

TEL: 0151 944 1066

FAX: 0151 933 4715

www.moorestreetsurgery.nhs.uk

# Moore Street Surgery



November 2020



## Practice News



The Moore Street Team/Patients have raised **£231** pounds for SWACA in memory of a patient. The surgery held a Halloween themed team-building event.

The Moore Street Team have also been donating food to South Sefton foodbank helping local people in crisis. They are in urgent need of;

- TINNED FRUIT (400g)
- TEA BAGS (80'S)
- DRIED PASTA (500g)
- UHT MILK (1L)
- BREAKFAST CEREALS

<https://southsefton.foodbank.org.uk/give-help/donate-food/>

## Appointments at the Surgery



***We politely request that all patients who are requested to attend the surgery, by a clinician, wear a face mask/face covering when entering the surgery .***

Moore Street Surgery is currently operating a telephone triage system. All appointment requests will be triaged by a clinician over the telephone. They will make a clinical decision on whether a direct face-to-face appointment is required.

*Can patients please attend **ON TIME** and not arrive early. To adhere to social distancing we need to minimise the number of patients in the reception*

## **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 **10 days**.

**PLEASE DO NOT COME TO SURGERY.** Please stay at home 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.

Follow the link below to find instructions on making you own mask

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>

## Stress—International Stress Awareness Week 2<sup>nd</sup>/6<sup>th</sup> November

Most people feel stressed sometimes and some people find stress helpful or even motivating. But if stress is affecting your life, there are things you can try that may help.

For tips and advice on stress visit <https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/>



If you're struggling with stress, particularly during the current pandemic, visit the NHS website Every Mind Matters.

<https://www.nhs.uk/oneyou/every-mind-matters/stress/>

Here you can find specific tips and expert advice to help you look after your mental health and wellbeing if you are feeling stressed or anxious about Coronavirus.

Some thing to try include:

- Split up big tasks
- Allow yourself some positivity
- Plan ahead
- Be more active
- Talk to someone
- Challenge unhelpful thoughts

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## Domestic Violence

Domestic Violence is, physical, sexual, verbal, emotional or financial abuse that takes place within an intimate or family-type relationship (family members are defined as mother, father, son, daughter, brother, sister, grandparents, in-laws or step family). This includes violence such as female genital mutilation (FGM) so-called 'honour' crimes, forced marriage, and acts of behaviour.

Domestic Violence may include a range of abusive behaviour, not all of which are, in themselves, actually 'violent'.

Most often domestic violence is committed by men against women, but it also happens in gay, lesbian, bisexual and transgender relationships. Sometimes women abuse men and sometimes other family members may be involved.

<b>SWACA</b>	0151 922 8606
<b>RASA Merseyside</b>	0151 666 1392 (Tues and Thurs 6-8pm and Fri 12-2 pm)
<b>Venus Charity</b>	0151 474 4744
<b>Women's Aid</b>	<a href="https://www.womensaid.org.uk/">https://www.womensaid.org.uk/</a>
<b>Men's Advice Line</b>	0808 8010327

## Alcohol Awareness Week 16<sup>th</sup>/22<sup>nd</sup> November

Alcohol Awareness Week is a chance for the UK to get thinking about drinking. The theme for Alcohol Awareness Week 2020 is 'Alcohol and mental health'.

Around 1 in 4 people in the UK experience a mental health problem each year and drinking too much or too often can increase our risk. But many of us are unaware of the link between alcohol and poor mental health and it's often the first thing we turn to when we're feeling low, stressed, worried or unable to cope.

Tips for cutting down:

- **Drink and think in units—no more than 14 units/week**
- **Keep a drinking diary**
- **Pace yourself**
- **Try drinking low alcohol/alcohol-free drinks**
- **It's fine to say NO**
- **Have a few days off each week**
- **Eat before and during drinking**
- **Ask for help <https://alcoholchange.org.uk/help-and-support/get-help-now>**

*swaca*

Providing free and confidential support services for all Women, Young People and Children experiencing Domestic Abuse

**WHERE TO FIND US**  
166 Knowsley Road, Bootle, Liverpool L20 4NR

**HOW TO CONTACT US**  
Tel: 0151 922 8606  
Text: 07779 745594  
Email: [info@swaca.com](mailto:info@swaca.com)  
Web: [www.swaca.com](http://www.swaca.com)

**DROP IN SERVICES**  
166 Knowsley Road, Bootle  
Monday, Tuesday 9.30am – 1.00pm  
Wednesday 1.30pm – 4.00pm  
Southport Drop in  
Linaker Children's Centre, Sefton Street, Southport  
Thursday 9.30am – 12.30pm

**IN AN EMERGENCY  
DIAL 999**

Registered Charity no. 104475

Company Registration no. 304801

## Lung Cancer Awareness Month

Anyone can develop lung cancer. Men and women, young and old, smokers and non-smokers. If you have lungs, you can get the disease so it is very important everyone is aware of lung cancer signs and symptoms.

The main symptoms of lung cancer include:

- A cough that doesn't go away after 2 or 3 weeks
- A long-standing cough that gets worse
- Chest infections that keep coming back
- Coughing up blood
- An ache or pain when breathing or coughing
- Persistent breathlessness
- A persistent tiredness or lack of energy
- Loss of appetite or unexplained weight loss

If you have any symptoms, visit your doctor. Chances are it is nothing serious, but it is always worth getting yourself checked.

For help and support visit <https://www.roycastle.org/help-and-support/>

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## Could you donate plasma to help treat coronavirus (COVID-19) patients?

NHS Blood and Transplant need people who've recovered from coronavirus (COVID-19) to donate blood plasma, as part of a clinical trial to help with the national effort against the virus.

The trial will tell us how effective convalescent plasma (plasma from people who've had coronavirus) is for treating coronavirus patients.

### How you can help:

Please register your interest in donating plasma if you have:

- tested positive for coronavirus
- tested positive for antibodies
- had symptoms of the virus (men only)
- understood our [eligibility criteria](#)

Not everyone will be able to donate. You may be contacted with more questions. NHSBT particularly wants to hear from recovered people who are men, or who are aged over 35, or who needed hospital treatment. Plasma can be donated from 28 days after recovery. For more information visit <https://www.nhsbt.nhs.uk/how-you-can->



## Anti Bullying Week - 16<sup>th</sup>/20<sup>th</sup> November



The theme for Anti-Bullying Week 2020 is: **United Against Bullying**. Anti-Bullying Week will happen from Monday 16<sup>th</sup> - Friday 20<sup>th</sup> November and will start with Odd Socks Day to mark the first day of Anti-Bullying Week. <https://www.anti-bullyingalliance.org.uk/anti-bullying-week/odd-socks-day>



## November



# MOVEMBER®

The leading charity changing the face of men's health including:

- Mental Health and Suicide Prevention
- Prostate Cancer
- Testicular Cancer

By 2030, Movember aim to reduce the number of men dying prematurely by 25%.

Grow a moustache this November and raise money to help fund health projects.

For more information or to learn more about other ways in which you can help visit <https://uk.movember.com/?home>