

Surgery Newsletter August 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.

16/09/2026
05/11/2026



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 June we:

- Answered 5,067 phone calls
- Issued 22,727 items via prescription
- 2,683 patients had an appointment, of which 2,585 were seen face-to-face
- Made 1,559 referrals for further care
- Issued 361 fit notes
- Received 9,348 digital requests
- 98 patients did not attend appointments

Basic First Aid: Simple Steps That Can Help

Accidents can happen at any time, and knowing a few basic first aid steps can help keep someone safe while waiting for professional help.

Call 999 immediately if someone is unconscious, not breathing normally, has chest pain, signs of a stroke, severe bleeding, or another life-threatening emergency.

Burns: Cool under cool running water for at least 20 minutes, remove jewellery if possible, and cover loosely with cling film or a clean dressing. Do not use ice or creams.

Bleeding: Apply firm pressure with a clean cloth or dressing and keep pressure on the wound.

Nosebleeds: Sit down, lean forward, and pinch the soft part of the nose for 10–15 minutes.

Sprains and strains: Rest, apply a wrapped ice pack, and raise the injured area.

Basic first aid knowledge can help you stay calm and make a real difference in an emergency.

Back to School: Helping Your Child Stay Healthy

As children prepare to return to school, establishing healthy routines can help them settle back into the classroom. Aim for a consistent bedtime a week or two before school starts to ensure they get enough sleep. A healthy breakfast and a balanced lunch can help improve concentration and energy levels throughout the day.

Encourage regular handwashing with soap and water, especially before eating and after using the toilet, to help reduce the spread of coughs, colds and other infections. Make sure your child has a refillable water bottle to stay hydrated during the school day.

It's also a good time to check that your child's routine vaccinations are up to date.

If your child is feeling anxious about returning to school, encourage them to talk about their worries and reassure them that it's normal to feel nervous after the holidays. Small steps and open conversations can make the transition much easier.

Preventing Falls

Falls can happen at any age, but simple steps can help reduce the risk. Keep walkways and stairs clear of clutter, secure loose rugs, and ensure your home is well lit, particularly on stairs and in hallways. Wear well-fitting, supportive footwear with good grip and avoid walking in socks on slippery floors.

Regular physical activity can improve strength, balance and coordination, helping to reduce the risk of falls. Activities such as walking, gentle strength exercises and balance exercises can all help.

If you feel dizzy, stand up slowly from sitting or lying down, and take extra care on uneven ground or in wet weather.

Taking a few simple precautions can help you stay safe, active and independent.



Bank Holiday Reminder

If your repeat prescription is due around the August Bank Holiday, please allow enough time for it to be processed before the long weekend. Thank you for helping us provide a safe and efficient service.