



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.

- Wednesday 6th March – Aldeburgh
- Thursday 18th April – Alderton
- Wednesday 15th May - 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)

Getting updates from us

Do we have your current mobile phone number? This allows us to remind you about appointments and share any urgent updates.

The NHS app is another way to keep in contact with our surgery – with the app you can manage appointments, request repeat prescriptions, view your medical record, and access 111 Online.

We share information about the practice and local area on our Facebook and Instagram accounts under the name The Peninsula Practice, you can follow us and keep up to date.

Missed appointments

If you cannot attend your appointment, please call to inform us so that we can offer it to other patients and reschedule your appointment. Between 1st October – 31st December 2023, 145 appointments were missed, equalling a total of 28 hours of clinical time.

01394 411641

peninsula.practice@nhs.net

<https://www.thepeninsulapractice.co.uk>