

# Monthly Newsletter

MARCH 2025



## POSITIVE FEEDBACK

Very positive feedback received following interactions with one of our GPs. Your bedside manner is lovely and the care mum has received has been exceptional. The same experience also received by a relative 5 years ago. Just wanted to pass on how your care is very much appreciated.

Thank you to the patient for taking the time to provide such lovely feedback.



During the month of March, the practice is collecting knitted or crocheted items for preemie units and babies in hospital to support a Whitehead community campaign.

We will have wool and needles in the practice for anyone who would like to do a few rows while they wait, to make up little blankets. Our practice staff will also be knitting on their breaks to donate items. A box of donated items is located at our reception desk.

Please feel free to complete items at home and drop them in to reception. Let's see what we can achieve together in the next weeks. If you work on a ward and could help deliver items please provide us with your contact details.



**KNITTING FOR THE NICU OR  
BABIES IN HOSPITAL**



MEADOWBRIDGE SURGERY

ST PATRICK'S DAY  
**PRACTICE  
CLOSURE DATE**

**MONDAY 17TH  
MARCH 2025**



Please ensure you have **ordered and collected all medications** in good time before the closure dates.



When closed, if you need to speak to someone about a **medical emergency - out of hours** please contact **Dalriada Urgent Care on 02825663500**.

# Epileptic Fits and Seizures in Adults

**Epilepsy is the most common cause of seizures (fits) in adults, although there are other causes. Find out what to look for and what to do.**

## **What are seizures and what causes them?**

In adults, the most common cause of a seizure, also known as a convulsion or fit, is epilepsy. However, it can be caused by other things, including lack of sleep, stress, head injuries, alcohol poisoning, lack of oxygen, after taking certain drugs, extreme temperatures, flashing lights, or if someone with diabetes has a 'hypo' where their blood glucose is too low.

Epilepsy is a condition that affects the brain and can cause repeated seizures, which often occur suddenly, randomly, and without warning.

