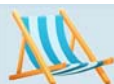


# MOORE STREET SURGERY

TEL: 0151 944 1066

FAX: 0151 933 4715

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



August 2021

## Wearing a Face Covering in GP Practice



*Everyone accessing or visiting healthcare facilities must continue to wear a face covering and follow social distancing rules, COVID restrictions ending in many other settings in England from 19 July.*

This means that staff, patients and visitors in **GP practices**, hospitals, dental practices, optometrists and pharmacies, are expected to continue to follow social distancing rules as well as using face coverings and other personal protection equipment to ensure patients and staff are protected.

## IMPORTANT NOTICE - CORONAVIRUS

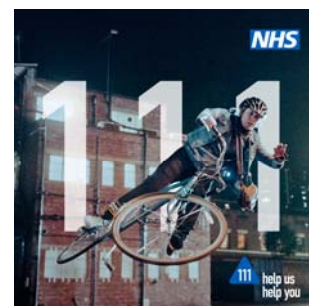
If you have symptoms associated with coronavirus including a **new continuous cough, a high temperature or loss or change to your sense of smell or taste**, you are advised to stay at home for at least **10 days**.

**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.

## NHS 111 First

If you need urgent medical help today which *isn't* an emergency or a life-threatening problem, think 111 first.

Available 24/7, visit <http://111.nhs.uk> or call 111 for support.



## Grab a Job at Seaforth Village Surgery

Seaforth Village Surgery will be open on Thursday 22 July as a COVID-19 vaccination site for all south Sefton residents who can either walk in for their jab or book an appointment. The new vaccination site, being run by GP practices in Seaforth and Litherland known as a primary care network, will be offering jabs until the end of August following a successful pilot earlier in the year.

Seaforth Village Surgery will be open for walk-ins or appointments Tuesday – Saturday from 10am to 6.30pm. If people do want to book they can call **07979 938 229** or book via their own GP practice if they are registered with a GP in south Sefton. For more information visit: <https://www.southseftonccg.nhs.uk/get-informed/latest-news/grab-a-jab-at-seaforth-village-surgery/>



The various other ways you can get your vaccination in Sefton are:

- [Click here](#) for up to date grab a jab walk-in sites
- Book an appointment at one of the Sefton pharmacy-led vaccination sites or at one of the 1,600 vaccination centres across the country via the national booking service online: [uk/covid-vaccination](http://uk/covid-vaccination) or by calling 119
- Book direct with the [Aintree Hospital Hub](https://aintreeuniversityhospital.nhsbookings.com/v2/#book/service/7/count/1/provider/any/date/2021-07-21/)— <https://aintreeuniversityhospital.nhsbookings.com/v2/#book/service/7/count/1/provider/any/date/2021-07-21/>

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## 10 Minute Shake Up Campaign

Shake Up Your Summer! This summer, Public Health England, with support from Sport England, have once again teamed up with Disney to help get kids active throughout the holidays by playing 10 Minute Shake Up games. This year the games are inspired by some of their favourite characters from **Disney Frozen**, **Disney and Pixar Toy Story** and, excitingly for the first time ever, **Marvel!**

The 10 Minute Shake Up campaign aims to inspire children to rebuild confidence in being active, develop new and longer-term physical skills and, most importantly, have fun! We've got 16 fun, new Disney-themed games on the 10 Minute Shake Up website to add to the 100 plus games already available. The Disney sports quiz has also been updated and relaunched on the website to help parents find sports and activities their kids might enjoy. So what are you waiting for? Search '10 Minute Shake Up' today. <https://www.nhs.uk/10-minute-shake-up/shake-ups>



## SWACA Child on Parent Violence/Abuse

SWACA's Child on Parent Violence/Abuse service provides a safe place to talk about worries and concerns relating to experiences of abuse or violence a parent is experiencing from their child. For more information visit <https://swaca.com/child-on-parent-violence-and-abuse/> or for a leaflet visit here <https://swaca.com/wp-content/uploads/2021/05/COPV-Leaflet.pdf>

## Better Health—Nutrition and Weight

### Loss



Lots of us are looking to make positive changes after lockdown, if you want to lose weight and eat better, we've got free tools, tips and support to help you get started. Visit [nhs.uk/betterhealth/lose-weight](https://nhs.uk/betterhealth/lose-weight). Let's do this!

## Sefton Sexual Health Service



### Changes to Clinic Services

Due to staffing levels from August 2nd we are moving to booking on the day telephone appointments. Please do not come to clinic unless you have been told to do so. Please call 01695 656550 to be booked in for telephone assessment today.

**Phone lines are open: Monday – Thursday from 9.00 – 16.45  
& Friday 08.45- 15.45**

If you feel you are an Emergency (PEP, Sexual Assault, Emergency contraception, acute onset of symptoms and under 16's) please let the team know when you call and clinical staff will assess each case individually and advise accordingly.

If you just need a check-up for sexually transmitted infections (including blood tests for HIV and syphilis) and have no symptoms, you can request a home testing kit [here](#). This is free and identical to tests done in clinic and may be a quicker way to get tested at this time.

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## Going on holiday in England?

### Before you go:

- Remember to pre-order sufficient quantities of your prescription medication to last you on your trip.
- Make sure you've got the contact details of your usual GP practice with you.

### If you need medical care while you're away, choose the right service:

- If you think you need A&E, contact NHS 111 first at [111.nhs.uk](http://111.nhs.uk) or by calling 111.
- If you need help from a GP practice, contact your usual GP practice.
- If you have a minor health condition, consult a local pharmacist.



### Keep up regular COVID-19 testing this summer!

Secondary school and college students should continue testing and reporting twice a week over the summer holidays – don't forget to report your results whether it's negative, positive or void.



### Mobile COVID Testing—AUGUST 21

Throughout August, drive-through Mobile Testing Units will be available across the Borough. These sites are for people 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). Planned dates and sites may be subject to change if testing is required in other locations:

### Dates and Locations August 2021

- Sunday 1 Maghull Town Hall
- Monday 2 Maghull Town Hall
- Tuesday 3 Southport Eco Centre
- Wednesday 4 Southport Eco Centre
- Thursday 5 NO MOBILE TESTING
- Friday 6 Litherland SP
- Saturday 7 NO MOBILE TESTING
- Sunday 8 Litherland SP
- Monday 9 Southport Eco Centre
- Tuesday 10 Southport Eco Centre
- Wednesday 11 Southport Eco Centre
- Thursday 12 NO MOBILE TESTING
- Friday 13 Maghull Town Hall
- Saturday 14 Maghull Town Hall
- Sunday 15 Maghull Town Hall
- Monday 16 Litherland SP
- Tuesday 17 Litherland SP
- Wednesday 18 Southport Eco Centre
- Thursday 19 Southport Eco Centre
- Friday 20 Southport Eco Centre
- Saturday 21 Litherland SP
- Sunday 22 Litherland SP
- Monday 23 Maghull Town Hall
- Tuesday 24 Southport Eco Centre
- Wednesday 25 NO MOBILE TESTING
- Thursday 26 Litherland SP
- Friday 27 Litherland SP
- Saturday 28 Maghull Town Hall
- Sunday 29 Maghull Town Hall
- Monday 30 Maghull Town Hall
- Tuesday 31 NO MOBILE TESTING