



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 15th May – Aldeburgh
- Thursday 13th June – Alderton
- Wednesday 11th September - 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

Peninsula Practice Patient Participation Group – The Patient’s Voice

The Peninsula Patient Participation Group (PPG) is a group of volunteer patients, carers and practice staff who meet four times a year to discuss and support the running of the practice.

If you are over 16 and a patient of Peninsula Practice, you are welcome to join the PPG. For more information about becoming a member, please contact Natalie on 01394 411461.

If you have any suggestions, ideas or concerns then please do get in touch with the group via email: peninsulapracticeppg@gmail.com

Bereavement café in Aldeburgh

Attend the beautiful and peaceful surroundings of The Red House, Aldeburgh for a monthly Bereavement Café. Offering a welcoming space for those coping with loss to gather, meet, talk, and find comfort and support in shared experiences.

Run by trained volunteers, with the support of St. Elizabeth's Hospice, it is a social space for people who are facing bereavement to talk about their experience of loss in a safe, relaxed environment.

See more details at: brittenpearsarts.org/events/bereavement-cafe

01394 411641

peninsula.practice@nhs.net

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