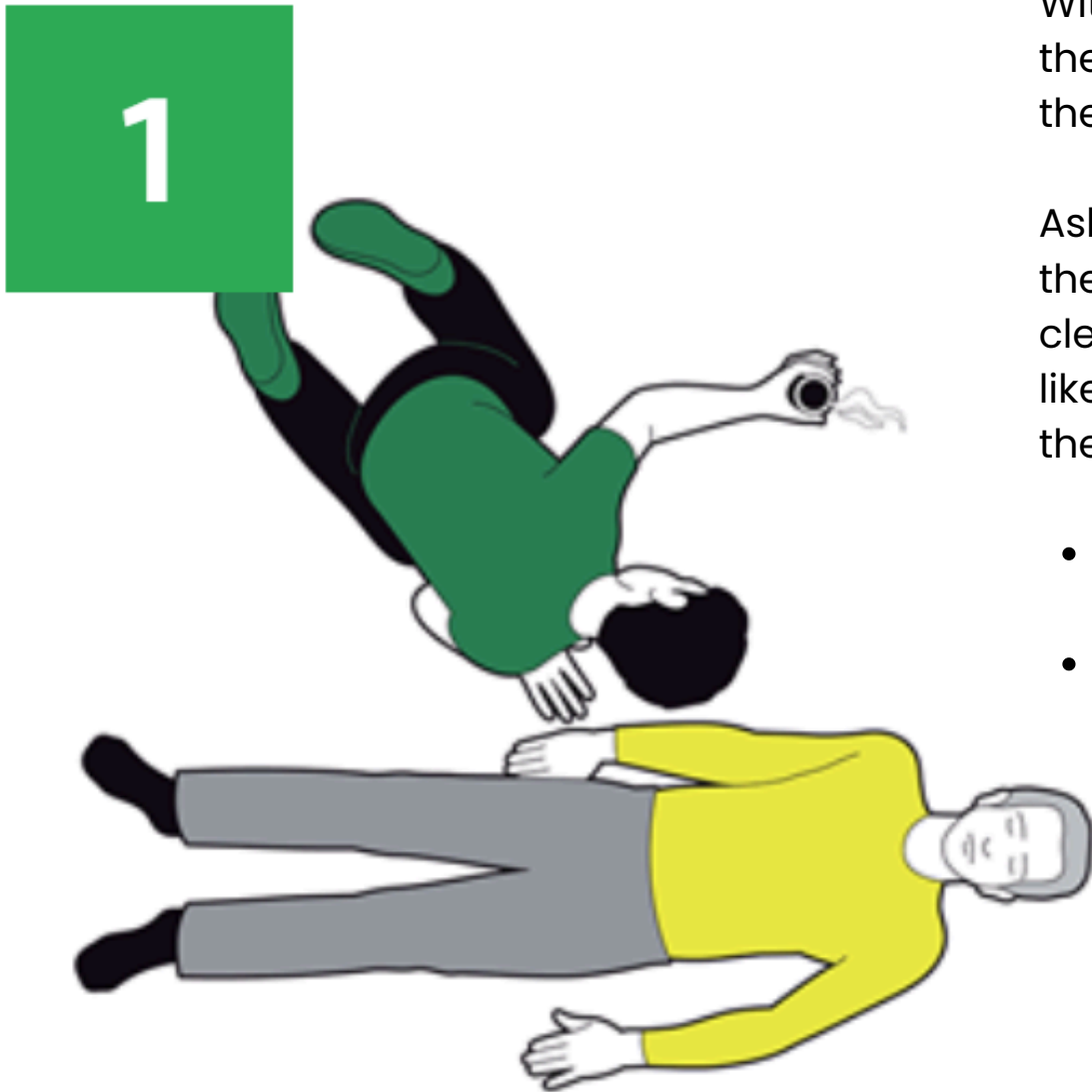
## **Signs and symptoms**

Look for:

- a sudden collapse or loss of responsiveness
- a rigid body with an arching back
- noisy, difficult breathing
- grey-blue tinge on the lips
- start of jerky uncontrolled movements or twitching
- saliva at the mouth, possibly blood stained if they have accidentally bitten their tongue or lip
- loss of bladder or bowel control

