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Moore Street Surgery

APRIL 2020



Adults in Self-isolation

- For exercises you can do at home visit: <https://www.nhs.uk/live-well/exercise/10-minute-workouts/> or for the elderly/immobile <https://www.nhs.uk/live-well/exercise/sitting-exercises/>
- Try to spend some time doing things you enjoy like reading, cooking or other hobbies and interests.
- Try to keep in touch with family and friends via social media or video chatting apps.
- If you're feeling lonely or worried in this difficult time you can ring the Samaritans for free on 116 123 or try one of the helplines at <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

IMPORTANT NOTICE - CORONAVIRUS

If you suspect you have coronavirus, **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.

Moore Street Surgery is not currently booking direct face-to-face appointments. To avoid disappointment please do not queue outside of a morning. All appointment requests will be triaged by a clinician over the telephone. Please avoid trying to book routine appointments at this time.

For more information <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Sick Notes

If a sick note is needed in relation to Coronavirus, patients can download a letter from our website to submit to their employer. The practice **will not** provide a medical certificate for patients requiring self-isolation for coronavirus.

Prescriptions - The usual 48 hour rules apply.

For 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

To collect your prescriptions:

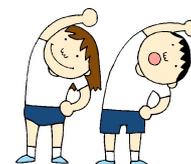
- If you *do not* have a nominated chemist (which we do recommend) you can still attend the surgery to collect your prescription.

Indoor Activities for Children

We know that whilst schools are closed the next few weeks may be difficult for many families. Why not try some stay-at-home activities to help your children learn and develop some new skills over the coming weeks and months.

- For 100+ free activities to try indoors from Scouts visit: <https://www.scouts.org.uk/the-great-indoors/>
- Mon-Fri at 9am Joe Wicks will be hosting free PE workouts for children: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- For support with education and wellbeing <https://www.bbc.co.uk/bitesize>


Scouts



BBC
Bitesize

Bowel Cancer Awareness Month

Bowel cancer is a general term for cancer that begins in the large bowel. Depending on where the cancer starts, bowel cancer is sometimes called colon or rectal cancer.

Bowel cancer is one of the most common types of cancer diagnosed in the UK. Most people diagnosed with it are over the age of 60.

The symptoms of bowel cancer can include:

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

Most people with these symptoms don't have bowel cancer. Other health problems can cause similar symptoms. But if you have one or more of these, or if things just don't feel right, please book an appointment with your GP.

Bowel Cancer Screening

Are you 60-74?
Received one of these in the post?



Take the test - bowel cancer screening could save your life. For more information visit bowelcanceruk.org.uk/screening or call the screening helpline on **0800 707 60 60**

Bowel cancer screening in England

- If you are aged between 60 and 74, you will be invited every two years
- If you are aged 75 or over, you can ask for a screening test by calling the free bowel cancer screening helpline on 0800 707 60 60
- Bowel scope screening is another part of the national bowel cancer screening programme in England. The test is gradually being introduced and will eventually invite all

Blood Donation

Most people can give blood. You can give blood if you:

- are fit and healthy
- weigh between 7 stone 12 lbs and 25 stone, or 50kg and 158kg
- are aged between 17 and 66 (or 70 if you have given blood before) are over 70 and have given a full blood donation in the last two years

For more information: <https://www.blood.co.uk/>



Organ Donation law in England is changing from 20 May 2020



From **20 May 2020**, organ donation in England will move to an 'opt out' system. You may also hear it referred to as '[Max and Keira's Law](#)'.

This means that all adults in England will be considered to have agreed to be an organ donor when they die unless they have recorded a decision not to donate or are in one of the [excluded groups](#).

You still have a choice if you want to be an organ donor or not when you die. [Get the facts](#) about organ donation to help you decide.

Low Mood, Sadness and Depression

Most people feel low sometimes, but if it's affecting your life, there are things you can try that may help. Support is also available if you're finding it hard to cope with low mood, sadness or depression.

Symptoms of a low mood may include feeling:

- Sad
- Anxious or panicky
- Angry or frustrated
- Low on confidence or self-esteem
- More tired than usual or being unable to sleep

Symptoms of Depression

- Not getting any enjoyment out of life
- Feeling hopeless
- Not being able to concentrate on everyday things
- Having suicidal thoughts or thoughts about harming yourself

A low mood often gets better after a few days or weeks. It's usually possible to improve a low mood by making small changes in your life. For example, resolving something that's bothering you or getting more sleep. If you have a low mood that lasts 2 weeks or more, it could be a sign of [depression](#).

Getting Help with Bereavement or loss

Most people experience grief when they lose something or someone important to them. If these feelings are affecting your life, there are things you can try that may help.

Support is also available if you're finding it hard to cope with stress, anxiety or depression.

Bereavement, grief and loss can cause many different symptoms and they affect people in different ways. There's no right or wrong way to feel.

As well as bereavement, there are other types of loss such as the end of a relationship or losing a job or home.

Things you can try to help with bereavement, grief and loss

- try talking about your feelings to a friend, family member, health professional or counsellor – you could also contact a support organisation such as [Cruse Bereavement Care](#) or [call: 0808 808 1677](#)
- try the [6 ways to feel happier](#), which are simple lifestyle changes to help you feel more in control and able to cope
- find out about [how to get to sleep](#) if you're struggling to sleep
- consider peer support, where people use their experiences to help each other. [Find out more about peer support](#) on the Mind website
- listen to [free mental wellbeing audio guides](#)

Things you can try to help with a low mood

- try talking about your feelings to a friend, family member, health professional or counsellor. You could also contact [Samaritans](#), [call: 116 123](#) or email: jo@samaritans.org if you need someone to talk to
- try the [6 ways to feel happier](#), which are simple lifestyle changes to help you feel more in control and able to cope
- find out [how to raise your self-esteem](#)
- consider peer support, where people use their experiences to help each other. [Find out more about peer support](#) on the Mind website
- try [mindfulness](#), where you focus on the present moment
- listen to [free mental wellbeing audio guides](#)
- search and download [relaxation and mindfulness apps](#) or [online community apps](#) from the NHS apps library

