

Surgery Newsletter

January 2024

Wishing all our patients a Happy and Healthy New Year!

We are extremely grateful for all of the kind messages, gifts and cards we received over the festive period. Thank you.



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 November we:

- Answered 5,839 phone calls
- Issued 22,084 items via prescription
- 3,832 patients had an appointment of which 3,515 were seen face to face
- Made 1,312 referrals for further care
- Issued 286 fit notes
- Received 6,026 digital requests
- 177 patients did not attend appointments

When completing a Klinik form you can now log in using your NHS login details. This will mean your demographics will automatically be added to the form saving you time when submitting your enquiry or request.

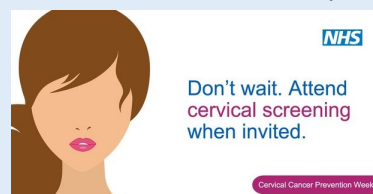
 Sign in with NHS login

The 22nd to the 29th of January is Cervical Cancer Prevention Week. This week is an opportunity to raise awareness on the risks of cervical cancer, and help women and people with cervixes learn about how to reduce these risks and prevent the illness.

It's vital that you are

- Attending cervical screening when invited
- Knowing the symptoms of cervical cancer and seeking medical advice if experiencing any
- Taking up the HPV vaccine if aged 11-18, and encouraging others to do so

Find out more about cervical cancer on the NHS website -Cervical cancer (www.nhs.uk)



The New Year is a perfect time to focus on your health and wellbeing. Being more active, stopping smoking or drinking less can help to reduce your risk of developing serious long-term health problems. Help and support can make all the difference when working towards your goals and there are many excellent resources available to help you build better habits and change your lifestyles.

- **Help with my Weight North Wales-** Betsi Cadwaladr offer a range of services for adults in North Wales who need to lose weight for health reasons.

<https://bcuhb.nhs.wales/health-advice/help-with-my-weight/>



- The **BCUH Health Improvement Team** aim to empower the residents of Wrexham to embrace the value of health and wellbeing. They run a number of classes such as cooking classes and yoga.

<https://bcuhb.nhs.wales/services/hospital-services/health-improvement-team/>



Tel:03000 859 625 email:bcu.healthimprovementteam@wales.nhs.uk.

- **Nutrition Skills for Life** provide food and nutrition skills courses for community members. <https://nutritionskillsforlife.com/>



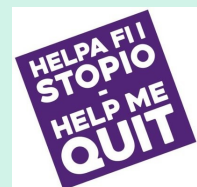
- **Alcohol change UK** is a charity working to reduce the harm caused by alcohol, ensuring access for all to alcohol support.

<https://alcoholchange.org.uk/>



- **Help Me Quit-** Local stop smoking services are free, friendly and can massively boost your chances of quitting for good.

<https://www.helpmequit.wales/> 0800 085 2219



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



Let's beat Blue Monday together

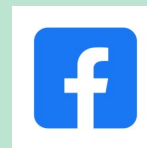
We are encouraging people to talk about their problems and seek help if they need to this 'Blue Monday'. Traditionally the third Monday in January, 'Blue Monday' is often thought to be the lowest day of the year for many of us. We are aiming to address this by reaching out to those who may be struggling. No matter how negative a situation is, help is at hand, especially to those who may not be aware of where to go for guidance.



- **111 option 2-** Urgent Mental Health support for all.
7 days a week 8.30am -11.00pm call- 111
- **iCAN-** provides easy to access support on various issues that may be worrying you or affecting your mental well-being like... • Relationship breakdowns • Employment difficulties • Social anxiety • Grief • Money worries • Loneliness
<https://bcuhb.nhs.wales/health-advice/mental-health-hub/i-can/>
Wrexham- 01352 872189
- **Social Prescribers provide** online or telephone appointments to discuss matters impacting on health & wellbeing such as bereavement, debt advice, depression, anxiety & isolation. Self-refer by emailing spt@rainbowcentrepnley.org.uk
- **Parabl Talking therapies** offer therapeutic interventions for those >18yrs facing common mental health difficulties. Referrals can only be accepted by phone – Tel: 0300 777 2257.
- **MEIC** Support for children and young people up to 25 years old open 8am to midnight, 7 days a week. You can contact them for free by phone 080880 23456, text 84001 and instant messaging on their website.

For weekly news and updates follow us on Facebook

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



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