## WHAT TO DO IF SOMEONE HAS A SEIZURE

1



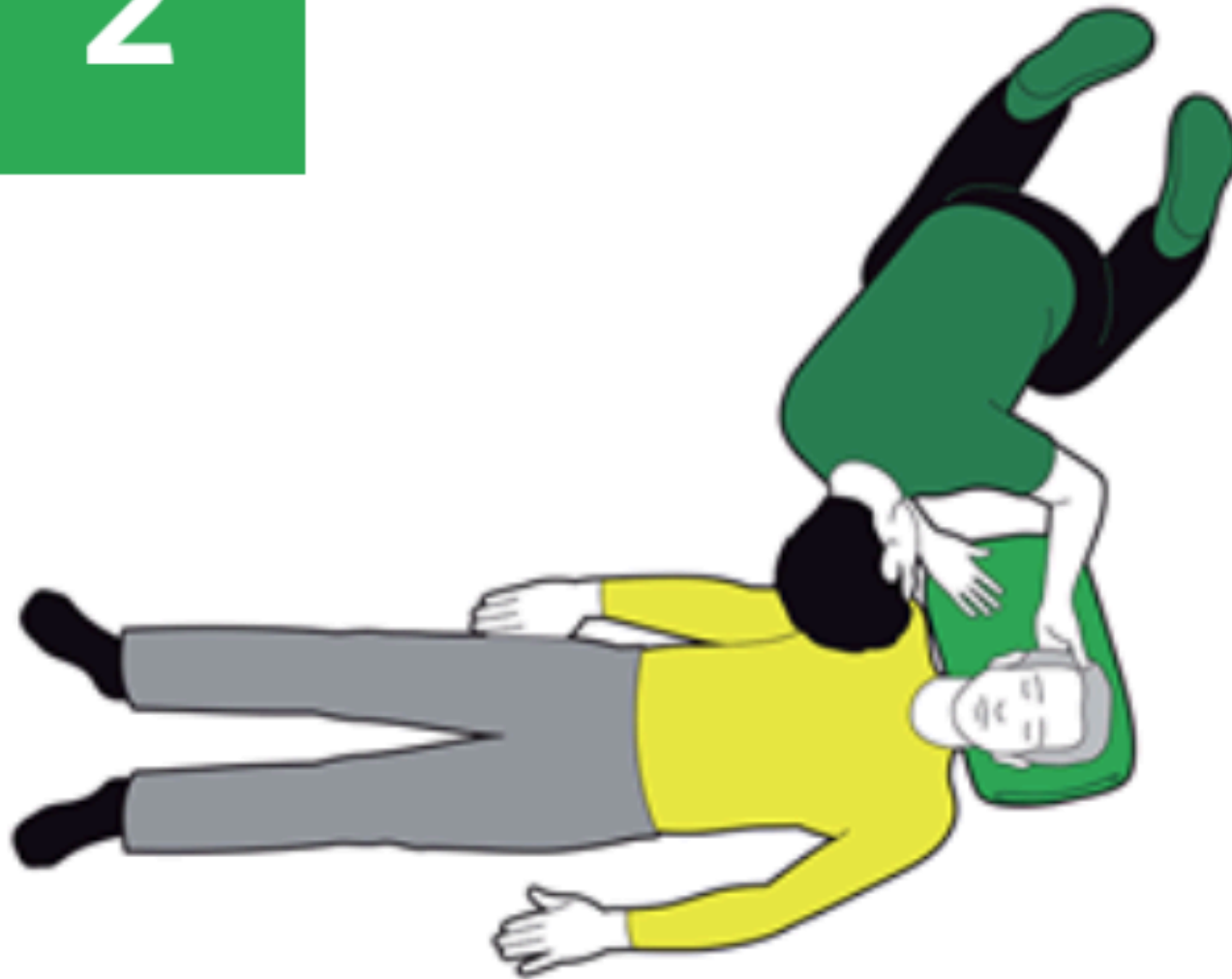
With any seizure, it is important to first protect the casualty from harming themselves during the fit.

Ask any bystanders to step back, help to protect the casualty's privacy as much as possible, and clear away any potentially dangerous objects, like hot drinks or sharp objects. Make a note of the time that the seizure started.

- Do not restrain the casualty or move them unless they are in immediate danger.
- Do not put anything in their mouth.



2



Protect their head. You could place soft padding underneath it, such as a rolled-up towel.

You should also loosen any clothing around their neck.

3

When any jerky movements have stopped, open their airway and check their breathing.

- If they are breathing, put them in the recovery position.



