

Monthly Newsletter

JANUARY 2025



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CHRISTMAS HAMPERS

A Christmas 'Santa sit out' was completed by Noel McKee in Whitehead in order to raise money for numerous residents to receive hampers for over the Christmas period. Below is a message from Noel, thanking all who contributed to the very worthwhile cause. Staff and patients donated huge amounts of food and 2 weeks worth of book money was also donated from the surgery.

Got around 27 hampers out. Lots of tears today as people are so grateful for these. Not the content of them more the thought behind them.

Sit out went well. Four car loads of food and three thousand pounds for the Salvation Army. Not bad for two foundering days work. Think it worked well.

Thank you to all our patients who contributed throughout December. It is very much appreciated!



PRE DIABETES

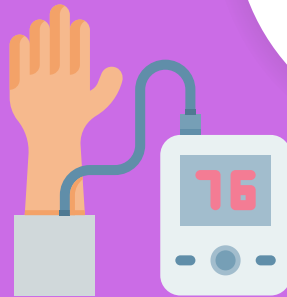
You're more at risk if you're white and over 40 or over 25 if you're African-Caribbean, Black African, or South Asian.



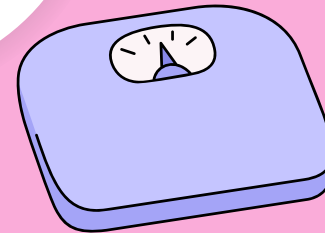
You're two to six times more likely to get type 2 diabetes if you have a parent, brother, sister or child with diabetes.



Prediabetes doesn't have any symptoms. If you start to have any of the symptoms of type 2 diabetes it means you have probably already developed it.



You are more at risk if you have ever had high blood pressure.



You're more at risk of type 2 diabetes if you're living with overweight or obesity.

For more information, go to <https://www.diabetes.org.uk/about-diabetes/type-2-diabetes/prediabetes>



Private Travel Clinic

Now located at Carrickfergus Health Centre Pharmacy

Private travel vaccines are available at the Pharmacy from Monday 6th January 2025. The appointment and booking system is available via the following link:
www.healthcentreprarmacy.com

The pharmacy is located in Taylors Avenue, Carrickfergus and is open Tuesday – Friday 9am – 5.30pm, closing at 1pm for lunch.

Medicines that can be administered at the Private Travel Clinic.

Altitude sickness (Acetazolamide)

Cholera

Dengue Fever

Diphtheria Tetanus Polio

Hep A

Hep B

Hep A & Hep B combo vaccine

Japanese Encephalitis

Jet Lag (melatonin)

Malaria –

Atovaquone/Proguanil

Doxycycline

Mefloquine

Meningococcal groups ACWY

MMR

Period Delay (Norethisterone)

Rabies

Tick Borne Encephalitis

Traveller's Diarrhoea (Rifaximin)

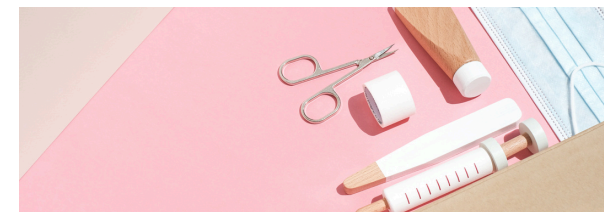
Typhoid

Book your appointment



RSV, Pneumo and Shingles Vaccinations

For eligibility go to MBS website. If you are eligible, contact the surgery to arrange an appointment.



Cervical Screening

If you have received an invite for cervical screening, contact the surgery to arrange an appointment

DECEMBER STATISTICS

An outlook of work output throughout the month of December by all practice staff.

MEADOWBRIDGE SURGERY | 2025

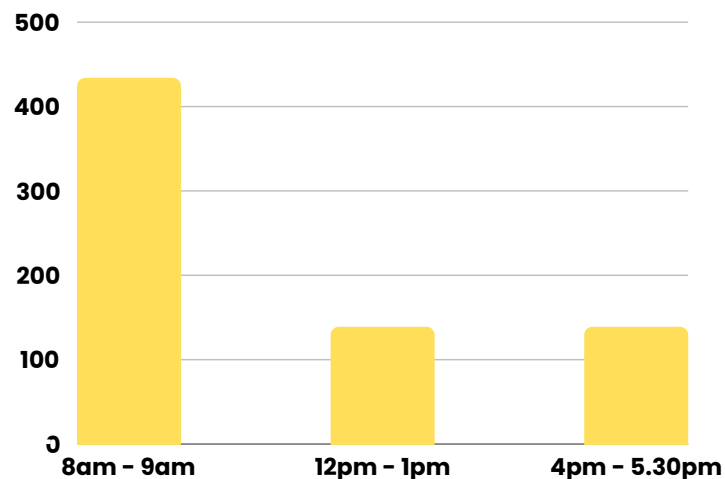
TELEPHONE STATISTICS

2,923

Incoming Telephone Calls to the Practice



AVERAGE CALLS RECEIVED HOURLY



**Average Patient Wait Time
once in the queue**

2 minutes 50 seconds

DAILY TRIAGE AREAS



34

Patient Home
Visits by a GP



2,822

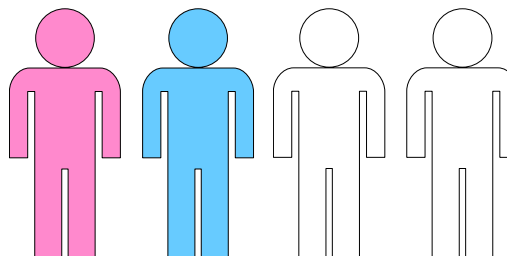
Face to Face
Appointments



625

Triage call back to
Patients

APPOINTMENTS BOOKED AND NOT ATTENDED



134

These are
appointments that have
been wasted and could
have been offered to
another patient.

