

January 2023

Dear all,

Firstly, whatever you have experienced in 2022, we wish you strength and positivity for the start of this New Year!

### **Flu & Covid Cases Rising**

As we are sure you are aware, the cases of flu and covid are increasing, putting sustained pressures on surgeries, ambulances and hospitals across the UK.

With immediate effect, we would like to temporarily reintroduce the wearing of masks when attending the surgery. Please help us to play our part in helping to reduce the transmission of flu and covid, which will in turn help to protect vulnerable patients attending the surgery and our staff who are vital to the delivery of our services.

Your support and understanding is greatly appreciated.

In the meantime, if you are experiencing flu and covid like symptoms, remember rest is best. Please try and stay at home, increase your fluid intake and take paracetamol (as needed). Whilst you can feel quite poorly, symptoms usually do improve in a few days. If you are not improving, or your condition deteriorates please contact the surgery or NHS111. If life threatening, please don't delay, call 999.

### **Cancer support drop in sessions for patients and their carers**

Working with Macmillan Cancer Support, the Mustard Tree Centre are running drop-in support sessions at the Liskerrett Centre, Liskeard. The sessions are very informal and offer a safe space to come and find out information or a friendly ear to chat to over a cuppa. The next session takes place on January 13<sup>th</sup>. **For more information please [click here](#).**

### **Warm Space Reminder**

If you are fit and well, just a quick reminder you can drop into the Looe Warm Space on Mondays & Fridays (09:30-13:00) situated in the Looe Town Council Chambers upstairs at the Looe Library.

Pop in for company, hot drinks, porridge, soup and/or snacks and make the most of somewhere warm until the end of February.

Finally, don't forget you can speak to a GP using the [LIVI App](#) and access [local pharmacies](#) for support and over the counter medications.

Kind regards,

Old Bridge Surgery team