

# Meadowbridge SURGERY

AUGUST 2025

ISSUE 8



## Patient Feedback



I would like to express my sincere gratitude to Gill, the Advanced Nurse Practitioner for the outstanding support she has provided me throughout my HRT journey. My first appointment with her was intended as a fact finding mission, and I was immediately impressed by her up-to-date knowledge and the patience she showed in answering my many questions.

As expected, my HRT has required adjustments over time, and Gill has offered excellent guidance at every stage clearly grounded in her extensive expertise in HRT and women's health.

I feel especially fortunate, as many of my friends going through similar experiences have not received anywhere near this level of care in their own surgeries, and have become frustrated and disillusioned in their attempts to find support.

Gill's professionalism, empathy, and dedication have made a real difference, and I am incredibly grateful. My daughter has also been aware of my journey. I believe it's fantastic for her and for the next generation to see that women's health is genuinely prioritised and valued at Meadowbridge.

# Focus on Alcohol

## A guide to drinking and health

REDUCE THE RISK  
KNOW YOUR LIMITS  
GOOD NIGHT OUT  
GET HOME SAFELY  
SOCIAL DRINKING  
CUTTING DOWN  
MOUTH CANCER  
DEHYDRATION  
ROAD DEATHS  
HEAD INJURIES  
HANGOVER  
ALCOHOL  
ACCIDENTAL  
FIRE DEATHS  
LIVER DISEASE  
TAKE CARE  
OF YOURSELF

WEEKLY GUIDELINES  
WHAT'S IN A DRINK?  
HOW MUCH IS TOO MUCH?  
PLANNING A PREGNANCY  
HEART HEALTH  
DRINKING AT HOME  
PLANNING AHEAD  
BLOOD PRESSURE  
CALORIES

HARMFUL TO YOUR BABY

COUNTING UNITS

Many of us enjoy a drink when at home or out with friends, but alcohol is a powerful drug and we need to be careful how we use it. Drinking too much can seriously affect our health.

### Short-term risks

In the short term, drinking too much can have an immediate impact on our life. The most common short-term effects of getting drunk are vomiting and hangovers. Other, more serious risks from drinking heavily in the short term include:

- fractures
- head injuries
- facial injuries
- scarring
- alcohol poisoning





Drinking too much can also affect our judgement, leading us to do things we wouldn't otherwise do and that we might regret later. For example, unplanned sexual activity or fighting. It can also leave us vulnerable to physical or sexual assault.

In fact, alcohol has been estimated to be a factor in:

- **11%** of traffic collisions where someone was killed
- **18%** of all sexual offences
- **51%** of recorded incidents of domestic violence with injury
- **48%** of non-domestic violence with injury
- **39%** of recorded violence without injury
- **40-50%** of suicides
- **38%** of self-harm presentations to emergency departments



### Long-term risks

Over a number of years, regular drinking above recommended guidelines can:

- damage the liver, heart, brain and, especially with spirits, the stomach
- increase blood pressure and blood cholesterol levels, both of which are major risk factors for heart attacks and strokes
- lower the libido (sex drive)
- make it harder for the body to fight off infections

It can also increase your risk of many cancers, including cancer of the:

- mouth
- throat
- liver
- stomach
- breast

Regular, heavy drinking can also have social costs including:

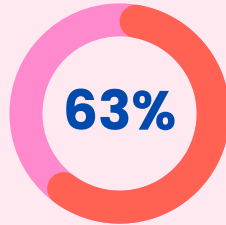
- damaged relationships
- family break-ups
- money problems
- difficulties at work
- trouble with the law

for more information, go to [www.publichealth.co.uk](http://www.publichealth.co.uk)

# MBS Online Statistics

JULY 2025

## Patients Registered for Patient Online Services



To register for this service, send an email to [reception.z00382@gp.hscni.net](mailto:reception.z00382@gp.hscni.net) including your name and date of birth. You will receive a registration token.



722

Total newsletter subscriptions

2,100  
Website  
views



29 **NEW**  
Newsletter  
subscriptions  
in July



## COMING OUT OF HOSPITAL

### **If the person you care for is in hospital**

If the person you care for is in hospital you may be faced with important decisions. You may be considering taking on this caring role for the first time and don't know what to expect.

