

Meadowbridge SURGERY

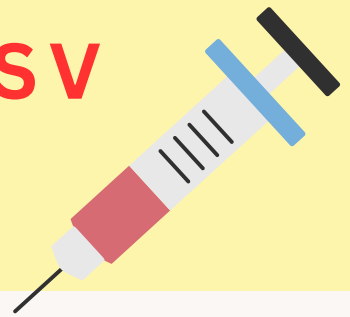


Monthly Newsletter September 2026



WWW.MEADOWBRIDGESURGERY.CO.UK

COVID, FLU AND RSV APPOINTMENTS



COVID: APPOINTMENTS AVAILABLE FROM MID SEPTEMBER, PLEASE CONTACT RECEPTION OR BOOK VIA ONLINE SERVICES.

WHO IS ELIGIBLE? ADULTS AGE 75 AND OVER, RESIDENTS IN CARE HOMES FOR OLDER ADULTS AND INDIVIDUALS AGED 6 MONTHS AND OVER, WHO ARE IMMUNOSUPPRESSED

RSV: FROM 1ST SEPTEMBER, THE UK'S RSV VACCINATION ELIGIBILITY EXPANDS TO INCLUDE ADULTS AGED 65 TO 74 WITH SPECIFIC HEALTH CONDITIONS, ALONGSIDE EXISTING GROUPS. WHO IS ELIGIBLE? OLDER ADULTS: EVERYONE AGED 75 AND OVER.

ADULTS OF ANY AGE LIVING IN A CARE HOME FOR OLDER ADULTS.

INDIVIDUALS AGED 65 TO 74 WHO ARE IMMUNOSUPPRESSED OR HAVE A CHRONIC RESPIRATORY DISEASE.

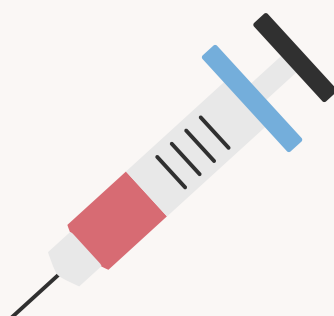
PREGNANT WOMEN: OFFERED FROM WEEK 28 OF PREGNANCY TO HELP PROTECT THEIR NEWBORN BABY

APPOINTMENTS AVAILABLE FOR MEN B VACCINE

Book your **free**
MenB vaccine
from 31 July
to help protect
against meningitis



THE PUBLIC HEALTH AGENCY (PHA)
IS URGING THOUSANDS OF YOUNG
PEOPLE HEADING TO UNIVERSITY
AND FURTHER EDUCATION
COLLEGES THIS AUTUMN TO BOOK
A POTENTIALLY LIFESAVING FREE
MENB VACCINE WHEN THE
PROGRAMME BEGINS ON 31 JULY.



MENINGOCOCCAL B (MENB) VACCINATION PROGRAMME

APPOINTMENTS AVAILABLE FROM 31 JULY 2026 TO BOOK AT MEADOWBRIDGE

Those at highest risk from MenB disease include older teenagers and students less than 25 years of age who are entering higher educational settings for the first time are invited to book an appointment to receive Men B vaccinations.

This includes:

- all those with a date of birth between 2 July 2007 to 1 July 2008 (the 25/26 academic school year 14 group); and
- Individuals born on or after 21 July 2001 who are due to start undergraduate higher education in the UK or Ireland in autumn 2026, including international students and those from the UK devolved administrations and Crown Dependencies.
- Individuals born on or after 21 July 2001 who will be living in further education accommodation or halls of residence in the UK or Ireland for the first time in autumn 2026, including international students and those from the UK devolved administrations and Crown Dependencies.

This is a time-limited offer (with first doses offered until 31 December 2026 and second doses offered until 31 March 2027). This enables late attendees, and international students who arrive in Northern Ireland after the summer months, to accept the offer of two doses



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:

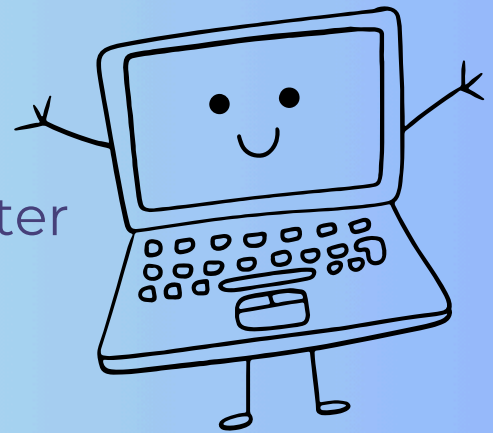
www.meadowbridgesurgery.uk/prescriptions-information/

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.

