

June 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.

2nd July 2025

17th September 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 April we:

- **Answered 4,711 phone calls**
- **Issued 21,743 items via prescription**
- **2,781 patients had an appointment of which 2,655 were seen face to face**
- **Made 1,406 referrals for further care**
- **Issued 253 fit notes**
- **Received 6,692 digital requests**
- **126 patients did not attend appointments**



The summer is here and as most of us welcome the sunshine and warmer weather, it is also important to remember the various health problems summer can bring that might affect you or your family.

Keep Hydrated

- Everyone is at risk of dehydration in hot temperatures. It is important to keep hydrated.
- Sugary, alcoholic, and caffeinated drinks can make you dehydrated.

Sun safety

- The NHS's advises a sun protection factor (SPF) of at least 30 to protect against UVB and at least four-star UVA protection.
- Keep out of the sun from 11am to 3pm.
- Apply sunscreen 15 to 30 minutes before going out in the sun and reapply every 2 hours.

Medical care when you are away from home

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

- 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

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.

The 9th of June marks the start of men's health awareness week. This is an annual event to raise awareness of preventable health issues and encourage men and boys to seek professional advice. The week coincides with Father's Day, and provides an excellent opportunity to engage fathers, brothers, sons, and male friends in discussions about their health while emphasising the significance of men's well-being within the context of family and community.

Health and wellbeing are important to everybody; however, research has shown men are generally less likely than women to seek help for medical advice. On average in the UK men have a lower life expectancy than women. There are many contributing factors to this including lifestyle choices, being less likely to visit a doctor and less likely to talk about the symptoms of their illness to a doctor when they do visit.

What can you do this Men's health week to ensure you are taking care of your health and raising awareness.

- Contact 111 or speak with your GP if you have any health concerns and symptoms.
- Take note of what's going on in your body and mind.
- Attend your annual health checks for chronic illnesses such as diabetes, hypertension and COPD. If you have missed an appointment, contact your GP practice to rearrange.
- Ensure you are up to date with any NHS health screening programmes such as bowel screening, Diabetic Eye Screening and Abdominal Aortic Aneurysm (AAA) Screening.
- Adopt healthy lifestyle changes such as exercising regularly, eating healthy, reducing alcohol intake and stopping smoking.
- Share your story and inspire others to take action.
- Raise awareness by sharing resources and information via social media or directly to men and boys in your life.
- Encourage open conversation and creating a safe space for others to discuss their health and wellbeing.

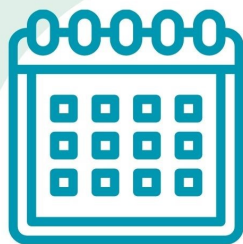


**Don't need it?
Cancel it!**
In **May** a total of

131

Appointments were missed

**If you miss an
appointment,
this stops someone
else from getting
treatment sooner**



Alyn Meddygon Teulu Alyn
Family Doctors

For weekly news and updates follow us on
Facebook

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



**If you have a telephone consultation a GP will call you
between the following time slots**

8.30am - 12.30pm

or

2.00pm - 6.00pm



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NHS 111 **Wales** 

**111 & PRESS
OPTION
2**

**For urgent mental health support
call 111 and press OPTION 2**

Healthcare advice you can trust – 24 | 7

111.WALES.NHS.UK

