



Surgery Newsletter

December 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 date from 1.00pm . Llay surgery will reopen at 5.00pm.

6th March 2025



30th April 2025

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.

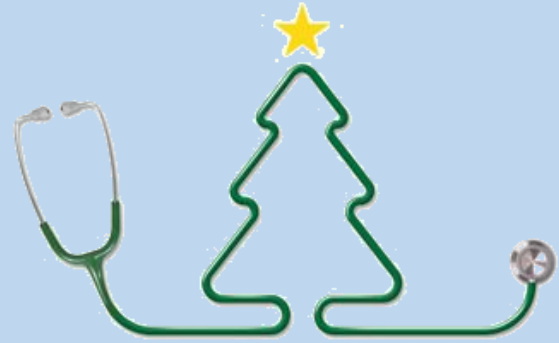
In the month of October we:

- **Answered 5,995 phone calls**
- **Issued 24,188 items via prescription**
- **3,555 patients had an appointment of which 3,362 were seen face to face**
- **1,534 referrals for further care**
- **Issued 301 fit notes**
- **Received 7,057 digital requests**
- **193 patients did not attend appointments**



Merry Christmas

And a Healthy New Year



*From all at Alyn
Family Doctors*

Christmas Opening

Times Both Llay and Rossett surgeries will be open as usual until Tuesday 24th December.

Tuesday 24th December—Llay OPEN
Rossett— CLOSED

Wednesday 25th December—CLOSED

Thursday 26th December—CLOSED

Friday 27th December—OPEN

Monday 30th December—OPEN

Tuesday 31st December—OPEN

Wednesday 1st January—CLOSED

Thursday 2nd January—OPEN

It's important to make sure you have all the medicines you may require ahead of bank holiday closures. Make sure to order your repeat prescription in enough time. Llay and Gresford chemist have recently become WELL pharmacies. We at Alyn Family doctors will continue to process prescription requests within our normal time. However due to Well pharmacies processing prescriptions at an offsite hub, 5 days' notice will be required for all repeat prescription requests. For any information about medication or prescriptions during any out of hours period visit your local pharmacy. If you run out of medicine outside of normal surgery opening hours and need some urgently, you may be able to obtain an emergency supply from a pharmacist without a prescription.

A properly stocked medicine cabinet can help you to treat many common illnesses and ailments over the festive period. The following items can be helpful.

- A first-aid kit, including bandages, plasters, a thermometer, antiseptic and eyewash solution
- Pain relief such as aspirin, paracetamol, and ibuprofen
- Oral rehydration salts
- Anti-diarrhoea tablets to relieve symptoms of diarrhoea, these will not help with the underlying cause
- Antihistamines which can help with allergies
- Indigestion relief remedies



**GWASANAETHAU FFERYLLOL DROS GWYLIAU BANC Y NADOLIG A'R FLWYDDYN NEWYDD 2024/2025
CHRISTMAS AND NEW YEAR BANK HOLIDAY PHARMACEUTICAL SERVICES 2024/2025**

	Fferyllfa/ Pharmacy	Cyfeiriad/ Address	Rhif Ffôn/ Phone Number	Dydd Nadolig Christmas Day/ Dydd Mercher/ Wednesday 25/12/2024	Dydd San Steffan/ Boxing Day Dydd Iau/ Thursday 26/12/2024	Dydd Calan/New Year's Day/ Dydd Mercher/ Wednesday 01/01/2025
Brychdyn/ Broughton	Boots	Parc Siopa Brychdyn/ Broughton Retail Park	(01244) 538520	Ar Gau/ Closed	09:00-18:00	10:00-16:00
Coedpoeth	The Pharmacy Coedpoeth	Manchester House, Heol Maelor	(01978) 757367	16:30-18:30	Ar Gau/ Closed	Ar Gau/ Closed
Y Wyddgrug/ Mold	Boots	19-21 Stryd Fawr/ 19-21 High Street	(01352) 700325	Ar Gau/ Closed	10:00-16:00	Ar Gau/ Closed
Wrecsam/ Wrexham	Boots	B6-B7 Dôl yr Eryrod/ B6-B7 Eagles Meadow	(01978) 291433	Ar Gau/ Closed	10:00-16:00	10:00-16:00
Wrecsam/ Wrexham	Rowlands	41 Rhodfa San Siôr/ 41 St Georges Crescent	(01978) 263408	11:00-13:00	11:00-15:00	11:00-15:00
Bodelwyddan	Bodelwyddan	3 Ffordd Abergele/ 3 Abergele Road	(01745) 583862	09:00-22:00	09:00-22:00	09:00-22:00

Bydd fferyllfeydd fel arfer ond yn dosbarthu presgripsiynau brys, yn darparu meddyginiaethau brys, ac yn gwerthu meddyginiaethau dros y cownter yn ystod gwyliau banc.

During bank holidays, pharmacies will normally only dispense urgent prescriptions, provide emergency supplies of medication, and sell over the counter medicines



When the surgery is closed for the bank holidays, medical advice and urgent support can be accessed by telephoning 111.

For minor illnesses such as headaches, colds, and diarrhoea, speak with a pharmacist. We advise you check bank holiday opening times before visiting.

Minor injuries such as bites, burns, sprains, or fractures can be treated at a minor injuries' unit.

In a medical emergency such as choking, blacking out, chest pain and serious blood loss call 999 or attend A&E.

everymind at work

You're not alone this Christmas

 NATIONAL DEBTLINE 0808 808 4000 www.nationaldebtline.org	 No Panic 0300 7729844 www.nopanic.org.uk	 shout 85258 Text 85258 www.giveashout.org	 Cruse Bereavement Care 0808 808 1677 www.cruse.org.uk
 CAMPAIGN AGAINST LIVING MISERABLY 0800 58 58 58 www.thecalmzone.net	 mind for better mental health 0300 123 3393 www.mind.org.uk	 SAMARITANS 116 123 www.samaritans.org.uk	

Don't suffer in silence.

For more support organisations, you can find the Everymind Mental Health Support Directory on www.everymindatwork.com.

For weekly news and updates follow us on Facebook

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



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

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 570310

District Nurse– 0300 084 9990

Midwives– 01978 757 546

Health Visitor—03000 849 980

Cheshire Health Visitor 01244 382 111

Phlebotomy– 03000 850 003