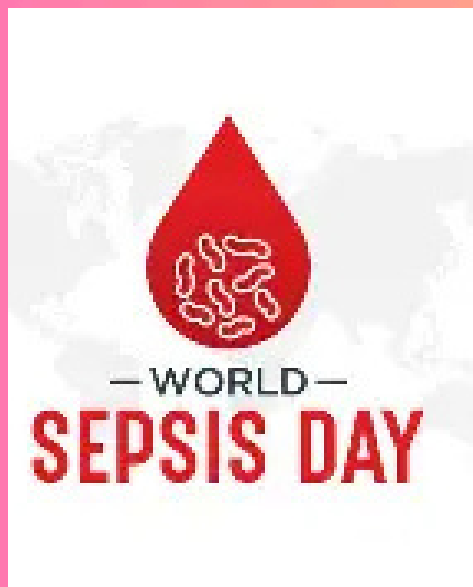
WORLD SEPSIS DAY: 13TH SEPTEMBER 2026

WHAT IS SEPSIS?

Sepsis arises when the body's response to an infection injures its own tissues and organs. It may lead to shock, multi-organ failure, and death – especially if not recognized early and treated promptly. Sepsis is the final common pathway to death from most infectious diseases worldwide

SEEK MEDICAL ADVICE IF YOU ARE AT ALL CONCERNED.

For further information, visit: www.sepsistrust.org



WORLD SEPSIS DAY: HOW TO SPOT?

HOW TO SPOT SEPSIS IN AN ADULT

Slurred speech or confusion
Extreme shivering or muscle pain
Passing no urine (in a day)
Severe breathlessness
It feels like you're going to die
Skin mottled or discoloured

HOW TO SPOT SEPSIS IN A CHILD

- Are breathing very fast
- Have a 'fit' or convulsion
- Look mottled, bluish, or pale — on brown and black skin, colour changes may show on the inside of the forearms or palms
- Have a rash that does not fade when you press it
- Are very lethargic or difficult to wake
- Feel abnormally cold to touch

Call 111 or contact your GP if you are worried about an infection.

Call 999 or visit A&E if a child has one of the sepsis symptoms and Just Ask: Could it be Sepsis?

**ACT QUICKLY > SEEK URGENT MEDICAL ADVICE >
RAISE YOUR CONCERNS**

WORLD PHARMACISTS DAY

25TH SEPTEMBER CELEBRATES WORLD PHARMACISTS DAY

We are very grateful for the work our practice pharmacists William, Paul and Ryan do in the surgery.

They play a crucial role in our surgery and provide a range of services including; medication reviews, assisting patients in managing long term conditions and work as part of our multidisciplinary team to best support your needs.

If you have a query regarding your medication and wish to speak to one of our pharmacists, please contact reception on 02893 353454.



B BLOOD CANCER AWARENESS MONTH: SEPTEMBER 2026

BLOOD CANCER AWARENESS MONTH IS OBSERVED EVERY SEPTEMBER TO RAISE AWARENESS ABOUT LEUKEMIA, LYMPHOMA, MYELOMA, AND OTHER BLOOD CANCERS, PROMOTING EARLY DETECTION, RESEARCH, AND PATIENT SUPPORT.

COMMON SYMPTOMS TO RECOGNIZE

EARLY RECOGNITION OF BLOOD CANCER SYMPTOMS CAN BE LIFE-SAVING. KEY WARNING SIGNS INCLUDE:

- EXTREME TIREDNESS THAT DOES NOT IMPROVE WITH REST
- RECURRING INFECTIONS DUE TO A WEAKENED IMMUNE SYSTEM
- EASY BRUISING OR BLEEDING, INCLUDING FREQUENT NOSEBLEEDS OR BLEEDING GUMS
- DRENCHING NIGHT SWEATS
- PAINLESS LUMPS IN THE NECK, ARMPITS, OR GROIN
- RAPID, UNINTENDED WEIGHT LOSS



MEADOWBRIDGE SURGERY LATEST NEWS/UPDATES : SEPTEMBER 2026

Online patient services

As online patient services has now changed, following our move to EMIS, if you need instructions, these can be found on our website.

Telephone lines

Reminder of our telephone lines:

Option 1 - Emergencies and Home visits (opens at 8.30am)

Option 2 - Telephone triage (opens at 8.30am)

Option 3 - General enquiries (opens at 9.30am)

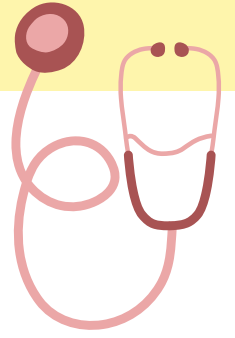
Option 4 - Non NHS enquiries (opens at 9.30am)

Test results

In the case of abnormal test results following investigations organised by Meadowbridge Surgery, you will be contacted by the surgery with an update from the GP. If you test results are normal, you will typically not be contacted but are welcome to call reception after 9:30am to check on any pending results.