Or you may have already been caring for the person, but their needs have now increased or changed. One important thing to remember is that it is your choice whether or not to take on a caring role.

Think about the type and amount of support you are able to provide and what help you might need. For example, you may be able to help with shopping and meals, but feel that you would both like someone else to help with personal care. It is important for you to consider how your caring role is likely to affect your life and wellbeing.

### **What should happen on the day the person I care for is discharged?**

On the day of their discharge, you and the person you care for should expect to be

given both verbal and written information, with details of any services involved and information about future treatment and care. The information should be available in a language and format suitable for you. It is common that people do not remember or understand all the information they are given so don't be afraid to ask for it to be repeated or explained in a different way.

### **Other important things to think about if the person you care for is in hospital**

**Benefit claims** It is important to notify the relevant benefit office that the person you care for is going or has gone into hospital, as this may affect their benefits as well as your own.

Some benefits such as Personal Independence Payment (PIP), Disability Living Allowance or Attendance Allowance may stop if the person you care for has been in hospital for more than 28 days (or 84 days if the person you care for is a child).

For more information on "Coming out of Hospital", go to our practice website [www.meadowbridgesurgery.co.uk](http://www.meadowbridgesurgery.co.uk) where the full document from Carers NI has been published.

**It is helpful to know what to consider if you're looking to care for someone who is coming out of hospital, especially if their needs have changed. This factsheet explains what to expect, the steps that should be followed, your rights as a carer, and what to do if things go wrong.**



# JULY STATISTICS

An summary of work output throughout the month of July by all practice staff.  
MEADOWBRIDGE SURGERY | 2025

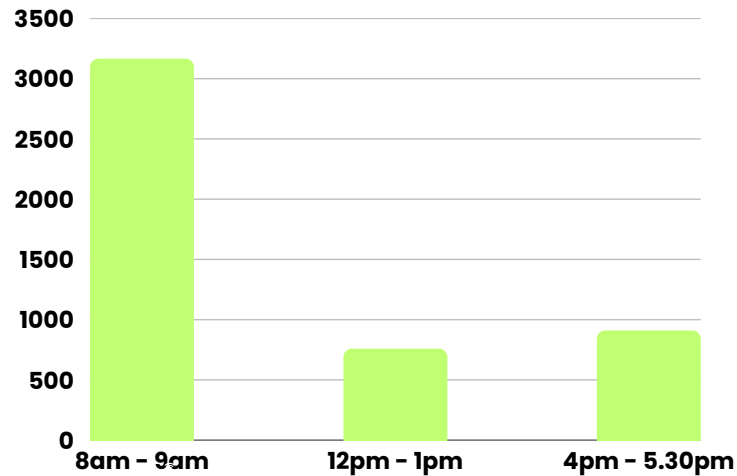
## TELEPHONE STATISTICS

# 10,596

Incoming Telephone Calls to  
the Practice



## AVERAGE CALLS RECEIVED HOURLY



## Average Patient Wait Time once in the queue

# 3 minutes 3seconds



## DAILY TRIAGE AREAS

# 58



Patient Home  
Visits by a GP

# 2,983



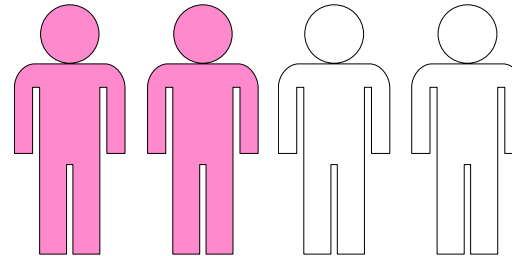
Face to Face  
Appointments

# 792



Triage call back to  
Patients

## APPOINTMENTS BOOKED AND NOT ATTENDED DNA (Did not attend)



# 136

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

## ADMINISTRATION TASKS



# 2,282

Hospital letters  
actioned by Practice staff



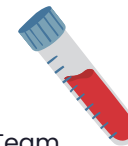
# 15,733

General Admin  
Tasks by Clinical and Admin Team



# 6,363

Prescriptions  
Issued



# 2,601

Patient Results  
Reviewed





# **Bank Holiday Closure**

**The surgery will be closed on  
Monday 25th August 2025.**

**For urgent medical attention, please contact  
Dalriada Out of Hours Service on  
02825663500.**

**Please ensure medication is ordered in a timely  
manner and please allow 3 full working days  
for prescriptions to be delivered to your  
nominated pharmacy.**

