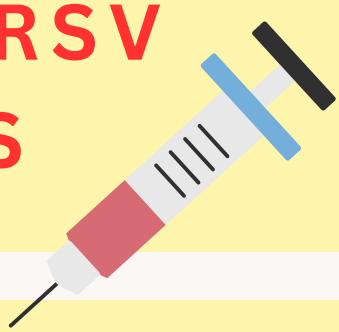
Meadowbridge SURGERY

Monthly Newsletter November 2026



WWW.MEADOWBRIDGESURGERY.CO.UK

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 FOR ADULTS AGE 75+, PREGNANT LADIES FROM 28 WEEKS GESTATION

APPOINTMENT SLOTS AVAILABLE TO BOOK

PLEASE BOOK NOW VIA PATIENT SERVICES OR BY CONTACTING RECEPTION.

Good Luck Dr Cupples

We said our goodbye's this month to one of our partner GP's Dr Cupples. He will be very much missed by all of the staff at Meadowbridge and we wish him luck on his new venture!









Meadowbridge Surgery

Your health matters to us

Trusted care for our community

Cold and Flu at Home

Most colds and flu get better on their own with rest and simple care. This leaflet gives practical advice to help you feel more comfortable and recover at home.

1. Rest and drink plenty of fluids

- Get extra sleep and rest when you can.
- Drink water, warm drinks, soup or other fluids regularly.
- If you have a fever, try to avoid becoming dehydrated.

2. Soothe a sore throat or cough

- Try warm water with honey and lemon.
- Gargle with warm salt water (½ teaspoon of salt in a glass of warm water).
- Honey can help ease a cough.

3. Ease a blocked nose

- Use a saline nasal spray or drops.
- Take a warm shower and sleep with your head slightly raised.
- Avoid inhaling steam from a bowl of boiling water because of the risk of burns.

4. Relieve aches and fever

- Paracetamol may help if you can take it safely.
- Follow the packet instructions and check cold and flu remedies do not also contain paracetamol.
- Ask a pharmacist before using ibuprofen if you have stomach ulcers, kidney problems or take certain medicines.

How long will it last?

- **Common cold:** usually improves within 7–10 days.
- **Flu:** often causes sudden fever, aches and exhaustion; recovery can take 1–2 weeks or longer.
- **Antibiotics:** do not treat ordinary colds or flu because these are caused by viruses.

Seek urgent medical help if you develop:

- Difficulty breathing
- Chest pain
- Confusion
- Severe dehydration (e.g. not passing urine for 12 hours, very dry mouth, dizziness).

If you are at higher risk of complications (e.g. over 65, immune system problems, pregnancy or long-term conditions), contact a clinician early, as antiviral treatment for flu works best when started promptly.

Remember

- Antibiotics do not help colds or flu.
- Avoid contact with others where possible, especially if you have a fever.
- Wash your hands regularly and cover your coughs and sneezes.
- Stay home until you feel better and are fever free for 24 hours (without the use of paracetamol).

Get better soon

STRESS AWARENESS WEEK
2ND - 6TH NOVEMBER

Every year the International Stress Management Association [ISMAUK] runs a campaign 'to increase public awareness of stress, its impact, and the importance of mental health and wellbeing.' In 2026, the theme is "Shaping the Future of Stress and Wellbeing: Rehumanising the Workplace".

We know that stress at work can have a devastating impact on someone and that it can have life changing repercussions for them as well as their family, friends and colleagues.

Purpose and Goals of stress awareness week:

The Week aims to

- **Educate individuals and organizations about stress and its consequences.**
- **Promote mental wellbeing and stress management techniques.**
- **Reduce stigma surrounding stress and psychological distress.**
- **Encourage open conversations about mental health in workplaces and communities**



Bowel Cancer Screening Programme: Update

The bowel cancer screening is being extended to include people age 59 - 74 from Monday 2nd November 2026.

The eligible cohort for the screening programme will continue to be extended on a phased basis, over a 5 year period as follows:

- **Year 1 (2026/27) - age 59**
- **Year 2 (2027/28) - age 58**
- **Year 3 (2028/29) - age 56 - 57**
- **Year 4 (2029/30) - age 53 - 55**
- **Year 5 (2030/31) - age 50 - 52**

Further information on the bowel screening programme is available at: www.nidirect.gov.uk/bowel-screening

Bowel screening saves lives.

HSC Public Health Agency

LUNG CANCER AWARENESS MONTH: NOVEMBER 2026

Lung cancer awareness month in November 2026 aims to improve public understanding of lung cancer, promote risk reduction strategies, encourage timely screen for high risk populations, and support those afffected by the disease.

Signs and symptoms of lung cancer

Lung cancer may not always have symptoms early on.

The symptoms of lung cancer can include:

- a cough for 3 weeks or more
- a change in a cough you have had for a long time
- a chest infection that does not get better, or repeated chest infections
- feeling breathless and wheezy for no reason
- coughing up blood
- losing weight for no obvious reason
- feeling tired
- chest or shoulder pain that does not get better
- a hoarse voice for 3 weeks or more.

If you have any of these symptoms, it is important to get them checked by your GP.



www.macmillan.org.uk/cancer-awareness/lung-cancer-awareness

MEADOWBRIDGE SURGERY LATEST NEWS/UPDATES : NOVEMBER 2026

Temporary registration freeze

Patient Registration/List Freeze SPPG have decided to apply the temporary freeze on the free movement of patients between Practices from 1st November 2026 to 31st January 2027.

