

Meadowbridge SURGERY



Monthly Newsletter October 2026



WWW.MEADOWBRIDGESURGERY.CO.UK

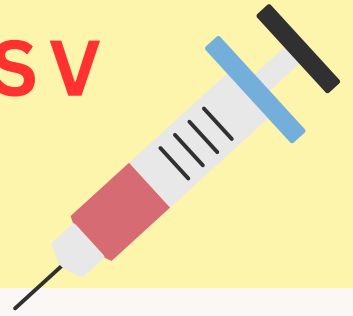
A MESSAGE FROM DR CUPPLES



Dr Andrew Cupples would like to announce that, after 16 years working in Meadowbridge Surgery, and a GP partner for 11 years, he is stepping down as a NHS GP, and is moving into his new private surgery, Anchor Medical in Carrickfergus. He would like to recognise and thank all his staff and colleagues in Meadowbridge for their support and friendship over the years, and to thank all of the many patients whom he has cared for in the surrounding areas. He will finish on 20th October 2026, and wishes all staff and patients many blessings as he pursues his new venture.

All of Dr Cupple's colleagues and friends at Meadowbridge Surgery wish him all the best in his new business venture.

COVID, FLU AND RSV APPOINTMENTS



COVID/FLU FOR AGE 75+

APPOINTMENT SLOTS AVAILABLE TO BOOK FROM
MID OCTOBER:
PLEASE BOOK NOW VIA PATIENT SERVICES OR BY
CONTACTING RECEPTION.

FLU ONLY FOR AGE 65-74 YEARS

APPOINTMENT SLOTS AVAILABLE TO BOOK FROM
1ST OCTOBER 2026:

PLEASE BOOK NOW VIA PATIENT SERVICES OR BY
CONTACTING RECEPTION.

RSV

INVITES ARE FOR PATIENT 75+, THOSE WHO ARE 65
TO 74 AND ARE IMMUNOSUPPRESSED OR HAVE A
CHRONIC RESPIRATORY DISEASE. PREGNANT
WOMEN ARE ALSO OFFERED RSV VACCINE FROM
WEEK 28 GESTATION. RSV IS RECOMMENDED TO BE
ADMINISTERED ALONGSIDE FLU &/OR COVID
VACCINE. AVAILABLE ALL YEAR ROUND.



**Meadowbridge
Surgery**

Healthy people • Healthy community

Pre-school children aged 2 or more on 1st Sept 2026



Date of birth range:

2/7/22 – 1/9/24



**Book appointments
online**

(kids flu slot between
23 & 25 Sept)

or



**contact reception
to book.**

Help protect
your child this
flu season 



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:

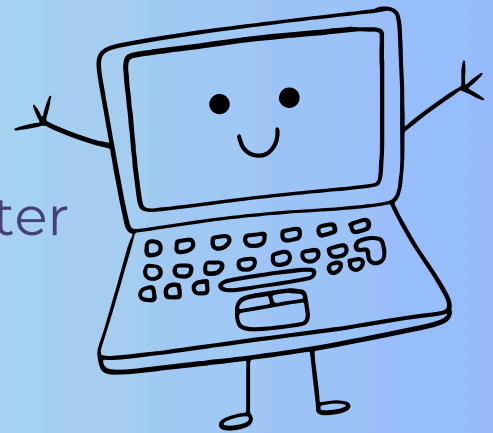
www.meadowbridgesurgery.uk/prescriptions-information/

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.

BABY LOSS AWARENESS WEEK: 9TH - 15TH OCTOBER

Baby Loss Awareness Week.

Baby Loss Awareness Week is an opportunity to bring us together as a community and give anyone touched by pregnancy and baby loss a safe and supportive space to share their experiences and feel that they are not alone.

For further information, visit: babyloss-awareness.org

Get In Touch: Telephone: 020 3908 5525

Email: babyloss@sands.org.uk



National Cholesterol Month: October 2026



Cholesterol Matters. Every Swap Counts

October 2026



National Cholesterol Month is observed every October to raise awareness about cholesterol and promote heart health through education, testing and lifestyle changes.

Did you know that 1 in 2 adults in the UK have high cholesterol? It's more common than you think — but that doesn't mean it has to be out of your control. Be the boss of your cholesterol. Take charge of your health with small, manageable changes that can make a big difference — from eating heart-friendly foods and staying active, to checking in with your GP. Knowing your numbers is the first step toward feeling your best.

For more information, please visit: Cholesterol Helpline via email at: ask@heartuk.org.uk

MEADOWBRIDGE SURGERY LATEST NEWS/UPDATES : OCTOBER 2026

ORDERING MEDICATION

Please specify the dosage of medication you require, if possible, to ensure you are receiving the correct item.

To prevent unnecessary ordering, please ensure to specify the names of your medications. This also ensures you are issued the correct items.

TELEPHONE LINES INFORMATION

Our triage line is open Monday - Friday from 8:30am for clinical matters which require attention. Please select 'option 2' and await the next available patient services staff member to answer your call. General triage closes at 10.30am, but this could be earlier if the Triage GP considers safe capacity to have been reached. This ensures we have capacity the rest of the day to deal with emergency triage clinical issues that can not wait until the next working day.

