



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 |

Staff training is important for our practice. On the following days, surgery sites are closed from 13:00 until the following day.

The specified site is open for booking future appointments and accessing repeat prescriptions.

- Thursday 8th February 2024 – Alderton
- Wednesday 6th March - Aldeburgh

All calls will be redirected to 111.

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)

Happy New Year!

As we bring in 2024, we would like to wish our patients a Happy New Year, and encourage everyone to use this year to take care of their health using some of the following tips:

- If you feel a new lump in your body, please contact us;
- Movement is good – moving your body in ways that you can and don't cause pain keeps your joints mobile and heart pumping;
 - Brush your teeth twice a day (and at least right before you go to bed);
 - Drink lots of water;
 - Vegetables and fruit are your friends;
- **Your health is important to us – if you have any concerns or questions about your health, please contact us, we want to help!**

Welcome to Dr Ian Rudland!

We are delighted to welcome Dr Rudland back to Peninsula Practice.

Many of you will remember Dr Rudland who successfully completed his GP training with us and is very happy to be returning as a permanent member of our excellent GP team.

01394 411641

peninsula.practice@nhs.net

www.thepeninsulapractice.co.uk