



# 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>

Wednesday 17<sup>th</sup> May from 13.00: staff training. Alderton surgery will be open for booking future appointments, and the dispensary will be open for collections. Aldeburgh and Orford surgeries will be closed.  
All calls will continue to be redirected to 111 for this afternoon.

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

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

## **Spring Covid booster vaccinations**

We are well into our Spring Covid booster vaccination programme. If you have not booked yours yet and are over 75yrs old or have a condition causing immunosuppression, please call the surgery and we will arrange it for you.

## **Clinician and appointment availability**

We continue to offer a wide range of appointments and try to prioritise patient choice. This includes face to face, video, telephone, online (eConsult), early morning, later evening and weekends (extended hours GP+) appointments. As a multi-site practice we will also offer the next available appointment even if it is not the closest site.

## **Please contact us as soon as you are unable to attend an appointment**

Hours of appointments are not attended by patients every week – especially for nurse and blood tests. This is despite sending texts at the time the appointment is made, and reminder texts the day before.

If you cannot attend your appointment, please call to inform us so we can offer it to other patients and reschedule your appointment.

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