



BELLE VALE MEDICAL PRACTICE NEWSLETTER



May 2020

Dear patient, just a brief update to let you know that we are still here and working hard.

Obviously we have all had to adapt at this difficult time and the ways in which we work have had to change literally overnight.

We are now into week 8 of 'lockdown'. We are here Monday to Friday as usual and currently work bank holidays as well to relieve some of the pressure from the out of hours providers and hospitals.

We are doing consultations by telephone, videolink, E-mail and will also see some patients where necessary.

Although our reception staff are not on the front desk they too are available by telephone.

Prescriptions

As you may be aware all prescriptions now go directly to a nominated pharmacy. If you would like to nominate a particular pharmacy, then please contact the surgery and let us know.

We are not taking paper prescriptions, please contact the surgery and speak to the reception staff about your options on how this can now be done.

Prescription deliveries

If you have a family member or neighbour/friend who is able to collect your prescription for you, please arrange this with them.

You can also contact your local pharmacy to see what options are available to you.

Good neighbour scheme: Help for vulnerable people, please contact 0151 233 3066.

Social Prescriber: We now have a social prescriber on site on a Tuesday, Steven Cavanagh.

You can speak to the GP or a member of staff about a referral.

Steven can help with: leisure, social activities, education, welfare, housing and employment advice and support.

Mental Health Services

Clearly the current situation is causing increased levels of anxiety amongst many people and the stresses of lockdown and being unable to see family and friends is difficult. Should you feel you need any support the following are a few useful numbers

Talk Liverpool: 0151 228 2300

YPAS: 0151 707 1025 for pts aged 5-25 and families in Liverpool.

Samaritans: 116 123

Urgent mental health support (MerseyCare): 0151 296 7200

PSS The Avenue: www.upbeatblog.me

If you are in crisis or have thoughts about harming yourself or for someone else please call 999 for an ambulance or go to your nearest Accident & Emergency department.

Cancer symptoms.

There has been a lot in the news about urgent referrals to hospital clinics for suspected cancer symptoms being a lot lower than usual.

If you are concerned about any symptoms please telephone us as we can still refer if we suspect serious underlying conditions.

If you have any of the following symptoms and you are concerned please telephone us so we can assess what needs to be done.

- Change in bowel habit
- Rectal bleeding
- Unexplained weight loss
- Coughing up blood
- Unexplained breathlessness
- Postmenopausal bleeding
- Blood in the urine
- Food sticking /difficulty swallowing

Blood clinics are now only open to patients who need urgent bloods as per GP request. The following centres are still taking bloods;

- Breezehill Medical Centre
- Kensington Medical Centre
- Garston Family Health Centre

However, you **must** call before you go to be given an appointment time, due to social distancing measures. The number to call is 0151 295 3400.

Sick notes – These can be Emailed or sent out in the post if you wish. Please let the GP know which you would like to do at the time so they can arrange this for you.

We hope that you and your families stay safe and well and we look forward to seeing you again sometime later in the year. Do not forget, if you need us for anything, please do not hesitate to contact us.

Take care,

All at Belle Vale Medical Practice.

**STAY
ALERT** 

**CONTROL
THE VIRUS**

 **SAVE
LIVES**