


Update – World Mental Health Day
10th October 2023

<p>Today is world mental health day.</p> <p>Find your little big thing with Every Mind Matters.</p> <p>Click here for more information.</p>	 <p>The poster features the NHS logo in the top right corner. The main text reads: 'Little things like a regular chat make a big difference to your mental health'. The words 'big difference' are in a large, bold, teal font. Below this, it says 'Find your little big thing' and 'Better Health every mind matters'. The illustration shows two men, one in a green shirt and one in a yellow shirt, walking and talking. In the bottom right corner, there is a small illustration of a person sitting on a bench under a tree.</p>
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Covid & Flu – Urgent Reminder – final appointments – please book ASAP

It has been great to see so many patients book into our covid / flu clinics, and we held our largest yet on Saturday when over 1,400 patients came to Looe Community Academy to be vaccinated.

Over the next couple of weeks, we have our final, smaller clinics, running. If you haven't done so already, please can you book-in urgently as we are hoping to complete vaccinations so that we can focus on more routine blood tests / reviews i.e., get back to 'business as usual'.

Call us on 01503 266960 and select option 2, to book your appointment today.

Shingles Vaccination Invites

There has been a lot of media coverage around the shingles vaccination, especially as this year sees the invitation age reduced to 65 years. Sadly, the invitation is restricted to patients **turning** 65 years or 70 years between 1/9/23 and 31/8/24. It is not for all patients aged between 65 years and 70 years, please [click here](#) for more information.

However, if you have a severely weakened immune system, you will be offered the shingles vaccines from 50 years of age. The surgery will invite eligible patients. If you haven't heard from us within the next four weeks, please do contact us and we'll review your records to check if you qualify.

In the meantime, we will also be inviting patients who are eligible to have a pneumonia vaccination. It's a busy time, however the surgery remains committed to protecting our patients, offering important vaccines, and we thank you for your patience as we continue to operate in these challenging times.

Kind regards,

GP Partners and Team
Old Bridge Surgery