

TEL: 0151 944 1066

FAX: 0151 933 4715

www.moorestreetsurgery.nhs.uk

Moore Street Surgery



October 2020

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 .

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>

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.

*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.*

Flu Clinics

OVER 65's

You can book an appointment in our flu clinics:

Fri 9th October

Sat 10th October 8am-4pm

UNDER 65's: Available by appointment on Friday 9th October and Saturday 10th October, Friday 23rd October and Friday 6th November

Please contact reception to book an appointment on 0151 944 1066



Practice News

Moore Street Surgery's Fabulous Flu Team

The clinic held on Saturday 3rd October was a great success.



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NHS COVID 19 App

Help keep us all safe by downloading the #NHSCovid19app - the fastest way to see if you are at risk from coronavirus!



The app has a number of tools to protect you, including contact tracing, local area alerts, and QR venue check-in AND, it does all this entirely anonymously: Any data shared within the app is held on YOUR phone. The app will not hold any personal information about you, or track your location.

It's the simplest, safest way to help protect those we love. #HaveYouDownloaded.

Go Sober for October

Sober October encourages people to go booze-free in October to raise money for Macmillan Cancer Support, who need your support now more than ever.



Why should I go Sober?

By going Sober this October, you'll be raising vital funds for Macmillan, so we can continue providing much-needed physical, financial and emotional support to the millions of people living with cancer, at a time when they need it most.

Benefits of going sober

- A clearer head
- Weight loss
- More energy
- Help people with cancer
- Sleeping better
- Sense of achievement

Stoptober—1st October

Smoking attacks our lungs and makes it harder to breathe. And looking after our health has never been more important. Quit for 28 days and you're 5 times more likely to quit for good. Search Stoptober to quit smoking and breathe.

#BetterHealth

Ring Smokefree Sefton on 0300 100 1000 to speak to an advisor



Every Mind Matters

The past few months have been hard on everyone, including our kids. But there are lots of things we can do to support them at this time. **Better Health - Every Mind Matters** will help you find what's right for your children - whether it's listening to them talk about the challenges they're facing or helping them develop skills to cope with their emotions.

The new NHS-approved guidance on the **Better Health - Every Mind Matters** website will help parents and carers to spot signs that their children are struggling with their mental wellbeing, understand how to support them with managing their emotions and deal with unhelpful thoughts.

For more information search Every Mind Matters. <https://www.nhs.uk/oneyou/every-mind->



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Breast Cancer Awareness Month

The earlier breast cancer is diagnosed, the better the chance of successful treatment. So it's important to check your breasts regularly and see your GP if you notice a change.

Common breast cancer signs and symptoms include:

- a lump or swelling in the breast, upper chest or armpit – you might feel the lump but not see it
- a change to the skin, such as puckering or dimpling
- a change in the colour of the breast – the breast may look red or inflamed
- a change to the nipple, for example it has become pulled in (inverted)
- rash or crusting around the nipple
- any unusual liquid (discharge) from either nipple
- changes in size or shape of the breast

On its own, pain in your breasts is not usually a sign of breast cancer. But look out for pain that's there **all or most of the time**.

Noticing an unusual change doesn't necessarily mean you have breast cancer, and most breast changes are not because of cancer. But it's important to get checked by your GP.



World Mental Health Day 10th October



World Mental Health Day 2020 is the most important one yet.

This year has been a tough one for us all. The months of lockdown and loss have had a huge impact on our mental health.

Whether it's going for a walk, learning a new skill or doing something creative, taking the first steps to getting support for yourself, or reaching out to someone else; take the opportunity to do one thing this World Mental Health Day

For help and advice visit <https://www.mind.org.uk/>

PRINCIPLE COVID-19 Trial

Join a COVID-19 clinical trial

The PRINCIPLE trial aims to find treatments that reduce hospital admission and improve symptoms for people with COVID-19. The PRINCIPLE Trial is entirely remote. You can participate from the comfort of your own home from anywhere in the UK with no face-to-face visits required.

You could be eligible to join if:

- You have had these symptoms for fewer than 15 days:
 - a continuous new or worsening cough
 - a high temperature
- You are aged 50 to 64 with a pre-existing illness
- You are aged 65 and above

Find out more www.principletrial.org