ADMINISTRATION TASKS



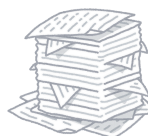
1,976

Hospital letters
actioned by Practice staff



5,578

Prescriptions
Issued



15,786

General Admin
Tasks by Clinical and Admin Team



2,064

Patient Results
Reviewed

COUGHS AND COLDS IN CHILDREN

MANAGING COMMON WINTER ILLNESSES

Coughs and colds are extremely common in young children. Over the first year of life, your child is likely to have up to eight of these episodes. Coughing is the body's natural way of clearing infection.

Most of these are likely to be caused by a virus, which means that antibiotics are of no benefit (and may actually result in side effects such as rash and diarrhoea, as well as increasing the risk of them developing antibiotic resistance).

Having green snot or a noisy chest does not mean that your child has an infection requiring antibiotics. It can sometimes be harder to identify the cause of a cough. In general, if it is associated with a runny nose, red eyes, ear pain or a wheeze, it is far more likely to be viral. Noisy chests are also common in young children with viral infections.

Coughing can wake a child in the night but does not mean the illness is more severe. Children requiring antibiotics usually appear more unwell, with difficulty breathing, drowsiness, cold hands and feet and possibly blue lips – your child may need urgent medical attention if any of these features are present. Use the guidance below to help you decide what to do.

For more information on RED, AMBER and GREEN symptoms to watch out for this winter, go to <https://belfasttrust.hscni.net/hospitals/childrens/childrens-symptom-checker/coughs-and-colds/>



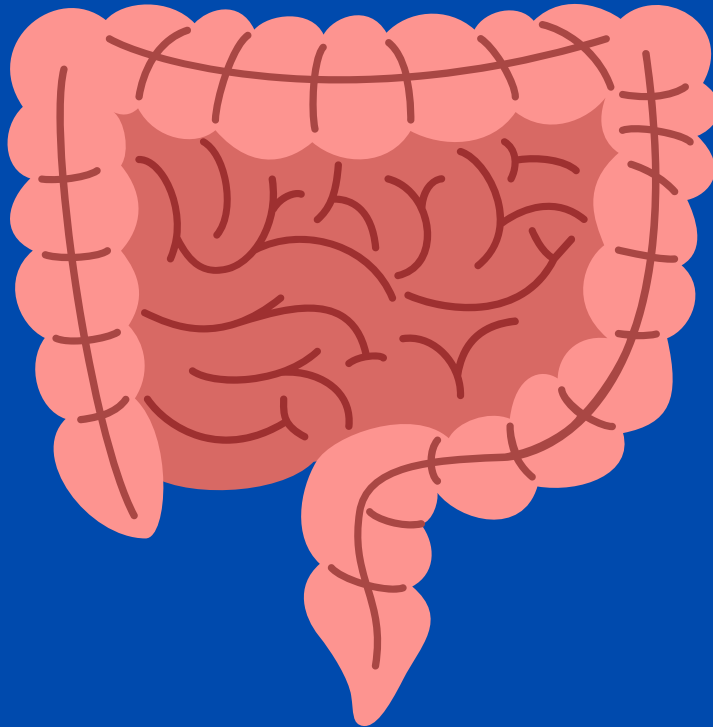
WARNING! SCAM ALERT

BEWARE OF SCAM PHONE CALLS

We are aware of scam calls asking patients to update their medical information. While we do sometimes contact patients to update their medical information, practice staff will ALWAYS introduce themselves, give their name and inform the patient that they are from MEADOWBRIDGE surgery. We ask that patients remain vigilant.

Bowel Cancer Screening

The programme is available to all 60–74 year olds in Northern Ireland.



When you receive your test kit, you should follow the instructions on how to collect your sample and return it to the laboratory in the envelope provided.

While you wait for your invite it is important to be symptom aware. If you are concerned about symptoms of bowel cancer you should seek advice from your doctor.

If your screening test shows traces of blood in your bowel motion, you will be asked to contact the freephone helpline on 0800 015 2514.

Taking the test could save your life! Bowel cancer is a significant cause of ill health and premature death. Over 1,000 people every year in Northern Ireland are diagnosed with the disease and over 400 will die

Bowel cancer is the third most common cancer in both men and women in the UK.

For more information, go to publichealth.hscni.net



Better Days

Pain Support Programme

**Supporting people
to self-manage their
pain and live better
and happier lives**

***Do you live with
chronic pain?***

“My pain had overwhelmed me
and I had lost my confidence
and drive.

This course has built my confidence and
improved my motivation and self-worth.
I am now more confident in being able
to manage my own pain and I
have a more positive outlook
Carole, 53, Belfast

”

**Scan the QR code to see all upcoming
programmes and taster sessions
or call Natasha
028 9031 2377**





Better Days

Pain Support Programme

Topics include:

Take 5 Steps to Wellbeing

Sleep

Pain Toolkit

Self Care

Understanding Pain

Pharmacist Session

Relaxation & Breathing

Gentle Movement & Exercise

Nutrition

Peer Led Session

For more information please contact us.

Details overleaf



Meadowbridge SURGERY stay up to date

Follow us on our Facebook page, keep an eye on our practice website and sign up to receive this newsletter to your email each month

22 new patients registered to our monthly newsletter in December, receiving updates straight to their email. In the month of November, **680** new users viewed our website.

543 patients now follow us on Facebook.

