

Alyn Meddygon Teulu Alyn
Family Doctors

Surgery Newsletter

November 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.

12th March 2026

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 September we:

- **Answered 5,213 phone calls**
- **Issued 22,050 items via prescription**
- **3,208 patients had an appointment of which 3,066 were seen face to face**
- **Made 1,529 referrals for further care**
- **Issued 402 fit notes**
- **Received 7,127 digital requests**
- **142 patients did not attend appointments**



To reduce the carbon footprint of inhaler prescribing, the Welsh Government now asks health professionals to optimise asthma and COPD care by:

- using dry powder inhalers or soft mist inhalers as first-line treatment options where clinically appropriate; or,
- If metered dose inhalers (MDIs) are needed, then chose a brand and dosage regime with care to minimise carbon footprint. For example, this may mean taking one puff of a higher dose instead of two puffs of a lower dose.

For patients this will mean when you attend your regular asthma and COPD reviews, our nurses will be talking to you about changing to using green inhaler alternatives called DPIs or dry powder inhalers as part of your care. You will be supported through this by our nursing staff to make sure that you are prescribed the inhaler that's right for you.

The best way to help reduce the carbon footprint is to manage your symptoms: ensure you are using your inhaler correctly and that you take your preventer medicine regularly as prescribed. Inhaler technique is key to getting the best out of your medication. Inhaler technique reviews are available at local pharmacies where the correct technique can be demonstrated, and advice obtained on using your inhaler.



November is Men's health awareness month 'Movember' is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide.

A growing number of men – around 10.8M globally – are facing life with a prostate cancer diagnosis. Globally, testicular cancer is the most common cancer among young men. And across the world, one man dies by suicide every minute of every day, with males accounting for 69% of all suicides.

Movember strives to make a change by giving men the facts and educating men to ensure better health. A wealth of information can be found on their website <https://uk.movember.com/mens-health/general>



MOVEMBER®

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>



This month we reflect on the service of our armed forces, and remember all those who paid the ultimate sacrifice to protect our communities.

If you have ever served in the armed forces as a regular, reservist or through national service, please advise our Patient Advisor team who can add this to your medical records. There are specialised, priority service for individuals who have served in the Armed Forces, at any time in their lives and who are experiencing mental or physical health difficulties related specifically to their military service. We are proud to say that Alyn Family Doctors is an accredited Veteran Friendly Surgery.

Help is available to anybody who is serving or has served in the British armed forces or if you are a family member of somebody who is serving or has served in the past. Find out more about healthcare services that can support you:

- On our webpage you will find a downloadable document which contains details of many organisations who support veterans and their families. Alyn Family Doctors Downloads & Practice Policies
- <https://www.nhs.uk/nhs-services/armed-forces-community/>