INFORMATION FROM LYNN, OUR PRACTICE NURSE



VACCINATIONS

If you are attending for any vaccinations in the surgery such as; covid, flu, shingles or any other please can we ask that you wear an accessible short sleeved top. These vaccines are all given in the top of the arm.



THANK YOU

WORLD ALZHEIMER'S DAY: 21ST SEPTEMBER 2026



World Alzheimer's Day, which falls on **September 21**, serves as a focal point within the month for global awareness efforts, advocacy, and research promotion.

Each September, people unite from all corners of the world to raise awareness and to challenge the stigma that persists around Alzheimer's disease and all types of dementia.

During World Alzheimer's Month, we call on everyone, from individuals to large organisations, including every Alzheimer and dementia association globally, to support World Alzheimer's Month by getting involved in the campaign.

This September, we will seek to tackle the persistent stigma and discrimination surrounding dementia by shining a spotlight on the timely and important issue of early diagnosis under the theme:

The Earlier You Know, The More You Can Do: A Dementia Diagnosis Matters.

Youth Mental Health Day: 18th September 2026

The theme is #BuildFutureYou, which encourages young people to build for the future, one step at a time.

The future can feel exciting, uncertain or even overwhelming. You don't need to have everything figured out. Building a positive future is about the small steps you can take today from looking after your wellbeing, exploring what matters to you, asking for support and making space for the things that make you feel good.

We have two mental health practitioners, Ryan and Jenny, along with Kate, our practice counsellor at Meadowbridge Surgery. If you feel you need to speak with any of them, please contact reception.



Visit: stem4.org.uk

MEADOWBRIDGE SURGERY ONLINE

Practice
Website
Views
16,467



Newsletter
Subscriptions
in August
9

TOTAL Newsletter Subscriptions

850

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 SURGERY



IMPACTAgewell

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

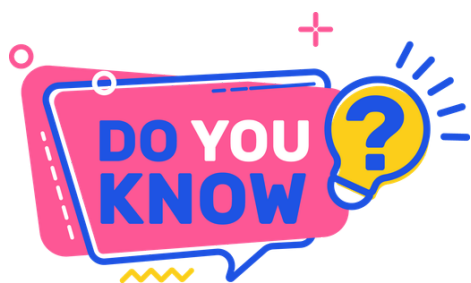
IMPACT Agewell is a community lead model of care, delivered in partnership with GP surgeries, community pharmacists and the NHSCT social work teams.

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.

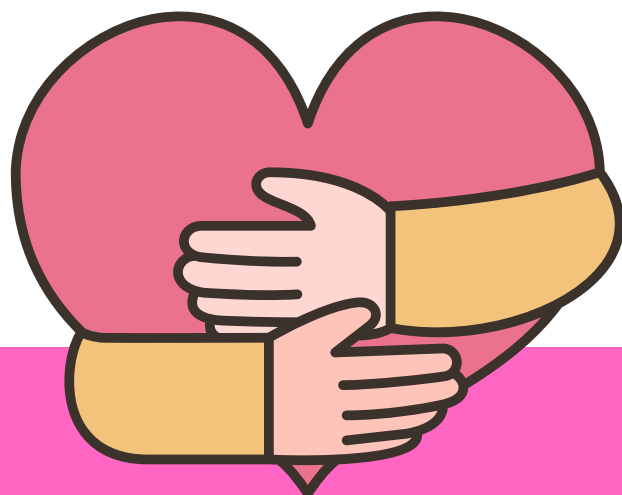
What can you expect?

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!



IMPACT AGEWELL UPDATES

AGE STRONG WITH AGEWELL

14 Weekly Sessions
Starting **Tuesday 22nd**
September at The
Glenlough Community
Centre, Carnlough
12:30pm-1:30pm

Join the Conversation with Carnlough Pharmacy

Come along and connect with others as we explore topics including health and wellbeing, cost of living, and how strong community connections can help you age well and thrive.



Age strong. Stay connected. Be part of the conversation.



PHARMACY PLUS



Agewell
Local & Social Action
Age Well

To enquire or book a place;
Please call: 028 2565 8604 or
Email: kiera.campbell@meaap.co.uk

INCOMING TELEPHONE CALLS TO THE PRACTICE IN AUGUST

17,548



AUGUST FIGURES

Total administration tasks completed by our team:
15,728

Total surgery consultations: 2,279

Total Home visits: 45

Total outgoing telephone calls: 1,960



AVERAGE PATIENT WAIT TIME IN A TELEPHONE QUEUE



2 minutes, 28 seconds