

# MOORE STREET SURGERY

TEL: 0151 944 1066

FAX: 0151 933 4715

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



MARCH 2021

## COVID-19 Vaccines

We are contacting our patients in order of priority and we will make sure that you are called when it's your turn to be vaccinated.



In the meantime we continue to ask for your patience and help by following these steps:

- Please do not contact your GP practice or the NHS to seek a vaccine, we will contact you
- If you are in an currently eligible group you may contact the national booking service for an appointment by visiting [www.nhs.uk/covid-vaccination](http://www.nhs.uk/covid-vaccination) or by calling 119 if you'd prefer not to wait for an appointment with our local GP led service
- When you are contacted, please attend your booked appointments as close to the time as possible – to avoid queueing in the cold weather
- Even when you've been vaccinated, please continue to follow all the guidance to control the virus and save lives by socially distancing, wearing a mask or face covering and washing your hands regularly
- Even if you've had your COVID-19 vaccine, there is still a risk you could spread COVID-19. You need both doses of the vaccine to fully protect yourself against Coronavirus.

## 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.

For information about appointments at the surgery see **page 4**

## Young Carer's Action Day—16th March



Young Carers Action Day is an annual event, organised by Carers Trust.

It has taken place over the last six years to raise awareness of young carers and the incredible contribution they make to their families and local communities.

For [#YoungCarersActionDay](https://www.nhs.uk/youngcarers) 2021 we want to Protect Young Carers Futures. Learn more about the incredible skills [#youngcarers](https://www.nhs.uk/youngcarers) develop through their caring role – like resilience, time management and empathy. Find out more: [Young Carers Action Day](https://www.nhs.uk/youngcarers)

## Chest Pain

Most chest pain is not a sign of anything serious but you should get medical advice just in case.

Call 999 immediately if you have sudden chest pain that:

- Spreads to your arms, back, neck or jaw
- Makes your chest feel tight or heavy
- Also started with shortness of breath, sweating and feeling or being sick
- Last more than 15 minutes

**Book an appointment with the GP if:**

- **You have chest pain that comes and goes**
- **You have chest pain that goes away quickly but you're still worried. It's important to get medical advice to make sure it's nothing serious.**

For more information visit <https://www.nhs.uk/conditions/chest-pain/>

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## Ovarian Cancer Awareness Month

This Ovarian Cancer Awareness Month, GPs in Sefton are urging residents to be clear on the warning signs and symptoms of ovarian cancer and to contact their GP practice with any concerns. Early diagnosis of ovarian cancer can save lives. Ovarian cancer, or cancer of the ovaries, is one of the most common types of cancer in women. It mainly affects women who have been through menopause (usually over the age of 50), but it can sometimes affect younger women too.

The most common symptoms of ovarian cancer are:

- feeling constantly bloated
- a swollen tummy
- discomfort in your tummy or pelvic area
- feeling full quickly when eating, or loss of appetite
- needing to pee more often or more urgently than usual

For more information visit <https://www.nhs.uk/conditions/ovarian-cancer/>



## Testing for people with symptoms in Sefton

In March, drive-through Mobile Testing Units will be available across the Borough. These sites are for those **with symptoms** (a new persistent cough, a high temperature or a loss of sense of taste or smell) and can be booked by calling 119 or visiting [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus).

For more information visit <https://mysefton.co.uk/2021/03/03/march-coronavirus-testing-facilities-across-sefton-for-those-with-symptoms/>

## Alzheimer's Society Sefton

Alzheimer's Society Sefton has shared information about an online community for anyone affected by dementia.

Dementia Talking Point is a helpful online community where anyone who is affected by dementia can receive valuable support. It's free, open day or night, and can be accessed online.

On Dementia Talking Point you can:

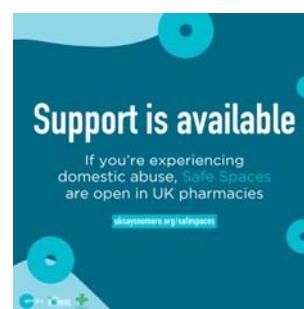
- ask for advice
- read other people's stories
- offload your concerns about dementia
- share helpful information.

Click to access <https://forum.alzheimers.org.uk/>



## UK SAYS NO MORE Week –7th-13th March

NO MORE Week is an annual, international opportunity to come together to raise awareness of **domestic abuse** and **sexual violence**, inspiring individuals, organisations, and communities to make change.



