



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 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.

- Thursday 10th April 2025 - Aldeburgh
- Wednesday 14th May 2025 - Alderton
- Thursday 12th June 2025 - Aldeburgh

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)

Contacting us online

We at Peninsula Practice are introducing a new way of contacting us online and ensuring that your health concerns are resolved.

We are now using an online software which can integrate with the NHS app. You can provide information and images about your concern, and a healthcare professional within Peninsula Practice will review the information and contact you.

This means that you don't have to call us at 8am to get an appointment, and have the ability to monitor your queries using the NHS app.

We will still be available for phone calls, however, this new process enables you, our patients, to contact us when it is convenient for you throughout the practice opening hours.

Please go to our website and select 'Contact Us Online' to begin using this service.

Upcoming half term winter guide

A resource developed by Suffolk and North East Essex Vaccination Service can help you to understand what to do and which service to turn to if you need advice or support over winter and this upcoming half term. This guide can be accessed at: <https://sneevaccine.org.uk/this-winter/>

01394 411641

peninsula.practice@nhs.net

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