

# Surgery Newsletter

January 2025 **Wishing you a Happy and Healthy New Year**

## 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 November we:

- **Answered 5,568 phone calls**
- **Issued 21,251 items via prescription**
- **3,262 patients had an appointment of which 3,120 were seen face to face**
- **Made 1,355 referrals for further care**
- **Issued 331 fit notes**
- **Received 6,776 digital requests**
- **142 patients did not attend**

**appointments**



With Flu cases rising it is important to know the signs and symptoms and how to treat flu. Flu symptoms come on very quickly and can include:

- a sudden high temperature
- an aching body
- feeling tired or exhausted
- a dry cough
- a sore throat
- a headache
- difficulty sleeping
- loss of appetite
- diarrhoea or tummy pain
- feeling sick and being sick

If you have flu, there are some things you can do to help you recover sooner.

- rest and sleep
- keep warm
- take paracetamol or ibuprofen to lower your temperature and treat aches and pains
- give paracetamol or ibuprofen to your child if they're distressed or uncomfortable
- drink plenty of water to avoid dehydration

A pharmacist can give treatment advice and recommend flu remedies. Antibiotics do not work for viral infections such as flu and will not relieve your symptoms or speed up your recovery.

For further information visit <https://www.nhs.uk/conditions/flu/>



The new year can be a difficult transition for some and can affect our mental wellbeing. January can be challenging for many reasons such as returning to work or school, the cold weather and financial worries. It is important to realise the impact these things can have on our mood and motivation. With the start of a new year there can also be pressure to reflect and set new goals, which can bring feelings of pressure and self-doubt. If you decide to set a new year resolution, remember to be kind to yourself if you don't meet them.

Remember

- It's ok to set goals, if you want to. But it's also okay if you don't meet them .
- It's okay to prioritise your mental health.
- It's okay to make time for self-care.

Taking care of your mental health can be challenging but here are some strategies to prioritise self-care and well-being such as **acknowledge and accept your feelings, getting as much daylight as possible, keeping fit and staying active, getting enough sleep and connecting with others.**

There are many fantastic projects available to help manage your mental health and wellbeing.

**NHS 111 option 2** – an NHS Wales service. If you need to talk to someone, or if you are concerned about a loved one, call 111 and select option 2 to speak to a dedicated member of the mental health team. The lines are open 24 hours a day, seven days a week.

**Social Prescribers** provide online or telephone appointments to discuss matters impacting on health & wellbeing such as bereavement, debt advice, depression, anxiety & isolation. Self-refer by emailing [spt@rainbowcentrepnley.org.uk](mailto:spt@rainbowcentrepnley.org.uk).

**Community Agents** in Gresford/Marford (07378 970629) and Rossett/Burton (07421 138913) can help >50s feel less isolated, advise on voluntary schemes and even offer practical advice of prescription collection & grocery shopping concerns.

**Parabl Talking Therapies** offer therapeutic interventions for those >18yrs facing common mental health difficulties. Referrals can only be accepted by phone – Tel: 0300 777 2257.

Further information is available on the Alyn Family Doctors website and social media.



Did you know pharmacies in Wales can offer a free **'Common Ailments Service'**, providing consultations and medication for conditions that self-care can't manage - an alternative to GP, or out-of-hours appointments.

Conditions include: • Acne • Diarrhoea • Nappy rash • Athletes foot • Dry eye • Oral thrush • Backache (acute) • Haemorrhoids • Ringworm • Chickenpox • Hayfever • Scabies • Cold sores • Head lice • Sore throat • Colic • Indigestion • Teething • Conjunctivitis (bacterial) • Intertrigo • Threadworm • Constipation • Ingrowing toenail • Vaginal thrush • Dermatitis (dry skin) • Mouth ulcers • Verruca


Selected pharmacies also offer an Independent Prescribing services, where suitably qualified and competent pharmacists can prescribe for a range of minor illnesses not covered by the common ailment service, and for routine contraception. These independent prescribers can now offer advice and treatment for the following conditions:

- Urinary tract infections • Skin infections - impetigo, rash • Ear infections • Sinusitis and sinus pain • Sore throat and tonsillitis • Eczema and dermatitis • Shingles



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](mailto:Generalenquiries@alynfamilydoctors.co.uk)



**GRESFORD**

# Health Support

Services on hand to support your health and wellbeing



TUESDAY 4th FEBRUARY 2025  
11.30-1.30PM  
GRESFORD METHODIST CHURCH  
CHESTER ROAD  
WREXHAM  
LL12 8PA

No need to book, just call in



AVOW 01978 312556 email: [jane.edwards@avow.org](mailto:jane.edwards@avow.org) [fAVOWHealthAndWellbeing](https://www.facebook.com/AVOWHealthAndWellbeing)