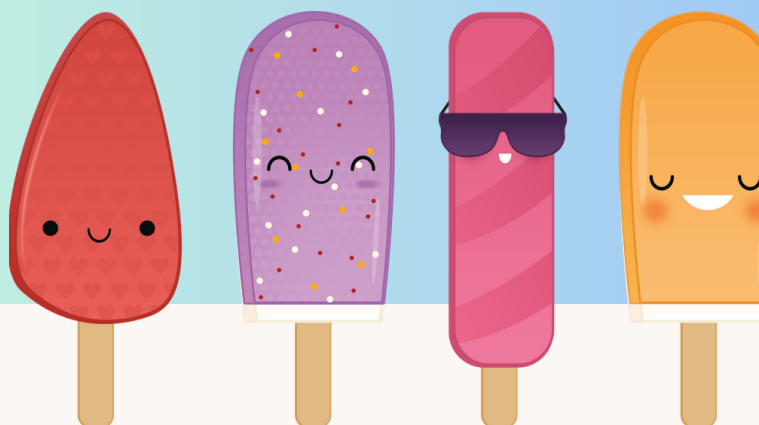


Meadowbridge SURGERY

Monthly Newsletter July 2026



WWW.MEADOWBRIDGESURGERY.CO.UK

Bank Holiday Closure July 2026

THE SURGERY WILL BE CLOSED ON
MONDAY 13TH JULY

A STRICT EMERGENCY ONLY SERVICE
WILL BE PROVIDED ON TUESDAY 14TH
JULY

THE SURGERY WILL OPEN AS NORMAL
ON WEDNESDAY 15TH JULY AT 8:30AM



FOR ANY URGENT MEDICAL ISSUES DURING OUR CLOSURE,
PLEASE CONTACT DALRIADA ON 02825663500

PLEASE PLACE MEDICATION ORDERS IN EARLY TO ENSURE ITEMS
ARE AT THE CHEMIST BEFORE THE BANK HOLIDAY CLOSURES.
PATIENTS CAN REQUEST ITEMS 7 DAYS IN ADVANCE

ONLINE PATIENT SERVICES

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/

What do I need to do?

You will need to re-register for an online account to order prescriptions.

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; this does include children's accounts set up by parents.

ONLINE PATIENT SERVICES INSTRUCTIONS

One of our patients has very kindly typed out the following instructions for patient online services.

Patient Access installation linking to Meadowbridge on Mobile Android Phone

Note: It is easier to set up if you use the patient access app, rather than the website!

1. **Have a second mobile ready**
2. **Download the patient access app on the mobile you will use, which can be downloaded on the play store. (Note: it is possible to have more than one person on that mobile as long as it can access multiple email addresses)**
3. **Download Microsoft Authenticator app: it is free!**
4. **Do nothing with apps at this time but place them somewhere accessible on home screen of your mobile**
5. **Write down on paper the codes which your practice sent (not essential): If you don't have the codes contact Meadowbridge by email - reception.z00382@gp.hscni.net and ask for them. (note, each patient has to have a unique email address)**
6. **Open patient access app: Click register. (Do not open NHS login!)**
6. **Create the account with your personal details**
7. **Enter an email address and verify on your mobile device; make sure you click remember me**
8. **Sign into patient access and follow the next steps**

ONLINE PATIENT SERVICES INSTRUCTIONS

9. **Set up the link to Microsoft Authenticator App:** create a new microsoft account for the email you are using if you dont already have one (this is free)
10. **Go back to the patient access app and access the QR code;** take a photo with the second mobile and it will be in the gallery of that second mobile
11. **Open microsoft applicator app again and click a button on the bottom right that allows you to enter a QR code;** on the mobile you are setting up the system, photograph the QR picture that you have in the gallery of the second mobile, which will now link. (note; there are other ways of doing this and if you get the opportunity turn off the screen lock)
12. **Open patient access app and continue to link app to Meadowbridge using the codes**
13. **Allow use of NHS number**

Note: if you press the number on the authenticator app it should copy and then if you press the box in the patient access app it should paste

Note: People are having problems with the authenticator apps, so make sure you find which one is free. The microsoft one works



DISABILITY PRIDE MONTH: JULY 2026

WHAT IS DISABILITY PRIDE MONTH?

