

# MOORE STREET SURGERY

TEL: 0151 944 1066

FAX: 0151 933 4715

[www.moorestreetsurgery.nhs.uk](http://www.moorestreetsurgery.nhs.uk)



JANUARY 2021

## COVID-19 Vaccine



Vaccinations are being delivered according to [priority groups](#). The vaccinations may not take place at your GP practice, but rather a local vaccination service (led by GPs, practice nurses and community pharmacists) who are responsible for delivering the vaccine to people in your community.

When it is the right time for you to receive your vaccination, you will receive an invitation to come forward. This may be via the phone, or through a letter either from your GP or the national booking system.

We know lots of people will be eager to get protected but we are asking people not to contact us to get an appointment as you will not be able to get one until you are contacted.

## COVID Vaccine Clinics

To enable the sites to run smoothly please be aware:

- Patients need an appointment. We are having groups turn up without an appointment requesting vaccination
- There are no waiting rooms in the sites so turning up early will only result in a queue
- While we support patients with a carer, we are unable to allow entry to multiple family members
- Patients should seek to reschedule through the practice if they have covid-19 symptoms or if they are unwell - with a clear 1 week period of feeling well
- It is helpful for patients who have been on a trial for COVID vaccine to engage the surgery first as this may mean they cannot have the vaccine

## **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, 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.

## **Appointments at the Surgery**

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

***We politely request that all patients wear a face mask/face covering when entering the surgery.***



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.

Appointments are being delivered face-to-face (only after prior telephone triage by a doctor), online and over the telephone.

# MOORE STREET SURGERY

TEL: 0151 944 1066

FAX: 0151 933 4715

[www.moorestreetsurgery.nhs.uk](http://www.moorestreetsurgery.nhs.uk)



## Dry January

Dry January is the annual movement through which *millions of people* give up alcohol for the month of January. It is run by the charity **Alcohol Change UK**.



People who sign up for Dry January, whether online or via the free app, are TWICE as likely to make it through the whole month alcohol-free compared to those who go it alone.

### Benefits of a month off:

- Lowers blood pressure
- Reduced levels of cancer-related proteins in the blood
- Helps you drink more healthy all year round
- Reduced diabetes risk
- Lower cholesterol

For more information visit: <https://alcoholchange.org.uk/get-involved/campaigns/dry-january>

## Cervical Cancer Prevention Week 18<sup>th</sup>—24<sup>th</sup> January

During Cervical Cancer Prevention Week we want as many people as possible to know how they can reduce their risk of the disease and to educate others.

CERVICAL CANCER PREVENTION WEEK

Cervical cancer may not cause any symptoms or the symptoms may not be obvious. The most common symptoms of cervical cancer include:

- vaginal bleeding that is unusual for you, including after the menopause, after sex, or between regular periods
- changes to vaginal discharge
- pain or discomfort during sex
- unexplained pain in your lower back or between your hip bones (pelvis).

It is important to remember that these symptoms usually happen for reasons other than cervical cancer. But it is also important to contact your GP straight away, so they can give you reassurance and support.

For more information:

<https://www.jostrust.org.uk/>

## Veganuary

Veganuary is a charity inspiring people to try vegan for January and throughout the rest of the year.



A vegan diet contains only plants (such as vegetables, grains, nuts and fruits) and foods made from plants.

Vegans do not eat foods that come from animals, including dairy products and eggs.

- Visit [NHS Vegan Diet](https://www.nhs.uk/health/vegan-diet/) for more information about a vegan diet
- Visit <https://veganuary.com/recipes/> for vegan recipes to try

# MOORE STREET SURGERY

TEL: 0151 944 1066

FAX: 0151 933 4715

[www.moorestreetsurgery.nhs.uk](http://www.moorestreetsurgery.nhs.uk)



## Take steps towards a healthier 2021

With the vaccine rollout underway, we have reason to be hopeful for 2021. By making some small changes, you can get the New Year off to a healthier start and take control of your wellbeing.



### Information and support:

- [Living Well Sefton](#) is a free service supporting people in Sefton with issues that may be affecting their health and wellbeing.
- [Talking Matters Sefton](#) (launching 1 January 2021) provides talking therapies to anyone aged over 16 living in Sefton.
- [NHS Live Well](#) and [NHS Better Health](#) offer support and resources to help you make the best choices about your health and wellbeing.
- [Every Mind Matters](#) and [One You](#) offer expert advice and practical tips to help you look after your mental and physical health



## STIQ Day (14th January)—Know your Sexual Health

STIQ Day has been launched to get people thinking about their sexual health and encourage more people to get regular sexual health checks. No one likes to think they've caught a sexually transmitted infection (STI) but without a test you just can't be sure.

For more information visit <http://www.stiq.co.uk/>



## Staying Well this Winter

Useful resources:

- Visit [www.nhs.uk/keep-warm-keep-well](http://www.nhs.uk/keep-warm-keep-well) for more advice on keeping warm and well this winter
- Visit [www.nhs.uk/conditions/falls](http://www.nhs.uk/conditions/falls) for more information about how to avoid a fall and what to do if you or someone you know has a fall
- Living Well Sefton is a FREE service with a focus on supporting people with issues that may be affecting their health and wellbeing. Visit [www.livingwellsefton.org.uk](http://www.livingwellsefton.org.uk) or call 0300 323 0181 if you need support.
- For information about when to self-isolate and what support is available visit: [NHS.UK](https://www.nhs.uk)
- If you need help for a mental health crisis, emergency, or breakdown, seek immediate advice and assessment. Find your [local NHS helpline](#) by searching for your postcode or home town in a new service finder.

