



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 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
- Minor surgery including moles, skin tags and lesions
- Steroid joint injections
- Ultrasound (by referral)
- Mental health and wellbeing support
- Single skin lesion clinic
- 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)

Painkillers

If you have been on a painkiller for more than 3-6 months, please contact us to have a review appointment with one of our clinicians. This is to check that the medication is appropriate and to reduce the risk of dependency.

East Anglia Air Ambulance

We are very proud to be supporting East Anglian Air Ambulance with collection points for clothes and shoes. We have these points available at our Alderton and Aldeburgh surgeries where you can bring bagged clothes and shoes to donate. They are very visible in beautiful bright yellow!

East Anglian Air Ambulance are our partners in providing care to our patient population and we are very excited to be supporting them in this way.

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