



# 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 New Year**

We hope all our patients and their friends and families had a lovely winter break. We hope for 2025 to be a wonderful year for all.

If you have concerns about your health or wellbeing, please contact us for an appointment and we will ensure you see the appropriate professional.

## **Strength and Balance**

If you have recently fallen or feel unsteady on your feet, and you are 65 or older, you may benefit from a Strength and Balance programme. To find out more, go to:  
[www.activesuffolk.org/strength-and-balance](http://www.activesuffolk.org/strength-and-balance)

## **Winter Fuel Payment**

If you receive pension credit, you may be eligible for the winter fuel payment. You can find out more by calling 0800 99 1234, or by visiting [gov.uk/pension-credit](http://gov.uk/pension-credit).

**01394 411641**

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

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