

Meadowbridge SURGERY

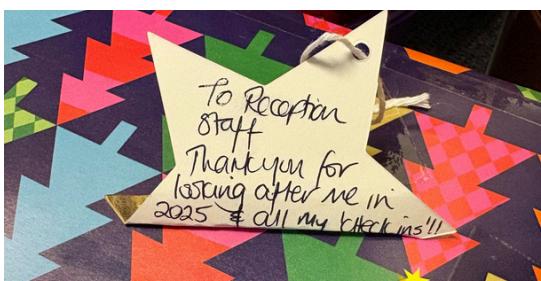
JAN 2026

Monthly Newsletter

Happy New Year from all
the staff at Meadowbridge
Surgery



We are very grateful for the many kind cards and gifts we have received from our patients over the festive period. A massive thank you to everyone from all the staff here at Meadowbridge Surgery.



Patient Feedback

I must commend all(!) the staff at Meadowbridge Surgery, Whitehead, Co Antrim. Over the past few years our family have been unfortunate with various health conditions including epilepsy, cancer and dementia. With the many appointments and calls we have met most of the Doctors, nurses and very helpful reception staff. They have never let us down with care and attention, always doing their best to ease our situation.

Recently I realised that my father had a possible infected cut on his foot. Although the Surgery day was nearly over they saw dad, had the wound dressed and prescribed appropriate medication. Tremendous peace of mind for me as the last place I want my dad to be is in A&E over the weekend. This is not unusual! We have always received great care and I cannot thank them enough.

'We received many seasons greetings and best wishes from our patients and we were so grateful to hear your kind words.

"Thank you for all that you do in our community and for our community. It is so appreciated."

"All the doctors, nursing staff, Diane and all the admin staff of Meadowbridge Surgery. Thank you for being there to help when the hard times come and for when our health improves. I send my love and sincere best wishes to everyone"

"To the doctors and staff, special thanks to the girls on triage, for their courtesy and helpfulness throughout the year."



Urinary Tract Infection (UTI)

Do you have any of the
following urinary symptoms?



Ask your pharmacist first for Advice, Test & Treatment
(if needed) without having to contact your GP

Love Your Liver Awareness Month

Why you should love your liver

The liver is a fascinating organ and its importance is often underrated. It's an amazing multi-tasker and has over 500 vital jobs to do to keep you alive. It's just as important as other organs like your heart and lungs, but they tend to steal most of the limelight. In the UK, liver disease is on the rise. The three major preventable causes are drinking alcohol, obesity and viral hepatitis.

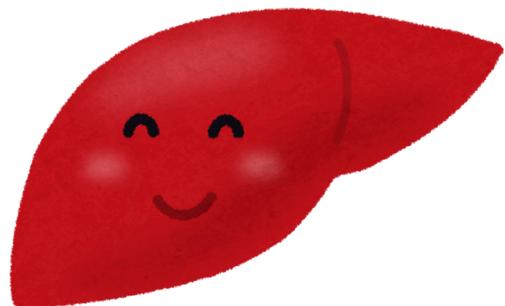
When it's damaged, the liver can repair itself, but only up to a point. Sadly, people with liver disease often don't have any symptoms until the disease has progressed and it's far too late for treatment. That's why it's so important to know the risk factors and to keep your liver happy and healthy for life – before long-lasting damage can occur. Take your first steps towards better liver health today.

This January, let's show our livers some love by doing something healthy.

Risks and causes

Anyone can develop liver disease, but there are some things that make it more likely. Some causes of liver disease, such as genetic and autoimmune diseases, are totally outside our control. While with other risk factors, like alcohol, we have the chance to reduce our risk of liver disease and liver cancer. That doesn't mean they are completely in our control, but there are positive steps we can all take. Together alcohol, excess bodyweight, and viral hepatitis are behind 9 in 10 cases of liver disease. Read more about the three main causes of liver disease and get advice and simple tips to love your liver.

JANUARY IS
LOVE YOUR
LIVER
AWARENESS MONTH



FOR MORE INFORMATION

Go to www.britishlivertrust.org.uk/love-your-liver-month



Pharmacy First for sore throat



Ask your pharmacist **FIRST**
for free and confidential
advice, test and treatment
for **sore throat**



Health and
Social Care

Cervical Cancer Prevention Week 22nd-28th January 2026

Cervical Cancer Prevention Week is an annual campaign aimed at educating people about cervical cancer, the importance of regular screenings and methods of prevention. Cervical cancer is a largely preventable disease, and this week serves as a reminder to prioritise cervical health and take steps to reduce the risk of this cancer.