This decision is to ensure patient safety - ensuring that notes are available and to minimise the transfer of notes between Practices and help reduce as much unnecessary work as possible for GP Practices.

This means that any patient who is currently registered with a GP Practice in their area should remain registered with their current Practice and should not move to another Practice within the same catchment area. Patients new to the area (including new babies), or without a current GP Practice, should continue to be registered to the Practice list on request.





Young kids can catch and spread flu easily

Get them vaccinated for free

Those eligible for flu vaccination this year include:

- **Pre-school children**
- **Children in primary and secondary school (up to Year 12)**
- **Everyone aged over six months in a clinical risk group**

It's quick, safe and will help protect them and those close to them

Full details and eligibility at www.pha.site/flu

HSC Public Health Agency

MOVEMBER

Movember 2026 - Men’s health awareness month
‘Together, we've taken men’s health in the UK by the scruff of the neck’

Movember, the month formerly known as November, is when brave and selfless men around the world grow a moustache, and women step up to support them, all to raise awareness and funds for men's health - specifically prostate cancer, testicular cancer, mental health and suicide prevention.

Movember has created a movement of over 5 million supporters across the world, funding more than 1,200 innovative men's health projects across more than 20 countries.
Prostate Cancer UK is the main beneficiary of the Movember campaign. For the last ten years, the amazing efforts of the Mo Bros and Mo Sistas from across the UK have significantly contributed to our research initiatives and have supported men by investing in our services.

For more information, visit: www.movember.com

PROSTATE CANCER UK

COPD AWARENESS MONTH: NOVEMBER 2026

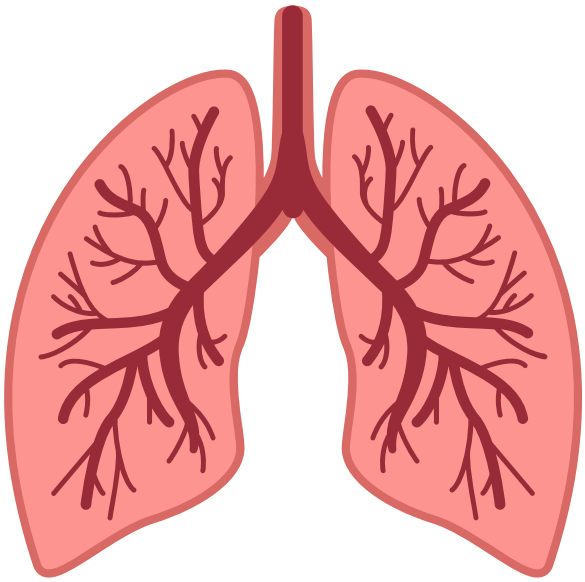
Chronic Obstructive Pulmonary Disease (COPD) is a progressive lung disease that makes it difficult to breath.

COPD Awareness Month 2026 is a dedicated time to raise awareness about Chronic Obstructive Pulmonary Disease (COPD) and its impact on individuals and communities.

Importance of Early Diagnosis

It's important to talk to a health care provider as soon as you experience symptoms, including increased shortness of breath, frequent coughing, wheezing, chest tightness, and unusual tiredness. Early diagnosis is critical to help reduce your lung damage and to help with your quality of life as you manage COPD.

If you feel you are experiencing any of the symptoms listed above, please contact the surgery.



MEADOWBRIDGE SURGERY ONLINE

Practice Website Views
18,374



Newsletter Subscriptions in October
15

TOTAL Newsletter Subscriptions
873

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

NOVEMBER UPDATES



Mid & East Antrim Agewell Partnership

2026 Annual General Meeting

Thursday 12th November 2026 - 11am
with Lunch and Networking

The Ecos Centre
Kernohans Lane, Broughshane Road, Ballymena

To registration call 028 2565 8604 or visit www.meaap.co.uk/events

ADHD SUPPORT: ‘Well While Waiting’ Initative

Adult ADHD support services at a Safe Space to be Me

Funded by the Department of Health, this free programme supports adults across Northern Ireland who are awaiting an ADHD assessment, awaiting follow-up after assessment, or trying to access ADHD support services.

The programme provides practical, psychoeducational support to help individuals:

- Manage executive functioning and emotional regulation challenges
- Reduce distress, overwhelm, and burnout
- Improve day-to-day functioning
- Better prepare for assessment and ongoing support
- Prevent escalation into crisis and higher-tier services
-

This is not a diagnostic or assessment service, but an early intervention programme designed to support people while they wait.



ADHD SUPPORT: 'Well While Waiting' Initative

Adult ADHD support services at a Safe Space to be Me: Eligibility criteria outlined below:

> Be aged 18 or over
>Be living in Northern Ireland
>Be currently on, or actively seeking access to, an HSC ADHD assessment pathway
>Be experiencing difficulties with daily functioning linked to ADHD (e.g. executive functioning, emotional regulation, time management).

Please note, applicants may not be suitable if they require urgent or crisis mental health intervention.

For more information, visit www.asafespacetobeme.co.uk/wellwhilewaiting



TOTAL TELEPHONE CALLS TO AND FROM THE PRACTICE IN OCTOBER

21,361



OCTOBER FIGURES

Total outgoing telephone calls: 6,178

Total incoming telephone calls: 15,183



AVERAGE PATIENT WAIT TIME IN A TELEPHONE QUEUE



2 minutes, 32 seconds