DISABILITY PRIDE MONTH TAKES PLACE FROM THE 1ST TO THE 31ST OF JULY AND THE 2026 THEME IS VISIBILITY, INTERSECTIONALITY, AND DISABLED LEADERSHIP. ROOTED IN DISABILITY RIGHTS MOVEMENTS, IT REFRAMES DISABILITY AS A VALUED PART OF HUMAN DIVERSITY RATHER THAN A LIMITATION.

IN THE UK, THE MONTH HAS BECOME AN IMPORTANT PLATFORM FOR ADDRESSING INEQUALITY, PARTICULARLY THE PERSISTENT DISABILITY EMPLOYMENT GAP AND WIDER SOCIAL EXCLUSION.



MEADOWBRIDGE SURGERY LATEST NEWS/UPDATES : JULY 2026

Holiday prescription requests

Please ensure to order your holiday prescriptions 7 days in advance, to ensure they are ready and available to collect at the chemist prior to your departure.

Ordering prescriptions

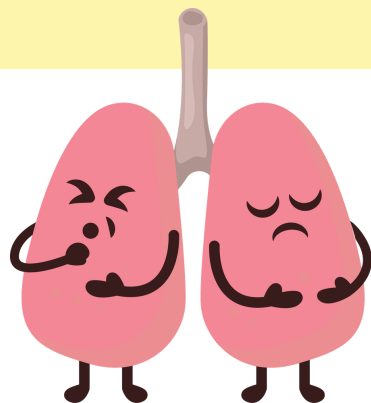
Patients can request prescriptions via; online patient services, practice email - reception.z00382@gp.hscni.net, drop boxes in the practice, at your local chemist and by contacting our reception team

Mental health practitioners

Reminder, we have welcomed two new mental health practitioners Ryan and Jenny to our team. They work out of the new MDT building and are available for face to face or telephone appointments. You may be offered an appointment with Ryan or Jenny if you call through triage, as directed by the GP.



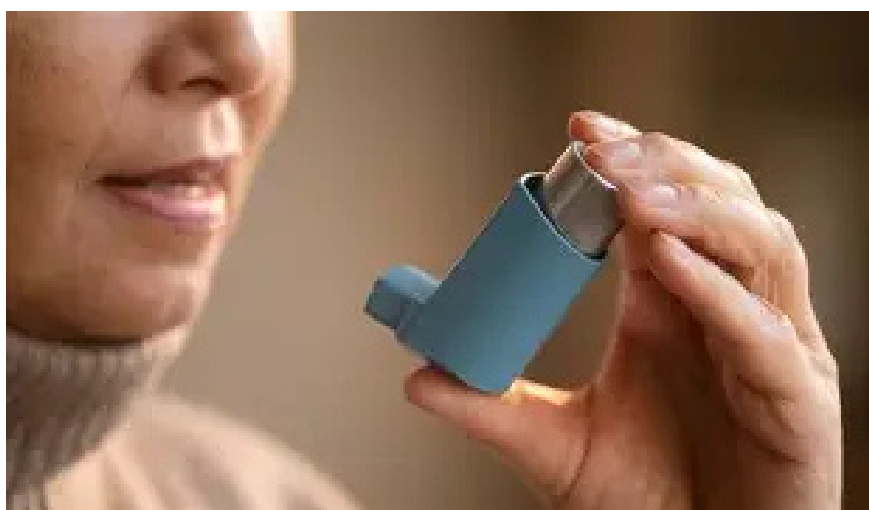
INFORMATION FROM LYNN, PRACTICE NURSE



DO YOU HAVE ASTHMA?

DID YOU KNOW THE GUIDANCE AROUND ASTHMA MANAGEMENT HAS CHANGED IN AN EFFORT TO PREVENT ASTHMA ATTACKS?

TO ENSURE YOU ARE ON THE MOST UP TO DATE TREATMENT CONTACT THE PRACTICE FOR AN ASTHMA REVIEW



FOR MORE INFORMATION REGARDING ASTHMA, VISIT
WWW.NHS.UK/CONDITIONS/ASTHMA



PATIENT FEEDBACK



We were delighted to hear some lovely feedback regarding our pharmacist William!

