

MOORE STREET SURGERY

TEL: 0151 944 1066

www.moorestreetsurgery.nhs.uk

FAX : 0151 933 4715



March 2022

Please note: The surgery will be closed from 12:30pm on Wednesday 16th March for staff training.

IMPORTANT NOTICE - COVID 19

If you have symptoms associated with COVID-19 including a **new continuous cough, a high temperature or loss or change to your sense of smell or taste**, you **SHOULD NOT** visit a healthcare setting. **PLEASE DO NOT COME TO SURGERY.**

While you're no longer required by law to self-isolate if you have COVID-19, you should still stay at home and avoid contact with other people. This helps reduce the chance of passing COVID-19 on to others.

NHS staff, patients and visitors must continue to wear face coverings in healthcare settings, **unless they are exempt**



Anyone showing any symptoms of COVID-19 should **NOT** visit a healthcare setting



FOUR WAYS TO ACCESS HEALTHCARE ADVICE



South Sefton Clinical Commissioning Group
Southport and Formby Clinical Commissioning Group



Fill out an online form on your GP practice website to request advice or treatment



Call your GP practice to make an appointment



For urgent issues or out of hours call NHS 111 or visit 111.nhs.uk



For repeat prescriptions or advice download the NHS App or contact your pharmacy

Appointments at the surgery are being delivered face-to-face, over the telephone and online.

To access the eConsult service visit the surgery website.

Contact Details

Can we please remind all patients to ensure the surgery has your up to date name, number and address. This will make it easier for us to contact you when necessary.

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Ovarian Cancer Awareness Month

Ovarian cancer, or cancer of the ovaries, is one of the most common types of cancer in women.

The ovaries are a pair of small organs located low in the tummy that are connected to the womb and store a woman's supply of eggs.

Ovarian cancer mainly affects women who have been through the menopause (usually over the age of 50), but it can sometimes affect younger women.

Common symptoms of ovarian cancer include:

- feeling constantly bloated
- a swollen tummy
- discomfort in your tummy or pelvic area
- feeling full quickly when eating
- needing to pee more often than usual

The symptoms are not always easy to recognise because they're similar to those of some more common conditions, such as irritable bowel syndrome (IBS).

For more information visit <https://www.nhs.uk/conditions/ovarian-cancer/> If you have any concerns please book an appointment with your GP.

Do you know the symptoms of ovarian cancer?



Early diagnosis saves lives



Marie Curie Great Daffodil Appeal

Taking part in the Great Daffodil Appeal and wearing your daffodil helps Marie Curie support everyone in the UK through all aspects of dying, death and bereavement – and fight for a world where everyone gets the care and support they need at the end of their lives.



For more information visit <https://www.mariecurie.org.uk/daffodil>

Endometriosis Awareness Month

Endometriosis is a condition where tissue similar to the lining of the womb starts to grow in other places, such as the ovaries and fallopian tubes. Endometriosis can affect women of any age.

The main symptoms of endometriosis are; pain in your lower tummy or back (pelvic pain) – usually worse during your period, period pain that stops you doing your normal activities, pain during or after sex, pain when peeing or pooing during your period, feeling sick, constipation, diarrhoea, or blood in your pee during your period and difficulty getting pregnant.

You may also have heavy periods. You might use lots of pads or tampons, or you may bleed through your clothes.

For more information visit <https://www.nhs.uk/conditions/endometriosis/>

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MMR Vaccine

Uptake of most routine childhood vaccinations has been declining over the past 5 to 10 years. It is extremely important that all babies and children receive their routine vaccinations at the right time in order to give them the best start in life.

Diseases like smallpox and polio have been eradicated in the UK thanks to vaccines.

The MMR vaccine protects against three infections: measles, mumps and rubella. One in 10 children under the age of 5 in England haven't had one or both of their MMR vaccines which means that measles importations could lead to outbreaks.

Measles can infect **around 9 out of 10** non-immune (those who are unvaccinated or have not previously been infected with the measles virus) people exposed to it and can lead to serious complications. The MMR vaccine is the safest and most effective way for parents and guardians to protect their children against measles, mumps and rubella.

Now, parents and guardians are being encouraged to ensure their children are vaccinated against MMR, and if they can't remember if their child is up to date to check his or her Red Book (personal child health record). Parents or guardians of children who are not up to date with their two doses of MMR vaccine should contact their GP practice to book an appointment. It's never too late to catch up.

Protect your child with both MMR vaccines. Contact your GP practice to book their first or second dose.



Don't let Measles, Mumps and Rubella into your child's world

Protect your child with both doses of the MMR vaccine. Book with your GP or find out more at nhs.uk/MMR

MMR vaccines protect Help us help you

Sexual Assault and Referral Centres (SARCs)

The NHS has launched a new campaign to raise awareness of sexual assault referral centres (SARCs) - specialist NHS services that offer specialist practical, medical and emotional support 24/7 to anyone who has been raped, sexually assaulted or abused.

The campaign aims to highlight these vital NHS support services, as new data published today from an England-wide survey reveals that over half of respondents (56%) who have been sexually assaulted or abused did not seek help from any organisation or service after the incident.

Nearly half (44%) of people also say they don't know or aren't sure where to get help if they had been sexually assaulted, and 72% of respondents are currently unaware of the support available via the NHS.

If you have been raped, sexually assaulted or abused and don't know where to turn, search 'sexual assault referral centres' to find out more or head to www.nhs.uk/SARCs to find your nearest service.

