



# 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 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
- 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)

### **Happy Holidays and New Year**

We want to wish all of our patients and their loved ones a happy winter holiday and happy new year.

We will be closed on the bank holidays over Christmas and the New Year (25<sup>th</sup> & 26<sup>th</sup> December 2024, 1<sup>st</sup> January 2025) – please call 111 if you need medical help, or 999 in an emergency. We will be open as usual over the rest of the festive period; you can call us for an appointment, or log into your online account – please see our appointments page on our website for more information about these options.

### **East Anglian Air Ambulance**

We are very proud to continue 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 bright yellow!

### **X-ray at Aldeburgh Cottage Hospital**

With special thanks to the League of Friends Committee, Aldeburgh Cottage hospital's x-ray has been replaced and patients are now able to get x-rays completed at the hospital.

**01394 411641**

**[peninsula.practice@nhs.net](mailto:peninsula.practice@nhs.net)**

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