

Update - 15th June 2023

As the warm weather continues, please remember to keep hydrated and to wear sun cream as it's important to keep ourselves fit and well.

Loneliness Awareness Week

This week it's Loneliness Awareness week, encouraging people to make time to connect.

Anyone can experience loneliness at any time. This [Loneliness Awareness Week](#) emphasises the importance of connections. Whether it's your regular coffee shop, friendly neighbours or simply keeping in contact with friends and family, everyday moments of connection matter. They can help us feel recognised, happier, and less alone and are so important.

As part of community mental health transformation programme, Cornwall Partnership NHS Foundation Trust (CFT) has teamed with Togetherall, an online community available for free for anyone aged 16+ to talk about feelings of isolation, loneliness, and anxiety. The site has brilliant courses on loneliness to help users overcome their negative experiences. You can register by visiting [Togetherall](#)

Giving blood and plasma saves lives

Donating blood and/or plasma really does save lives. They can offer a lifeline in an emergency and for people who need long-term treatments. Many patients may donate regularly, others may simply have stopped donating since COVID and others may be considering their first donation.

Yesterday was World Blood Donor Day, with an urgent request for **O negative, B negative and A negative donors to come forward!** To find out more, and sign up to donate, visit www.blood.co.uk

Covid Booster Reminder

If you take medication that weakens your immune system,
or are immunosuppressed as a result of a health condition...



make sure you get the extra protection you need this spring!

**Book your COVID-19 spring booster now -
don't miss out, ends on 30 June!**

If you are 75 years old or over you need to get a spring booster - book now!

If under 16 years, please [find your nearest walk-in centre on the NHS website](#).

Appointment Reminders

Please make sure we have your up-to-date mobile and email address. Updates can be made by emailing oldbridgesurgery.looe@nhs.net.

We have been receiving queries from patients not receiving appointment reminders. This is usually due to patients accidentally turning on message notifications to come in via the NHS app. If you are experiencing this, please check the NHS app. Navigate to More, and select Account and Settings, Manage Notifications and turn off Send me notifications about new messages. By doing this, you will receive future communications by SMS text message.

GP recruitment reminder

Please see attached our latest posters to help promote becoming a GP at the surgery. So many GPs visit Cornwall during the summer, so if you get the chance to share our posters or promotional video this would be great.



For our short promotional video, [click here](#).

Finally...

We really do need to recruit additional GPs, especially as we head into the autumn and winter months. Your help would be greatly appreciated.

Thank you.

GP Partners & Staff
Old Bridge Surgery