

May 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.

4th June 2025

2nd July 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 March we:

- **Answered 5,081 phone calls**
- **Issued 21,373 items via prescription**
- **3,372 patients had an appointment of which 3,250 were seen face to face**
- **Made 1,633 referrals for further care**
- **Issued 275 fit notes**
- **Received 7,061 digital requests**
- **122 patients did not attend appointments**



May is better sleep month. A month aimed at promoting better sleep habits for better overall health and wellbeing.

Sleep is essential to allow your body to recharge and your mind to process information. Without quality sleep our brains can not function properly. Good sleep can

- Improve your overall mood
- Improve your concentration and memory
- Help you maintain a healthy weight
- Lowers your risk of developing health conditions

Here are some steps you can take to improve your sleep hygiene

- Keep regular sleep hours
- Create a restful environment
- Stop using electronic devices before bed
- Exercise regularly during the day
- Get regular exposure to natural light during the day
- Create a relaxing bedtime routine

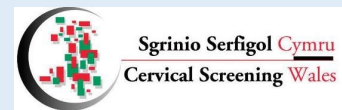


Screening is a process of identifying people who may be at increased risk of a disease or condition. Health screening is important and can ensure that individuals receive the necessary medical treatment in a timely manner. Public Health Wales offers the following national screening programmes across Wales.

Diabetic Eye Screening Wales looks for diabetic eye disease before any symptoms show. Diabetic eye disease can lead to permanent sight loss if not found.



Cervical Screening Wales look for high-risk types of Human Papillomavirus (HPV) that can cause cell changes on the cervix. Cervical screening can prevent cervical cancer from developing or pick it up at an early stage. Women and people with a cervix aged between 25 and 64 are eligible for cervical screening in Wales.



Breast Test Wales looks for breast cancer before symptoms show. Women living in Wales, aged from 50 up to 70 are invited for breast screening every 3 years. Women aged 70 and over will not be invited for screening, but can contact Breast Test Wales and request an appointment.



Bowel Screening Wales looks to find cancer at an early stage when treatment is likely to be more effective. Early detection is key. At least 9 out of 10 people will survive bowel cancer if it's found and treated early. The test kit can be completed at home. People aged between 50 and 74 are invited to take the test every two years.



Wales Abdominal Aortic Aneurysm (AAA) Screening Programme's aim is to reduce the number of ruptured AAA and deaths in Wales. Men aged 65 are invited to be screened. An ultrasound is used to scan the abdomen to look for an AAA.



Antenatal Screening Wales is offers expectant mothers antenatal screening tests to give more information about both theirs and their babies health.



Newborn Bloodspot Screening Wales is when a small sample of blood is taken from the baby's heel, on day five of the baby's life. This blood sample is screened for rare but serious conditions.



Newborn Hearing screening Wales helps to detect babies who are born with hearing loss.



CHECK YOUR SKIN & PROTECT YOUR SKIN

May
is
Melanoma
Awareness Month

**MELANOMA
FOCUS**
Registered Charity No. 1124716

#know
your
skin

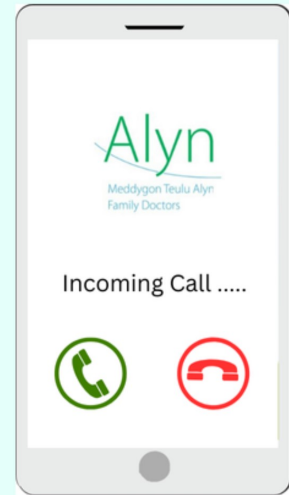


Thank you for taking the time to read our monthly Newsletter. We hope you have found the information relevant and useful to you. If you have any feedback, please feel free to email our team at:

Generalenquiries@alynfamilydoctors.co.uk

For weekly news and updates follow us on Facebook

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



We may need to contact you following a Klinik submission

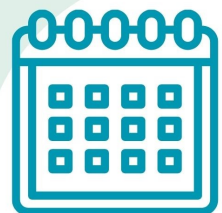
Please ensure you are available to answer a follow up telephone call within the hours after submitting a Klinik request

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

127

Appointments were missed

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



Alyn Meddygon Teulu Alyn
Family Doctors