Cervical Screening

What is 'cervical screening'?

Cervical screening (previously known as a 'smear test') is a free health test available on the NHS which checks the health of your cervix (the lower part of the uterus that connects to the vagina) and helps you find any abnormal changes before they can turn into cancer.

The purpose of cervical screening is to identify any early signs of cervical cancer or precancerous changes. Detecting these abnormalities early allows for timely treatment, which can prevent the development of cervical cancer.



Who is invited for a cervical screening?

Those aged between 25-64 with a cervix. Women are usually born with a cervix. Trans men, non-binary and intersex people may also have one, and would therefore be eligible for a screening test.

You'll be invited for screening every 5 years from when you're 25 to 64 years old. You'll get your first invitation a few months before you turn 25.

Why is it important?

Along with the HPV vaccine, cervical screening is the best way to protect against cervical cancer and prevents over 70% of diagnoses.



MEADOWBRIDGE SURGERY ONLINE

Practice
Website
Views
1789

Newsletter
Subscriptions
in December
12



TOTAL Newsletter Subscriptions

832

SIGN UP to our newsletter by emailing
reception.z00382@gp.hscni.net

Online Patient Services

24/7 ACCESS TO PRESCRIPTION ORDERING
REQUEST A **TRIAGE** SLOT FROM 8.30AM DAILY
UNTIL CAPACITY REACHED
TO **REGISTER**, EMAIL
RECEPTION.Z00382@GP.HSCNI.NET

Parent Mental Health Day

30th January 2026

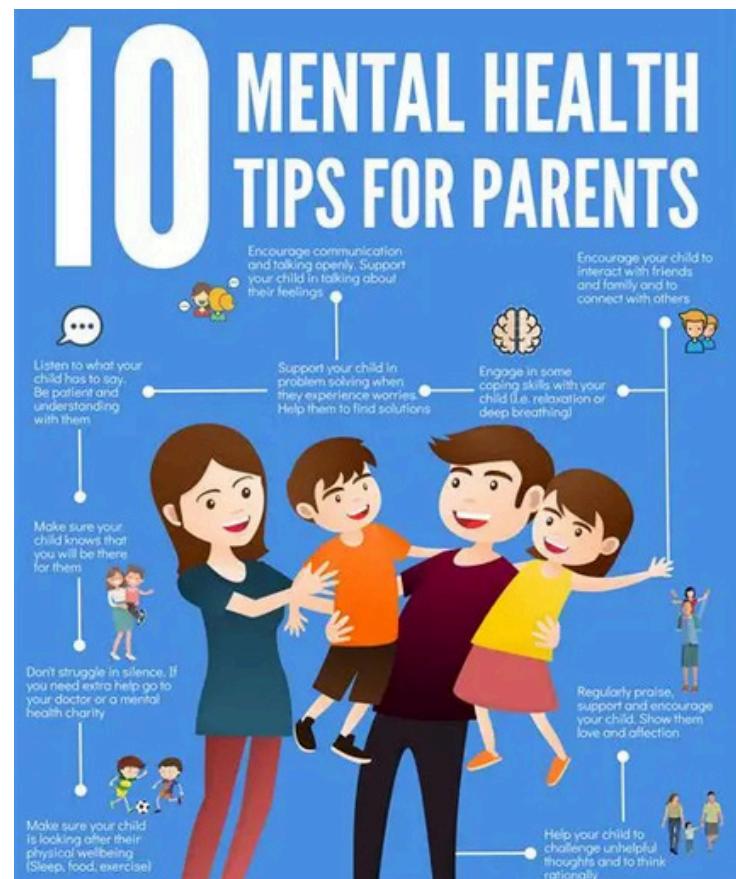
Parent Mental Health Day was established by the charity stem4 which supports teenagers and young adults to build positive mental health.

Parent Mental Health Day aims to encourage understanding and awareness of the importance of parent mental health and its potential impact on the whole family system with the theme 'Balance'.

The day aims to get parents and carers to take a moment to reflect on the balance they have in their lives, as well as how they balance looking after their family's mental health and to take steps to make positive change and 'balance out'.

Parent Mental Health Day is here to shine a light on the unsung heroes who have parented under changed circumstances throughout the pandemic, but now need some focus on themselves as well as their children and young people.

By getting parents (and their employers) engaged in discussions about how to look after their own and their family's mental health, PMHD breaks the stigma surrounding parent mental health and starts a discussion on how parents are coping too.



For more information and resources on Parent Mental Health Day and Balancing Out go to:
<http://parentmentalhealthday.co.uk/>



How are you feeling?

