

**March 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 date from 1.00pm . Llay surgery will reopen at 5.00pm.

**30th April 2025**

**4th June 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 January we:**

- **Answered 5,924 phone calls**
- **Issued 21,691 items via prescription**
- **3,622 patients had an appointment of which 3,484 were seen face to face**
- **Made 1,536 referrals for further care**
- **Issued 351 it notes**
- **Received 7,228 digital requests**
- **138 patients did not attend appointments**



### **No Smoking Day 2025 is on the 12<sup>th</sup> March.**

No Smoking Day is an annual health awareness day in the United Kingdom which is intended to help smokers who want to quit smoking.

There are many health and financial benefits to quitting smoking and quitting now will help you reduce your risk of disease, repair your body and protect the health of others.

It is never too late to quit smoking, however long you have you have been a smoker and whatever your age, benefits can begin quickly. Health benefits from quitting smoking can happen in as little as 20 minutes.

Stopping smoking can benefit not just you but also others around you. Second hand smoke can increase the risk of lung cancer for non-smokers by 30%.

Quitting smoking can be one of the best ways to save money. The average smoker spends £47 a week on tobacco. This amounts to £2,450 a year.

There are local stop smoking services available that are free, friendly and can help boost your chances of quitting for good. These services are staffed by expert advisers and provide a range of proven methods to help you quit. To arrange an appointment, visit <https://www.helpmequit.wales/> or call 0800 085 2219.



## March is prostate cancer awareness month

The prostate is a small gland in the pelvis and is part of the male reproductive system. About the size of a walnut, it's located between the penis and the bladder, and surrounds the urethra. The main function of the prostate is to produce a thick white fluid that creates semen when mixed with the sperm produced by the testicles.

The chances of developing prostate cancer increase as you get older. Most cases develop in men aged 50 or older.

Men whose father or brother were affected by prostate cancer are at slightly increased risk themselves.

Recent research also suggests that obesity increases the risk of prostate cancer. It is important to know the signs and symptoms of Prostate Cancer.

## Signs and symptoms of Prostate Cancer...

- needing to pee more frequently, often during the night
- needing to rush to the toilet
- difficulty in starting to pee (hesitancy)
- straining or taking a long time while peeing
- weak flow
- feeling that your bladder has not emptied fully
- blood in urine or blood in semen



NHS

[nhs.uk/conditions/prostate-cancer/](https://nhs.uk/conditions/prostate-cancer/)

## \*\*\*PARKING IN LLAY NEAR SURGERY\*\*\*

We respectfully ask that you not park on the double-yellow lines on School Road in Llay, nor on the small approach road to the surgery from the mini roundabout, even if just dropping a child off at the school. The road needs to be kept clear for emergency vehicle access; they are larger vehicles and can struggle to get timely access if cars are parked in the way. Sadly this was an issue last week with ambulance access to the surgery.



Don't need it?

**Cancel it!**

In **February** a total of

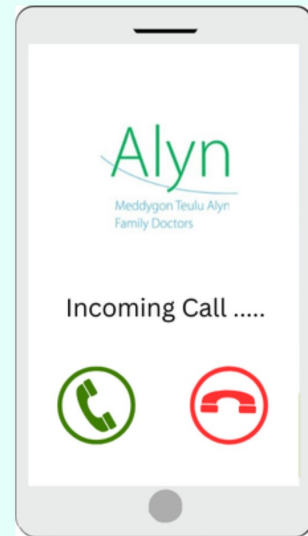
**111**

Appointments were missed

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



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We may need to contact you  
following a Klinik submission

Please ensure you are available  
to answer a follow up telephone call  
within the hours after submitting  
a Klinik request

Thank you for taking the time to read our  
monthly Newsletter. We hope you have  
found the information relevant and useful  
to you. If you have any feedback, please  
feel free to email our team at:

[Generalenquiries@alynfamilydoctors.co.uk](mailto:Generalenquiries@alynfamilydoctors.co.uk)

For weekly news and updates follow us on  
Facebook

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alynfamilydoctors](https://www.facebook.com/alynfamilydoctors)



When attending your **diabetic review** with  
the practice nurse please remember :

- to have your blood test taken approx 2 weeks  
prior to the appointment
- to bring a urine sample to your appointment  
in a sterile bottle from the surgery



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