

# MOORE STREET SURGERY

TEL: 0151 944 1066

FAX: 0151 933 4715

[www.moorestreetsurgery.nhs.uk](http://www.moorestreetsurgery.nhs.uk)



September 2021

Don't forget to visit our Facebook page for updates



SCAN ME

[www.facebook.com/moorestreetsurgery](http://www.facebook.com/moorestreetsurgery)

## 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.

## RSV—Respiratory Syncytial Virus



Health experts locally are urging parents and carers to be aware of the signs of respiratory illnesses in children with cases higher than usual for this time of year and further increases expected over the winter months.

Respiratory Syncytial Virus (RSV) is a common virus that causes coughs and colds in winter and is the most common cause of bronchiolitis in children under two.

For more information visit <https://www.southseftonccg.nhs.uk/get-informed/latest-news/?page=2>

## COVID Vaccines

All adults can still book at one of the 1,600 vaccination centres, pharmacies or general practice sites across the country that are available through the **National Booking Service** at nhs.uk

In Sefton, appointments can still be booked at one of the pharmacy-led vaccination sites located in Ainsdale, Bootle, Formby, Litherland, Seaforth, Southport and Waterloo.

#GrabAJab at Seaforth Village Surgery. For dates visit <https://www.southseftonccg.nhs.uk/get-informed/latest-news/extra-covid-19-vaccine-dates-for-walk-ins/>

You can also book direct with **Aintree Hospital Hub**

People who cannot go online can call the service on **119** instead to book their jab.

In line with updated JCVI guidance, people aged 39 and under and all pregnant women will be offered the Pfizer or Moderna vaccine.

## Appointments at the Surgery

The surgery is 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 and this will be arranged. **If you have COVID symptoms, or are waiting for a COVID test result, please DO NOT attend the surgery.**



**NHS**  
FACE-TO-FACE  
GP PRACTICE  
APPOINTMENTS  
ARE AVAILABLE  
TO PATIENTS.  
Small NHS logo: help us help you

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## Organ Donation Week—20<sup>th</sup>–26<sup>th</sup>

- Families will always be involved before organ donation goes ahead
- 9 in 10 families support organ donation going ahead if they knew what their loved one wanted
- Whatever you decide, the best thing you can do is talk with your loved ones to give them the certainty they need to support your decision
- Talk to your loved ones about organ donation
- Leave them certain
- You can register your decision on the NHS Organ Donation Register at [organdonation.nhs.uk](http://organdonation.nhs.uk)



## Know Your Numbers Week—6<sup>th</sup>-12<sup>th</sup>

Due to social distancing measures we won't be able to offer free pressure checks in our community Pressure Stations again this year, but we will still encourage the whole of the UK to Know Their Numbers!



Helping you to lower your blood pressure

We're focusing on the **forgotten pandemic of high blood pressure** and a golden opportunity to improve blood pressure control both now and in the future - we want to make this the year of home monitoring and we need your help to spread the word in your community.

## Over 50s Alcohol Helpline

With You has launched an Over 50s Alcohol Helpline which provides advice and support to individuals aged over 50, concerned others, and professionals, who are worried about their own or someone else's drinking. For more information visit <https://www.wearewithyou.org.uk/help-and-advice/over-50s-alcohol-helpline/>

### **Worried about your drinking?**

The Over 50s Alcohol Helpline provides information, advice and support for older adults in the UK.

Call 0808 8010750

we are withyou



## Urology Awareness Month

September is



September is Urology Awareness Month. Organised by The Urology Foundation, this month aims to raise awareness of urological disease as well as raise money so we can fund vital research and training into these diseases.

It is estimated that 1 in 2 of us will be affected by a urology condition in our lifetime. Our urology health is vital to our quality of life. But diseases and cancers of the kidneys, bladder, prostate and the male reproductive system are becoming more prevalent and devastating the lives of millions of men, women and children in the UK.

For more information visit <https://www.theurologyfoundation.org/> or [nhs.uk](http://nhs.uk)

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## **WARNING: NHS TEST AND TRACE SCAMS**

Please be aware if you have returned from international travel and are legally required to quarantine for 10 days, you may receive a visit from someone working on behalf of NHS Test and Trace to make sure you are complying with your legal duty.

Visits will take place by NHS Test and Trace service to the address listed on your passenger locator form. Staff will be wearing NHS Test and Trace branded clothing.

- They will identify themselves verbally and present an ID card and will follow social distancing guidelines where possible.
- The staff will state your name and ask you to confirm it. They will also ask to see your driving licence or passport to confirm your identity.
- You may receive follow-up visits within the 10-day quarantine period.

### **NHS TEST AND TRACE STAFF WILL NOT;**

- Enter your home, ask for anything other than to see your Passport, photograph your identification, they will not ask for any financial details, ask you for money or issue a fine.
- The NHS Test and Trace team will not provide prior notification of a visit via email or text

If someone visits you claiming to be from NHS Test and Trace and you do not believe they are legitimate, call 999 and ask for the police.

If you think you've been a victim of fraud, report it to Action Fraud online at [actionfraud.police.uk](http://actionfraud.police.uk) or by calling 0300 123 2040.

Further information: <https://www.actionfraud.police.uk/news/watch-out-for-scams-related-to-nhs-test-and-trace>

If you have been affected by this report it to Action Fraud by calling 0300 123 2040 or visiting [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

**ActionFraud**  
Report Fraud & Internet Crime  
[actionfraud.police.uk](http://actionfraud.police.uk)

This alert was originally received by MIAA from Greater Manchester Police

**miaa**

## **Better Health**

The new campaign offers free evidence-based support and guidance to those working towards a healthier weight. There are a variety of NHS endorsed apps which will help people to introduce changes that will help them eat better and get active, including the newly updated NHS Weight Loss Plan app.

New research, due to be published shortly by Public Health England, suggest that those who used and followed the NHS Weight Loss Plan app over 12 weeks, reported a loss on average of almost a stone (5.8kg).

The move follows a nationwide survey of over 5000 adults has revealed that over 4 in 10 (41%) adults in England say they have put on weight since the first lockdown in March 2020.

A high proportion (89%) of adults who said they gained weight since March 202 said it was important for them to introduce new healthy habits this summer, with nearly half (49%) saying they would like to have a healthier diet. Half of adults (53%) feel optimistic about making the changes they desire, and a majority (57%) would welcome more advice on eating more healthily, ideas for doing so on a budget, and ideas for exercise routines.

See 'Better Health' or visit [nhs.uk/BetterHealth](http://nhs.uk/BetterHealth) for free tools and support to start leading a healthier lifestyle today.

