

Employee Sickness Certificates

The Employee Sickness certificate are now accessible online through HMRC website and not in reception as it now an interactive link. This link is also available via the Meadowbridge Surgery website/appointment section

www.meadowbridgesurgery.co.uk

Practice Figures for October 2018

- 2108 patients have been triaged
- 14850 prescriptions issued
- 3080 patients have been registered for online ordering.

65 appointments were booked last month but not attended –

Please contact us if you are unable to attend your appointment as it could then be allocated to another patient in need of an appointment.

Meadowbridge Surgery is a training practice

and you as a patient may be offered an appointment with a GP Student Trainee or a Medical Student from Queens University in their 5th year.

Patient's are assured that they will only see students with their consent, and will not be disadvantaged by refusing to have medical students involved in their care.

Minor Ailments?

Why Wait? Go straight to your PHARMACIST

The average pharmacist will see you in under 2 minutes with no appointment!

The Minor Ailments Service in Northern Ireland offers advice and treatment FREE OF CHARGE

If you are suffering from any of the following ailments, you can visit your local pharmacy:

- Athletes Foot
- Diarrhoea
- Headlice
- Groin itch
- Threadworms
- Vaginal Thrush
- Cold Sores
- Ear Wax
- Mouth Ulcers
- Oral Thrush

A consultation with your pharmacist is conducted confidentially. No appointment necessary – just drop in and ask the team about the Minor Ailments Service.

Family Mediation NI

Empowering Families, Improving communication,
Managing Conflict.

For Further Information see

www.health-ni.gov.uk/publications/separation-northern-ireland

or visit www.familysupportni.gov.uk

Contact fmni: tel 028 90243265

www.familymediationni.org.uk

A FREE 6-Week Stress Management Programme

Stress Control class runs once a week for 6 weeks and teaches skills and techniques for managing stress.

Topics include: An overview of what stress is, controlling your body, controlling your thoughts, controlling your actions, getting a good night's sleep and planning for the future. Stress control is a class not 'group therapy' – you do not have to talk about personal difficulties in front of others. You are encouraged to attend all 6 sessions to get the most benefit and the stress control classes are free.

Come along by yourself or feel free to bring a friend or family member with you.

Held at 2 Venues:

Larne Bowling Club

12th Nov – 17th Dec 10:30 – 12:00noon

Carrickfergus Bowling Club

13th Nov – 18th Dec 18:30 – 20:00pm

20th Sep – 25th Oct

If you would like to register your interest or have any questions, contact (028) 9441 5787

or email: stress.control@northerntrust.hscni.net

No man is an island, entire of
itself; every man is a piece of the
continent, a part of the main ~
John Donne

Northern Ireland Hospice aims to provide high quality care to patients and families facing life limiting illnesses.

We hope to treat, as early as possible, the symptoms of your illness and any psychological, social or spiritual problems that you may be experiencing. One service we have available for this is our Hospice Hub in North Belfast. At the Hospice Hub, you can be assessed by one of our team and a programme of care will be developed to meet your needs. This may be done through individual appointments with members of our team or in a group setting through our Wellbeing Clinic.

Your current healthcare professional can refer you to our services. Based on the issues or challenges you are experiencing, our team will invite you and / or your family member or carer to attend one of our services.

These services are:

- Hospice Hub Wellbeing Clinic
- Hospice Hub Outpatient Clinic

Hospice Hub Wellbeing Clinic

The Wellbeing Clinic is a structured six week programme which runs every Tuesday from 10am to 3pm (a light lunch is provided). We aim to improve your overall wellbeing at a time in your life when you may be adjusting to the impact of your illness. Each Tuesday there are a number of different sessions available which are run by our multidisciplinary team. These sessions will focus on providing you with relevant support, information and guidance to empower you to live well with your condition and remain as independent as possible for as long as possible.



The programme will start with an assessment of your needs by a Hospice Hub Nurse who is a specialist in palliative care. Your main concerns will be identified and a plan made for attending sessions that will help to address these. Examples of sessions include 'Wellness Action Planning', 'Managing your Medicines', 'Breathlessness Management', 'Fatigue Management and Energy Conservation', 'Managing a Decreased Appetite', 'Coping with Changes in your Health' and 'Laughter, Lifting your Spirits'.

Hospice Hub Outpatient Clinic

The Outpatient Clinic takes place on Wednesday and Thursday each week. It is run by our multidisciplinary team who offer a variety of services, support and information. You may be seen by one member of our team or several members depending on your needs. The services available include:

Medical

- Medical assessment and management of symptoms.

Nursing

- Holistic needs assessment
- Symptom assessment and management.

Occupational Therapy

- Fatigue management and energy conservation
- Anxiety management
- Relaxation sessions
- Assessment for equipment that may be required.

Physiotherapy

- Falls awareness and prevention
- Rehabilitation and one-to-one exercise programme
- Breathlessness management ('Breathe Easy')
- Pain management.

Complementary Therapy

- Non-medication treatments which can aid relaxation and help with disturbed sleep patterns, pain, anxiety and other symptoms.

Social Work

- Emotional support for patients, carers and family members
- Support in developing coping strategies to deal with serious illness
- Direct work with children and young people
- Practical advice and information
- Help with communication within the family circle.



How to Attend

If you think you may be interested in attending the Hospice Hub, please speak to your current healthcare professional (either in the community or the hospital) to arrange for a referral to be made. Once this has been received by our team, we will be in contact to invite you to one of our services.

