

## Surgery Newsletter May 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.

**03/06/2026**

**01/07/2026**



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 March we:

- Answered 5,036 phone calls
- Issued 21,970 items via prescription
- 3,392 patients had an appointment, of which 3,272 were seen face-to-face
- Made 1,373 referrals for further care
- Issued 444 fit notes
- Received 7,736 digital requests
- 120 patients did not attend appointments

### Memory Concerns – When to Seek Advice

It is normal to occasionally forget things such as names, appointments, or where you have placed everyday items, particularly during times of stress or tiredness. However, ongoing memory problems that begin to affect daily life should not be ignored.

Signs that may need further advice include increasing forgetfulness, difficulty following conversations, confusion with familiar tasks, changes in mood or behaviour, or concerns raised by family members or friends.

Memory problems can have many causes, including stress, poor sleep, vitamin deficiencies, medication side effects, anxiety, depression, or conditions such as dementia.

Seeking advice early can help identify possible causes and ensure the right support is available. If you are concerned about your memory or worried about someone close to you, please contact us to discuss your concerns.



### Missed Appointments

Every missed appointment is time that could have been offered to another patient in need. If you are unable to attend your appointment, please let us know as soon as possible so we can offer it to someone else. Cancelling in advance helps reduce waiting times and allows Alyn Family Doctors to provide the best possible care for all patients. Thank you for your support and understanding.

### Did You Know?

Spending just 20–30 minutes walking each day can improve both physical and mental wellbeing. Regular walking can help lower blood pressure, improve sleep, support weight management, reduce stress, and lower the risk of conditions such as Type 2 diabetes and heart disease.

With the lighter evenings and warmer weather, summer is a great time to get outdoors and stay active – even gentle activity can make a positive difference to your health. Walking with friends or family can also help reduce loneliness and improve mood, while getting outside in natural daylight may help boost energy levels and support a healthier sleep routine.

### Preventing Type 2 Diabetes

Prediabetes is becoming increasingly common and is an important warning sign that your body may be at risk of developing Type 2 diabetes. Without changes, many people with prediabetes will go on to develop diabetes within a few years – but early action can make a real difference.

The good news is that Type 2 diabetes can often be prevented or delayed through simple lifestyle changes. Eating a healthy balanced diet, reducing sugary foods and drinks, staying physically active, and maintaining a healthy weight can all help lower your risk. Even small changes, such as regular walking, can have long-term health benefits.

Regular monitoring is also important. If you have been advised that you are prediabetic, please attend any blood test or review appointments arranged for you so we can continue to support you in improving your health and reducing your future risk.