4



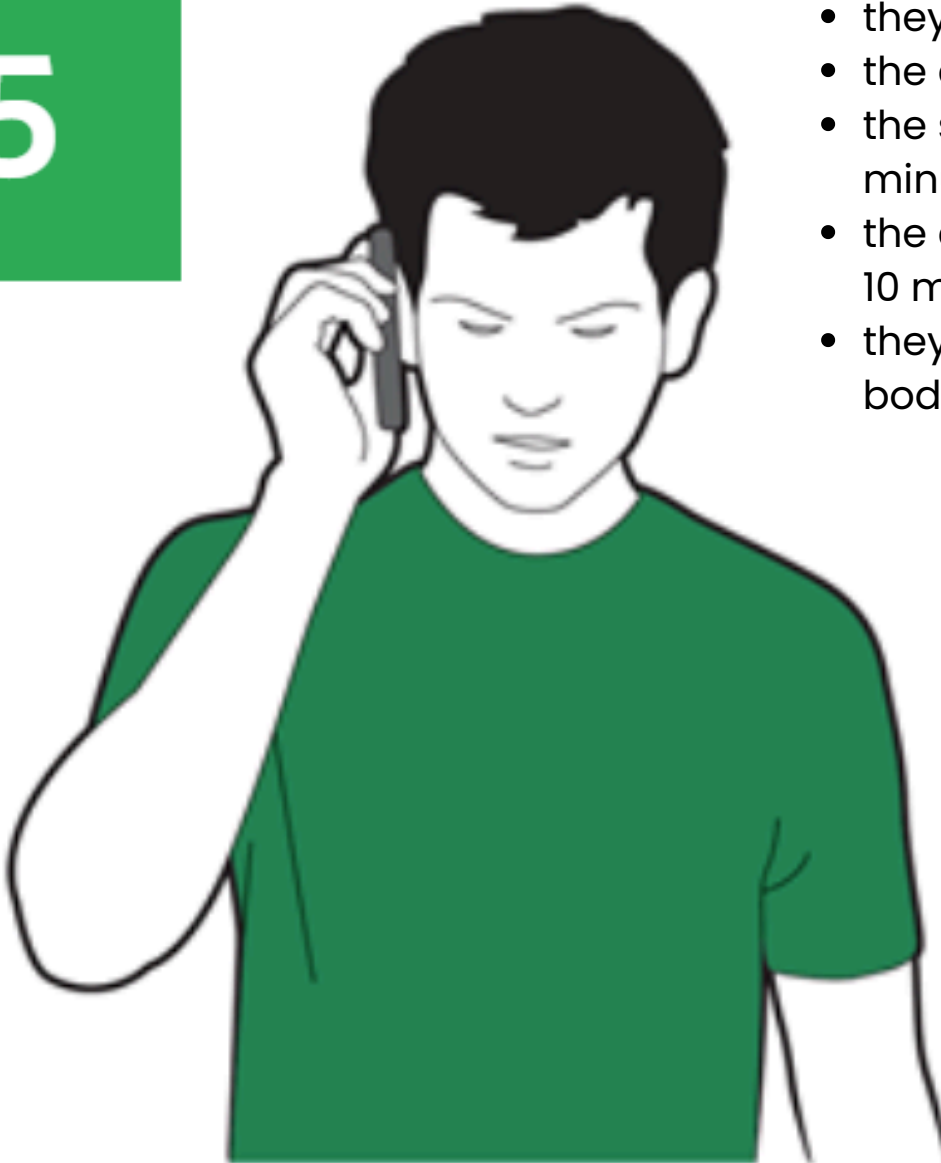
Monitor their level of response and make a note of how long the seizure lasted.

- If they become unresponsive at any time, prepare to call 999 or 112 for emergency help and give CPR.

Not everyone who has a seizure needs to go to hospital, particularly if they are known to have epilepsy.

The casualty may have an alert bracelet or a care plan that says what to do. It may take 15–30 minutes for the casualty to recover completely from a seizure.

5



Call 999 or 112 for emergency help if:

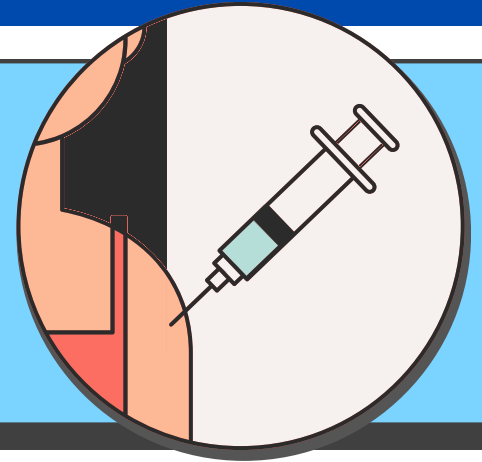
- it is the casualty's first seizure
- they are having repeated seizures
- the cause of the seizure is unknown
- the seizure continues for more than five minutes
- the casualty is unresponsive for more than 10 minutes after the seizure
- they have an injury on another part of the body, or they are not breathing normally.

# Spring 2025 Covid Booster Vaccination Campaign

Appointments will be available to book on line or via reception from 24th March 25.

