

Surgery Newsletter July 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 May we:

- Answered 4,615 phone calls
- Issued 19,323 items via prescription
- 2,513 patients had an appointment, of which 2,419 were seen face-to-face
- Made 1,297 referrals for further care
- Issued 347 fit notes
- Received 9,251 digital requests
- 94 patients did not attend appointments

Waiting for exam results can be a stressful time for young people. If your teenager is feeling anxious, remind them that their results do not define who they are or what they can achieve. You can help by listening without judgement, encouraging open conversations about their worries, and reassuring them that there are always options and support available, whatever the outcome. Encourage them to take breaks, stay active, get enough sleep, and spend time doing things they enjoy while they wait. If anxiety is becoming overwhelming or is affecting their daily life, don't hesitate to contact the practice for advice and support.

Support can also be accessed via-

- **MEIC** – A confidential information, advice and advocacy service for children and young people aged 0–25 in Wales. Call 0808 80 23456, text 84001, or use the online chat.
- **CALL** Mental Health Helpline for Wales – Confidential emotional support is available 24 hours a day. Call 0800 132 737 or text HELP to 81066.



With the warmer weather forecast to last, stay safe in the heat. High temperatures can have a serious impact on our health. Heat can increase the risk of dehydration, heat exhaustion and heatstroke, particularly for older adults, young children, pregnant women, and people living with long-term health conditions.

Heat exhaustion can develop if your body becomes too hot.

Symptoms include heavy sweating, feeling faint or dizzy, headache, muscle cramps, feeling sick, fast breathing, or a rapid pulse. If someone has heat exhaustion, move them to a cool place, encourage them to drink water, loosen or remove unnecessary clothing, and cool their skin with a damp cloth or fan. Most people should start to recover within 30 minutes. If they do not improve within 30 minutes, become confused, lose consciousness, or have a very high temperature, call 999 immediately, as these may be signs of heatstroke.



Hot Weather and Long-Term Health Conditions

Hot weather can make some long-term health conditions more difficult to manage. People living with conditions such as heart disease, lung disease, kidney disease, diabetes, or dementia may be more vulnerable to the effects of heat and dehydration.

Take extra care to stay cool, drink plenty of fluids (unless you've been advised to restrict your fluid intake), and continue taking your medication as prescribed.

Hot weather can affect some medicines and increase your risk of dehydration.

Continue taking your medication as prescribed and do not stop taking it without medical advice. Store medicines according to the instructions on the packaging, as some need to be kept below certain temperatures.



Keeping your home cool can help reduce the risk of heat-related illness. During the hottest part of the day, close curtains or blinds where the sun shines in and, if it's cooler outside, open windows in the evening or overnight to let fresh air circulate.

If you need to go outside, try to stay in the shade between 11am and 3pm, wear lightweight clothing, and take regular breaks in a cool place.