For all other general enquiries, select 'option 3' from 9:30am. This would include prescription queries & any non clinical queries.



INFORMATION FROM OUR TREATMENT ROOM NURSES



Patients are asked to consume a least 2 glasses of water, at least one hour before attending for bloods even when fasting. This helps the nurse to successfully collect your blood sample.

Patients should continue to take their normal blood pressure medication at regular times if coming for blood pressure checks.

Also, a reminder that our health care assistant **Julie Weir** is now located in the **Treatment Room**



INFORMATION FROM LYNN, OUR PRACTICE NURSE

Can we ask that you wear sensible clothing for vaccination appointments, a t-shirt or something short sleeved, with no heavy coats on to ensure you are ready for your vaccine to be administered.



Reminder: If you see an appointment online that you did not book, please do not attend the surgery. This could be a medication review, or a clinician's follow up, which may appear like an 'appointment' on your patient services.



THANK YOU

WORLD MENOPAUSE DAY: OCTOBER 18TH 2026



Established in 2009 by the International Menopause Society (IMS) in collaboration with the World Health Organization (WHO), this day highlights the physical, emotional, and psychological impacts of menopause. It aims to destigmatize menopause, promote awareness, and provide resources for women, healthcare professionals, and communities worldwide

This years theme is: Chronic Pain At Midlife:

Chronic pain affects a significant proportion of women during and after the menopause transition, yet it remains underestimated in both research and care. Through our annual White Paper for healthcare professionals, alongside accessible resources for women and anyone interested in midlife health, the 2026 campaign brings together trusted information and practical guidance to support better recognition and care worldwide.

www.imsociety.org

World Mental Health Day: 10th October 2026



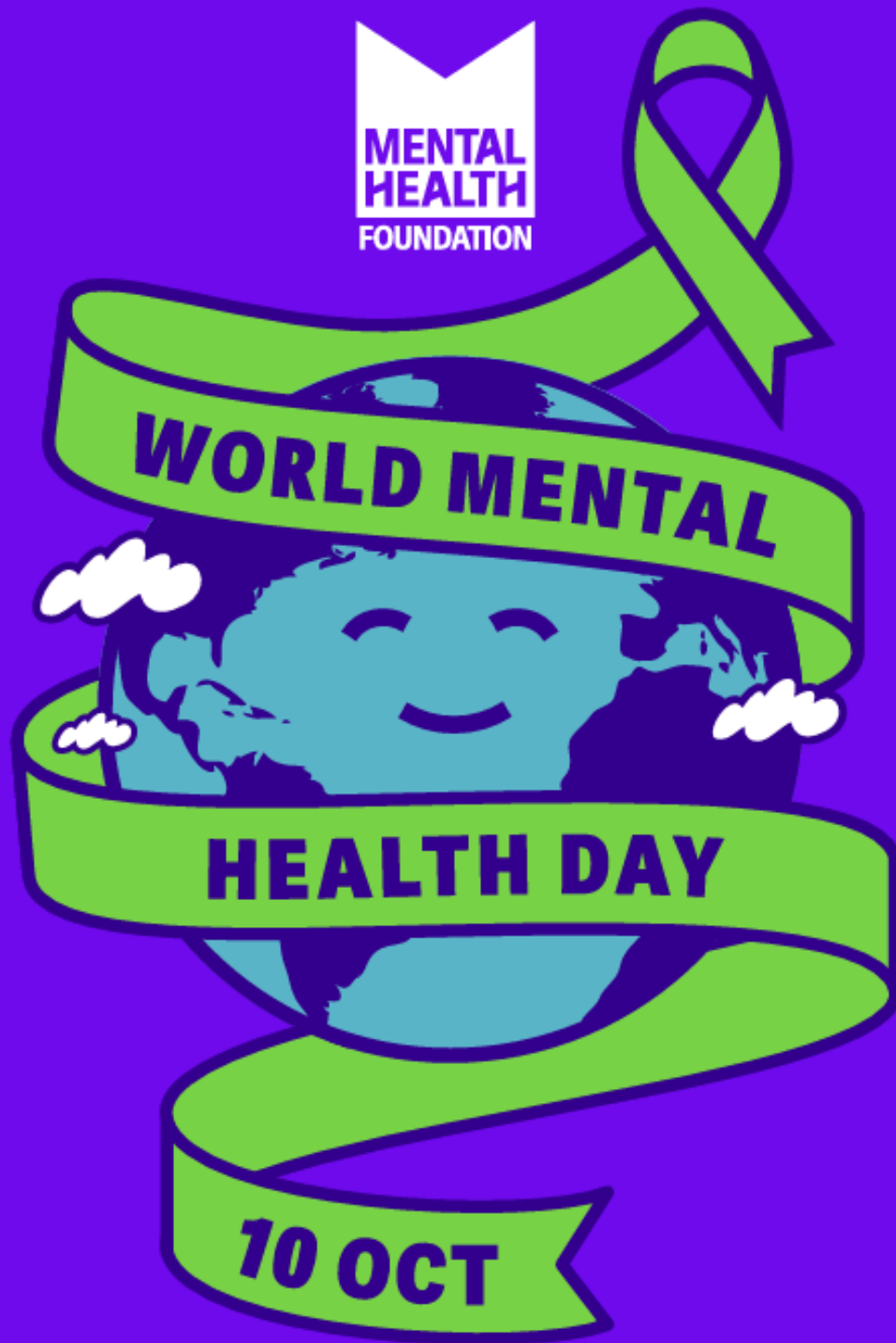
The right mental health support can change lives. It can stop people reaching crisis point. It can save lives.

