Alyn Meddygon Teulu Alyn Family Doctors

Surgery Newsletter
Novemeber 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.

05/11/2026
25/02/2027



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 September we:

- Answered 5,033phone calls
- Issued 21,309 items via prescription
- 2,526 patients had an appointment, of which 2,425 were seen face-to-face
- Made 1,544 referrals for further care
- Issued 312 fit notes
- Received 8,976 digital requests
- 101 patients did not attend appointments

Men's Health – Don't Put It Off

It's easy to put your health to the bottom of the list, but taking time to look after yourself is important. Movember is a good reminder for men to pay attention to their health and not ignore changes.

From mental health and stress to physical health, there are many things worth keeping an eye on. Check your blood pressure, be aware of changes in your body, and don't ignore symptoms such as persistent tiredness, unexplained weight loss, changes in urination or unusual lumps.

Mental health matters too. If you're struggling, feeling low or overwhelmed, talking to someone can be an important first step.

Looking after your health isn't just about dealing with problems when they arise. It's about recognising changes, making time for yourself and seeking advice when something doesn't feel right.

Your health matters.
Don't put it off.



Prostate Health – Know the Signs

Prostate problems become more common as men get older, but knowing what to look out for is important.

Changes to watch for include:

- Needing to urinate more often, particularly at night.
- Difficulty starting to urinate.
- A weak or interrupted flow.
- Feeling that your bladder hasn't emptied fully.
- Blood in your urine or semen.

These symptoms don't necessarily mean prostate cancer, as they can be caused by other conditions. However, it's important not to ignore changes or put off seeking advice.

Don't feel embarrassed about discussing prostate health. Getting symptoms checked is an important step in looking after yourself.

Testicular Health – Know What's Normal

Testicular cancer is most common in younger men, particularly those aged 15–49, so knowing what is normal for you is important.

Get to know how your testicles normally look and feel, and look out for changes such as:

- A lump or swelling in either testicle.
- A change in size, shape or feel.
- An ache, pain or feeling of heaviness in the scrotum.
- A dull ache in the lower tummy or groin.

Most lumps and changes are not cancer, but it's important to get anything unusual checked promptly.
Don't ignore changes. Early detection can make a real difference.

Men's Mental Health – It's Okay to Talk

Men can sometimes find it difficult to talk about how they're feeling, but mental health is just as important as physical health.
Stress, anxiety and low mood can affect anyone. Sometimes the signs aren't obvious and may include becoming withdrawn, feeling irritable, losing interest in things you usually enjoy or struggling with sleep.
Talking to a friend, family member or someone you trust can be a good first step. You don't have to wait until things become overwhelming to ask for help. Talking about it is a sign of strength, not weakness.