

# Meadowbridge SURGERY

Monthly Newsletter  
June 2026



THANK  
YOU

THANK YOU FOR ALL OF YOUR  
UNDERSTANDING THROUGHOUT  
OUR EMIS MOVE. OUR TEAM  
GREATLY APPRECIATE YOUR  
CONTINUED PATIENCE AS WE  
NAVIGATE OUR NEW CLINICAL  
SYSTEM

[WWW.MEADOWBRIDGESURGERY.CO.UK](http://WWW.MEADOWBRIDGESURGERY.CO.UK)

# ONLINE PATIENT SERVICES

[WWW.MEADOWBRIDGESURGERY.CO.UK](http://WWW.MEADOWBRIDGESURGERY.CO.UK)

## ONLINE PATIENT SERVICES HAS CHANGED

Please see the video link which can be found on our website under the prescription tab:

[www.meadowbridgesurgery.uk/prescriptions-information/](http://www.meadowbridgesurgery.uk/prescriptions-information/)

### What do I need to do?

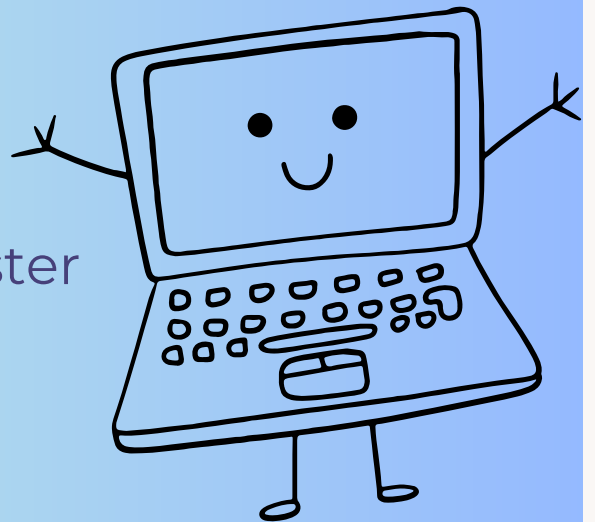
You will need to re-register for an online account to order prescriptions. Please only do this, when your next prescription is due.

You will be provided with:

- 1) Information on how to register for the new online prescription service
- 2) New login details

**Please check your emails and spam folders.**

**Our new system will only allow one user registration per email. Each new user will require their own email address.**



# SPRING COVID VACCINATION DETAILS

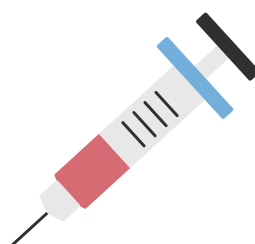
## *Spring 2026 - Covid Vaccination*

The spring vaccination programme is available for eligible patients from 20 April 2026 to end of June 26.  
Book your appointment at the practice now.



**Covid Spring Booster link**

**<https://www.nidirect.gov.uk/articles/covid-19-vaccine>**



# MEADOWBRIDGE SURGERY LATEST NEWS/UPDATES : JUNE 2026

## Prescription requests

Please ensure handwritten prescription requests include: your full name, date of birth and address, to ensure no delay in issuing your medication.

## Vaccination appointments

When attending your vaccination appointment, please could you wear a short sleeve and have your coat or jacket removed before going into your appointment. Many thanks

## Upcoming bank holiday closures

Monday 13<sup>th</sup> July: The surgery will be **closed** for the bank holiday.

Tuesday 14<sup>th</sup> July: The surgery will be operating an **emergency only** service, for any urgent medical issues that cannot wait beyond that day.

Wednesday 15<sup>th</sup> July: The surgery is **open** as normal.