“Since my mother in law came back home from the short stay in a nursing home she continued to have very little appetite and constantly suffering nausea and headaches leading to vomiting around bedtime with acid reflux. Aine, a case management pharmacist and I discussed my mother in law's symptoms and that medication was the potential cause agreeing to reduce medication until a new prescription was made available. Since a new medication was issued by the GP practice, my mother in law has had no episodes of vomiting, nausea and headaches and is now looking and enjoying all plates of food with increasing weight gain.

I can only take this opportunity to thank Aine and William who is a Pharmacist at Meadowbridge Surgery, my mother in law's GP practice for listening to me and working with me to get the best possible outcome. Their input has given my mother in law a better relationship with food again and to enjoy life again.

It has now been around 6 weeks and my mother in law is still eating drinking and continues to have a very good blood pressure reading without the other issues of nausea, vomiting and headaches”

A graphic featuring the words "Thank You" in a white, cursive script font. The text is enclosed within a white, rounded rectangular border. This central element is set against a background of soft, out-of-focus blue and light blue clouds.

Thank You

ALCOHOL AWARENESS WEEK 6-12TH JULY 2026

This year's **Alcohol Awareness Week** on the theme of 'Alcohol and me'.

What?

Alcohol Awareness Week is a chance for the UK to get thinking about drinking. It's a week of awareness-raising, campaigning for change, and more.

When?

Alcohol Awareness Week 2026 takes place from 6-12 July 2026.

Who?

Alcohol Awareness Week is coordinated by Alcohol Change UK.

Anyone can get involved in the week, either as an individual, a group, or an organisation.

It's easy to take part - just follow the sign up link at the top of this page and we'll send you free resources and ideas for joining in!

www.alcoholchange.org.uk



World Sjogren's Day: 23rd July

World Sjogren's Day is Dedicated to raising awareness for Sjogren's Syndrome, a chronic autoimmune disease

Sjögren's syndrome (also known as Sjögren's disease) is a condition where the glands that produce fluid, such as tears and spit (saliva), stop working properly. It can affect your daily life, but treatments can help ease the symptoms.

Some people have mild symptoms. Some have more severe symptoms that affect their daily life.

Common symptoms of Sjögren's syndrome include:

- dry eyes
- a dry mouth
- aching muscles and joints
- extreme tiredness

Other symptoms of Sjögren's syndrome can include:

- dry skin that may be itchy
- a cough that does not go away
- a quiet or hoarse voice
- an unpleasant taste in your mouth caused by stomach acid (acid reflux)
- swollen glands in your cheeks, neck and under your jaw (salivary glands)



MEADOWBRIDGE SURGERY ONLINE

**Practice
Website
Views
3,700**



**Newsletter
Subscriptions
in June
18**

TOTAL Newsletter Subscriptions

841

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

‘Our vision is that Mid and East Antrim will be a place where everyone can actively age well together, being involved, heard and valued’



IMPACTAgewell

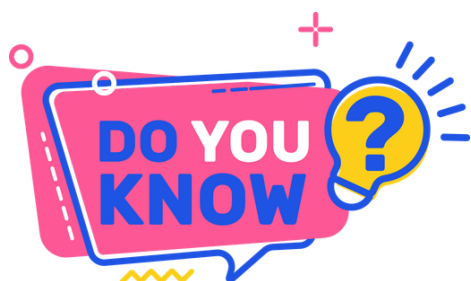
IMPACT Agewell is a community lead model of care, delivered in partnership with GP surgeries, community pharmacists and the NHSCT social work teams.

We support people age 60 +, living alone or with another older person, who have long term health conditions, helping them to stay independent, connected and well.

What can you expect?

You'll be supported by a dedicated IMPACT Age well officer for up to 6 months. They will visit you in your home and focus on what matters most to you.

For more information on how IMPACT Agewell can support you or a loved one, get in touch by calling Agewell on 028 2565 8604



You can also self refer!



THIS IS OUR HEALTH: PUBLIC HEALTH AGENCY

‘THIS IS OUR HEALTH’ is a conversation led by the Department of Health and delivered by the Public Health Agency to help reshape the relationship between the public and the health and care system.

The programme is inviting people aged 16 and over to share their views on what helps them stay well, what they need from services, and how the public and the health and care system can work together to help protect services for the future.

Delivery has focused on large-scale public engagement through a mix of in-person activity and accessible digital routes, designed to make participation straightforward and relevant, while building a better understanding of health as something shaped not only by services, but by everyday choices.

