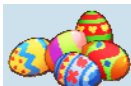


MOORE STREET SURGERY

TEL: 0151 944 1066

FAX: 0151 933 4715

www.moorestreetsurgery.nhs.uk



April 2021

Easter Opening Times

We are closed on the following dates for Easter this year:

Bank holidays:

- Friday 2nd April
- Monday 5th April

We are open normal working hours otherwise (8am—6:30pm).

IMPORTANT NOTICE - CORONAVIRUS

If you have symptoms associated with coronavirus including a **new continuous cough, a high temperature or loss or change to your sense of smell or taste**, you are advised to stay at home for at least **10 days**.

PLEASE DO NOT COME TO SURGERY. Please stay at home, self-isolate and ring 111 or us for advice. Do not use public transport or taxis. Do not go to work, school or public places. Do not just present yourself to any GP surgery or hospital without seeking advice first.

COVID Vaccines

All over 50's in Sefton are being urged to book their vaccine appointments as soon as possible.

As a practice, we have currently send text invitations to all those eligible from priority Groups 1-9. If you have not yet received your text invite please contact the surgery as your mobile number may be incorrect on our system. The reception team will be able to change your mobile number and book you in for your COVID-19 vaccine appointment.

• Carers

For clarity, all patient seeking to be verified as a carer in order to receive their vaccination as part of Group 6, should contact Sefton Carers Centre on **0151 288 6060**. They will inform the practice of respective individuals who will require inviting for a vaccination.



Appointments at the Surgery

We politely request that all patients wear a face mask/face covering in the surgery.

OPEN

To protect you from coronavirus, your GP practice will try to help you remotely and then see you face-to-face if needed.



If you need to see your GP, please ring us first on **0151 944 1066** or contact us using eConsult (available on our website). The GP will then assess via telephone triage/eConsult whether a face-to-face appointment is required. Please note, there are no pre-bookable appointments.

If you have COVID symptoms, or are waiting for a COVID test result, please DO NOT attend the surgery. If you have a planned appointment please ring the surgery for advice.

The practice would like to welcome two new members of staff to our reception team, Liz Wilson and Alison Moore

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Bowel Cancer Awareness Month

Bowel cancer is a general term for cancer that begins in the large bowel. Depending on where the cancer starts, bowel cancer is sometimes called colon or rectal cancer. Bowel cancer is one of the most common types of cancer diagnosed in the UK. Most people diagnosed with it are over the age of 60.

The 3 main symptoms of bowel cancer are:

- **persistent blood in your poo** – that happens for no obvious reason or is associated with a change in bowel habit
- **a persistent change in your bowel habit** – which is usually having to poo more and your poo may also become more runny
- **persistent lower abdominal (tummy) pain, bloating or discomfort** – that's always caused by eating and may be associated with loss of appetite or significant unintentional weight loss

Most people with these symptoms do not 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, please book an appointment with your GP.

Donate Blood Plasma

NHS Blood and Transplant is appealing for people who've recovered from coronavirus (COVID-19) to donate blood plasma to potentially help others.



Blood plasma is a yellowish liquid that makes up about half your blood volume. After a virus, your plasma contains antibodies that help fight infection. Antibody rich convalescent plasma from recovered COVID-19 patients, can be transfused into people with COVID-19 who are struggling to develop their own immune response.

We urgently need the support of everyone in Faith and Belief communities to do everything we can to build up stocks.

Anyone who has had coronavirus or the symptoms can offer to donate at a donor centre by calling **0300 123 23 23** or completing the

Act F.A.S.T. Stroke Campaign— Act F.A.S.T. campaign returns urging people to call 999 at any sign of a stroke

The campaign is built around the 'Act F.A.S.T.' (Face, Arms, Speech, Time) acronym to highlight the key signs of stroke and emphasise the importance of acting quickly by calling 999:

Think and Act F.A.S.T. When Stroke Strikes Act F.A.S.T. Call 999

Face - has their face fallen on one side? Can they smile?

Arms – can they raise both arms and keep them there?

Speech – is their speech slurred?

Time to call 999 if you see any single one of these signs of a stroke

A stroke is known as a 'brain attack'. There are more than 100,000 incidence of stroke each year in the UK, causing around 34,000 deaths. It is a medical emergency that

requires immediate attention as every minute is vital. That is why calling 999 is so crucial. An ambulance can give stroke patients those extra precious minutes, through faster and more specialist treatment via their knowledge of the nearest appropriate Hyper Acute Stroke Unit.



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Parkinson's Awareness Day—11th April



Parkinson's disease is a condition in which parts of the brain become progressively damaged over many years.

The 3 main symptoms of Parkinson's disease are:

- Involuntary shaking of particular parts of the body (tremor)
- Slow movement
- Stiff and inflexible muscles

See a GP if you're concerned that you may have symptoms of Parkinson's disease. For more information visit, www.nhs.uk/conditions/parkinsons-disease/

Germ Defence

We are letting you know about a very useful website called Germ Defence which was created by a team of doctors and scientists to give you advice that has been proven to reduce the spread of viruses in the home. It can help you plan how to protect yourself and members of your family from infection by COVID-19 and 'flu.

It's easy to use and only takes 10 minutes - just click on this link: www.germdefence.org

Please pass details of the Germ Defence website to your friends and family.

If you'd like to know more:

- Over 20,000 people previously took part in research about Germ Defence.
- People who had followed the advice in Germ Defence had fewer and less severe illnesses—and so did the people they lived with
- Results of the study were published in The Lancet Medical Journal
- Germ Defence has been updated with COVID-19 advice to help prevent a wave of COVID-19 and 'flu the Autumn/Winter

'Help Us, Help You' - Lung Cancer Symptoms Campaign

The campaign highlights that a cough for three weeks or more that isn't COVID-19 could be a sign of lung cancer and encourages anyone with this symptom to contact their GP practice.

While a cough for three weeks or more is probably nothing serious, it could be a sign of something that needs treatment. If it is cancer, finding it early makes it more treatable and can save lives.

Famous faces, including Sir Andrew Strauss and Gaby Roslin, along with members of the public who have first-hand experience of how lung cancer can affect you, your friends and your family, are supporting the campaign in a powerful video. The video urges people to contact their GP practice if they've had a cough for over three weeks and don't have COVID-19. It also encourages friends and family to support a loved one if they are concerned for their health.

Your NHS is here to see you, safely. Help Us, Help You. Visit nhs.uk/cancersymptoms for more information.



JUST CONTACT YOUR GP PRACTICE

Clear on cancer help us help you

OOH Update

From April 1st 2021 Primary Care 24 commences delivery of a new primary care Out of Hours (OOHs) service.

The service will be available from 6.30pm to 8am on weekdays and 24 hours at weekends and Bank Holidays. Patients can access the service by contacting **NHS 111** there is no direct access into the service for patients or a dedicated phone number to use.

NHS Number Finder

If for any reason you have forgotten or you need to know your NHS number you can use the online NHS number finder at:

<https://www.nhs.uk/nhs-services/online-services/find-nhs-number/>