



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.

- Wednesday 11th September – Aldeburgh
- Thursday 17th October 2024 - 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
- Minor surgery including moles, skin tags and 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)

Flamingo Challenge

Are you over 65yrs old? Can you stand on one leg? Data shows that being able to stand on one leg over the age of 65yrs for over 10 seconds significantly reduces your risk of falls and increases strength and balance - why not try it whilst brushing your teeth every day (whilst ensuring your safety)?

Ageing well

Find more resources and links about ageing well on our website at <https://www.thepeninsulapractice.co.uk/older-age-health>

Flu & Covid vaccinations

Criteria for winter 2024/25 flu vaccinations have been published, however, we are awaiting the eligibility for covid vaccines. We have been advised to co-administer the two vaccinations where possible and aim to do this in our October clinics. Patients will be invited by text, email, or letter with booking links to book directly into the system once NHS England confirm the eligibility criteria.

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