

Update – 5th October 2023



STOP TOBER
**STOP SMOKING
AND GOOD
THINGS HAPPEN**

Quit smoking this Stoptober

When you stop smoking, good things start to happen — you can begin to see almost immediate improvements to your health.

So, this October, join the thousands of smokers committing to quitting. Stop smoking for 28 days and you're 5 times more likely to give up for good.

It's much easier to stop smoking when you get the right support and there are lots of options to choose from.

Check out the free tools, tips and support to help you stay on track. Let's do this!

Click here to find out more <https://www.nhs.uk/better-health/quit-smoking/>

To be referred for support via the surgery, please contact the surgery for more information.

Covid & Flu – Urgent Reminder – appointments running out FAST

It's been wonderful to see so many of our patients booking in for their flu and covid vaccinations. Getting yourself protected is vitally important to help protect yourself and others, especially as our community has so many elderly and vulnerable residents.

If you are eligible and haven't yet booked your appointment, please call the surgery, as our clinics are coming to an end. **Call us on 01503 266960 and select option 2.**

Patient parking – message from Looe Town Council

An increasing number of people appear to be using the Patients' Car Park at Looe Surgery to leave their vehicle while they pop to the shops, walk their dog or do anything other than attend an appointment. This car park is managed by Looe Town Council and, as the name suggests, provided to the surgery during day-time hours to allow free parking for residents who are attending medical appointments.

This provision is a huge benefit to patients, particularly those who are elderly, medically vulnerable or have mobility challenges and we need to maintain availability of nearby parking for them. Despite CCTV provision at the site, we have operated on a basis of trust that members of the community do not take advantage of the 'free parking'. Please help us to keep the Patient's Car Park available for those attending medical appointments by not mis-using the limited number of spaces at the site.

Thank You, Thank You, Thank You

Finally, please can we express our thanks to Looe Town Council for continuing to provide parking facilities for patients attending Looe surgery and a thank you too for the ongoing commitment and support from the Looe Lions. We are extremely grateful and appreciative of your time, energy, and kindness.

Kind regards,

GP Partners and Team
Old Bridge Surgery