# INFORMATION FROM LYNN, PRACTICE NURSE

**A message from Lynn, our practice nurse:**

**Have you COPD? Contact the practice to book your COPD review BEFORE the winter months when COPD is generally much worse to ensure you have as much protection for your lungs as possible.**



## **What is COPD?**

**Chronic obstructive pulmonary disease (COPD) is the name for a group of lung conditions that cause breathing difficulties. It includes:**

- **emphysema – damage to the air sacs in the lungs**
- **chronic bronchitis – long-term inflammation of the airways. COPD is a common condition that mainly affects middle-aged or older adults who smoke. Many people do not realise they have it.**

**The breathing problems tend to get gradually worse over time and can limit your normal activities, although treatment can help keep the condition under control.**

# INFORMATION FROM, JULIE WEIR, OUR HCA REGARDING DIABETIC REVIEWS

## Annual diabetes review generally consist of the following:

- Physical examination- during the annual review typically includes measuring your blood pressure, weight, and body mass index.
- Blood Tests: HbA1c Test Measures your average blood sugar levels over the past 2-3 months. An ideal level is usually below 48 mmol/mol (6.5%). Cholesterol and Lipid Profile: Assesses the levels of fats in your blood, which is crucial for reducing the risk of heart disease.  
Kidney Function Tests- Evaluates how well your kidneys are working, often through urine samples.

Remember to bring a urine sample to your appointment

- Foot assessment- People with diabetes are at an increased risk of developing foot problems, including ulcers, infections, and amputations. The foot assessment typically involves checking the skin, circulation, and nerve function and treatment involves checking the skin, circulation, and nerve function in your feet.
- Diabetic eye screening-- if you are age 12 or over, you'll get a letter every 1-2 years asking you to have diabetic eye screening. Regular eye tests Diabetic eye screening is not the same as a regular eye test with an optician. Having regular eye tests is important to check for other conditions.



# DIABETES WEEK: JUNE

8<sup>TH</sup> - 14<sup>TH</sup>

**This Diabetes Week, let's change how we talk about diabetes.**

**8 out of 10 people living with diabetes say they've faced negative attitudes because of their diabetes - people passing judgement, making sweeping statements, or blaming and shaming people living with diabetes. This is diabetes stigma. And it causes real harm to millions. That's why we're on a mission to 'Strike Out Stigma'.**



**DiABETES UK**  
**KNOW DIABETES. FIGHT DIABETES.**

# PATIENT CONSENT



## Accessing GP services for someone else, with consented access

GP surgeries can give someone secure access to another patient's GP services, so they can help them manage their health and care.

This is sometimes called consented access or third party access.

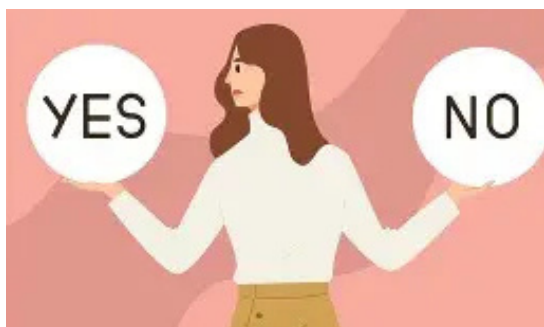
You can ask to be proxy, to help someone else with their prescriptions, appointments or other GP services: Just complete a consent form from our reception, or they can be found on our website.

Our consent form grants permission for both clinical and administrative staff within Meadowbridge Surgery to speak to another on your behalf. This may include relatives, friends, carers, etc. We therefore request that you complete this form appropriately and return it to Meadowbridge Surgery where a copy will be filed within your medical record for future reference.

## Withdrawal of your Consent

This withdrawal form removes any previous permission granted for both clinical and administrative staff within Meadowbridge Surgery to speak to another on your behalf. We therefore request that you complete this form appropriately and return it to Meadowbridge Surgery where a copy will be filed within your medical record for future reference.

Please note, any young person over the age of 16 requires written consent for a family member or friend to access and help manage their health and care.