We all have mental health. It affects how we think, feel and act.

It also affects how we handle stress, our relationships, and our ability to make decisions. That's why it is so important to take care of it. While the question "how are you?" is a common greeting, it can also be used as a mental health check-in. You could ask yourself how you are feeling or have a conversation about how you are really feeling when asked.

There are lots of ways to look after and improve your mental health and wellbeing. Checking in with yourself and talking to someone about how you are feeling can help.

This guide shares simple things you can do every day to look after your mental health. Different things work for different people, but research shows that doing these five things can help. The Take 5 steps to wellbeing are important for mental wellbeing. They are:

- > Connect
- > Keep learning
- > Be active
- > Take notice
- > Give



"How are you feeling?"

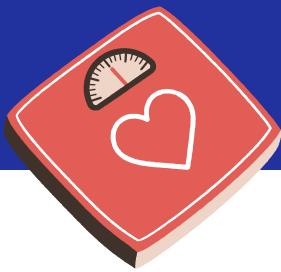


5 simple ways
to look after your mental health
and wellbeing



Take 5 activities can be done by everyone. Try and build them into your everyday life. You are probably doing some of them already. Trying these things could help you feel more positive and able to get the most out of life.

For more information and resources please visit
<https://www.publichealth.hscni.net/publications>



National Obesity Awareness Week in the UK takes place from 10 to 16 January 2026

Find out if self-management education programmes can help.

National Obesity Awareness Week in the U.K. is observed in January and takes place from January 10 to 16 this year. Obesity affects more and more children, adults, and even pets in the U.K. each year. By 2050, 50% of the population could be obese. Fighting obesity can seem daunting. But the good news is it's not impossible. National Obesity Awareness Week aims to demystify obesity and practice easy ways to prevent it. Eat right, stay fit, and lose weight — that's the mantra.

How to Observe National Obesity Awareness Week

1. Make fitness a priority
2. Whether it's crushing HIIT, brisk walking, swimming, or dancing — go ahead and make it your own. Just start. Remember that consistency will help you reach those fitness goals.
3. Set realistic goals
4. Most people reach too high and set themselves up for disappointment. Keep your goals realistic. Aim to reduce food intake gradually and work your way up as you go along.
5. Swap out the unhealthy stuff
6. Substitute sugary foods with fruit and snacks for vegetables. Some fruit with homemade peanut butter can help when the sugar cravings kick in. Love salty snacks? Bake veggies till crispy and dip them in hummus.



MBS WORKLOAD STATISTICS

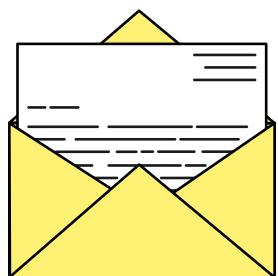
DECEMBER 2025

DID NOT ATTEND APPOINTMENTS

173

These are appointments that have been booked and the patient did not attend. The appointment was not refilled and therefore wasted.

