



# The Peninsula Practice

| DAY       | ALDERTON             | ALDEBURGH     | ORFORD               |
|-----------|----------------------|---------------|----------------------|
| Monday    | 8.00 to <b>14.30</b> | 8.00 to 18.30 | 8.00 to 18.30        |
| Tuesday   | 8.00 to 18.30        | 8.00 to 18.30 | <b>CLOSED</b>        |
| Wednesday | 8.00 to 18.30        | 8.00 to 18.30 | 8.00 to <b>13.00</b> |
| Thursday  | 8.00 to 18.30        | 8.00 to 18.30 | 8.00 to <b>13.00</b> |
| Friday    | 8.00 to 18.30        | 8.00 to 18.30 | 8.00 to <b>13.00</b> |

Thursday 15<sup>th</sup> June from 13.00: staff training. Aldeburgh surgery will be open for booking future appointments. Alderton and Orford surgeries will be closed. All calls will be redirected to 111 for this afternoon.

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## We offer an increasingly wide range of NHS services to our patients:

- Mental health and wellbeing support
- Memory checks (if worried about dementia)
- Menopause management
- Social prescriber – support for non-clinical health and wellbeing needs
- Compassionate Companion service – to support end of life choices and care
- Paramedic appointments
- Same day physiotherapy for acute musculoskeletal symptoms
- Ultrasound (by referral)
- Single skin lesion clinic
- Insomnia support - SleepStation (a bespoke programme)
- Full contraception services (eg coils) and sexual health

*Also available at our practice are non-NHS services (charged):*

- Chiropody – foot care appointments & home visits
- Ear care – wax removal (see website)
- Birth doula – holistic support for pregnancy and beyond

## **Reception**

When you call the surgery, the phone will be answered by one of our experienced care navigators. They are highly trained to direct queries and care needs to the appropriate health or social teams. They are an integral part of the surgery and ensure patients are directed to the care they need at the earliest available time.

## **Compassionate Companions**

Compassionate Communities is part of a local project to support living life fully before we die, providing companions for people and families affected by life-limiting illness, and starting conversations about end of life. If you or a loved one is interested in this and would like to find out more, in terms of becoming a companion, or looking for support, please contact the surgery.

[www.thepeninsulapractice.co.uk](http://www.thepeninsulapractice.co.uk)

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