

Surgery Newsletter

March 2024

Practice Training Dates 2024

Alyn Family Doctors will be closed for staff training as part of a compulsory Welsh Government programme on the following dates from 1.00pm –5.00pm.

18th April 2024

20th June 2024



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 August we:

- **Answered 6,164 phone calls.**
↑918 compared to the previous month
- **Issued 23,668 items via prescription**
- **3,792 patients had an appointment of which 3,652 were seen face to face**
↑ 1,188 compared to the previous month
- **Made 1,584 referrals for further care**
- **Issued 304 fit notes**
- **Received 6,867 digital requests**
- **140 patients did not attend appointments**



Looking after your health whilst travelling is important and includes taking any necessary precautions against certain health risks that are more likely when travelling abroad.

Travel immunisations

If you're planning on travelling outside of the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world. You should give at least 8 weeks' notice to your GP or travel clinic prior to your departure. Some vaccines need to be given in advance to allow your body to develop immunity and some vaccines involve several doses spread over weeks or months.

Air Travel

To reduce the risk of deep vein thrombosis, it is sensible for anyone on a long-haul flight to exercise your legs, feet and toes whilst sitting and take short walks whenever feasible. Flight socks may be worn.

Insect Bites

Insect bites and stings are not usually serious and get better in a few days. But sometimes they can become infected and cause a serious allergic reaction. The main symptoms of an insect bite or sting are:

- pain where you were bitten or stung
- a small, swollen lump on the skin

You can often treat an insect bite or sting by visiting a pharmacy, without seeing a GP .

Always wash your skin with soap and water to help lower the chance of infection. The bite or sting should get better in a few days. If the symptoms become worse or does not get better contact your GP.



We welcome you to our Klinik Community Event March 20th 2024

At Rossett and Burton Village Hall

Join us to- Gain confidence in using the Klinik system, speak with our admin team members and ask any questions you may have regarding Klinik and the triage process, laptops and mobile devices will be available to access a dummy system and complete a dummy form with the support of the team, meet a member of the Klinik team.

Sessions will take place throughout the day at 9.30am, 10.30am, 11.30am, and 1.30pm

No appointment needed. Please note it will not be possible to discuss individual cases and medical details on the day of the event. There will be no clinical staff present. We look forward to meeting you and chatting with you about the system and your experiences.

The 13th of March is National No Smoking Day.

Breathe easier and celebrate a smoke-free life. This day aims to inspire and support smokers to quit for good. For those considering stopping, this day presents the perfect opportunity to take that crucial step. You can find help from your local pharmacy or by contacting

Help me Quit–

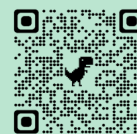
<https://helpmequit.wales>

0800 085 2219



For weekly news and updates follow us on Facebook

<https://www.facebook.com/alyfamilydoctors>



Useful contact details

Alyn Family Doctors– 0333 332 3260

Wrexham Maelor hospital– 01978 291 100

Llay Pharmacy– 01978 852 294

Gresford Pharmacy– 01978 852 336

Rossett Pharmacy— 01244 510 310

District Nurse– 0300 084 9990

Midwives– 01978 757 546

Health Visitor—03000 849 980

Cheshire Health Visitor 01244 382 111

Phlebotomy– 03000 850 003

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@alyfamilydoctors.co.uk