

## Surgery Newsletter April 2026

### Practice Training Dates 2026

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.

**22nd April 2026**

**3rd June 2026**



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

### In the month of February we:

- Answered 4,675 phone calls
- Issued 19,289 items via prescription
- 3065 patients had an appointment, of which 2970 were seen face to face
- Made 1,202 referrals for further care
- Issued 386 fit notes
- Received 7,143 digital requests
- 95 patients did not attend appointments

**April is Stress Awareness Month**, a time to recognise how stress can affect both our mental and physical well-being. Symptoms of stress can include difficulty sleeping, headaches, irritability, feeling overwhelmed, or trouble concentrating.

Patients can access SilverCloud, a free online mental health support programme available through NHS Wales. SilverCloud offers guided self-help courses based on Cognitive Behavioural Therapy, designed to help people manage stress, anxiety, low mood and sleep difficulties.

The programme usually runs for around 12 weeks and can be accessed anytime on a phone, tablet or computer. Patients work through interactive activities and may receive feedback and support from a trained NHS supporter during the course.

Adults aged 16 and over can self-refer online without seeing a GP. If you feel stress is affecting your well-being, SilverCloud can be a helpful first step in learning practical coping strategies.



**We are committed to helping families keep their children healthy.**

Routine childhood vaccinations protect against serious illnesses such as diphtheria, tetanus, whooping cough, polio, meningitis, and measles. In 2026, Wales introduced a new vaccine protecting against Chickenpox, given as part of the combined MMRV vaccine (measles, mumps, rubella, and varicella). This is offered at 12 months and 18 months, helping protect children earlier from this highly contagious infection. Vaccinations are free on the NHS in Wales and are carefully scheduled to provide the best protection at the right age. If you're unsure whether your child is up to date, please contact the practice and our team will be happy to help.

**Did You Know?**

You can order your repeat prescriptions using the NHS Wales App. The app allows you to request your medication online and track the progress of your prescription, making it easier to see when it has been processed. Using online services can help save time and keep our phone lines free for patients who need urgent support.

**Long-Term Condition Reviews & MEDlink**

Regular health reviews are an important part of managing long-term conditions and helping patients stay well.

At Alyn Family Doctors, we encourage all patients to attend their routine reviews, as they help monitor their condition, prevent complications, and ensure their treatment remains effective.

Condition reviews are tailored to your needs, such as checking asthma control and inhaler use, monitoring diabetes, or ensuring the safe use of medications like anticoagulants.

**To improve this process, we are introducing MEDlink**, a secure digital system. Patients may receive a text or email inviting them to complete a short questionnaire before their review, helping make appointments more focused and efficient.

Patients unable to use digital services will still be supported in the usual way, and reviews will be organised around birth months for easier planning.