



# 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 close from 1pm until the following day. All calls are redirected to 111.

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

- Wednesday 13<sup>th</sup> November – Aldeburgh
- Wednesday 12<sup>th</sup> February 2025 – Alderton

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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 & 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)

### **Women's Health App – CONNECTPlus**

A new app has been created and released by the Suffolk and North East Essex Integrated Care System and Healthwatch Suffolk to support women with their wellbeing. You can find out more and download the app at <https://api.hciconnect.plus/SNEE-WHH/>

Dr Crockett said "This app is a mine of useful and trusted information, from teenagers experiencing their first periods to husbands and partners wanting to support their loved ones through menopause.

*We want women to live their lives to the full, and this app can help them to do that."*

### **National patient survey – Peninsula results**

Conducted annually by an independent 3<sup>rd</sup> party, thousands of patients across England are randomly surveyed about their experience with their GP surgery. 101 Peninsula Practice patients completed the survey with the following data a snapshot of the feedback (national average comparison in brackets):

- 93% find the reception and administrative team at this GP practice helpful (83%)
- 78% describe their experience of contacting their GP practice as good (67%)
- 94% felt their needs were met during their last general practice appointment (90%)

We value your feedback and always want to improve, please contact us if you wish to discuss your experience with our surgery.

**01394 411641**

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