



# 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.

- Thursday 8<sup>th</sup> February 2024 – Alderton
- Wednesday 6<sup>th</sup> March – 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
- Ultrasound (by referral)
- Single skin lesion clinic
- Mental health and wellbeing support
- 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)

## Healthy you

Health check-ups are available from Peninsula Practice, allowing you to have a discussion with a clinician about your health and concerns that you may have. This can include lifestyle, health checks such as blood pressure, and mental health discussions as well. Make an appointment with us in advance by contacting the surgery by phone or online.

## **Menopause – Tuesday 20<sup>th</sup> February 2024, 7:30pm**

On Tuesday 20<sup>th</sup> February 2024 at 7:30pm, Dr Crockett will be holding a Menopause information webinar. Involving a presentation followed by open questions, it is open to everybody; male or female, patient of Peninsula practice or not, pre-, during- or post-menopause.

You can join anonymously – no camera or mic is required, and you can add any questions or comments in the chat which will be answered by Dr Crockett during the session.

We have a webpage on the menopause on our website, which is updated regularly:  
<https://www.thepeninsulapractice.co.uk/menopause>.

To join on the date, please enter the following information into Zoom:

Meeting ID: 863 7967 1067  
Passcode: 993730

**01394 411641**

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

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