



The Peninsula Practice

DAY	ALDERTON	ALDEBURGH	ORFORD	HOLLESLEY
Monday	8.00 to 14.30	8.00 to 18.30	8.00 to 18.30	13.30 to 17.30
Tuesday	8.00 to 18.30	8.00 to 18.30	CLOSED	CLOSED
Wednesday	8.00 to 18.30	8.00 to 18.30	8.00 to 13.00	CLOSED
Thursday	8.00 to 18.30	8.00 to 18.30	8.00 to 13.00	CLOSED
Friday	8.00 to 18.30	8.00 to 18.30	8.00 to 13.00	CLOSED

STAFF TRAINING DATES

Alderton and Orford surgeries will be closed from 13.00 for staff training on Thursday 9th February. Aldeburgh surgery will be open for collecting paper prescriptions and booking future appointments. All calls will continue to be redirected to 111 for this afternoon. This means that there will be no clinical staff available during this afternoon at any site.

When the surgery is closed please call NHS 111.

Alderton dispensary is currently open from 9am on Fridays.

Compassionate Companions

Our Compassionate Companion service is growing. Companions support people to live their lives fully before they die, providing companionship for people and families affected by life-limiting illness, and enabling conversations about choices at end of life.

Our 3 day training programme for new companions is in February, if you want more information or know anyone who may be interested please use the contact form at the bottom of this page: <https://www.compassionate-communities.co.uk/compassionate-companions>

Using the right service – children and streptococcus

Contact your GP or 111 if your child/baby:

- is getting worse
- is feeding or eating much less than normal
- has had a dry nappy for 12 hours or more or shows other signs of dehydration
- is under three months and has a temperature of 38°C, or is older than three months and has a temperature of 39°C or higher
- feels hotter than usual when you touch their back or chest, or feels sweaty
- is very tired or irritable.

Sometimes seeing the GP can delay you getting the right care:

Call 999 or go to A&E if your child:

- is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- has blue skin, tongue or lips
- is floppy and will not wake up or stay awake.

www.thepeninsulapractice.co.uk

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