



# The Peninsula Practice

DAY	ALDERTON	ALDEBURGH	ORFORD
Monday	8.00 to <b>14.30</b>	8.00 to 18.30	8.00 to 18.30
Tuesday	8.00 to 18.30	8.00 to 18.30	<b>CLOSED</b>
Wednesday	8.00 to 18.30	8.00 to 18.30	8.00 to <b>13.00</b>
Thursday	8.00 to 18.30	8.00 to 18.30	8.00 to <b>13.00</b>
Friday	8.00 to 18.30	8.00 to 18.30	8.00 to <b>13.00</b>

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 11<sup>th</sup> September - Aldeburgh

All calls will be redirected to 111.

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### **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)

### **Recent fall or feeling unsteady**

If you have recently fallen or feel unsteady on your feet, are over 65 years old and are registered with us, please contact us about a referral for a 12-week programme to build your strength and balance with Active Suffolk.

### **Autumn covid and flu vaccinations**

Over the next couple of months, we will be finalising our plans for the Autumn vaccination programmes. Updates will be posted on our website and social media channels, and please ensure your mobile number is up to date to ensure we can contact you.

### **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 1<sup>st</sup> January – 31<sup>st</sup> March 2024, 138 appointments were missed, equalling a total of 35.75 hours of clinical time.

**01394 411641**

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