

## Surgery Newsletter June 2026

### 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.

**01/07/2026**  
**16/09/2026**



Every month, we release our GP infographics, which can be viewed on our social media, in our reception areas, and here in our newsletter. We hope you find these infographics insightful.

#### In the month of April we:

- Answered 4,517 phone calls
- Issued 19,925 items via prescription
- 2,653 patients had an appointment, of which 2,539 were seen face-to-face
- Made 1,264 referrals for further care
- Issued 357 fit notes
- Received 7,855 digital requests
- 114 patients did not attend appointments

**Skin cancer is one of the most common types of cancer in the UK,** but many cases can be prevented by protecting your skin from the sun's ultraviolet (UV) rays.

Even on cloudy days, UV rays can damage the skin. To reduce your risk, spend time in the shade during the hottest part of the day (usually between 11am and 3pm), wear clothing that covers your skin, and use a broad-spectrum sunscreen with at least SPF 30. Remember to reapply sunscreen regularly, especially after swimming or sweating.

It's also important to check your skin regularly for any new moles or changes to existing moles, such as changes in size, shape, colour, or itching and bleeding. If you notice any unusual changes, contact the surgery for advice.

Taking simple steps to protect your skin today can help reduce your risk of skin cancer in the future.



## Keeping Your Details Up to Date

Have you recently changed your address, phone number, or email address? Keeping your contact details up to date helps us ensure you receive important information about appointments, test results, health recalls, and other practice communications.

If any of your details have changed, please let a member of the reception team know. Thank you for helping us keep your records accurate.

## Recognising the Signs of a Stroke

A stroke is a medical emergency, and acting quickly can save lives and reduce long-term disability.

The easiest way to remember the main signs of a stroke is FAST:

**F** – Face: Has the face fallen on one side? Can the person smile?

**A** – Arms: Can the person raise both arms and keep them there?

**S** – Speech: Is their speech slurred or difficult to understand?

**T** – Time: **If you notice any of these signs, it's time to call 999 immediately.**

Other symptoms can include sudden confusion, loss of vision, dizziness, or severe headache. Even if symptoms improve, it is important to seek urgent medical help.

Recognising the signs of a stroke and acting FAST can make a significant difference to recovery.

## Did You Know?

Staying well hydrated is one of the simplest ways to support your health. Water helps regulate body temperature, aids digestion, carries nutrients around the body, and helps keep your joints healthy. Even mild dehydration can lead to tiredness, headaches, poor concentration, and dizziness. Most adults should aim for 6–8 glasses of fluid each day.

During warmer weather, when exercising, or if you're unwell, you may need to drink more. A simple way to check your hydration is to look at the colour of your urine – pale yellow usually indicates good hydration.

Keeping a reusable water bottle nearby can be an easy reminder to drink regularly throughout the day.