



# The Peninsula Practice

DAY	ALDERTON	ALDEBURGH	ORFORD	HOLLESLEY
Monday	8.00 to <b>14.30</b>	8.00 to 18.30	8.00 to 18.30	13.30 to <b>17.30</b>
Tuesday	8.00 to 18.30	8.00 to 18.30	<b>CLOSED</b>	<b>CLOSED</b>
Wednesday	8.00 to 18.30	8.00 to 18.30	8.00 to <b>13.00</b>	<b>CLOSED</b>
Thursday	8.00 to 18.30	8.00 to 18.30	8.00 to <b>13.00</b>	<b>CLOSED</b>
Friday	8.00 to 18.30	8.00 to 18.30	8.00 to <b>13.00</b>	<b>CLOSED</b>

## BANK HOLIDAYS

The surgery will be closed on Monday 2<sup>nd</sup> January 2023 for the New Year's Bank Holiday.

**When the surgery is closed please call NHS 111.**

Alderton dispensary is currently opening at 9am on Fridays.

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## Menopause

Dr Crockett is hosting an information webinar to raise awareness about the menopause for any patients of Peninsula Practice on Thursday 5th January 2023 - an open invite to all who may be interested, with no obligation for cameras on or mics. With time built in for questions and an informative presentation providing structure, this is an evening to learn more about the menopause which 50% of the population experience.

To book onto the webinar and find out more, please call the surgery after 11am and the link will be sent out in due course.

## What Matters to You

At Peninsula Practice we want to support you to live your life to the fullest, in the way you want.

Are you feeling more tired, feel you have less strength, perhaps you have lost some weight, and feel less able to recover quickly from illness?

It's not uncommon for people as they become elderly to experience such changes. The NHS uses the term 'frailty' to describe these non-specific changes. Frailty is not an illness, but increasingly it is suggested that frailty needs to be thought of as a long-term condition.

We want our patients to know that there are things that can be done to slow the decline that can accompany symptoms of frailty, and we can help you to be in control of your life by knowing what is available and prevent crises. The interventions that people living with frailty can benefit from vary considerably and often need to be individually tailored with personal care plans.

Our team approach might include discussion and advice regarding: mobility and balance, eyesight health, bone health, urinary incontinence, weight loss and nutrition, falls, emotional wellbeing, financial and housing concerns, ability to make decisions, and choices one has as we near end of life, along with any other issues important to you – if we are unable to help you ourselves, we will aim to guide you to someone who can.

Please contact the surgery if you wish to have a 'What Matters to You' consultation.

[www.thepeninsulapractice.co.uk](http://www.thepeninsulapractice.co.uk)

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