Safe Spaces are open in Boots, Superdrug, Morrisons & Well pharmacies & many independent pharmacies across the UK. If you're experiencing domestic abuse, you can use Safe Spaces to call a helpline, support service or loved one #NoMoreWeek. More info: [uksaysnomore.org/safespaces](https://uksaysnomore.org/safespaces)

For more information on domestic abuse and sexual violence click here <https://uksaysnomore.org/learn/>

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## No Smoking Day—10th March

Right now we all need a bit more joy in our lives. If you smoke, quitting can bring you some. Research shows ex-smokers who have quit for at least 6 weeks are happier than those who keep smoking. Quitting also protects your health and improves your bank balance. What have you got to lose? #TodayIsTheDay. Make #NoSmokingDay the first day of your last quit attempt. Get help with withdrawal from [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

- Clear out old ashtrays, lighters and cigarettes
- Get support – visit <https://www.nhs.uk/smokefree> for remote advice
- Think of your reasons for quitting – and keep them front of mind
- Use stop smoking aids to help you manage cravings
- Try new routines and remember you CAN do it #TodayIsTheDay



## Sefton Citizen's Advice Bureau Drop-in Service

Sefton Citizens Advice Bureau's money advice/debt drop-in service is back on Mondays 10am - 12pm.

The face to face drop in service is being reintroduced using **video calling** and the link is on the Sefton CAB website at <https://seftoncab.org.uk/how-we-can-help/>

Information about the service and how to use it is here <https://seftoncab.org.uk/how-we-can-help/video-calls-for-face-to-face-advice-what-you-need-to-know/>

## Marie Curie Great Daffodil Appeal



Marie Curie is the UK's leading end of life charity. We provide frontline nursing and hospice care, a free support line and a wealth of information and support on all aspects of dying, death and bereavement.

The Great Daffodil Appeal means even more to us in 2021 than previous years. Marie Curie Nurses have been on the front line of the pandemic providing vital care for dying people and their loved ones. At the same time, we've been unable to fundraise as normal.

For more information and support visit <https://www.mariecurie.org.uk/>

## Money Advice Mondays ...are back!

Do you need help with debt? Want a fresh start for your finances?

Miss the drop-in face-to-face sessions of our debt advice service? We are trying to reach more people so we're excited to let you know **we now offer advice by video call!**

Monday 10am-12pm  
face-to-face debt  
advice by video-call

For information see our  
'How We Can Help' page  
on our website

[www.seftoncab.org.uk](http://www.seftoncab.org.uk)



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## Appointments at the surgery

We are still open and here for you. We are continuing to provide services as we have been doing throughout the COVID-19 pandemic. We are prioritising delivering of care and services based on clinical needs. If you need medical advice or treatment, please ring us on **0151 944 1066** or, for non-urgent advice or treatment, visit our website and send us your query – our opening hours are **08:00am—18:30pm (Mon-Fri)**.



**NHS**

**FACE-TO-FACE  
GP PRACTICE  
APPOINTMENTS  
ARE AVAILABLE  
TO PATIENTS.**

Your  
health  
matters  
help us  
help you

Due to coronavirus, how you contact us will be different at the moment. This is to limit face-to-face contact whenever possible and help stop the spread of coronavirus.

When you phone or go online, you will be asked to provide some information about your healthcare need. This will help the practice healthcare team assess the most appropriate way to provide your care, which may include a face-to-face consultation and ensure it is provided by the most appropriate person. Face-to-face appointments are available to all patients where there is a clinical need.

Online consultation requests for non-urgent help can be made at any time. They will be responded to as soon as possible, usually within two working days. Alternatively, visit the local pharmacy for clinical advice on minor health concerns.

For urgent issues or out of hours, you can also call the NHS on 111 or go online to seek NHS advice [111.nhs.uk](http://111.nhs.uk)

Appointments are being delivered **face-to-face, by telephone, or using video calls and messaging to your mobile or computer** – the practice team will assess what is most appropriate for you and if you have a preference you can discuss this with them.

Attending a face-to-face appointment: If you are asked to come into the surgery for a face-to-face appointment, please remember to wear a face covering. Measures are in place to keep you safe from infection during your visit to the surgery. If you have a disability or condition which means you cannot wear a face covering or cannot communicate with someone who is wearing a face mask, or require other adjustments before your appointment, please let the surgery know ahead of your arrival.

COVID-19 Vaccination: The NHS is currently vaccinating those people who experts have agreed will benefit from it the most. A vaccination programme of this size and scale will still take some time to complete. Please be assured that everyone who needs the vaccine will be offered it. The NHS will be in touch with you when it is your turn to be vaccinated. Please don't call us before you are invited. In the meantime, you can get information about the COVID-19 Vaccination online at [www.nhs.uk/covid-vaccination](http://www.nhs.uk/covid-vaccination).

Our staff are working extremely hard to provide services and care and we would like to thank our patients for your continued support.