

MOORE STREET SURGERY

TEL: 0151 944 1066

FAX: 0151 933 4715

www.moorestreetsurgery.nhs.uk



FEBRUARY 2021



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



COVID Vaccines



Dr Rob Caudwell, chair of NHS Southport and Formby CCG, said: "Importantly, we are still asking you not to contact your GP practice or another NHS organisation to ask for your vaccination – or to request one for a member of your household or carer.

"We are asking people not to turn up at a regional vaccination centre without an appointment. Our GP led service will be in touch as soon as it can book you in for the vaccine. We are also asking you to stay safe

and follow the restrictions in place, even if you have had your first dose of the vaccine which gives you a good level of protection but not the maximum. You may be partially protected but others around you might not be so please remember, hands, space, face."



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Sexual Abuse and Sexual Violence Awareness Week (1st–7th February)

- **RASA Merseyside—Rape and Sexual Abuse Support**

RASA Merseyside is a registered charity, we aim to provide crucial specialist support, independent advocacy, counselling, help and information, for those affected by rape, sexual assault. RASA is here for anyone who has been sexually abused or raped, or who has been affected by sexual violence at any time in their lives. For help or information visit:

<https://www.rasamerseyside.org/> or email at helpline@rasamerseyside.org

Helpline - Talk in absolute confidence

Helpline 0151 666 1392 (Tues and Thurs 6-8pm and Fri 12-2 pm)

Office 0151 558 1801

- **Health Sexual Violence Liaison Officer**

Independent support worker (not police) who offers support and advice to victims of sexual abuse no matter when the incident occurred.

Faye triages victims/survivors of sexual abuse to ensure they receive the correct support. This can involve support within the criminal justice system process, accessing trauma based counselling, advocating on behalf of the victim with your GP, workplace, education setting etc. This support is victim led and non-judgemental. For more information, please follow [this link](#)

Faye Speed Health Sexual Violence Liaison Officer

Tel: 01704 705248 (Monday to Friday 9am to 5pm)

Mobile: 07818533845

Email: Soh-tr.safeguardingadults@nhs.net

World Cancer Day (4th February)



On 4 February we celebrate World Cancer Day 2021 – a day that unites people, communities and entire countries to raise awareness and take action. Show your support for life-saving research by wearing your Unity Band®, or making a donation to Cancer Research UK.

For more information about Cancer or research visit

<https://www.cancerresearchuk.org/>

Tinnitus Awareness Week (1st–7th February)

Tinnitus is often called ringing in the ears, but it can be buzzing, hissing, whistling or any sound.

Tinnitus is the perception of noises in the head and/or ear which have no external source. It derives from the Latin word for ringing and those living with the condition may have to endure a ringing, buzzing, hissing, whistling or other noise. The sensation can be constant or intermittent and it can vary in volume.

For more information visit:

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

<https://www.nhs.uk/conditions/tinnitus/>

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Children's Mental Health Week (1st – 7th February)

This year's theme is **Express Yourself**. **Expressing yourself** is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be



through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's important to remember that being able to **express yourself** is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

For more information and resources visit <https://www.childrensmentalhealthweek.org.uk/>

Time to Talk Day (4th February)



A small conversation about mental health has the power to make a big difference.

We know that the more conversations we have, the more myths we can bust and barriers we can

break down, helping to end the isolation, shame and worthlessness that too many of us with mental health problems are made to feel.

Time to Talk Day is the day that we get the nation talking about mental health. This year's event might look a little different, but at times like this open conversations about mental health are more important than ever.

For more information visit:

<https://www.time-to-change.org.uk/get-involved/time-talk-day>

Staying Well this Winter

Useful resources:

- Visit www.nhs.uk/keep-warm-keep-well for more advice on keeping warm and well this winter
- Visit 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 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.