**Eligible Groups will be invited to attend Meadowbridge Surgery as follows:**

- Patients 75 years and older - born on or before 30 June 1950.
- Patients aged 18 yrs+ - born after 30 June 2007 who are immunosuppressed



**Immunosuppressed children born 1 July 2007 to 30 June 2019 will be invited to Trust Led Clinics.**

**As will children 6m - 4 yrs who are immunosuppressed.**



**Patients in Care Homes will be attended by community pharmacy teams.**

**House bound teams will be out to those who are strictly housebound (can not leave the house) dates to be confirmed.**







# 0808 8020 400

A FREE confidential helpline for  
parents and carers throughout NI.  
If you need us, we're here.



For more information, go to <https://www.cin-ni.org.uk/parentline/>

# WHAT IS AUTISM?

Autism is a difference in the brain that allows people to experience the world differently.

Autistic people may have differences in their communication style, socialisation and thinking styles. They may have deep interests that provide joy and enhances quality of life.

Many autistic people prefer doing things the same way or get upset when changes occur.

Autistic people experience the sensory world differently, They may hear sounds louder, feel pain differently and taste food stronger. You can't see Autism and no two people with Autism are the same.



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# Take 5 Steps to Wellbeing

Connect with the people around you: family, friends, colleagues, neighbours, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.


Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.

Do something nice for a friend, colleague, or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.

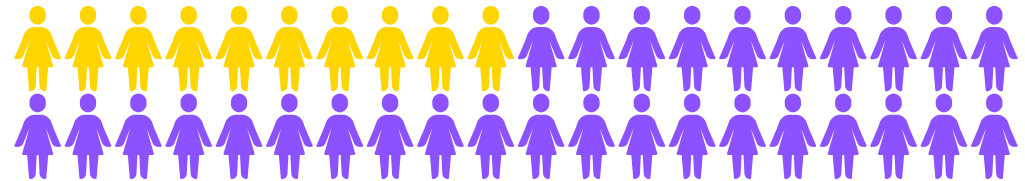
# MEADOWBRIDGE ONLINE STATISTICS



**105,327**  
Facebook views in  
last 28 days



**1,895**  
Website views



**55**

NEW newsletter  
subscriptions in February

**691**

Newsletter  
subscriptions



# CHILD IMMUNISATIONS

## Why childhood immunisation is important?

Immunisation prepares the body to fight serious infections that might happen in the future.

Young babies are very vulnerable to infections, so they need to be protected as early as possible.

Your child needs several different vaccines to be fully protected, so it's important to complete their childhood immunisation programme.

## What can happen when a child isn't immunised?

Due to the high number of children receiving vaccinations in Northern Ireland over the past couple of decades, many serious childhood infectious diseases have disappeared altogether, like diphtheria, polio or tetanus or been dramatically reduced, such as measles and whooping cough.

In some countries it is more difficult to receive vaccines and as a result more people die from infectious diseases every year.

Unless vaccine uptake remains high in Northern Ireland, many of these serious infectious diseases will return from parts of the world where they still occur.

If this happens, then children living in Northern Ireland that are not vaccinated will be at risk of these infections, their complications and even death.

If you think you are not up-to-date with your MMR vaccines, speak to your GP or school nurse.

Most vaccines are given to your baby or child as an injection.





# CHILD IMMUNISATIONS

Some babies in high-risk groups get a BCG vaccine for protection against tuberculosis (TB) when they are born.

Higher risk infants might also get extra vaccinations against hepatitis B. Your doctor or health visitor will give you more information if your child needs protection.

## Getting your child immunised

Children under 1 year will be invited by the Health Visitor team and this is normally an appointment card received in the post. If you have not received an appointment invitation, please contact your Health Visitor.

Children aged 1 year and up will be invited via the practice. Staff will contact parents via telephone to arrange an appointment with our Practice nurse.

