

Meadowbridge

SURGERY

February 2024

Highlights

January Statistics

Flu Vaccine for 50 - 65 year olds

The Little Orange Book - Allergies and Allergic Reactions

Patient Links - Useful links for Patient Support throughout February

The Rowan - Sexual Assault Referral Centre

The Cithrah Foundation

Childhood Immunisations



Patient Facing Services

To register for Patient Facing Services, email reception.z00382@gp.hscni.net with your full name, date of birth and address and we will send you a registration token with all the instructions you need.

Users can request prescriptions, request daily triages (until capacity is full) and send non urgent instant messages.

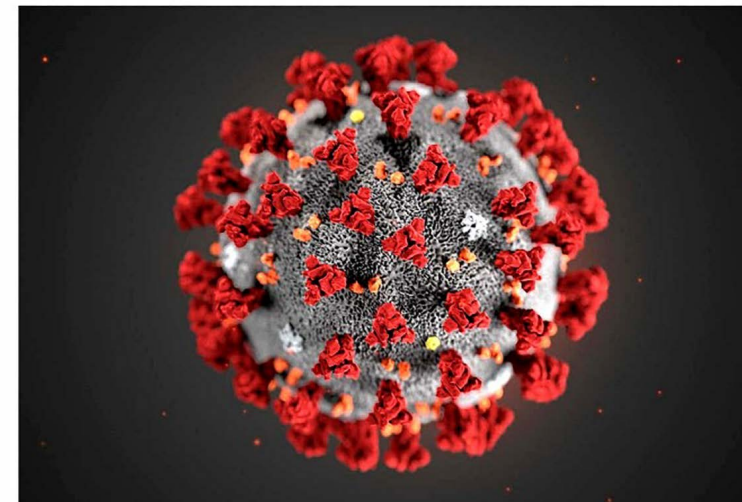
62% of our patients are already registered. 5,676 out of 9179 patients are using the service regularly.

Covid19 Certificates

The HSC COVID Certification service will be closed to new applications on 19th December 2023 @ 10am. The app will be removed from the app stores.

Active certificates, and the COVIDCert NI app will cease to work from the 12th of January 2024. COVID certificates are no longer required domestically or for international travel.

Any patients travelling abroad should review travel [entry requirements](#) for the countries they will visit or travel through



www.meadowbridgesurgery.co.uk

Patients can sign up to receive the practice newsletter to their email each month.

Go to the home page and select Surgery News. Scroll to the bottom of the page, where you will be asked to provide an email address.

IN JANUARY 2024; 17 NEW PATIENTS SIGNED UP TO RECEIVE OUR BULLETIN TO THEIR EMAIL ADDRESS EACH MONTH



**SIGN UP
FOR OUR
BULLETIN**

Flu Vaccine for 50 – 65 year olds

All patients aged between 50 and 65 years of age are being invited to receive their flu vaccine at Meadowbridge Surgery

To book an appointment, go online via patient facing services or alternatively, contact the surgery after 9.30am on 02893353454.



Eligible patients can receive their flu vaccine here at the surgery until the end of March 2024.

Covid vaccines are no longer offered at the Meadowbridge, however, eligible patients who have yet to receive their vaccine can go to

<https://www.nidirect.gov.uk/articles/flu-vaccine#toc-0>

to find out where they can avail of this service.

PRACTICE STATISTICS

JANUARY 2024



1,245

Appointments booked in
the Treatment Room

138



Appointments booked and not
attended by patient



2,448

Daily Triage Slots actioned by a
Clinician

2,452



Hospital letters
actioned by Practice staff



6,235

Prescription requested

11,484



Incoming Telephone Calls to the
Practice

PRACTICE STATISTICS

JANUARY 2024



20,133

General Administration
Tasks

48



Home Visits by a GP



3,304

Face to Face Surgery
consultations

484



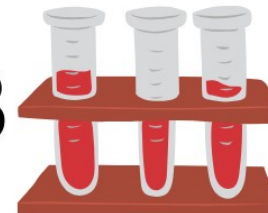
Triage Telephone calls from
Patients



766

Triage Telephone calls to Patients

3,143



Patient results reviewed

THE LITTLE ORANGE BOOK

For more information go to [https://meadowbridgesurgery.co.uk/website/Z00382/files/Little-Orange-Book-1%20\(1\).pdf](https://meadowbridgesurgery.co.uk/website/Z00382/files/Little-Orange-Book-1%20(1).pdf)

Choking

Choking is caused by something blocking your child's airway so that they can't breathe. They may cough, go red in the face and struggling for breath.

