

TEL: 0151 944 1066

FAX: 0151 933 4715

www.moorestreetsurgery.nhs.uk

Moore Street Surgery



August 2020

Practice News August 2020

We now have a brand new Facebook page.



You can visit us at

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

Prescriptions

Repeat medication requests: You are able to request in the usual way via

- The post-box on the front door
- The prescription box within the foyer

The usual 48 hour rules apply.

To collect your prescriptions:

- If you **do not** have a nominated chemist (which we do recommend) you can still attend the surgery to collect your prescription.

Try the 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 check your symptoms and get instant advice, book appointments, order repeat prescriptions, view your GP medical record and more.

If you already use Patient Access you can continue to use it. You can use the NHS App as well.

For more information go to www.nhs.uk/nhsapp

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 **7 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.

We politely request that all patients who are asked to attend the surgery by a clinician, wear a face mask/face covering when entering the surgery .

***You can find instructions on how to make your own face mask on page four**

Appointments at the Surgery

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.

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DON'T FORGOT— We offer E-Consults

An straightforward alternative to telephoning the surgery.

Use eConsult to ask your GP surgery about your health symptoms, conditions or treatment. You can even request things like sick notes and GP letters. Simple to use and you will be prompted on the *practice website* on how to use and to do your request.

The practice responds by phone or email, usually by the end of the next working day.



World Breastfeeding Week 1st—7th August



Cheshire and Merseyside's Kangaroo-a-thon—the benefits of skin-to-skin contact.

Kangaroo Care is skin-to-skin contact when a baby is placed against the parent's chest. Benefits include improvements with lactation and with establishing breastfeeding, and better weight gain for the baby. In the longer term, it helps parents to feel closer to their babies and more confident in caring for them. Kangaroo Care can be used with babies with high medical needs, but this will require careful planning and collaboration with the neonatal staff.

Papyrus Christmas Card Competition

Pencils, pens, and paintbrushes at the ready...

PAPYRUS is launching a brand-new competition for children aged 4 to 18 to get creative with a work of art that depicts **HOPE**.



One winner will be chosen from our primary school age category, and one from our secondary school category. The winning artworks will appear on the official 2020 PAPYRUS Christmas cards. Competition closes on 28 August 2020. Winners will be announced on Monday 14 September 2020. For more information including terms and conditions, visit <https://papyrus-uk.org/competition/>

Clinical Trial: Could you donate plasma to help treat coronavirus (COVID-19) patients?

NHS Blood and Transplant need people who've recovered from coronavirus (COVID-19) to donate blood plasma, as part of a clinical trial to help with the national effort against the virus.

The trial will tell us how effective convalescent plasma (plasma from people who've had coronavirus) is for treating coronavirus patients.

How you can help:

Please register your interest in donating plasma if you have:

- tested positive for coronavirus
- tested positive for antibodies
- had symptoms of the virus (men only)
- understood our [eligibility criteria](#)

Not everyone will be able to donate. You may be contacted with more questions. NHSBT particularly wants to hear from recovered people who are men, or who are aged over 35, or who needed hospital treatment. Plasma can be donated from 28 days after recovery. For more information visit <https://www.nhsbt.nhs.uk/how-you-can-help/convalescent-plasma-clinical-trial/>



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Better Health Campaign

On Monday 27th July, Public Health England launched a major new adult health campaign to seize the opportunity for a national reset moment of health.

Nearly two thirds (63%) of adults in the UK are overweight or living with obesity. Gaining weight is often a gradual process that takes place over a number of years and modern life doesn't always make it easy. But this extra weight causes pressure to build up around vital organs, making it harder for the body to fight against diseases like cancer, heart disease and now COVID-19.

By reducing your weight within a healthy range, you can cut your risk of being critically ill with COVID-19. To improve health and wellbeing, individuals should aim to have a BMI below 25 and above 18.52. NICE recommends that Black, Asian and minority ethnic groups (BAME) should aim to have a BMI below 23 and above 18.5 to avoid risks to health3.

