



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

Thursday 10th August 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.

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
- Birth Preparation Doula
- Ear care – wax removal (see website)

Flu vaccine clinics

One of the ways we will be sending out invites is via text, so if you have one, please ensure that the practice has your up to date mobile number.

We have organised the first of our flu vaccine clinics:

- Wednesday 20th September 2023, 8:30am–6pm – *Aldeburgh Old Generator Station*
 - Tuesday 26th September 2023, 8:30am–6pm – *Orford Surgery*
 - Thursday 5th October 2023, 8:30am–6pm – *Hollesley Village Hall*

Eligible groups

- Everyone 65 years and over;
- those in clinical risk groups;
 - pregnant women;
- all children aged 2 or 3 years and primary school aged children;
- residents in care and nursing homes;
- carers in receipt of carer's allowance, or the main carer of an elderly or disabled person;
- close contacts of immunocompromised individuals;
- frontline workers in a social care setting.

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www.thepeninsulapractice.co.uk