

TEL: 0151 944 1066

FAX: 0151 933 4715

www.moorestreetsurgery.nhs.uk

Moore Street Surgery



December 2020

Christmas/New Year Opening Times

Mon 21st December 2020 8:00am – 6:30pm

Tues 22nd December 2020 8:00am – 6:30pm

Wed 23rd December 2020 8:00am – 6:30pm

Thurs 24th December 2020 8:00am – 6:30pm

Fri 25th December 2020—Closed Christmas Day

Mon 28th December 2020 Closed Bank Holiday

Tues 29th December 2020 8:00am – 6:30pm

Wed 30th December 2020 8:00am – 6:30pm

Thurs 31st December 2020 8:00am – 6:30pm

Fri 1st January 2021 Closed Bank Holiday

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.

We also offer E-Consults



A alternative to telephoning the surgery.

Use eConsult to ask your GP surgery about your health symptoms, conditions or treatment. You can even request things like sick notes and GP letters.

Simple to use and you will be prompted on the **practice website** on how to use and to do your request.

The practice responds by phone or email, usually by the end of the next working day.

Please do not use this service for repeat prescriptions, if you wish to order a prescription, it can be done so in the normal process:

- The post-box on the front door
- The prescription box in the foyer
- Online via Patient Access

The usual 48 hour rules apply.

Appointments at 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.

If you are waiting for a check-up, please be assured we will be in touch

Measures are in place to keep you safe from infection during your visit to the surgery.

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.



Before turning up to your GP practice, contact them online by an app or phone to be assessed.



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DecemBeard—Raise money for Bowel Cancer

Grow a beard throughout December and help us stop people dying of bowel cancer.

Thousands of people are experiencing delays in diagnosis and treatment due to coronavirus and, at a time when services are needed more than ever, BowelCancerUk are facing a drop of income of around 40%. By taking part in this year's Decembeard campaign you will help to ensure we can save lives and improve the quality of life of all those affected by bowel cancer.

Taking part is simple: ditch your razor and let your beard grow. It's up to you whether you want to start getting beardy straight away, or wait until 1 December. Already bearded? No problem. Dye, ditch or decorate your beard and join the campaign.

The symptoms of bowel cancer can include:

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

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, go to see your GP.

World AIDS Day—December 1st



There's one simple thing you can do to show your support...

#ROCKTHERIBBON

The red ribbon is the universal symbol of awareness and support for people living with HIV. Wearing a ribbon is a great way to raise awareness on and during the run up to World AIDS Day.



National Grief Awareness Week (2nd-8th December)



This annual national event is driven by **The Good Grief Trust**, the UK's leading umbrella charity, bringing all UK bereavement services, support organisations and helplines together under one central database. Offering early signposting to a choice of support for both the bereaved and those working with them. Visit <https://www.thegoodgrieftrust.org/> for more information.

We know that many have not been able to share their stories of grief this year. The bereaved have often felt alone and isolated during the Covid19 crisis. Sharing our stories can help those grieving to know that the person who has died will be remembered and can help the bereaved to process their grief. Sharing stories will help others to understand the impact of grief and loss and will enable conversations to take place, to open up to emotions and feelings that are often difficult to express.

For help and advice visit <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

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Emergency Departments



Facebook Page

For all of our latest news and information you can now visit our Facebook page.

www.facebook.com/moorestreetsurgery



Stay safe and avoid waiting in emergency departments across the region by contacting NHS 111 First

People who need urgent NHS care across the region are being asked to contact NHS 111 before attending an emergency department.

NHS 111 will direct people to the most appropriate health service which may include a walk-in centre, GP practice, pharmacy or hospital.

If patients are assessed as needing to attend a hospital emergency department then they will be given a booked time slot. People should still dial 999 as normal in a medical emergency.

The enhanced 111 service, part of the national NHS 111 First programme, will apply from Tuesday 17 November at:

- Southport and Ormskirk Hospital NHS Trust
- Aintree University Hospital
- Alder Hey Children's Hospital
- The Royal Liverpool University Hospital

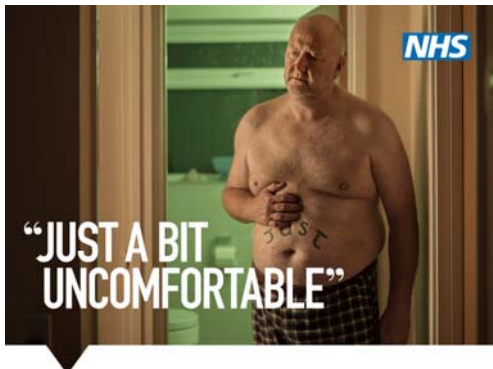
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Help Us Help You—Abdominal Symptoms



If it last for three weeks or more
JUST SPEAK TO YOUR GP



NHS England and NHS Improvement, together with Public Health England, are launching the 'Abdominal Cancers' phase of the 'Help Us, Help You' campaign. The campaign highlights that symptoms such as **diarrhoea, feeling bloated or discomfort in the tummy area for three weeks or more** could be signs of abdominal cancer and encourages anyone who has any of these tummy troubles to speak to their GP. While it's probably nothing serious, any of these symptoms could be an indication of something that needs treatment. If it is cancer, finding it early makes it more treatable and can save lives.

Your NHS is here to see you, safely. Help Us, Help You. Just speak to your GP. Visit [nhs.uk/cancersymptoms](https://www.nhs.uk/cancersymptoms) for more information.



The flu virus kills thousands every year. The flu vaccine is the best protection for you and those around you.

JUST GET YOUR FREE FLU JAB
 Ask your pharmacist or GP if you're eligible.



Help Us Help You—Mental Health

The NHS is here for your mental health, even during the pandemic. NHS services are available, and you can still access care and professional support for your mental health.



If COVID-19 and lockdown have impacted your mental health, you are not alone. If you are struggling with anxiety and depression, NHS talking therapies can help.

NHS talking therapies are a free, effective and confidential way to treat common mental health issues. They can help you by working through feelings of anxiety or depression with a trained therapist.

If you are struggling with anxiety or depression, please do come forward: it's easy to get help. Ask your GP for a referral to NHS talking therapies, or you can self-refer via [nhs.uk/talk](https://www.nhs.uk/talk)

NHS talking therapies are conducted in confidence and help is available face to face, by phone or online. For those whose first language is not English, talking therapies can be delivered through multi-lingual therapists or through confidential translators.



Help Us Help You—Maternity Care

If you have an appointment, or are concerned about the health of you or your baby, it's important that we see you. Just speak to your midwife or maternity team.

Your NHS is here to see you, safely.

[nhs.uk/pregnancy-and-coronavirus](https://www.nhs.uk/pregnancy-and-coronavirus)

#HelpUsHelpYou



JUST SPEAK TO YOUR MIDWIFE

