

Surgery Newsletter

February 2024

Wishing Dr Guest a very happy retirement

Our long serving GP Partner Dr Guest will retire in late March 2024 after 25 years of dedicated and loyal service at Alyn Family Doctors.

We're sure that our patients will want to join our team in sending a huge thank you to Dr Guest, and wishing her a very happy and healthy retirement.

Happy Retirement!

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 December we:

- Answered 5,246 phone calls
- Issued 20,540 items via prescription
- 2,587 patients had an appointment of which 2,464 were seen face to face
- Made 1,083 referrals for further care
- Issued 212 fit notes
- Received 5,716 digital requests
- 123 patients did not attend appointments

Practice Training Dates 2023

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

29th February 2024

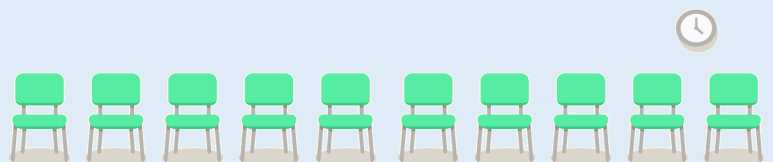
18th April 2024



We have seen a rise in patients not attending Doctors appointments. **It is important to cancel your appointment if you can not attend.** Failing to do so results in other patients having treatment delayed.

You can cancel your appointment:

- On the NHS app
- Via Klinik
- By telephone– 03333 323 260
- By email generalenquiries@alynfamilydoctors.co.uk



Do you have a disability, impairment or sensory loss and need to receive information in a way you can easily understand?

If **YES**, please inform us at reception so we can make sure you receive information that is easily accessible for you to use



This February many of us will celebrate Valentines Day and show our loved ones how much we care. February is also National Heart Month, and it is important to care about our own heart health too.

Did you know that 1 In 2 adults in the UK have raised cholesterol?

Take action during heart month to reduce your risk of developing heart and circulatory disease.

High cholesterol is when you have too much of a fatty substance called cholesterol in your blood. It's mainly caused by eating fatty food, not exercising enough, being overweight, smoking and drinking alcohol. It can also run in families. Too much cholesterol can block your blood vessels. It makes you more likely to have heart problems or a stroke. High cholesterol does not usually cause symptoms. You can only find out if you have it from a blood test.

You can request a blood test from your GP if you have not had a test before and you're over 40, overweight, or high cholesterol or heart problems run in your family. If you have high cholesterol, a doctor or nurse will talk to you about how you can lower it. This might include things like changing your diet or taking medicine. Lowering your cholesterol can help lower your risk of having a heart attack or stroke.

What is a good target level for you depends on things such as your age, whether you have any health conditions and your risk of cardiovascular disease.

Ways to help lower your cholesterol include:

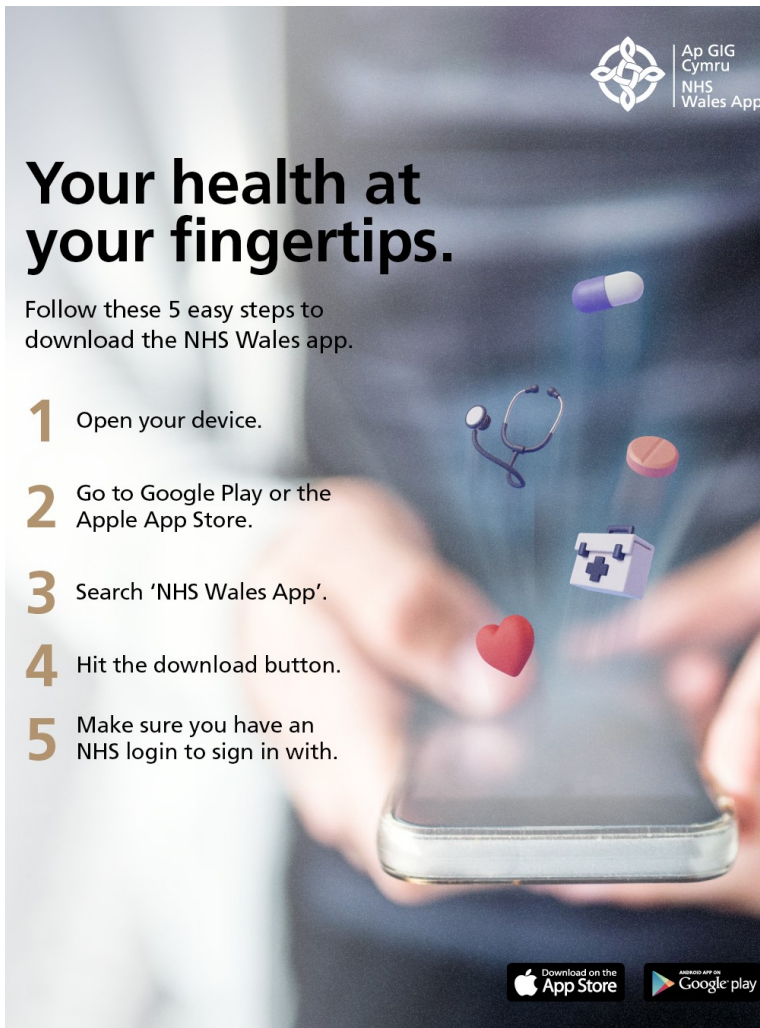
- Eating fewer fatty foods especially foods that contain saturated fat. Try to eat more oily fish, brown rice, wholewheat pasta, nuts, seeds, fruit, and vegetables.
- Exercise more. Aim to do at least 2.5 hours a week.
- Stop smoking. Smoking can raise your cholesterol and make you more likely to have a heart attack, stroke, and cancer.
- Cut down on alcohol. Try to avoid drinking more than 14 units of alcohol a week.

Further information and support can be found at

<https://www.bhf.org.uk/>

<https://www.nhs.uk/conditions/high-cholesterol/>





Ap GIG Cymru
NHS Wales App

Your health at your fingertips.

Follow these 5 easy steps to download the NHS Wales app.

- 1 Open your device.
- 2 Go to Google Play or the Apple App Store.
- 3 Search 'NHS Wales App'.
- 4 Hit the download button.
- 5 Make sure you have an NHS login to sign in with.

Download on the App Store | GET IT ON Google play



Ydych chi erioed wedi gwasanaethu yn Lluoedd Arfog y DU fel Milwr Rheolaidd, Wrth Gefn neu drwy Wasanaeth Cenedlaethol?

Have you ever served in the UK Armed Forces as a Regular, Reservist or through National Service?

Rhowch wybod i'ch practis meddygol.

Efallai y bydd gennych hawl i gael triniaeth â blaenoriaeth.

Please let your medical practice know.

You may be eligible for priority treatment.



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Thank you for taking the time to read our monthly Newsletter. If you have any feedback, please feel free to email our team at:

generalenquiries@alynfamilydoctors.co.uk

Useful contact details

Alyn Family Doctors— 0333 332 3260

Wrexham Maelor hospital— 01978 291 100

Llay Pharmacy— 01978 852 294

Gresford Pharmacy— 01978 852 336

Rossett Pharmacy— 01244 570 310

District Nurse— 0300 084 9990

Midwives— 01978 757 546

Health Visitor—03000 849 980

Cheshire Health Visitor 01244 382 111

Phlebotomy— 03000 850 003

Rossett Community Agent- 07421 138913

Gresford Community Agent- 07747 431607

Llay Community Agent—07300 418284