

MOORE STREET SURGERY

TEL: 0151 944 1066

www.moorestreetsurgery.nhs.uk

FAX : 0151 933 4715



June 2022

Please note: The surgery will be closed from 12:30pm on Wednesday 15th June for staff training.

June Bank Holidays

The surgery will be closed on the following dates:

Thursday 2nd June

Friday 3rd June

We are open normal hours from Monday 6th June.

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 SHOULD NOT visit a healthcare setting.

PLEASE DO NOT COME TO SURGERY.

While you're no longer required by law to self-isolate if you have COVID-19, you should still stay at home and avoid contact with other people. This helps reduce the chance of passing COVID-19 on to others.

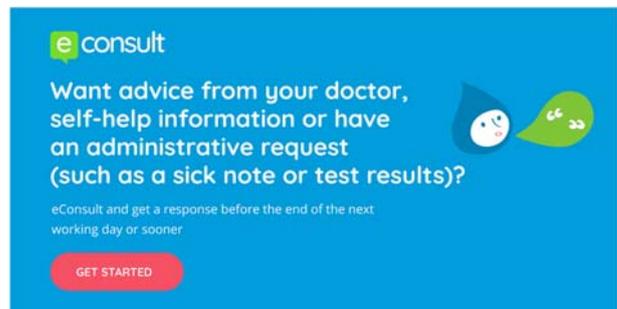
eConsult

eConsult allows patients to submit requests to their practice. Rather than booking an appointment, the patient sends their request or symptoms and the GP practice will review and make sure every patient gets the right care. This might save you a trip into the practice.

There are three ways to access and submit an eConsult:

1. Through the eConsult banner on your practice's website, on any device.
2. Download and use the NHS App on your phone or tablet
3. Through the eConsult GP finder on the website <https://econsult.net/nhs-patients>

From there, all you have to do is complete a quick online questionnaire which is sent to your practice. Using this, your GP can quickly check your eConsult and advise you on the best next steps. You can also search for trusted NHS self-help advice, complete administrative requests and give your GP updates about long-term conditions through eConsult.



Repeat Prescriptions— Don't forget to order your repeat prescriptions in plenty of time before the upcoming bank holiday weekend. Due to the restricted opening hours of both GP surgery and pharmacies you may find it difficult to obtain your medication at short notice. If you need help over the bank holiday weekend advice is available from NHS 111.

Contact Details

Can we please remind all patients to ensure the surgery has your up-to-date name, telephone number and address. This will make it easier for us to contact you when necessary.

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Cervical Screening Awareness Week—20th June

This week is important. It's Cervical Screening Awareness Week 2022 (20-26 June)

We're supporting Jo's Cervical Cancer Trust because we want you to have all the facts about this potentially life-saving test.

Did you know almost one in three women and people with a cervix don't take up their invite? We want to change that, and you can help! It's simple, share your tips, experiences and help break down some of the confusion and anxiety that exists around the test. Find out more: www.jostrust.org.uk

For some useful tips on cervical screenings visit the Jo's Trust website at <https://www.jostrust.org.uk/information/cervical-screening/cervical-screening-tips>

Cervical screening is one of the best ways to protect yourself from cervical cancer. Cervical screening is not a test for cancer, it's a test to help prevent cancer. If you are due your smear test, call us now to book an appointment with one of our nurses.



Diabetes Awareness Week—13th June

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high. There are 2 main types of diabetes:

Type 1 Diabetes—Where the body's immune system attacks and destroys the cells that produce insulin.

Type 2 Diabetes—Where the body does not produce enough insulin, or the body's cells do not react to insulin.

Some of the main symptoms of diabetes can include:

- Feeling very thirsty
- Feeling very tired
- Cuts or wound that heal slowly
- Blurred vision
- Peeing more frequently than usual, particularly at night
- Itching around the penis or vagina, or frequent episode of thrush.
- Weight loss and loss of muscle bulk

Type 1 diabetes can develop quickly over weeks or even days. Type 2 diabetes is far more common than type 1. In the UK, around 90% of all adults with diabetes have type 2

If you are concerned about any signs or symptoms please book an appointment with a GP.

Visit <https://www.diabetes.org.uk/> to find out more.



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Men's Health Week—13th June

Men's Health Week (MHW) is designed to give all boys and men access to the information, services and treatment they need to live healthier, longer and more fulfilling lives.



The theme this year is **"Time for Your MOT"**

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

If you are concerned about any signs or symptoms, please book an appointment with a GP.

Carers Week — 6th June

From Monday 6th June, Sefton Carers staff will be on hand to support carers in a number of ways from the Centre on South Road, Waterloo, as well as the Life Rooms in Southport and Manna Day Centre in Maghull.



For more information visit: <https://www.sefton-carers.org.uk/index.php/latest-news/carers-week-2022>

Monkeypox

Monkeypox is a rare illness caused by the monkeypox virus and one of the symptoms is a rash that is sometimes confused with chickenpox. It is usually associated with travel to Central or West Africa but cases have been occurring in England with no travel links.

Monkeypox can be spread when someone comes into close contact with an infected person. The virus can enter the body through broken skin, the respiratory tract or through the eyes, nose or mouth. If you get infected with monkeypox, it usually takes between five and 21 days for the first symptoms to appear. Symptoms include fever, headache, muscle aches, backache, swollen lymph nodes, chills and exhaustion. A rash can develop, often beginning on the face, then spreading to other parts of the body. The rash changes and goes through different stages - a bit like chicken pox - before finally forming a scab, which later falls off.

The virus can spread if there is close contact between people through:

- touching clothing, bedding or towels used by someone with the monkeypox rash
- touching monkeypox skin blisters or scabs
- the coughs or sneezes of a person with the monkeypox rash

Anyone with concerns that they could be infected should see a health professional but make contact with the clinic or surgery ahead of a visit. NHS 111 can also give advice.

UKHSA is investigating the recent cases in England. A notable proportion of early cases detected have been in gay, bisexual and other men who have sex with men. and so UKHSA is urging this community in particular to be alert to any unusual rashes or lesions and to contact a sexual health service without delay. UKHSA will post regular updates on gov.uk. (Information provided by South Sefton CCG)

