

Surgery Newsletter October 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



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 August we:

- Answered 4,124 phone calls
- Issued 18,883 items via prescription
- 2,323 patients had an appointment, of which 2,224 were seen face-to-face
- Made 1,283 referrals for further care
- Issued 297 fit notes
- Received 8,336 digital requests
- 99 patients did not attend appointments

October is Breast Cancer

Awareness Month – a month dedicated to raising awareness, encouraging regular checks and supporting those affected by breast cancer.

It's also a lovely reminder to take a little time for ourselves. Get to know what is normal for your body and make a habit of checking your breasts regularly.

If you notice any changes that aren't normal for you, don't put off speaking to your GP. And if you're invited for a mammogram, make sure you attend.

Breast cancer can affect so many families, and early detection really can make a difference. So this month, amongst the busyness of everyday life, take a few minutes to look after you.

And don't forget to encourage the women you love to do the same. Check. Know your normal. Speak up. Support each other.



World Mental Health Day – 10th October

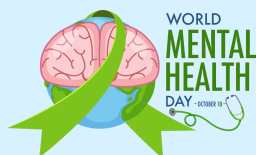
World Mental Health Day is a reminder that looking after our mental health is just as important as looking after our physical health.

Life can feel incredibly busy sometimes. Work, family, children, finances, running a business, keeping the house going... it can all become a lot, and it's easy to keep pushing through without stopping to ask ourselves how we're actually doing.

So today, take a little moment for you. Step outside for some fresh air, put your phone down for a while, have a cup of tea, talk to someone you trust, or simply give yourself permission to slow down.

You don't have to have everything figured out, and you don't have to carry everything on your own. Sometimes the smallest things can make the biggest difference – and asking for help is never something to be ashamed of.

This World Mental Health Day, check in with yourself, check in with the people you love, and remember that you matter too.



Stoptober

October is also Stoptober, the annual campaign encouraging people to quit smoking for good.

Quitting can be difficult, but even making the decision to stop is a huge step. Whether you've been thinking about giving up for a while, have tried before, or are simply curious about making a change, Stoptober is a great opportunity to give it another go.

There are lots of different ways to get support, and you don't have to do it alone. Even small changes can be the beginning of something really positive for your health and wellbeing.

So if quitting smoking is something you've been considering, why not make October the month you give it a go? ❤️

And if you're supporting someone who is trying to quit, a little encouragement and understanding can go a long way.

