

Farewell to Two Beloved Community Matrons at Sole Bay Health Centre

And Hello to Two New Ones!

The Sole Bay Health Centre family is bidding a heartfelt farewell to two highly regarded and much-loved community matrons, whose dedication and proactive approach to healthcare have left an indelible mark. Lizzy Loftus and Cathy Ryan have been instrumental in providing compassionate care, often in the comfort of patients' homes, ensuring a holistic approach that considered the whole patient picture, not just the presenting problem.



Lizzy Loftus joined the practice eight years ago following the closure of Southwold Hospital. Her unique charm and unwavering dedication making her an integral part of the team. Lizzy's departure is deeply felt, yet we wish her well as she steps into a new chapter of life, pursuing her great loves: gardening and sharing her exceptional care with her children and grandchildren.

Cathy Ryan, a redoubtable member of the practice for the past two decades, also bids us farewell, at the end of August 2024. Her dynamic and selfless personality, coupled with her relentless drive, has left a lasting legacy. Cathy founded the Sole Bay Care Fund, which continues to fill the gaps in health and social care not covered by the NHS, and she will remain in her post as Chair for the foreseeable future. Her fearless approach and maverick personality earned her local and national recognition, including a Queen's Nurse award and an MBE. Cathy's impact on the local community is immeasurable, and we express our deepest gratitude for her years of service and for choosing to bring her particular brand of health care to the Sole Bay community. We hope she finds fulfilment in whatever pursuit she chooses, whether that be climbing a mountain or felling a tree.

While we wish a fond farewell to Lizzy and Cathy we are also excited to welcome Anna and Tasha to the practice. Their experience and enthusiasm promise to bring fresh ideas and energy ensuring the spirit of dedication and holistic care championed by Lizzy and Cathy will undoubtedly continue to thrive at the Sole Bay Health Centre.