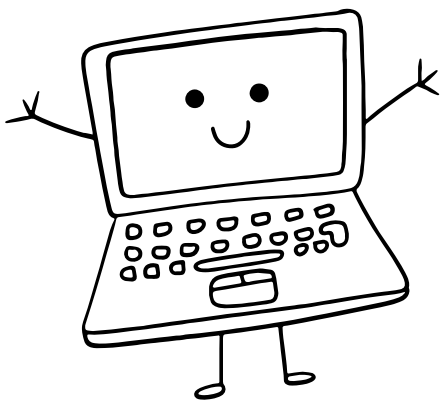


# NEW PATIENTS REGISTERING AT MEADOWBRIDGE SURGERY

Information for new patients joining Meadowbridge Surgery from our Registration team members Donna and Emma 😊



To register, we ask that you source a brief medical summary from your previous surgery. We also require proof of address which is dated within the last three months and photographic ID or your birth certificate 😊



# CARERS WEEK: MONDAY 8<sup>TH</sup> JUNE - SUNDAY 14<sup>TH</sup> JUNE

## What is Carers Week ?

Carers Week is an annual awareness campaign aiming to highlight and appreciate the invaluable work of unpaid carers. It provides an opportunity for individuals, organisations, and communities to come together to support carers, raise awareness about the issues they face, and promote resources available to help them. The week also encourages people to identify themselves as carers and access the support they need.

## Why is Carers Week Important?

Carers Week is important because it recognises the immense value and dedication of those who provide care, often without pay or formal acknowledgment. Many carers balance their caring responsibilities with work, education, and personal commitments, which can lead to stress and isolation. By raising awareness, Carers Week helps to ensure carers receive the recognition and support they deserve, while also encouraging communities and policymakers to take meaningful action.

An estimated 6.5 million people in the UK are unpaid carers.



# Learning Disability Week: Monday 15<sup>th</sup> June - Sunday 21<sup>st</sup> June 2026

Each year, the third week of June is Learning Disability Week.

It is when we make sure the world hears what life is like if you have a learning disability.

The theme for 2026 is "Do you see me?" which is all about people with a learning disability being seen, heard and valued.

## Did you know?

- Only 26.7% of adults with a learning disability are employed yet 86% of unemployed people with a learning disability want a paid job.
- 1 in 3 people with a learning disability spend less than 1 hour outside their home on a typical Saturday.
- Over 2,000 people with a learning disability and/ or autistic people are currently locked away in mental health hospitals.

**You can book an annual learning disability review with Julie Weir, HCA, at Meadowbridge. Carers are also offered a Carer annual review**



# MEADOWBRIDGE SURGERY ONLINE

**Practice  
Website  
Views  
3,700**



**Newsletter  
Subscriptions  
in May  
26**

**TOTAL** Newsletter Subscriptions

**823**

**SIGN UP** to our newsletter at the bottom of our website by adding your name and email to receive the newsletter automatically to your inbox each month.

## **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

# IMPACT AGEWELL AT MEADOWBRIDGE



IMPACTAgewell is offered through Meadowbridge Surgery which involves an IMPACTAgewell® Officer who will call out to your house for a few visits to have conversations about your health and wellbeing and discuss any additional services or support that might be available to help you, in addition to those currently offered by the GP practice.

Go to <https://www.meadowbridgesurgery.uk/impact-community-support/> to complete a self referral form which can be sent to MEAAP, 18 Queen Street, Ballymena BT42 2BD or left at our reception and we will forward on.

## **Become a Befriending Volunteer with Agewell**

Giving one simple hour of your time a week can change a life – and yours too.

Agewell's Building Flourishing Friendship ( BFF) befriending volunteers offer companionship to local older people in their own homes in the Mid & East Antrim Borough Council area , helping to reduce loneliness and bring warmth, conversation and connection. It's just one hour a week, spent chatting, sharing stories, or enjoying a cup of tea together.

Volunteers can visit on their own or in pairs / as a couple , making it a flexible and rewarding way to give back. No special skills are needed – just time, kindness and a willingness to listen. This new year, new start could mean so much to an older person who may be feeling really isolated. Your visit can become the highlight of their week.

Start the year by making a real difference. Become a Befriending volunteer and help turn an hour of your time into lasting companionship.

For further information contact Ellen (our Volunteer Coordinator at Agewell) or request a volunteer application pack sent out to you today  
Tel: 028 2565 8604



**Email: [Ellen.Nixon@meaap.co.uk](mailto:Ellen.Nixon@meaap.co.uk)**