

MOORE STREET SURGERY

TEL: 0151 944 1066

www.moorestreetsurgery.nhs.uk

FAX : 0151 933 4715



October 2022

Please note: The surgery will be closed from 12:30pm on 19th October for staff training.

Text Reminders

Please note: You may now receive a text reminder to book an appointment for your annual chronic disease review.

IMPORTANT NOTICE - COVID 19

If you have symptoms associated with COVID-19 including a **new continuous cough, a high temperature or loss or change to your sense of smell or taste**, you SHOULD NOT visit a healthcare setting. **PLEASE DO NOT COME TO SURGERY.**

While you're no longer required by law to self-isolate if you have COVID-19, you should still stay at home and avoid contact with other people. This helps reduce the chance of passing COVID-19 on to others.

Missed Appointments

Please remember that if you cannot attend your appointment to cancel as soon as possible. You can cancel your appointment by contacting the surgery on 0151 944 1066 or replying to your appointment confirmation text message. A total of 72 appointments were missed in September 2022. Appointment slots are valuable and could be given to someone else.

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. Some of the symptoms of breast cancer include:

- a new lump or area of thickened tissue in either breast that was not there before
 - a change in the size or shape of one or both breasts
 - a discharge of fluid from either of your nipples
 - a lump or swelling in either of your armpits
 - a change in the look or feel of your skin, such as puckering or dimpling, a rash or redness
 - a rash (like eczema), crusting, scaly or itchy skin or redness on or around your nipple
 - a change in the appearance of your nipple, such as becoming sunken into your breast
- Breast pain is not usually a symptom of breast cancer.



If you have any worries or concerns, please book an appointment with the GP.

Contact Details

Can we please remind all patients to ensure the surgery has your up to date name, number and address. This will make it easier for us to contact you when necessary.

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Sober October

Sober October encourages people to go alcohol-free for October and raise funds for Macmillan Cancer Support. By signing up to the challenge you're doing something amazing for people living with cancer.

Macmillan Cancer Support is here to do whatever it takes to support people living with cancer in the UK, but we can't do it without you. So we're asking you to get involved in Sober October by going alcohol-free for the month of October, to raise money for people with cancer.

By going sober, you're not just helping others, you're helping yourself too. Giving up the booze for a month comes with loads of feel-good benefits, but the feeling of raising vital funds for the millions of people with cancer in the UK is the best feeling of all.

Every penny raised will play a vital role in helping Macmillan Cancer Support fund critical services, so we hope to see you take part in Sober October this year, raising a glass (of something non-alcoholic) to help Macmillan continue supporting people living with cancer.

For more information visit <https://www.gosober.org.uk/>



Stoptober—SMOKERS ENCOURAGED TO JOIN

STOPTOBER

Stoptober is back, calling on smokers in England to join the 2.5 million others who have made a quit attempt with the campaign since it launched a decade ago in 2012. Nearly 6 million adults in England still smoke, and it remains the single biggest behavioural cause of preventable death, with 64,000 deaths a year.

If you are a smoker, quitting is one of the best things you can do for your health, allowing you to start moving better, breathe more easily - and giving you more money to spend. Join the thousands of others and start your quitting journey this October. Just search 'Stoptober' for more information and free tools to help you quit.



Winter Vaccinations



Everyone aged 50 and over can now book their autumn Covid-19 booster and flu vaccine.

The National Booking Service opened for those aged 50-64 on Friday 14th October to book their Covid-19 booster.

[Book a COVID-19 vaccine.](#)

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Baby Loss Awareness Week (9th-15th October)

Baby Loss Awareness Week is an opportunity:

- To support bereaved parents and families and to unite with others across the world to commemorate their babies' lives and lost pregnancies.
- To raise awareness about pregnancy and baby loss.
- To drive improvements in care and support for anyone affected and in the prevention of pregnancy and baby loss.

For more information visit <https://babyloss-awareness.org/>



World Mental Health Day (10th October)



Be kind to your mind this World Mental Health Day

There are small things we can all do to help be kind to our mind and these can make a big difference to how we feel.

Search [Every Mind Matters](#) for free, NHS approved advice and simple tips to help you look after your mental wellbeing and see whether you can make them part of your daily routine.

World Menopause Day (18th October)



Menopause is when your periods stop due to lower hormone levels. This usually happens between the ages of 45 and 55.

It can sometimes happen earlier naturally. Or for reasons such as surgery to remove the ovaries (oophorectomy) or the uterus (hysterectomy), cancer treatments like chemotherapy, or a genetic reason. Sometimes the reason is unknown.

Menopause and perimenopause can cause symptoms like anxiety, mood swings, brain fog, hot flushes and irregular periods. These symptoms can start years before your periods stop and carry on afterwards.

For more information visit <https://www.nhs.uk/conditions/menopause/>