

August 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.

17th September 2025

6th November 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 June we:

- **Answered 5,075 phone calls**
- **Issued 21,675 items via prescription**
- **3,087 patients had an appointment of which 2,973 were seen face to face**
- **Made 1,907 referrals for further care**
- **Issued 354 fit notes**
- **Received 6,860 digital requests**
- **114 patients did not attend appointments**



Looking after your health during the summer is important and includes taking any necessary precautions against certain health risks that are more likely when travelling and being exposed to heat and sunshine.



Sunburn and heatstroke can cause serious problems. The sun can be enjoyed safely by using shade, protective clothing, hats, sunglasses, and sunscreen. Use sun blocks of adequate SPF strength, reapply often and after swimming. Take special care of children, the elderly and those with pale skin.

Heat rash is a common skin condition which is uncomfortable but usually harmless, the rash occurs when the sweat ducts become blocked, and sweat is trapped beneath the skin causing irritation. Treatment for heat rash includes wearing loose lightweight clothing, staying hydrated and keeping the skin cool and dry.

Everyone is at risk of dehydration in hot temperatures. It is important to keep hydrated. Ensure you drink plenty of fluids. Fruits and salad are full of water and can help hydrate you. Sugary, alcoholic, and caffeinated drinks can make you dehydrated.

The NHS's advises a sun protection factor (SPF) of at least 30 to protect against UVB and at least four-star UVA protection. If sunscreen is applied too thinly, the amount of protection it gives is reduced. Apply sunscreen 15 to 30 minutes before going out in the sun and reapply every 2 hours.

Insect Bites

Insect bites and stings are not usually serious and get better in a few days. You can often treat an insect bite or sting by visiting a pharmacy, without the need to see a GP.

Always wash your skin with soap and water to help lower the chance of infection. If the bite or sting does not get better in a few days contact your local pharmacy and it can be treated under the common ailments scheme.



For weekly news and updates follow us on Facebook

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



Medical care when you are away from home

If you are away on holiday or visiting family this summer and need medical assistance

Please do not complete a Klinik form for Alyn Family Doctors if you are away from the local area. Please complete the form upon your return home if you still require medical assistance.

In a medical emergency contact the emergency services (this may be a different number if you are overseas).

Visit a local pharmacy.

Attend a minor injuries unit or A&E department.

Contact 111 (If you are in the UK)

Temporarily register with a GP practice local to the area you are visiting



Well Pharmacy Gresford have a prescribing pharmacist who can provide free advice and treatment under the NHS for:

- Ear wax and ear infections
- Sore throat and tonsillitis
- UTIs (Women)
- Skin infections and impetigo
- Gout
- Migraine
- Respiratory infections such as Sinusitis/Cough
- Acne and rosacea
- Shingles



Please call 01978 852336 for service availability. Some restrictions apply.

We can also provide advice and treatment under the NHS for the following under the common ailments service:

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|-----------------|------------------|
| - Acne | - Athlete's foot |
| - Chicken pox | - Conjunctivitis |
| - Constipation | - Dermatitis |
| - Dry eyes | - Haemorrhoids |
| - Hayfever | - Head lice |
| - Indigestion | - Mouth ulcers |
| - Nappy rash | - Oral thrush |
| - Ringworm | - Scabies |
| - Sweat rash | - Teething |
| - Threadworms | - Vaginal thrush |
| - Warts/Verruca | |



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