

Surgery Newsletter

February 2025

Practice Training Dates 2025

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 December we:

- **Answered 5,031 phone calls**
- **Issued 22,228 items via prescription**
- **2,458 patients had an appointment of which 2,365 were seen face to face**
- **Made 1,277 referrals for further care**
- **Issued 326 it notes**
- **Received 6,866 digital requests**
- **93 patients did not attend**

appointments



This heart month make sure you know the early symptoms of a heart attack.

A heart attack (myocardial infarction or MI) is a serious medical emergency in which the supply of blood to the heart is suddenly blocked, usually by a blood clot.

A heart attack is a medical emergency. [Call 999](#) and ask for an ambulance if you suspect a heart attack.

Symptoms of a heart attack can include:

- chest pain – a feeling of pressure, heaviness, tightness or squeezing across your chest
- pain in other parts of the body – it can feel as if the pain is spreading from your chest to your arms (usually the left arm, but it can affect both arms), jaw, neck, back and tummy
- feeling lightheaded or dizzy
- sweating
- shortness of breath
- feeling sick (nausea) or being sick (vomiting)
- an overwhelming feeling of anxiety (similar to a panic attack)
- coughing or wheezing

The chest pain is often severe, but some people may only experience minor pain, similar to indigestion

Call 999 immediately if you think someone might be having a heart attack. The faster you act, the better .their chances.



We all need a little help and support from time to time, and with the rising costs of living many people in Wales need help now, which is why NHS Wales have launched their national campaign – ‘Claim What’s Yours’.

The campaigns aim is to reassure the people of Wales that help, and support is available for those struggling financially due to the cost-of-living crisis.

Through Advicelink Cymru you can check your eligibility for financial support. Advicelink Cymru is a Welsh Government funded Citizens Advice service designed to help people who are most in need of advice services, particularly those who would not usually seek advice.

People in Wales can access the service Monday to Friday from 9am to 5pm through our **Advicelink Cymru number: 0800 702 2020**.

Relay UK — if you can’t hear or speak on the phone, you can type what you want to say: **18001** then **08082 505 720**.

**Mae Advicelink Cymru
yn ei gwneud hi’n haws
i chi hawlio eich arian.**



**Advicelink Cymru
help make it easier to
claim what’s yours.**



Llywodraeth Cymru
Welsh Government

**Edrychwch i weld a oes gennych
hawl i gael cymorth ariannol.**



**Ewch i [llyw.cymru/hawliadyarian](https://www.llyw.cymru/hawliadyarian) neu
ffoniwch Advicelink Cymru am ddim**

0808 250 5700

**Check if you are entitled
to financial support.**



**Visit [gov.wales/claimwhatsyours](https://www.gov.wales/claimwhatsyours) or
call Advicelink Cymru’s free helpline**

0808 250 5700

cyngor ar
bopeth

citizens
advice

Antimicrobial resistance awareness

Antibiotics will not help your cold or flu

Colds, coughs, sore throats and flu– like illnesses are caused by viruses. Antibiotics DO NOT work against viral infections. In fact, you could make things worse if you take them when not advised by a medical professional.



Antibiotics should only be used when absolutely necessary as incorrect use can lead to antibiotic resistance.

Advice is available at your local pharmacy or nhs 111 about the best way to fight colds and flu.

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

For weekly news and updates follow us on Facebook

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



Smartphone IMPROVERS

⚡ Strengthen your smartphone skills through our smartphone improvers course!

Fully funded for 19+ living in Wrexham & Flintshire

📅 **March 11th & 18th, 2025**

🕒 **1:00 pm – 3:00 pm**

📍 **Wellbeing Hub,
31 Chester Street,
Wrexham,
LL13 8BG**

REGISTER NOW!

☎ 01978 757524

✉ training@groundworknorthwales.org.uk



**Tai Chi for Over 60's
Every Monday 10-11am
Starting: Monday 3rd March
Wellbeing Hub Wrexham**

Funded for six months thanks to funding from 60+ Active Leisure Scheme



Booking essential: To reserve your space contact the Wellbeing Hub team:

☎ 01978 298110

✉ wellbeinghub@wrexham.gov.uk

