

# Surgery Newsletter

## October 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.

**7th of November 2024**



**6th March 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 August we:

- **Answered 5,206 phone calls**
- **Issued 20,706 items via prescription**
- **2,715 patients had an appointment of which 2,567 were seen face to face**
- **1,312 referrals for further care**
- **Issued 207 fit notes**
- **Received 6,178 digital requests**
- **148 patients did not attend appointments**



### Baby Loss Awareness Week

**(9 - 15 October)** is a time for everyone in the baby loss community and beyond to come together, to remember our much-loved and missed babies, and raise awareness of pregnancy and baby loss.

Pregnancy and baby loss is often a taboo subject. You can help to break the silence around baby loss by talking to your friends, family and colleagues about Baby Loss Awareness Week and by joining the conversation on social media using the hashtag **#BLAW** wearing a pin badge or lighting a candle on 15th October.

If you require support surrounding baby loss please contact us via Klinik or visit the websites below-

<https://www.tommys.org/>

<https://www.sands.org.uk/>

<https://babyloss-awareness.org/>



**From 23<sup>rd</sup> October 2024. Alyn Family Doctors patients will have access to the Electronic Prescribing Service (EPS).**



**Moddion Digidol  
Digital Medicines**

IGDC • DHCW

### **What is EPS?**

NHS Wales is moving from a paper-based prescription process to a digital service. The Electronic Prescribing Service securely transmits prescription information between the GP systems and pharmacy systems. EPS allows prescribers to send prescriptions electronically to a pharmacy of the patient's choice. This is called a nominated pharmacy.

### **What do I need to do ?**

Signing up is easy. You do not need access to a computer, tablet or smart phone. Speak with your local pharmacy or patient advisor at the practice. Once you have confirmed you would like to use the service, a nominated pharmacy of your choice can be set up for you. You can withdraw consent at any time. You do not have to use the NHS App to consent to your prescription being sent digitally from the surgery to a pharmacy.

### **I was registered previously in England, what do I need to do?**

NHS England has been using electronic prescribing for many years. If you were previously registered with an English GP practice, please tell our patient advisors or a pharmacist to ensure that you do not have a legacy nomination from the past.

### **Is it safe?**

EPS is safe and secure. During development, the system has been through rigorous testing. Using EPS reduces the risk of lost paper prescriptions and can be tracked by both the GP surgery and pharmacy. Every month, we send up to 5,000 paper prescriptions to five pharmacies. These are signed and sorted by hand. EPS means that they will be sent digitally instead and can be tracked.

### **How do I order my repeat prescription?**

There is no change to how you will order your repeat prescription. You can order via the NHS Wales app, by completing a Klinik form or by posting a repeat prescription request into the designated post boxes in surgery.

### **What are the benefits of using EPS?**

- It's easier - your prescription no longer needs to be picked up from the practice and taken to the pharmacy.
- It's traceable every step of the prescription can be tracked.
- It saves time - if you have a phone or video appointment, you will not have to visit the surgery just to collect your prescription.
- Reducing our use of paper is good for the environment.
- This is a free NHS service.

## STOP TOBER

**STOP SMOKING  
AND GOOD  
THINGS HAPPEN**

**This October, join the 2.5 million people who've been inspired by Stoptober.**

Even if it's your first time or you've tried before, Stoptober gives you the perfect opportunity to quit smoking. Stay smoke-free for 28 days, and you're 5 times more likely to quit for good.

### What happens when you quit?



#### After 20 minutes

Check your pulse rate, it will already be starting to return to normal.



#### After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



#### After 48 hours

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.



#### After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



#### After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



#### After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



#### After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.



#### After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

For support visit

- <https://www.helpmequit.wales/>
- <https://111.wales.nhs.uk/lifestylewellbeing/smoking/>
- Freephone 0800 085 2219

For weekly news and updates follow us on Facebook

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



### 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