

MOORE STREET SURGERY

TEL: 0151 944 1066

www.moorestreetsurgery.nhs.uk

FAX : 0151 933 4715

JANUARY 2022

Please note: The surgery will be closed from 12:30pm on Wednesday 19th January 2022 for staff training.

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 are advised to self-isolate for at least **10 days**.

PLEASE DO NOT COME TO SURGERY. Please stay at home, self-isolate, book a PCR test and ring 111 or us for advice.

Winter Vaccines

Get your COVID-19 and flu vaccines as soon as they are available to you, especially if you're pregnant. For those who are eligible, COVID-19 boosters can now be pre-booked a month in advance for those who had their second jab five months ago.

For more information on where to get your COVID vaccine visit:

<https://www.southseftonccg.nhs.uk/get-informed/latest-news/walk-in-or-book-a-covid-19-vaccine/>



Social Prescribing

WE ARE PLEASE TO INFORM YOU OF A NEW SERVICE TO MOORE STREET SURGERY—Social Prescribing Link Worker

Social prescribing involves helping people to improve their health and wellbeing by connecting them to activities in the community. Link Workers connect those feeling lonely, overwhelmed or in need of help to a range of local support, from community and activity groups to work, debt or housing advice. They can help with:

- ◆ Getting people to focus on their own priorities and the things that affect their wellbeing
- ◆ Supporting people to take more control of their health
- ◆ Introducing people to groups and activities in their community

To discuss a referral to the social prescribing service please contact the surgery on **0151 944 1066**

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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Dry January

Dry January is the UK's one-month *alcohol-free* challenge. There are many benefits to trying to be alcohol free for one month.



- 70% of people sleep better
- 86% of people save money
- 65% of people notice generally improved health

Download the free **Try Dry** app to double your chance of a totally alcohol-free month and long-term benefits.

For more information, tips, stories or to sign up to the challenge visit <https://alcoholchange.org.uk/get-involved/campaigns/dry-january>

Cervical Cancer Prevention Week (17th-23rd January)

This year we want to talk about more than cervical screening (smear tests), because cervical cancer prevention doesn't stop there.

220,000 women and people with a cervix every year are told they have cervical cell changes after their screening, and many more given a HPV diagnosis. This can mean more tests and treatments, and for some it can be incredibly hard.

Everyone's experience is different, but we want everyone to have the information and support they need.

For more information visit <https://www.jostrust.org.uk/>

To book an appointment for a smear test or if you are concerned about any signs or symptoms, please contact the surgery on **0151 944 1066**.

Let's talk about cervical cancer

You might know about smear tests. They can stop cervical cancer from ever developing.

You're invited regularly from 25 to 64

You might find going for smear tests hard (especially at the moment).

So make sure you know the symptoms:

- Vaginal bleeding that is unusual for you
- Changes to vaginal discharge
- Pain or discomfort during sex
- Pain in your lower back or pelvis



The earlier cervical cancer is found, the easier it is to treat.



So whether you're up to date with your smear test, are waiting for a test, or have never been, if you have any of these symptoms then call your GP as soon as possible.

Your GP has measures in place to keep you **safe from coronavirus**.



For further information and support

Call our helpline: **0808 802 8000**

Find us online: **jostrust.org.uk**

Jo's cervical
cancer trust

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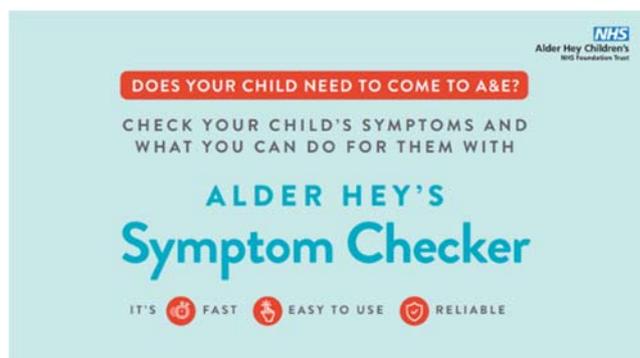
Alder Hey's Symptom Checker

Clinicians at Alder Hey have developed a new symptom checker to help parents and carers understand their poorly child's symptoms and what they can do for them.

The fast, easy to use and reliable online symptom checker offers parents and carers information on several of the most common symptoms in children requiring urgent care. Using the symptom checker will help parents and carers decide where best to get the right care for their child, be it at home, at their local chemist, walk-in centre or GP, or with a trip to Alder Hey's emergency department.

To access the symptom checker visit <https://alderhey.nhs.uk/symptom-checker>

For more information visit <https://www.southseftonccg.nhs.uk/get-informed/latest-news/alder-hey-launches-new-symptom-checker-for-children/>



Winter-Ready Checklist

Sefton's health and community leaders are urging people to help themselves, their loved ones and the people they care for stay well this winter with the help of an online winter ready checklist.

It's especially important for those aged 65 or older and people with long term conditions such as heart or kidney disease, diabetes or breathing conditions like COPD (including emphysema and chronic bronchitis) and asthma.

This handy checklist will help get winter ready with advice and signposting to various support services. For information and to access the checklist visit <https://www.southseftonccg.nhs.uk/your-health-and-services/winter-health-checklist/>



Love Your Liver Month

January is Love Your Liver Month. The liver is an important organ that has hundreds of jobs within the human body. The liver helps, fight infection and disease, destroys poisons and drugs (inc alcohol), cleans the blood, controls cholesterol and processes food once digested. This is why it is important to look after your liver.

Three steps to Love Your Liver:

1. Cut down on alcohol
2. Keep to a healthy weight
3. Protect yourself from viral hepatitis

