

TEL: 0151 944 1066

FAX: 0151 933 4715

www.moorestreetsurgery.nhs.uk

Moore Street Surgery



September 2020

Practice News September 2020

We now have a brand new Facebook page.



You can visit us at

facebook.com/moorestreetsurgery

Prescriptions

Repeat medication requests: You are able to request in the usual way via

- The post-box on the front door
- The prescription box within the foyer

The usual 48 hour rules apply.

To collect your prescriptions:

- If you **do not** have a nominated chemist (which we do recommend) you can still attend the surgery to collect your

Flu Clinics

OVER 65's ONLY

Drop-in Clinics:

Saturday 3rd October 8am-4pm

Saturday 10th October 8am-4pm

Alternatively, if you prefer, you can book an appointment in any of our flu clinics: Friday 2nd October, Saturday 3rd October, Friday 9th October, Saturday 10th October

UNDER 65's: Available by appointment on Friday 9th October and Saturday 10th October

Please contact reception to book an appointment on 0151 944 1066

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.

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

***You can find instructions on how to make your own face mask on page four**

Appointments at 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. To avoid disappointment please do not queue outside of a morning.

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 .



*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 waiting area.*

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Organ Donation Week - 7th/11th September

Right now across the UK, there are around 6,000 people in need of an organ transplant, including around 200 children and teenagers. Every day in the UK, someone dies waiting for an organ transplant, because there just aren't enough organ donors.

For people in black, Asian and ethnic minority communities the situation is even more critical. These patients wait longer for a kidney transplant than white patients due to a shortage of donors from their communities who are more likely to be a suitable match.

If you donate your organs after you die you could save and improve the lives of up to nine people, and help even more if you donate tissue such as heart valves, skin, bone, tendons and corneas

On 20 May 2020, the law around organ donation in England changed to allow more people to pass on more organs, to save more lives. Unless you choose to opt out, or are in an excluded group, you will be considered to have agreed to be an organ donor when you die. Go to www.organdonation.nhs.uk today to record your donation decision.



World Sepsis Day—13th September



Sexual Health Week 14th—20th September

Due to the COVID-19 pandemic, Sefton Sexual Health is offering services in a different way in order to keep patients and staff safe.

The service is now fully operational however it is not currently delivering walk-in clinics.

All patients must phone the service on **01695 656555** for a telephone appointment with a clinician.

World's Biggest Coffee Morning—Macmillan

The World's Biggest Coffee Morning is Macmillan's biggest fundraising event

People all over the UK host their own Coffee Mornings and donations on the day are made to Macmillan. The official date for the World's Biggest Coffee Morning is **Friday 25 September**, but you can hold yours whenever and however you like – even if you're not in the same room as your guests.



All you have to do is [sign up to host a Coffee Morning](#) and you'll receive a free Coffee Morning Fundraising Kit to get you started.

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Your COVID19 Recovery Website

<https://www.yourcovidrecovery.nhs.uk/>

“Your COVID Recovery” is a new NHS website designed to help people recover from the long-term effects of coronavirus, otherwise known as COVID-19.



As you find yourself recovering from COVID-19 you may still be coming to terms with the impact the virus has had on both your body and mind. These changes should get better over time, some may take longer than others, but there are things you can do to help.

Your COVID Recovery helps you to understand what has happened and what you might expect as part of your recovery.

The website includes information from health experts and advice on how to manage symptoms and look after your health and wellbeing. It also includes information on returning to work, and a helpful section for family, friends and carers of people who are recovering.

Dementia Friendly Radio Station



<https://m4dradio.com/>

M4D radio is part of the “*Music for Dementia campaign*” to make music available to everyone living with dementia.

A group of 5 themed radio stations available 24 hours a day, 365 days a year playing music that evokes memories.

Clinical Trial: 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-help/convalescent-plasma-clinical-trial/>

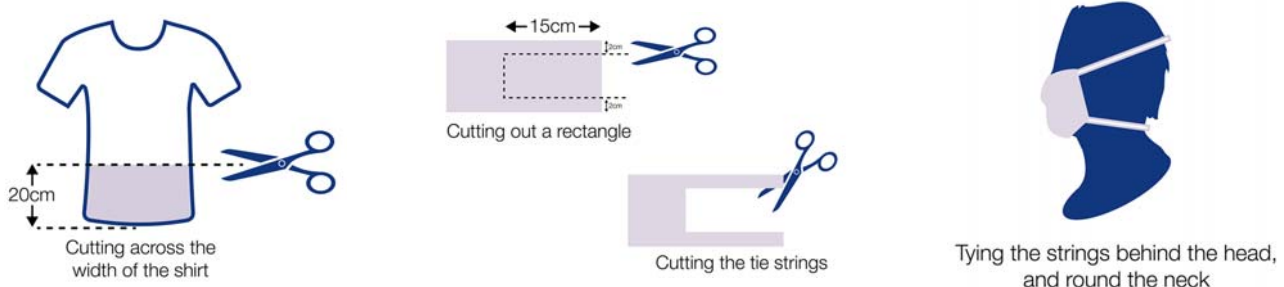
How to Wear and Make a Face Cloth Covering

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

You should wash a face covering regularly. It can go in with other laundry, using your normal detergent.

Using a T-shirt

You will need: an old T-shirt that you do not want anymore (ideally size small or extra small), scissors



- 1: Cut a straight line across the width of the T-shirt (front and back) approximately 20cm from the bottom of the T-shirt.
- 2: From a point 2cm below the top right-hand corner of the fabric, make a 15cm horizontal cut through both sides of the fabric that is parallel to the top of the rectangle.
- 3: Cut down towards the bottom of the fabric until you reach approximately 2cm above the bottom edge. From here, make another 15cm cut that runs parallel to the bottom of the fabric to make a rectangle that can be discarded.
- 4: To make the ties, cut open the edge of the 2 long strips of fabric. Unfold the main piece of fabric and place over the mouth and the nose. The 4 strips act as ties to hold the cloth face covering in place and should be tied behind the head and around the neck.

A Sewn Cloth Face Covering

You will need: two 25cm x 25cm squares of cotton fabric, two 20cm pieces of elastic (or string or cloth strips), needle and thread, scissors

1: Cut out two 25cm x 25cm squares of cotton fabric. Stack the 2 squares on top of each other.

2: Fold over one side by 0.75cm and hem, then repeat on the opposite side. Make 2 channels by folding the double layer of fabric over 1.5cm along each side and stitching this down.

3: Run a 20cm length of elastic (or string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle to thread it through. Tie the ends tightly. (If you only have string, you can make the ties longer and tie the covering behind your head.)

4: Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping. These elastic loops fit over the ears.