Insights will be analysed and themed, with the first version of the public ‘deal’ planned for autumn 2026. The ambition is not only to improve health literacy and improve wellbeing, but to also embed a clearer understanding of the shared role the public can undertake to help protect vital services.

We are particularly keen to hear from people and communities whose views are not always heard.

You can help us reach people and communities who may wish to take part.



THIS IS OUR HEALTH: PUBLIC HEALTH AGENCY

How you can help:

- Share information about the programme through your communications networks
- Encourage people to complete the survey (around 5–10 minutes), which is open online until 31 July
- Let us know about groups, events or engagement opportunities where the team could link in

We can also provide a community pack with printed surveys and return envelopes, as well as communications materials to support sharing through your networks. If that would be useful, just let us know and we can arrange this.

Further information

You can find out more and access the survey at www.thisisourhealth.org.uk

Resources and accessibility information are available including accessible formats including translations in the top 20 languages, easy to read version of the questions and digital promotional materials at

www.thisisourhealth.org.uk/have-your-say-on-health-in-northern-ireland/resources-and-accessibility

Take part online at <https://consultations2.nidirect.gov.uk/hsc/this-is-our-health/>

If you'd like to discuss how your organisation can support this work, please contact

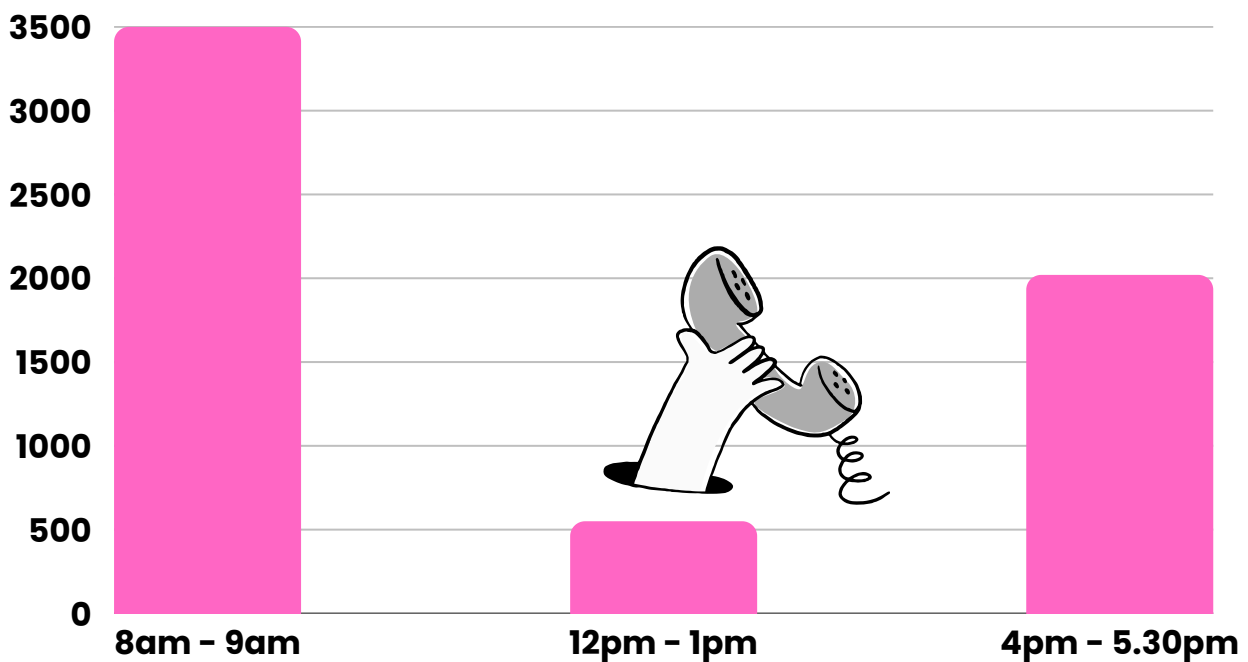
thisisourhealth@hscni.net

INCOMING TELEPHONE CALLS TO THE PRACTICE IN JUNE

20,167



AVERAGE HOURLY CALLS RECEIVED



AVERAGE PATIENT WAIT TIME IN A TELEPHONE QUEUE



1 minute , 36 seconds