## Diseases with Vaccination available

There are vaccines to protect children against:

flu, diphtheria, tetanus, pertussis (whooping cough), polio, haemophilus, influenzae type b (Hib), hepatitis B, measles, mumps, rubella meningococcal disease (groups A, C, W and Y), meningococcal disease (group B), pneumococcal infection (PCV), human papillomavirus (HPV) and rotavirus

Age immunisation is given	Diseases protected against	How vaccine is given
Two months old	diphtheria, tetanus, pertussis (whooping cough), polio, haemophilus influenzae type b (Hib) and hepatitis B (6 in 1)	one injection
	rotavirus	orally
	meningococcal group B disease	one injection
Three months old	diphtheria, tetanus, pertussis, polio, haemophilus influenzae type b (Hib) and hepatitis B (6 in 1)	one injection
	rotavirus	orally
	pneumococcal disease	one injection
Four months old	diphtheria, tetanus, pertussis, polio, haemophilus influenzae type b (Hib) and hepatitis B (6 in 1)	one injection
	meningococcal group B disease	one injection
12 to 13 months	haemophilus influenza type b (Hib) and meningococcal group C	one injection
	meningococcal group B disease	one injection
	measles, mumps and rubella (MMR)	one injection
	pneumococcal disease	one injection
Annually from two years old	flu	nasal spray or injection
From three years and four months old	diphtheria, tetanus, pertussis and polio	one injection
	measles, mumps and rubella	one injection
12 to 13 year olds	human papillomavirus (HPV)	one injection
14 to 18 years old	diphtheria, tetanus and polio	one injection
	meningitis (meningococcal groups A, C, W and Y)	one injection

# FEBRUARY STATISTICS

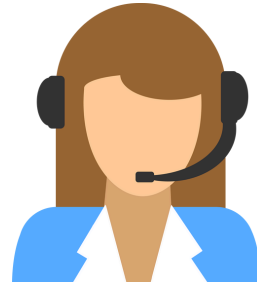
An summary of work output throughout the month of February by all practice staff.

MEADOWBRIDGE SURGERY | 2025

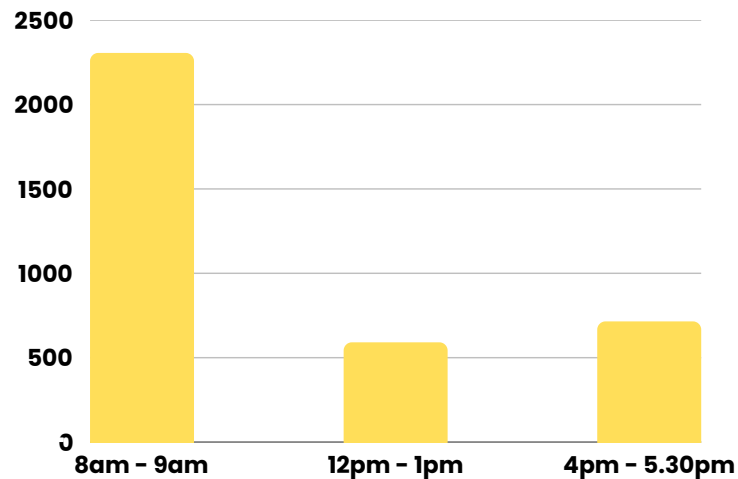
## TELEPHONE STATISTICS

# 8,528

Incoming Telephone Calls to the Practice



## AVERAGE CALLS RECEIVED HOURLY



Average Patient Wait Time once in the queue

## 3 minutes 02 seconds



## DAILY TRIAGE AREAS



# 49

Patient Home Visits by a GP



# 3,538

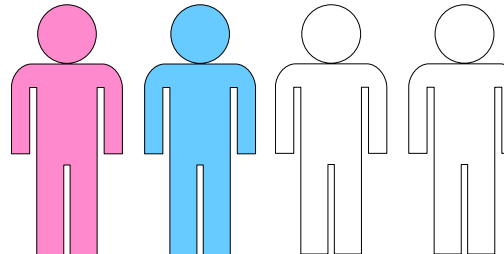
Face to Face Appointments



# 748

Triage call back to Patients

## APPOINTMENTS BOOKED AND NOT ATTENDED



# 165

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

## ADMINISTRATION TASKS



# 2,014

Hospital letters actioned by Practice staff



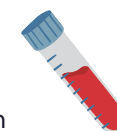
# 3,349

Prescriptions Issued



# 21,466

General Admin Tasks by Clinical and Admin Team



# 2,360

Patient Results Reviewed