



The Peninsula Practice

DAY	ALDERTON	ALDEBURGH	ORFORD
Monday	8.00 to 14.30	8.00 to 18.30	8.00 to 18.30
Tuesday	8.00 to 18.30	8.00 to 18.30	CLOSED
Wednesday	8.00 to 18.30	8.00 to 18.30	8.00 to 13.00
Thursday	8.00 to 18.30	8.00 to 18.30	8.00 to 13.00
Friday	8.00 to 18.30	8.00 to 18.30	8.00 to 13.00

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 18th April – Alderton
- Wednesday 15th May – Aldeburgh
- Thursday 13th June – Alderton

All calls will be redirected to 111.

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)

Spring Covid Programme

Details about the Spring Covid Booster programme are being released and we have the following details to share:

From 15th April, the vaccination programme will begin by protecting our care home residents and housebound patients – these people will be contacted directly.

From 22nd April, we will be vaccinating our patient population aged over 75, and people who are immunocompromised.

Text invites will be sent to eligible patients closer to the time – please ensure that you have shared your current mobile number with us.

Vacancies at the Peninsula Practice

The Peninsula Practice is a surgery of around 40 staff, working closely and collaboratively to deliver care to our patients. We are a progressive training practice with an ethos of shared learning and an open-door support culture; we have been awarded outstanding in 4/5 areas (2016 & 2019 - currently highest scoring in Suffolk).

When we have vacancies, we post them on our website, on social media, and Indeed.

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