

MOORE STREET SURGERY

TEL: 0151 944 1066

www.moorestreetsurgery.nhs.uk

FAX : 0151 933 4715



APRIL 2022

April Bank Holidays

The surgery will be closed on the following dates:

Friday 15th April

Monday 18th April

Please note: The surgery will be closed from 12:30pm on Wednesday 27th April for staff training.

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.

Healthcare Help over the Easter Holidays

- People who need urgent NHS care, but it is not a 999 emergency, are advised to contact NHS 111 which is staffed by trained professionals and clinicians who will direct people to the most appropriate health service.
- Opening times for services such as pharmacies, walk in centres and GP practices may change over the bank holiday, so residents are advised to plan ahead to make sure they know where to go for help. Healthcare leaders are also urging residents to make sure they have enough supply of any medications they need by ordering their repeat prescriptions early, and getting their medicine cabinet stocked up with essentials.
- Anyone in Sefton can also refer to Sefton's good health checklist, which can help you find the right health advice or treatment when you need it. **You can find the [good health checklist here](#).**

<https://www.southseftonccg.nhs.uk/get-informed/latest-news/how-to-get-healthcare-help-in-sefton-over-the-easter-holidays/>



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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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Bowel Cancer Awareness Month

April is Bowel Cancer Awareness Month, a fantastic annual opportunity to raise awareness of the fourth most common cancer in the UK. Every 15 minutes someone is diagnosed with the disease, that's nearly 43,000 people each year.

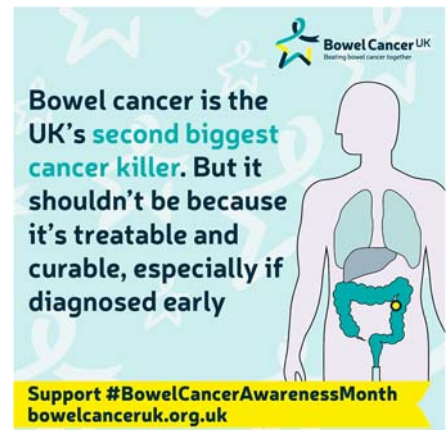
Bowel cancer is also the UK's second biggest cancer killer, however it shouldn't be because it's treatable and curable especially if diagnosed early. Nearly everyone survives bowel cancer if diagnosed at the earliest stage but this drops significantly as the disease develops. Early diagnosis really does save lives.

The symptoms of bowel cancer can include:

- Bleeding from you bottom and/or blood in your poo
- Extreme tiredness for no obvious reason
- A persistent and unexplained change in bowel habit
- A pain or lump in your tummy
- Unexplained weight loss

Most people with these symptoms don't have bowel cancer. Other health problems can cause similar symptoms. But if you have one or more of these, or if things just don't feel right, see your GP.

For more information about bowel cancer and details of how to get involved in Bowel Cancer Awareness Month visit bowelcanceruk.org.uk



On Your Feet Britain—28th April



Take part in On Your Feet Britain—The national activity awareness day when **2 MILLION** desk-based workers across Britain participate in a variety of fun and simple activities to **#SitLess** and **#MoveMore** at work. Make some simple changes - it's easier than you think:

- Stand during phone calls
- Stand and take a break from your computer every 30 mins
- Use the stairs more
- Arrange standing or walking meetings
- Eat your lunch away from your desk
- Walk to a colleague's desk instead of phoning or emailing
- Stand at the back of the room during presentations

New website provides reliable health apps to Sefton

People in Sefton can now help themselves to live healthier, happier lives using accredited health applications included on sefton.orch.co.uk.

There are thousands of accredited health apps listed on sefton.orch.co.uk and they have been carefully selected to meet the health needs of people in Sefton. They include apps to help people with children and young families, to help people keep active, eat healthier or to support their mental health or manage long term conditions such as diabetes, asthma or heart disease.

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Bowl for Health in Sefton

Learn the basics of bowls with **FREE**, fun and friendly group sessions. Suitable for complete beginners, with all equipment provided - anybody can join in and no previous experience required!

- Crescent Bowling Club (off Moss Lane, Bootle, L20 0ED) from 1.00pm to 2.00pm Friday 22nd April 2022 (for 6 weeks). To book please contact Maurice Sweetman on 07772363112 or email m.sweetman@outlook.com
- Formby Village Sports Club (Rosemary Lane, Formby, L37 3HA) from: 11.00am to 12.00pm Wednesday & Thursday from Wed 4th/Thu 5th May (for 8 weeks) To book please contact Eric Gowling via 0794 909 1302 or ericgowling@btinternet.com
- Hightown Bowling Club (Sandy Lane) from: 2.00pm to 3.00pm Monday 16th May 2022 (for 6 weeks). To book please contact Diana Killen on 0151 284 8941 or email dianamkillen@gmail.com
- Kensington House Bowling Club (12 Station Rd, Maghull, Liverpool L31 3DF) from: 11.00am to 12.00pm Friday 29th April 2022 (for 6 weeks) To book please contact Mike Melling on 0796 3911 613 or email khslcmaghull@gmail.com
- Sandbrook Park Bowling Club (Orchard Lane, Ainsdale, PR8 3RA) from 10.30am to 11.30am Tuesday 12th April (for 6 weeks). To book please contact Dave Ogden on 07724042217 /dave.ogden8@btinternet.com or Tom McHale on 07576959955 /tmchale@sky.com
- Southport Flat Green Bowling Club (King's Gardens, Southport, PR8 1QX) from: 1.00pm to 2.00pm Thursday 9th June 2022 (for 8 weeks) To book please contact Jane Bowden via 07825 390198 or email kdbkad11@aol.com

Visit www.merseysidesport.com/bowlforhealth for further information



MERSEYSIDE SPORTS
FOUNDATION