ADMINISTRATION TASKS



2,316

Hospital letters
actioned by
Practice staff



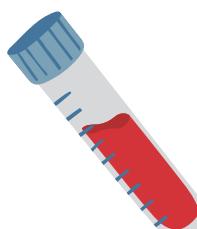
6251

Prescriptions
Issued



14947

General Admin
Tasks by Clinical
and Admin Team



2335

Patient Results
Reviewed

TRIAGE STATISTICS



50

Patient Home
Visits by a GP



3,725

Face to Face
Appointments



2,591

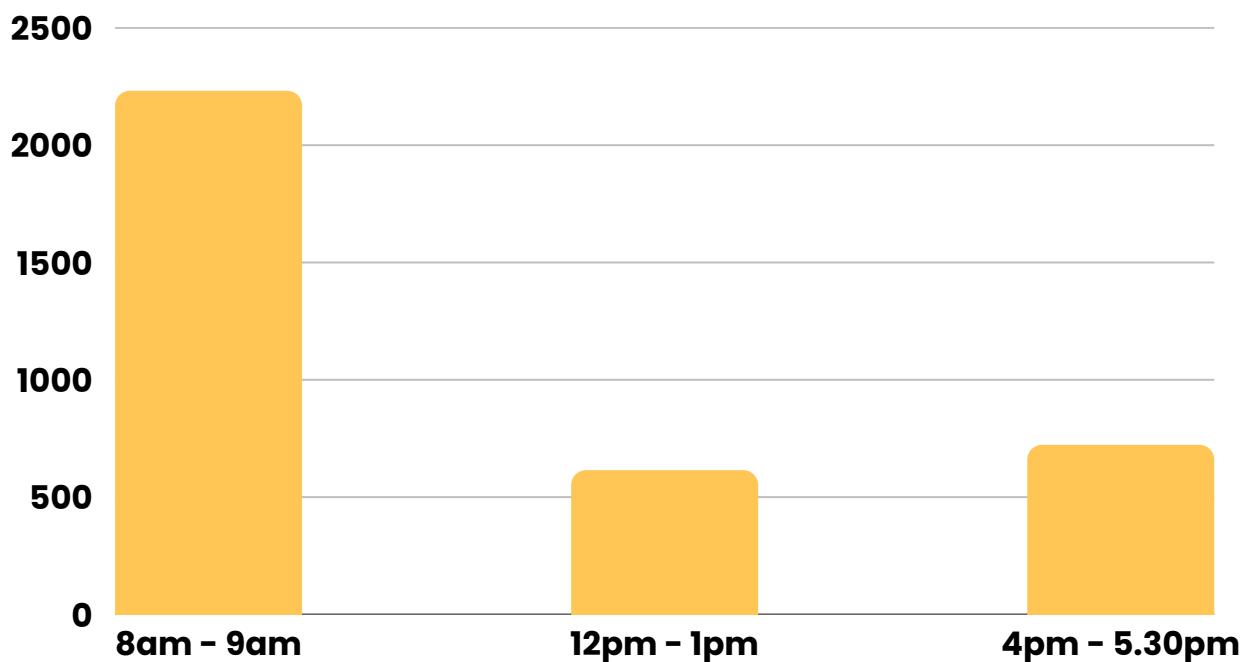
Triage call back to
Patients

INCOMING TELEPHONE CALLS TO THE PRACTICE

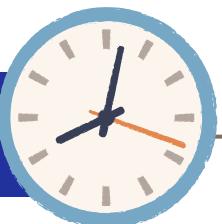
8,157



AVERAGE HOURLY CALLS RECEIVED



AVERAGE PATIENT WAIT TIME IN A TELEPHONE QUEUE



1 minutes 04 seconds

PRESCRIPTION INFORMATION



Meadowbridge Surgery is closed every weekday between 1pm - 2pm for lunch. An emergency line is available for urgent and emergency symptoms that cannot wait until our telephone lines reopen.

Prescriptions

- We remind patients that prescriptions can be ordered 7 days in advance
- We encourage and remind patients to allow sufficient time to order repeat prescriptions and have it dispensed prior to the practice closures especially bank holidays..
- Nominate your chemist preference and your prescriptions will be available for collection within 72 hours. This is essential prior to bank holiday closures.
- Dalriada are for emergency clinical consultations, not for requesting prescriptions when there is a practice closure
- It is vital that patients take responsibility for their own medications and prescription ordering arrangements.

Please allow 3 working days for prescriptions to be ready to for collection in your local chemist

Guidance on Prescriptions after seeing a Private Practitioner

In Northern Ireland, most patients get their medical treatment from the Health and Social Care (HSC) service which means that you don't need to pay anything for the treatment which includes:

- Seeing a healthcare professional such as a GP for advice and/or treatment
- Getting a prescription written for any medicines that you need
- Getting the prescription dispensed by a community pharmacist
- Receiving other treatment such as physiotherapy or having surgery

However sometimes patients may choose to have a private consultation and/or treatment. This is treatment that is provided outside the national health service and is privately paid for. Please click the link below to download a patient information leaflet on 'prescriptions after seeing a Private Practitioner':



MEDICATION SAFETY

While Medicines are hugely important in healthcare, they also have the potential to cause problems.

Five Moments for Medication Safety



Starting a medicine

- ▶ What is the name of this medicine and what is it for?
- ▶ What are the risks and possible side-effects?



Taking my medicine

- ▶ When should I take this medicine and how much should I take each time?
- ▶ What should I do if I have side-effects?



Adding a medicine

- ▶ Do I really need any other medicine?
- ▶ Can this medicine interact with my other medicines?



Reviewing my medicine

- ▶ How long should I take each medicine?
- ▶ Am I taking any medicines I no longer need?



Stopping my medicine

- ▶ When should I stop each medicine?
- ▶ If I have to stop my medicine due to an unwanted effect, where should I report this?