It's easy for children to choke on small objects so make sure the area around your child is clear and don't give them whole grapes or nuts or boiled sweets, and stay with them whilst they are eating.



What to do if your baby or child is choking



FIRST AID SELF CARE

Try and keep calm

Look in the mouth and see if there is an object which can be easily taken from their mouth.

DO NOT stick your fingers far back in their mouth or down their throat as this can push an object that you can't see further down and make things worse.

If your baby is able to cough, encourage them to carry on doing this to help clear the object. If your baby is distressed and unable to cry, cough or breathe, back blows (firm slaps on the back with the heel of the hand) may help.



PATIENT LINKS

USEFUL LINKS AVAILABLE THROUGHOUT FEBRUARY FOR PATIENT SUPPORT

Dignity Action Day 1st February

https://www.dignityincare.org.uk/Dignity-in-Care-events/Dignity_Action_Day/

Time to Talk Day 1st February

<https://timetotalkday.co.uk/>

World Cancer Day 4th February

<https://www.worldcancerday.org/>

Children's Mental Health Week 5th – 11th February

<https://www.childrensmentalhealthweek.org.uk/about/>

Sexual Abuse and Sexual Violence Awareness Week 5th – 11th February

<https://sexualabuseandsexualviolenceawarenessweek.org/>

Eating Disorders Awareness Week 29th February

<https://edaw.beateatingdisorders.org.uk/>





Supporting children, young people, women and men who have experienced rape, sexual violence and abuse.

What is The Rowan?

The Rowan is a specialist regional centre which provides a range of support and services for victims of sexual violence including rape and sexual abuse. They are there to help you recover both physically and emotionally.

How can I contact The Rowan?

You can phone on; 0800 389 4424.

- They can provide emotional support; support in making, if you choose, a report to police, if not already done.
- Signposting onto other support services; such as; counselling services; your local GUM clinic; Victim support NI
- Provide support for partners, family and friends

When is the Rowan open?

If you have any queries you can contact the office between 9am and 5pm, Monday to Friday on 02894 424 340.

The helpline number is available 24 hours a day, 365 days a year on 0800 389 4424.

An appointment to attend is required and this can be done by contacting the Rowan directly or if you have already contacted the Police, they will arrange a time for you.

**For more information contact the Rowan on 0800 389 4424 or visit the website www.therowan.net
The Rowan is located on the site of Antrim Area Hospital and directions can be found on their website.**

Providing support to individuals and families in crisis



Background

The Cithrah Foundation is a Christian organisation which started in 2000. It was set up to support people and families to recover from the impact of domestic abuse. In Hebrew, Cithrah means a cover, hiding or a safe place.

Services

- Cithrah Counselling Services
- Advice and Information
- Housing and Benefit
- Individual Support
- Personal Development
- Signposting
- Temporary Accommodation

In 2008, Cithrah opened a safe house for women and families. The building is purpose built, consisting of 5 self-contained apartments.

Volunteers

The foundation benefits from volunteers who offer their time to volunteer in many different areas including; Administration, Individual Support, Counselling, Creative Classes, Maintenance and Board of Directors

Contact

The Cithrah Foundation
Unit 6 De Courcy Centre
Carrickfergus
BT38 7AG
02893351119
info@cithrah.org.uk

For more information, go to www.cithrah.org.uk

Childhood Immunisations

Serious concern' as child vaccination rates slip and MMR hits new low

Children who get measles can be very poorly and some will suffer life-changing complications. The best way for parents to protect their children from measles is the MMR vaccine. Two doses of the MMR vaccine give lifelong protection and it's never too late to catch up.

Immediate action is needed to boost MMR uptake across communities where vaccine uptake is low.

Please go to NI Direct or speak to a clinician/Nurse who will have the knowledge to best support an understanding of the risks of measles and to learn more about the vaccines that can protect children. We need a long-term concerted effort to protect our children and to prevent large measles outbreaks.

MMR vaccination is currently delivered as part of the NHS routine child immunisation programme, with one dose offered at one year and another second dose at 3 years 4 months.

The UKHSA urged people who have missed jabs to come forward. It said: Measles spreads very easily among those who are unvaccinated, especially in nurseries and schools. It can be a very unpleasant illness and in some children can be very serious, leading to hospitalisation and tragically even death in rare cases.

People in certain at-risk groups including babies and young children, pregnant women, and people with weakened immunity, are at increased risk of complications from measles.

The UKHSA said more than 99% of people who have received two doses of MMR vaccine are protected against measles and rubella and that although mumps protection is 'slightly lower', cases in vaccinated people are far less severe.