

And I rose  
In rainy autumn  
And walked abroad in a shower of all my days...  
~Dylan Thomas, Collected Poems

### **Self-Management Courses for Chronic Pain**

This six week 'Challenging Your Condition' Workshop is designed to help patients understand more about their condition, provide coping strategies to manage the impact of long-term condition on their daily lives as well as realizing the goal of independence.

They are run by Arthritis Care and are delivered by fully trained and accredited volunteers who themselves live with long-term conditions and successfully use these self-management techniques to manage them.

The self-management techniques that are discussed are relevant to all long-term conditions, not just arthritis or fibromyalgia.

**Held at Carrickfergus Town Hall**

**23<sup>rd</sup>, 30<sup>th</sup> Oct, 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> November  
10:30am -1:00pm**

### **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 11<sup>th</sup> October  
10am - 12pm  
1st Floor, Old Town Hall,  
Carrickfergus BT38 7DG

Email [northernh2h@hearingloss.org.uk](mailto:northernh2h@hearingloss.org.uk)  
Or contact Angela Stanbridge

### **OCTOBER FLU SEASON**

#### **See Overleaf**

#### **Why should antibiotics NOT be used to treat viral infections?**

- Antibiotics DO NOT kill viruses.
- Taking antibiotics that you do not need, e.g. to treat viral infections can lead to antibiotic resistance.
- Antibiotic resistance occurs when bacteria are not longer killed by antibiotics. As a result some antibiotics have become less effective against the bacterial infections they were designed to treat.
- Infections caused by bacteria resistant to antibiotics can be very difficult to treat.
- In recent years fewer new antibiotics have been discovered. We need to protect the antibiotics we have, to ensure they continue to work now and in the future.

#### **How long does it take to get better?**

**Sore Ear – 4 days**  
**Sore Throat – 1 Week**  
**Cold – 1 ½ Weeks**  
**Sinusitis – 2 ½ Weeks**  
**Cough/Bronchitis – 3 Weeks**

### **Travel Vaccination no longer available**

With immediate effect – We are no longer able to offer a travel vaccination service.  
There are various clinics in Northern Ireland offering this service and contact information can be found by searching online.

### **Flu and Men B Vaccination Service**

If you are not eligible to have the Flu or Men B vaccine at this surgery, Boots pharmacy offer the vaccines at a cost.  
To find out which stores offers this service visit  
**[boots.com/storelocator](http://boots.com/storelocator)**

### **Ordering Medication**

The prescription phone line is currently open from 11.00am -12.00pm and 3:30pm – 4.30pm working toward closure of the telephone script ordering line by the end of January 2018.

Call in at reception with photographic ID, you can then register on-line at [www.patient-services.co.uk](http://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, [www.patient-services.co.uk](http://www.patient-services.co.uk) for more information.

**Online Patient Services - There are currently 1583 patients now registered for online ordering**

### **Antenatal Midwife Appointments** **Midwives will no longer complete Hospital Antenatal Referrals.**

Patients are now required to self-refer to the hospital of choice themselves.  
Referral forms are at reception or available on the practice website.

For: Antrim Area Hospital Maternity Referral,  
Lagan Valley Hospital Maternity Referral  
Mater or Jubilee Hospital Referral.

Referral can be posted or emailed directly to the hospital (details available on the form) and upon receipt of a referral the hospital will offer an initial booking appointment between 10 – 14 weeks gestation.

Patients are asked to contact reception to arrange an initial appointment with the midwife between 16-18 weeks gestation.  
This appointment can be brought forward if pregnancy complications occur.

Register at our website if you wish to order your prescriptions  
Online, book nurse appointments or receive the monthly bulletin  
by email at: [www.meadowbridgesurgery.co.uk](http://www.meadowbridgesurgery.co.uk)

# FLU VACCINE PROGRAMME 2017/18



**Get the jab –**  
**Get flu safe**

**NHS**

***Open flu clinics each Wednesday through October for those patients in at risk groups.***

***For more information and to check if you're eligible visit our website –  
[www.meadowbridgesurgery.co.uk](http://www.meadowbridgesurgery.co.uk)***

***Under 5's requiring flu vacs can book an appointment slot over the phone or online.***