Available
in Public
Libraries

Free Period Products

The nearest library is:

Whitehead Library
Edward Road
Whitehead
BT38 9QB

Opening Hours: Tues 10am-1pm & 1.30pm-7pm
Wed, Fri, Sat 10am-1pm & 1.30pm-5pm

For more information including locations please visit
nidirect.gov.uk or myperiod.org.uk

Scan to download the
PickupMyPeriod App

REGISTERING FOR ONLINE PATIENT SERVICES

Registering for Online Patient Services allows patients to order prescriptions and request a triage slot, any morning from 8.30am until capacity is reached. If you would like to register for patient services, please email your request to: reception.z00382@gp.hscni.net to receive log in details.

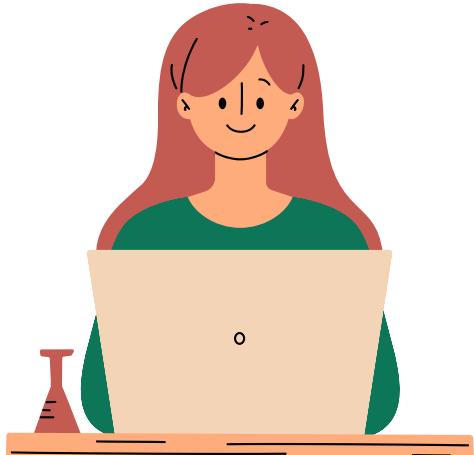
This service is hosted by a 3rd party. Any difficulties experienced can be addressed using their support helpline, accessible via the patient online services website.

We currently have approximately 5.8k patients registered and actively using patient services.

Triage call back slots are available online from 8.30am any morning, allowing patients to add triage information and receive a call back from a member of the practice team. Triage moves to an emergency only service at 10.30am or before if capacity has been reached.

Patients are urged to use the on-line facilities, which helps to support easier access for those patients who can only access our services by telephone.

A patient services user guide can be found on our website within the 'Patient Facing Online Service' heading. This includes a step by step guide on how to navigate the service in detail.



CHILDHOOD IMMUNISATION PROGRAMME

The immunisation programme gives vaccines to babies and children at different ages. Routine immunisation for babies begins when they are eight weeks old. Your child needs several vaccines to protect them from infections, so it's important to complete their immunisation programme.

Summary of the changes to the routine childhood schedule from 1 July 2025

From	Change to be implemented
1 July 2025	<ul style="list-style-type: none">• First PCV13 dose moved from 12 weeks of age to 16 weeks of age. Second MenB dose brought forward from 16 weeks of age to 12 weeks of age• Cessation of routine Hib/MenC (Menitorix®) offer to those turning 12 months for those born on or after 1 July 2024• Removal of monovalent HepB dose at one year for infants on the selective HepB pathway schedule born on or after 1 July 2024
1 January 2026	<ul style="list-style-type: none">• Introduction of an additional (fourth dose) of DTaP/IPV/Hib/HepB (hexavalent) vaccine at a new routine appointment at 18 months for children born on or after 1 July 2024
1 January 2026	<ul style="list-style-type: none">• Second MMR dose moved from 3 years 4 months to the new routine 18-month appointment for children born on or after 1 July 2024

There are no new vaccine products in the amended schedule – the hexavalent vaccine administered at age 18 months is the same vaccine that is given at 8, 12 and 16 weeks of age. Further information about potential issues or questions that may arise will be available in the '2025 and 2026 childhood immunisation schedule changes Information for healthcare practitioner' guidance on GOV.UK



CHILDHOOD IMMUNISATION PROGRAMME

When and where your child will get vaccines

The Child Health system or your doctor's surgery usually sends out your invitation to make vaccination appointments. Your child can get some vaccinations in school. The school will contact you before they give your child a vaccine.

It is important that vaccines are given on time for the best protection, but if your child missed a vaccination, contact your GP to catch up. You will continue to be called for all your child's scheduled vaccination appointments when they are due. Remember, vaccinations are safe, effective and can save lives.

Why your baby might not get a vaccine

There are some reasons why immunisation might not be right for your baby. It's important to tell your GP or nurse about any illnesses or allergies your baby has had.

Before vaccination, the doctor or nurse needs to know if your baby:

- has a very high temperature, vomiting or diarrhoea on the day of the appointment
- has had convulsions or fits
- had a bad reaction to a previous immunisation
- is allergic to anything
- has a bleeding disorder
- has had or is having treatment for cancer
- has an illness that affects the immune system, for example leukaemia, HIV or AIDS
- takes medicine that affects the immune system, for example high dose steroids or treatments given after organ transplant or for cancers
- has any other serious illness

For more information please visit: www.nidirect.gov.uk/articles/childhood-immunisation-programme

