

April 2025

Practice Training Dates 2025

Alyn Family Doctors will be closed for staff training as part of a compulsory Welsh Government programme on the following dates from 1.00pm . Llay surgery will reopen at 5.00pm.

30th April 2025

4th June 2025

Every month we release our GP infographics which can be viewed on our social media, in our reception areas and here on our newsletter. We hope you find these infographics insightful.

In the month of February we:

- **Answered 5,168 phone calls**
- **Issued 19,259 items via prescription**
- **3,002 patients had an appointment of which 2,893 were seen face to face**
- **Made 1,463 referrals for further care**
- **Issued 299 fit notes**
- **Received 6,631 digital requests**
- **109 patients did not attend appointments**



Are you struggling with exam stress, social anxiety or feeling low?

You're not alone, but SilverCloud can help.

SilverCloud Wales offer student-specific programmes for mild-to-moderate anxiety, stress and depression, plus a course for building lasting resilience to life's setbacks.

Learn more about how SilverCloud online self-help programmes can support you to improve your wellbeing:

<https://bcuhb.nhs.wales/.../silvercloud-free-online.../>

Cymorth ar-lein am **ddim** ar gyfer gorbryder, iselder, straen, pryderon arian a mwy.

Free online support for anxiety, depression, stress, money worries and more.

Dim rhestrau aros
Cofrestrwch heddiw

No waiting lists
Sign up today

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When attending your **diabetic review** with the practice nurse please remember :

- **to have your blood test taken approx 2 weeks prior to the appointment**
- **to bring a urine sample to your appointment in a sterile bottle from the surgery**



Antimicrobial resistance (AMR)

Antibiotic resistance has been identified by the World Health Organization as one of the most pressing challenges we face this century. Both the NHS and health organisations across the world are trying to reduce the use of antibiotics, especially for health problems that are not serious.



ANTIBIOTIC RESISTANCE

Antibiotics are used to treat infections caused by bacteria, but every time we take them, we give the bacteria a chance to fight back. Antimicrobial resistance (AMR) occurs when bacteria, viruses, fungi and parasites change over time and no longer respond to medicines, making infections harder to treat and increasing the risk of disease spread, severe illness and death. Antibiotics are becoming less effective due to overuse, and in some cases not using them correctly. The more antibiotics are used to treat trivial conditions, the more likely they are to become ineffective for treating more serious conditions.

Globally, almost 5 million people die every year due to infections associated with antibiotic resistance. Action is required to ensure routine treatments such as chemotherapy, organ transplants and joint replacements are still possible with the use of the antibiotics needed to make them safe.

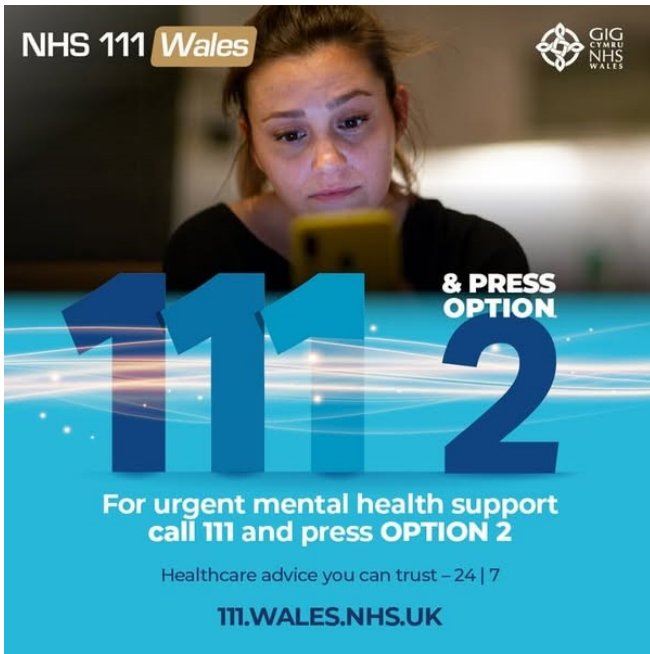
Antibiotics are a precious resource. We can help to keep antibiotics working by remembering, antibiotics aren't always the answer. When they are prescribed, they are prescribed specifically for you and your infection.



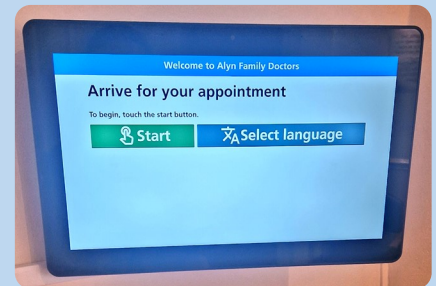
We can slow the spread of antibiotic resistance by following these simple steps:

- Only take antibiotics when told to by your doctor, pharmacist, nurse or dentist.
- Always take antibiotics exactly as prescribed.
- Never save antibiotics for later or give them to someone else.

If we don't use antibiotics when we don't need them, they'll be more likely to work when we do.

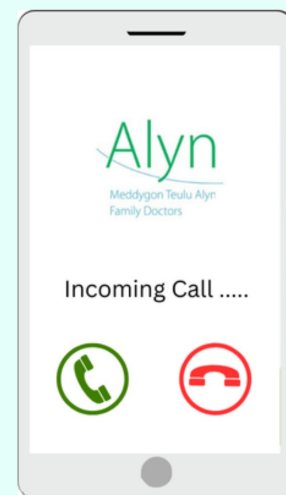


Rossett surgery now has a check-in screen in the reception area. Please use the screen to check-in when you arrive for your appointment.



Thank you for taking the time to read our monthly Newsletter. We hope you have found the information relevant and useful to you. If you have any feedback, please feel free to email our team at:

Generalenquiries@alynfamilydoctors.co.uk



We may need to contact you following a Klinik submission

Please ensure you are available to answer a follow up telephone call within the hours after submitting a Klinik request

For weekly news and updates follow us on Facebook

<https://www.facebook.com/alynfamilydoctors>