# RNID Near You

## Hearing Aid User Support Service

Funded by The Department of Health (S PPG) in Partnership with NHS Audiology  
providing support for NHS hearing aid users

# LARNE

New Venue

Visit our free drop-in service – no appointment needed.

Can help with:

- Hearing aids, including basic repairs and maintenance of NHS hearing aids
- Information on hearing loss and tinnitus
- How to do a hearing check
- How to access support and services in your area.

### 2nd Wednesday each month

2025 14 May, 11 Jun,

9 Jul, 13 Aug, 10 Sep,

8 Oct, 12 Nov, 10 Dec

**TIMES: 10am – 12pm**

**Larne Library** 36 Pound Street

Larne

Co Antrim **BT40 1SQ**

# RNID Near You

## Hearing Aid User Support Service

Funded by The Department of Health (S PPG) in Partnership with NHS Audiology  
providing support for NHS hearing aid users

# CARRICKFERGUS

Visit our free drop-in service – no appointment needed.

Can help with:

- Hearing aids, including basic repairs and maintenance of NHS hearing aids
- Information on hearing loss and tinnitus
- How to do a hearing check
- How to access support and services in your area.

### 3rd Monday each month 2025

None Apr, 19 May, 16 June,

21 Jul, 18 Aug, 15 Sep,

20 Oct, 17 Nov, 15 Dec

**TIMES: 10am – 12pm**

**Carrickfergus Library**

2 Joymount

Carrickfergus

Co Antrim

**BT38 7DQ**

**Contact: Your Name – RNID Near You Co Ordinator – NHSCT**



07940 160672



Iain.irvine@rnid.org.uk



rnid.org.uk

**RN  
ID**



Health and  
Social Care



Department of  
**Health**  
An Roinn Sláinte  
Máinnystrie O Poustie  
[www.health-ni.gov.uk](http://www.health-ni.gov.uk)

Date: 29/07/2025  
Ref: 231411



Northern  
Ireland  
Hospice

Northern  
Ireland  
Children's  
Hospice

Meadowbridge Surgery  
20 Slaughterford Road  
Whitehead  
CARRICKFERGUS  
BT38 9TG

Dear Meadowbridge Surgery,

On behalf of everyone at Northern Ireland Hospice and Children's Hospice, we want to express our deepest gratitude for your recent generous donation of £150. Your compassion and support are truly making a difference in the lives of countless individuals and families who depend on our vital care services.

We would also like to take this opportunity to share some inspiring stories about how your donations are making a real difference. **You can find these stories on our website at <https://nihospice.org>.**

Boost your donation by 25p of Gift Aid for every £1 you donate at <https://www.nihospice.org/get-involved/ways-to-donate/gift-aid/>.

Yours sincerely

*Tracy*

Tracy Bell  
Supporter Care Manager  
Horizon House

# CHARITY DONATIONS

**JULY**

**Money raised through our bookcase  
collection in reception has been donated to  
local charities.**

Cithrah (Domestic Abuse): £400

Spectrum Connections NI (Autism):  
£400

Children's Hospice: £150

Angel Wishes: £150





# ARE YOU INTERESTED IN WORKING IN A GP PRACTICE?

## Medical Administration Training Academy 8-Week Programme



**Information Session:** 19th August 2025



**Start Date:** 9th September 2025



**Timetable:** Tuesdays & Thursdays (9:30-16:00)



**Location:** Northern GP Federation Support Unit

Participants must be able to attend **all** sessions.

Following the information session, you will receive confirmation you have been accepted onto the course.

