests and investigations
- Formulate an action plan for the treatment of the patient, including prescribing medication
- Admit, discharge or refer a patient dependent on patient need at time of review

# West Calder Medical Practice

## WEST CALDER MEDICAL PRACTICE – INFORMATION FOR PATIENTS

### Appointment Types

We offer a mix of routine, semi-urgent, same day and 'on call doctor' appointments.

**Routine appointments:** - These appointments are bookable up to a fortnight in advance and are suitable for patients who have ongoing medical conditions or who wish to consult with a specific doctor.

**Semi-urgent appointments:** - These appointments are bookable up to 3 working days in advance and are suitable for patients who have problems that cannot wait until the next routine appointment.

**Same Day ANP appointments:** - The Advanced Nurse Practitioner appointments are face-to-face appointments which are bookable on the day. They are suitable for a range of acute problems including infections and pain related issues.

**Duty Doctor appointments:** - We have a Duty Doctor available from 8am until 6pm to deal with urgent medical problems that cannot wait. The Duty Doctor has to deal with a vast number of calls and has limited time and can therefore only deal with the presenting urgent problem.

Despite increased publicity, we continue to receive requests to consult with a GP for minor & self-limiting conditions that can be dealt with by the local pharmacy, as well as inappropriate demands to speak to the Duty Doctor, and we hope that by highlighting the issues from a Practice perspective we can educate patients to help get the most appropriate level of care. We are hopeful that a combined effort to from the Practice and the patients will ensure that we maximise the number of doctor appointments available for those who need them most.

### Doctor Availability

Dr Campbell - Wednesday/Thursday/Friday

Dr Robertson - Monday/Tuesday/Thursday

Dr Simpson - Wednesday/Thursday/Friday

Dr McIntyre - Monday to Friday

Dr Cargill - Monday/Tuesday/Thursday mornings

Dr Murphy - Monday/Wednesday/Thursday/Friday

Dr Diaz - Monday/Tuesday/Thursday/Friday

### Other Services

Your local pharmacy offers a 'Pharmacy First' service, which provides advice and treatment (where appropriate) for a vast range of problems including, pain relief, abdominal upsets, spots, rashes, etc. They can also prescribe antibiotic treatment for eye infections, urinary tract infections in females and skin infections in many circumstances.

All opticians now have a contract to deal with acute eye problems, so if you have an eye problem that is not able to be dealt with by your local pharmacist you should contact a local optician who will assess you within 48 hours.

You should contact your dentist for all potential dental problems, including facial swellings or mouth lesions. Patients who are not registered with a dentist should phone.

For any minor injury, including those sustained in road traffic accidents, trips, slips and falls, patients should now phone 111 where they will be allocated an appointment with the most appropriate service which may include A&E, physiotherapy or xray.

Full details of both Pharmacy First and Minor Injuries services can be found on the NHS Inform website [www.nhsinform.co.uk](http://www.nhsinform.co.uk)

We ask that our patients continue to work with us as we strive to maintain the quality service that we all aspire to. We would like to reassure patients that if the clinician feels there is a need for a face to face appointment this will be arranged.

The Partners, West Calder Medical Practice

# WC&HCC

WEST CALDER & HARBURN  
COMMUNITY COUNCIL

**PLANNING** - The Community Council work with West Lothian Council and developers to monitor all planning applications for the West Calder & Harburn area.

o We have currently submitted a planning application to upgrade the Broadmeadow Right of Way as per the Community Action Plan.

o We raised objections to a Planning in Principle Application (Miller Homes) for a housing development, at Mossend. The application was rejected by West Lothian Council.

o We raised objections to a Planning Application for 17 houses at West Mains Crofts. The application was rejected by West Lothian Council.

**PARTNERSHIP** - We work closely with Police Scotland, West Lothian Council (WLC), West Calder & Harburn Community Development Trust, Polbeth and West Calder Community Garden and West Calder Medical Centre.

The Community Council are represented at the Planning and Police Forums (Joint Forum of Community Councils). A Community Council representative also attends The Local Area Committee (WLC).

**MEETINGS** - We meet on 2nd Tuesday, of each month at West Calder Community Hub.

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## LOTTERY FUNDED

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