



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 9th November 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 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):

- Chiroprody – foot care appointments & home visits
- Ear care – wax removal (see website)

Vaccinations

We are pleased to have completed our three large scale winter vaccination clinics across our practice surgeries. This contributes to the majority of our vulnerable patient population having greater protection from winter illnesses. Thank you to our staff, volunteers and patients who enabled this.

If you believe you are in one of the eligible groups and missed your vaccination, please call the surgery to find out about possible opportunities to get your vaccination.

Compassionate Companions Training

Have you got 1 hour a week to spare to support a person within your local community?

People approaching the end of their lives need medical care for only 5% of the time - we aim to make the other 95% as rich and essential as possible.

To find out more, please search this link (<https://www.compassionate-communities.co.uk>) or contact the team at bill.thompson1@nhs.net.



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www.thepeninsulapractice.co.uk