

You should never be ashamed to admit you have been wrong. It only proves you are wiser today than yesterday – Jonathan Swift

Which? Elderly Care gives free, independent and practical advice about caring for older people across the UK

In-depth guides on financing care, housing choices from staying independent at home to care homes, and how to navigate the complex care system.

Carers' hub, designed to give support to family carers including information on benefits, respite care and carer's rights at work.

Printable checklists to provide support and help decision making, from practical ways to help someone with dementia to choosing a care home.

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Step by Step advice, including how to get a care needs assessment and filling in attendance allowance and carer's allowance forms.

Care services directory for local care homes, care at home and local authority service.

Find out more online at which.co.uk/elderlycare

If you are a carer, please collect a carer's pack from reception, complete and return to register as a carer

Marie Curie care and support through terminal illness

Call **0800 090 2309** to speak with a trained support line officer now.

Marie Curie support services are available 9am -6pm Monday to Friday and 11am-5pm on Saturday

Ordering Medication

If you need your regular medication and are a patient, the quickest method is by using the online ordering service. In the last month, 280 additional patients have registered for online ordering. So far there are 1311 patients registered for online ordering. Call in at reception with photographic ID, you can then register on-line at www.patient-services.co.uk to request your medication. You can also leave a copy of your ID with your local chemist.

To enable this facility, see your local chemist or reception for more information.

The prescription phone line is currently open from 11:30pm -12.30pm and 3pm -4:30pm. In September, the line will reduce opening times from 11.30am -12.00pm and 3:30pm - 4.30pm working toward no further telephone script orders being taken from January 2018.

The agreed time to have your prescription ready for collection is 48 hours and if your local chemists are collecting your prescriptions, allow 72 hours. It is your responsibility to order your medication in a timely manner to ensure you will not run out of your medication not the surgery.

Home Call Service

Do you have significant difficulty in visiting your local/mobile library due to ill health, disability or lack of mobility?

Contact Library services for more details

07774742359

Or Carrickfergus Library 028 93 362261

Bank Holiday Closure

Meadowbridge Surgery will be closed on Bank Holiday Monday 28th August
In the event of an emergency,
Please contact Dalriada on 028 25 663500.

Please ensure you have ordered your medications early to allow for the Bank Holiday

Action on Hearing Loss

Come to our FREE drop-in Hear to Help Clinic for:
New batteries, ear mould tubing & wax guards, advice on how to use and clean your hearing aids, information on hearing loss and all the services that Can help you and hearing checks.

Wednesday 9th August 2017
10am - 12pm
1st Floor, Old Town Hall,
Carrickfergus BT38 7DG

Email northernh2h@hearingloss.org.uk
Or contact Angela Stanbridge
Tel: 028 90 239619

Up to date Mobile Contact Numbers

The Surgery is now sending SMS text reminders/invites.

Please let our reception staff know if your mobile number has changed so we can update your contact details.

If you do not want to receive SMS texts from the practice, please advise reception.

Register at our website if you wish to order your prescriptions online and receive the monthly bulletin by email at: www.meadowbridgesurgery.co.uk

Meadowbridge Surgery

Policy for prescribing of over-the-counter medicines

- * In line with the NI Department of Health and **from the 1st May 2017** this practice will not prescribe medicines that can be purchased over-the-counter by patients when they are being used to treat minor conditions or self-limiting illnesses, or where there is no evidence base for their use
- * Please visit our website for further details: www.meadowbridgesurgery.co.uk
- * This new policy will:
 - * Encourage self-management of minor illnesses and **free up GP appointments** to treat patients with complex health problems
 - * Increase the money available to the health service **to treat more serious conditions** such as heart disease and cancer
 - * Increase patients' confidence and feeling of positivity in being able to look after their health