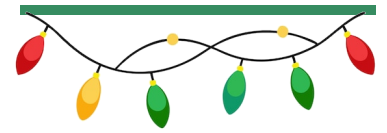


Alyn Meddygon Teulu Alyn
Family Doctors

Surgery Newsletter

December 2025



Practice Training Dates 2026

Alyn Family Doctors will be closed for staff training as part of a compulsory Welsh Government programme on the following dates from 1.00pm . Llay surgery will reopen at 5.00pm.

12th March 2026

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 5,810 phone calls**
- **Issued 22,382 items via prescription**
- **4,590 patients had an appointment of which 4,294 were seen face to face**
- **Made 1,277 referrals for further care**
- **Issued 374 fit notes**
- **Received 7,292 digital requests**
- **296 patients did not attend appointments**

Merry Christmas

And a Happy New Year



From all at Alyn Family Doctors

Christmas Opening Times

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

Wednesday 24th December: Open

Thursday 25th December: **CLOSED**

Friday 26th December: **CLOSED**

Monday 29th December: Open

Tuesday 30th December: Open

Wednesday 31st December: Open

Thursday 1st January: **CLOSED**

Friday 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. Please remember you can request your medication by using the NHS Wales app.

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

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, speaking with the pharmacist should be your first port of call. 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.

Well Pharmacy Gresford have a prescribing pharmacist who can provide free advice and treatment under the NHS for:

- Ear wax and ear infections
- Sore throat and tonsilitis
- UTIs (Women)
- Skin infections and impetigo
- Gout
- Migraine
- Respiratory infections such as Sinusitis/Cough
- Acne and rosacea
- Shingles

We can also provide advice and treatment under the NHS for the following under the common ailments service:

- | | |
|-----------------|------------------|
| - Acne | - Athlete's foot |
| - Chicken pox | - Conjunctivitis |
| - Constipation | - Dermatitis |
| - Dry eyes | - Haemorrhoids |
| - Hayfever | - Head lice |
| - Indigestion | - Mouth ulcers |
| - Nappy rash | - Oral thrush |
| - Ringworm | - Scabies |
| - Sweat rash | - Teething |
| - Threadworms | - Vaginal thrush |
| - Warts/Verruca | |



Please call 01978 852336 for service availability.
Some restrictions apply.

