



The Peninsula Practice

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

Wednesday 12th July 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.

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)
- Travel health
- 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)

Congratulations to Dr Shahabi for becoming Partner at Peninsula Practice!

We are delighted to announce that Dr Jafar Shahabi is now a GP partner at Peninsula Practice. Dr Shahabi joined the practice as a trainee, then gained experience in Ipswich before returning to his favourite practice as a salaried GP in 2021.



Flu vaccines

We are busy organising for the upcoming flu season; we will be holding clinics at Hollesley Village Hall, Aldeburgh Old Generator Station and Orford Surgery. We will share details including dates, times and eligibility criteria will come next month.

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

In the first 3 months of 2023, the equivalent of a working weeks' worth of appointments were missed. This is valuable time – these appointments would have been given to others if they had been cancelled by the patients in advance.

01394 411641

peninsula.practice@nhs.net

www.thepeninsulapractice.co.uk