**REGISTER YOUR INTEREST  
BY 15TH AUGUST 2025**

GUARANTEED  
INTERVIEW  
UPON  
COMPLETION





## Book an appointment at a Nationwide branch



Anyone who is caring for someone who has Dementia or lives with the diagnosis themselves, can **book a free 45-minute appointment with a Dementia specialist Admiral Nurse for expert, tailored support, whatever their questions or concerns.** You do not need to be a Nationwide customer to book an appointment, everyone is welcome.

All appointments are confidential and will take place in a private space within the branch. Dementia clinics are being held at over 200 Nationwide branches across the UK.

### **Admiral Nurses offer advice and support with any aspect of dementia, including:**

- worries about memory problems and other possible symptoms of dementia
- how to get a diagnosis
- understanding the diagnosis and how the condition progresses
- practical tips for caring for someone who lives with dementia
- adapting to and coping with changes in behaviour
- financial and legal issues
- transitions in care, including moving into residential care
- emotional support, including anticipatory grief, bereavement and loss

**Appointments can be booked up to one month in advance by visiting [dementiauk.org/nationwide](https://dementiauk.org/nationwide).**

Appointments are available between 5<sup>th</sup> - 7<sup>th</sup> August 2025 in Nationwide Carrickfergus  
14 Market Place  
BT38 7AW

**One in two of us will be affected by dementia in our lifetime.**



# General practice in Northern Ireland is underfunded.

We asked the government for an extra **£39 per patient** to maintain and improve your GP services.



**They gave us less than 50p per patient.**

We know you deserve better than this.  
**#GPsAreOnYourSide**



We want you to know that we hear your concerns and understand how difficult it can be to get a GP appointment right now.

Behind the scenes, we are working tirelessly to improve our services for our patients, but the challenges we're facing are very real.

Over 28 GP practices have closed in Northern Ireland since 2018. GP surgeries are seeing a high volume of patients every week with only 5.4% of the health budget.

These issues directly affect how quickly and efficiently we can care for you.

We're doing everything we can, but general practice in Northern Ireland needs proper funding to meet your needs.

**Thank you for your patience,  
your support, and for standing  
with us.**

# Did you know?

Since 2018 over 28 GP practices have closed in Northern Ireland meaning the remaining practices are having to deal with more patients.

**This is why you struggle to see your GP.**

General practice in Northern Ireland needs to be properly funded.



# #GPsAreOnYourSide



# Update PHA



0808 808 8000

It is important to recognise if we or those close to us are experiencing stress, depression or other mental health issues, and seek support. The PHA's website [www.MindingYourHead.info](http://www.MindingYourHead.info) has information and advice on looking after your mental health and wellbeing, as well as information on a range of services available to provide support.

If you or someone you know is in distress or despair, contact Lifeline on 0808 808 8000.

## Gonorrhoea vaccination programme for Northern Ireland

From August, eligible people, which includes gay men, bisexual men and other men who have sex with men (GBMSM) who have a recent history of multiple sexual partners or a sexually transmitted infection (STI), will start to be offered the vaccine, with two doses advised.

This follows advice from the Joint Committee on Vaccination and Immunisation (JCVI), which recommended roll out of vaccination following an upsurge in gonorrhoea diagnoses.

The vaccine will be available through GUM clinics within local Health and Social Care Trusts.



Mounjaro may reduce the effectiveness of oral contraceptives in those who are overweight.

The full Medicines and Healthcare products Regulatory Agency (MHRA) advice can be found at: [GLP-1 medicines for weight loss and diabetes: what you need to know](#)

For more information on contraception and its effectiveness visit [How do I choose? - Sexual Health NI](#).

The Medicines and Healthcare products Regulatory Agency (MHRA) are reminding women taking popular medicines for weight loss and diabetes to use safe and effective contraception. This includes GLP-1 medicines, more commonly known by their brand names, including:

- Ozempic
- Mounjaro
- Wegovy
- Saxenda
- Victoza

Effective contraception includes oral (the pill) and non-oral (the implant, coil or condoms) forms of contraception. Those taking the weight loss injection, Mounjaro, who are overweight and using an oral form of contraception, are advised to also use a non-oral form.