Everyone should have access to mental health support that makes them feel seen, and starts on the day they ask for help.

Free listening services are available and these services offer confidential support from trained volunteers. You can talk about anything that's troubling you, no matter how difficult;

- Call 116 123 to talk to Samaritans**
- If you're under the age of 19, you can also call 0800 1111 to talk to Childline**

Reminder: We have two Senior Mental Health Practitioners, Ryan and Jenny, along with our Practice Counsellor Kate available for consultation at Meadowbridge Surgery. If you feel you could benefit from either service please discuss with a GP via morning triage.



**EVERYONE DESERVES
GOOD MENTAL HEALTH**

mentalhealth.org.uk/wmhd

MEADOWBRIDGE SURGERY ONLINE

Practice
Website
Views
15,662



Newsletter
Subscriptions
in September
8

TOTAL Newsletter Subscriptions

858

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’

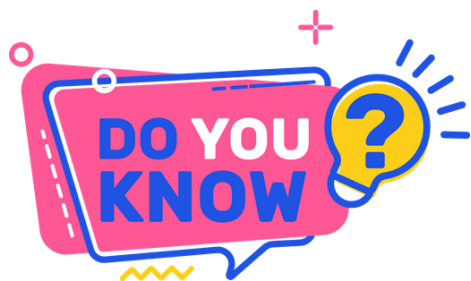
IMPACT Agewell is a community lead model of care, delivered in partnership with GP surgeries, community pharmacists and the NHSCT social work teams.

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.

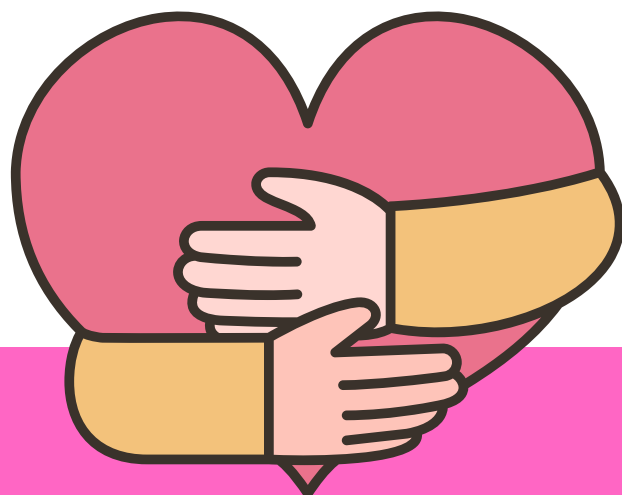
What can you expect from IMPACT?

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!





IMPACTAgewell

Who are we?

IMPACTAgewell - Home visits by community based worker, who listens to what really matters most to YOU in your health and social care needs - Putting your wellbeing and social care needs on a par with your medical needs.

What can I expect?

Support to guide you through conversations in areas including, your home, your health, your wellbeing, your future and your community and discover solutions.

My Home

"I was struggling to do normal tasks around the house as I felt unsteady on my feet due to a few falls and now that I live alone, I kept my front door unlocked in case I had a bad fall. The IMPACTAgewell® project organised grab rails to be fitted in my house. The Crime Prevention Officer visited my home and discussed a safety plan. He then got the Handyperson to install a Key box so family and emergency services can come into my home when the door was locked."



My Health

"The IMPACTAgewell® Officer suggested I attend the DESMOND course to manage my diabetes. Nervous about attending due to my hearing, I was referred to a Community Hearing Service who showed me how to care for my hearing aid. With newfound confidence, I attended DESMOND and learned to use the Eatwell Plate to make healthier decisions, resulting in weight loss."



Am I eligible for Support ?



- Are you over 60 and living alone or with another older person?
- Do you live with a long term health condition?
- Are you registered with a GP in Mid and East Antrim?

Please speak to your GP, your Community Pharmacist or your NHCST representative (social worker, nurse etc) or call Agewell on 028 256 58604

www.meap.co.uk
[facebook.com/meapni](https://www.facebook.com/meapni)

[@meapni](https://www.instagram.com/meapni)
[028 2565 8604](https://www.tiktok.com/@meapni)
info@meap.co.uk

Address: Mid and East Antrim Agewell
Partnership, Broughshane House, 70 Main Street,
Broughshane, BT42 4JW



INCOMING TELEPHONE CALLS TO THE PRACTICE IN SEPTEMBER

21,822



SEPTEMBER FIGURES

Total outgoing telephone calls: 6,173

Total incoming telephone calls: 15,649



AVERAGE PATIENT WAIT TIME IN A TELEPHONE QUEUE



2 minutes, 50 seconds