



Surgery Newsletter September 2026



Flu and COVID Vaccinations

Booking texts and emails for **flu clinics** have started to be sent out to eligible patients. We have added additional clinics in Rossett Surgery and in Gresford Memorial Trust Hall. If you have not yet responded to the booking message, the link will still be active and can be used to book to attend one of the clinics. Our staff is working their way through telephoning patients who cannot book by text or email to manually book appointments.

COVID vaccination letters from the health board for all patients aged 75 and over (and those aged under 75 who are categorised as 'severely immunosuppressed') will shortly receive a letter or text from NHS Wales with their Covid vaccination appointment at the Llay Royal British Legion. If you receive a letter, you will also be offered your flu vaccination at that appointment. If you would prefer to have your flu vaccination on a separate occasion, please contact the surgery to book. All Covid-eligible patients have also been sent a text booking link for this should they wish, but if you have not received one or cannot use the self-booking portal, please telephone the surgery.

Why Are Flu and COVID Vaccinations Important?

Flu and COVID-19 can cause more than just a few days of feeling unwell. For some people, these infections can lead to serious complications, hospitalisation and can make existing health conditions harder to manage. Vaccination helps your immune system recognise and fight these infections. It can reduce your risk of becoming seriously ill and, if you do become infected, can help reduce the severity of the illness.

Vaccination is particularly important for people who are more vulnerable to complications, including older adults, pregnant women, young children and people living with certain long-term health conditions.

Having your vaccination also helps protect those around you who may be more vulnerable to serious illness.

As we move into the autumn and winter months, when respiratory infections are more likely to spread, getting vaccinated when you are eligible is an important step in protecting your health and helping to reduce the spread of infection.

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.

16/09/2026

05/11/2026



Common Ailments – Your Local Pharmacy Can Help

If you have a cough, cold or sore throat, your local pharmacy can offer advice and help you manage your symptoms. In Wales, the Common Ailments Service provides free advice and treatment for a range of common conditions, including sore throats, through participating pharmacies.

Your pharmacist can advise on the best way to manage your symptoms and whether you need any treatment.

Autumn Reminder

Shorter days don't mean you have to slow down. Try to get outside each day and keep moving – even a short walk can make a difference.



Help Stop the Spread

As we head into autumn, coughs, colds and other respiratory infections become more common. Simple steps can help reduce the spread: Wash your hands regularly with soap and water.



Cover coughs and sneezes with a tissue or your elbow.

Dispose of tissues straight away and wash your hands afterwards.

If you are unwell, try to avoid close contact with others until you feel better.

A few simple habits can help protect you and those around you.

Check Your Medicine Cabinet

As we head into the colder months, it's a good time to check your medicine cabinet and make sure you have some basic items at home for minor illnesses and injuries, such as paracetamol or ibuprofen, plasters, antiseptic cream, a thermometer and any regular medicines you need.

Check that medicines are within their expiry date and store them safely, out of the reach and sight of children. Always follow the instructions on the packaging and ask your pharmacist if you are unsure.

Being prepared can help you manage minor illnesses at home and avoid unnecessary trips for healthcare.