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 6th December 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

- Ear care – wax removal (see website)

Goodbye and Thank You to Dr John Scott

On behalf of all the staff and thousands of patients who have benefited from the care, kindness and expertise of Dr John Scott, we would like to thank him and wish him the very best as he steps down from his GP position with Peninsula Practice in December.

Contact details

Have you given us your current mobile number? This allows you to get information directly and quickly from us.

We can send you appointment reminders, results, and information via your phone if you share your up to date mobile number (you can opt out of these if you wish).

To check if we have your current number and to update, go to your account at https://systmonline.tpp-uk.com/ or call the surgery after 11am.

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www.thepeninsulapractice.co.uk