

# MOORE STREET SURGERY

TEL: 0151 944 1066

www.moorestreetsurgery.nhs.uk

FAX : 0151 933 4715



May 2022

**Please note: The surgery will be closed from 12:30pm on Wednesday 18<sup>th</sup> May for staff training.**

## May Bank Holidays

The surgery will be closed on the following date:

**Monday 2<sup>nd</sup> May**

We are open normal hours from Tuesday 3<sup>rd</sup> May

## 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 App



If you're a patient at our practice you can now use the new NHS App, a simple and secure way to access a range of NHS services on your smartphone or tablet.

You can use the NHS App to get health advice, book appointments, order repeat prescriptions, view your GP health record and more.

For more information go to [www.nhs.uk/nhsapp](http://www.nhs.uk/nhsapp)

## Appointments at the surgery



Appointments are being delivered **face-to-face**, **online** and **over the telephone**. Alternatively, you can contact the surgery via the eConsult service. This can be accessed via the surgery website or by following this link <https://patients.econsult.health/>

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 and this will be arranged.

## 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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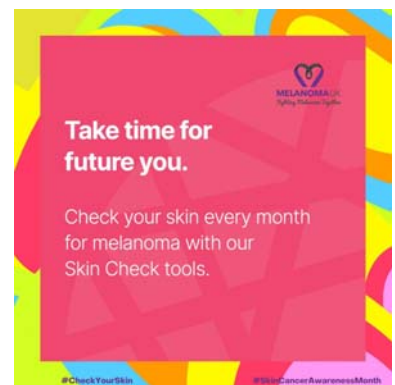
## **Melanoma Awareness Month and Sun Awareness Week (2<sup>nd</sup> – 8<sup>th</sup> May)**

[#CheckYourSkin](#) Beating melanoma starts with recognising that you might be at risk. Knowing how to check your skin for melanoma is an essential life skill. Learn how with the tools available in Melanoma UK's skin self-examination toolkit

<https://www.melanomauk.org.uk/Pages/Category/skin-check>

**Melanoma is a type of skin cancer that can spread to other organs in the body.**

- The most common sign of melanoma is the appearance of a new mole or a change in an existing mole.
- This can happen anywhere on the body, but the most commonly affected areas are the back in men and the legs in women.
- Melanomas are uncommon in areas that are protected from sun exposure, such as the buttocks and the scalp.
- In most cases, melanomas have an irregular shape and are more than 1 colour. The mole may also be larger than normal and can sometimes be itchy or bleed. Look out for a mole that gradually changes shape, size or colour.



If you have any concerns or questions, please contact the surgery to speak with a clinician.

## **Mental Health Awareness Week (9<sup>th</sup> – 15<sup>th</sup> May)**

Fancy a cuppa? Sometimes reaching out to someone with as little as three words can make a big difference.

This Mental Health Awareness Week, the theme is loneliness—something we all can experience at some point in our lives, which can have a huge impact on our wellbeing.



Sometimes it can be easier to reach out to someone else who may be feeling lonely. As part of the Better Health: Every Mind Matters campaign the Department for Digital, Culture, Media and Sport alongside the Department for Health and Social Care are continuing to encourage people to “Lift Someone Out of Loneliness” by taking a simple action to help someone who may be feeling lonely. If we do this regularly, we can all help to lift each other up.

Find out how you can help to lift someone out of loneliness at <https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/>

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Looking for support in  
a mental health crisis?

## Crosby Crisis Cafe

(serving South Sefton) can help...

Improve your  
wellbeing

Support in  
a crisis

Signpost to  
services

Have a cup of tea with us

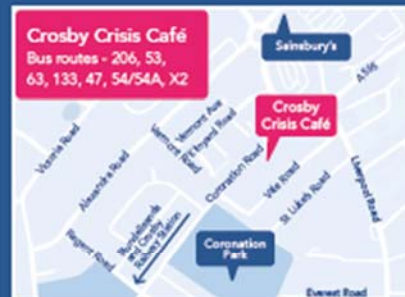
Support your  
recovery

5pm - 11pm  
Friday  
- appointment only  
0300 323 0197  
Saturday/Sunday  
- drop-in

Crisis Cafe

Let's talk

Parenting 2000  
Crosby Youth and Community Centre  
58 Coronation Road, Crosby, L23 5RQ  
T 0300 323 0197  
E [crisiscafe@seftoncv.org.uk](mailto:crisiscafe@seftoncv.org.uk)  
W [www.seftoncv.org.uk](http://www.seftoncv.org.uk)  
We support people aged over 18



Community and Mental Health Services

Crisis Café is managed by Sefton Council for Voluntary Service (CVS). Registered Charity No 1024546.  
Registered in England Company Limited by Guarantee No 2832920.