To support people to live healthier lives, Public Health England's Better Health campaign will provide a variety of tools and apps to help you make healthier food choices, become more active and prevent future weight gain. One of these tools is a Weight Loss Plan app, which provides 12 weeks' worth of engaging content that can be personalised and tailored to the goals and needs of the individual. Later down the line, support will also be made available to help people quit smoking, cut down their drinking and look after their mental health.

For help and support to lose weight, visit <https://www.nhs.uk/better-health/>



60 Peel Road, Bootle, Merseyside, L20 4RW
0151 933 1300
Email: stleonards60@yahoo.co.uk



<https://www.stleonardsyouthandcommunitycentre.com/>

Cycle to Work Day 6th August 2020

Take part in the UK's biggest cycle commuting event.

Cycle to Work Day is for absolutely everyone. It doesn't matter if you haven't cycled in years or have never cycled at all. This is just about giving it a go.

All the cycling action will be happening in the free **Love to Ride online community**.

You can sign up with Facebook, Strava or simply by entering your details, and then connect a smartphone app so you can log their rides. All the info you need to register is on the Love to Ride website. https://www.lovetoride.net/cyclescheme?utm_source=CTWD-Homepage&utm_medium=Link-click&utm_campaign=CTWD-19



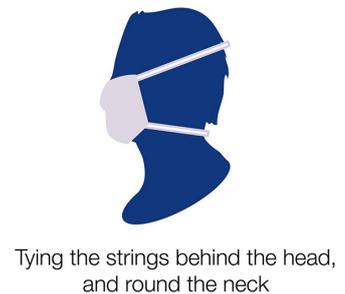
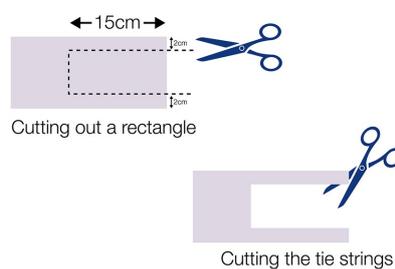
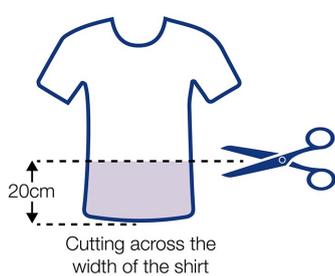
How to Wear and Make a Face Cloth Covering

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>

You should wash a face covering regularly. It can go in with other laundry, using your normal detergent.

Using a T-shirt

You will need: an old T-shirt that you do not want anymore (ideally size small or extra small), scissors



- 1: Cut a straight line across the width of the T-shirt (front and back) approximately 20cm from the bottom of the T-shirt.
- 2: From a point 2cm below the top right-hand corner of the fabric, make a 15cm horizontal cut through both sides of the fabric that is parallel to the top of the rectangle.
- 3: Cut down towards the bottom of the fabric until you reach approximately 2cm above the bottom edge. From here, make another 15cm cut that runs parallel to the bottom of the fabric to make a rectangle that can be discarded.
- 4: To make the ties, cut open the edge of the 2 long strips of fabric. Unfold the main piece of fabric and place over the mouth and the nose. The 4 strips act as ties to hold the cloth face covering in place and should be tied behind the head and around the neck.

A Sewn Cloth Face Covering

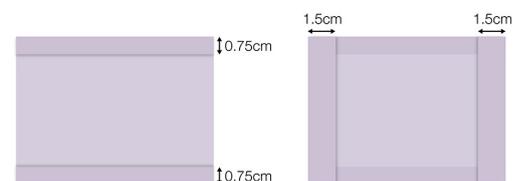
You will need: two 25cm x 25cm squares of cotton fabric, two 20cm pieces of elastic (or string or cloth strips), needle and thread, scissors

1: Cut out two 25cm x 25cm squares of cotton fabric. Stack the 2 squares on top of each other.

2: Fold over one side by 0.75cm and hem, then repeat on the opposite side. Make 2 channels by folding the double layer of fabric over 1.5cm along each side and stitching this down.

3: Run a 20cm length of elastic (or string or cloth strip) through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle to thread it through. Tie the ends tightly. (If you only have string, you can make the ties longer and tie the covering behind your head.)

4: Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping. These elastic loops fit over the ears.



Fold over the top and bottom and hem

Fold over the sides and hem

