



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)

Covid spring clinics

Our Spring covid clinics are beginning soon:

- Tuesday 22nd April – Orford Surgery
- Tuesday 29th April – Aldeburgh Old Generator Station
- Thursday 8th May – Hollesley Village Hall

Please contact us if you believe you are eligible for a Spring booster and don't yet have an appointment.

Your practice team

When you contact us, you are triaged to the most appropriate healthcare professional, which can include our pharmacists and paramedic.

Depending on your health concern, they may be more suited to support you than the GP and are able to direct you to appropriate care if more specialist treatment is required.

This enables us to ensure that everyone gets treated at the right time, by the right healthcare professional.

Missing your appointments

If you cannot attend your appointment, please call to inform us so that we can offer it to other patients and reschedule your appointment. Between 01/10/2024 – 31/12/2024, 28 hours of clinical time were lost to missed appointments.

Dementia project

Are you worried about your memory? Come and have a free memory check, as well as learn about brain health. Contact us to find out more and make an appointment.

01394 411641

peninsula.practice@nhs.net

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