

## Medical Cards

If you would like to report a change of address or request a new medical card please go online to [www.hscbusiness.hscni.net](http://www.hscbusiness.hscni.net)

On the 'How do I ...' column, select how to I get a new medical card, complete the mandatory form and submit. The form is for Northern Ireland residents only you are currently registered with a GP practice.

If you wish to change your address at the surgery speak to Our Health Support Workers.

## Breast Screening

The Northern Ireland Breast Screening Programme invites all women aged 50-70 every three years

If you're over 70, you're still at risk of breast cancer and can make your own appointment through your local screening centre.

Information to help you make an informed choice is available at [www.cancerscreening.hscni.net](http://www.cancerscreening.hscni.net)

## Did not attend appointments

68 patients did not attend their appointment at the surgery in November.

**Please contact reception to cancel appointments or go online.**

Have good trust in yourself... not in the one that you think you should be, but in the one that you are

~Maezumi Roshi

## Prescription ordering

The prescription phone line is currently open from 11.00am - 11:30am and 4.00pm - 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, go to [www.patient-services.co.uk](http://www.patient-services.co.uk) for more information about Online Patient Services.

From January 2018 patients will be asked to order routine repeat prescriptions on-line through Patient Facing Services, via Post/Fax 028 93 372625, at Reception or through local whitehead chemists.

**There are currently 1583 patients now registered for online ordering services .**



## Acute Sinusitis

### Symptoms of acute sinusitis may include:

Runny nose – A thick purulent coloured discharge.

Blocked nose or congestion.

Pain and tenderness – may be localised over the infected sinus, or it may affect teeth (making chewing painful), the upper jaw, or other areas such as the eyes, side of face or forehead.

The pain may be throbbing and get worse when you bend your head forward.

High temperature – fever may develop and you may feel generally unwell.

In children, runny nose is the most common symptom. Facial pain is less common.

Acute sinusitis means that the infection develops quickly over a few days and lasts about a week, but it is not unusual for it to last 2-3 weeks. Many people will have some degree of sinusitis with a cold.

### Do I need an antibiotic?

#### **Most cases of acute sinusitis are caused by a viral infection**

In people who are normally well, your own immune system will usually clear the infection, even if the infection is caused by bacteria. Antibiotics are only sometimes needed.

## Book Charity

Patients and staff at Meadowbridge Surgery have to date raised £10,519.68 from 2010 through donations made at a second-hand book table in reception. The most recent of £1400 have gone this year to the following charities.

- ❖ 250 Hope House Whitehead who provide a quiet, stress free environment beneficial to cancer patients/family and carers.
- ❖ £250 1in3 Cancer Support, Carrickfergus, who support local people in their home environments affected by cancer.
- ❖ £200 TLC Appeal – purchase teddy bears for sick children attending A&E in Hospitals within N Ireland.
- ❖ 200 Mind Wise, Ballyclare a charity who provide support to those at risk of, and affected by, severe mental illness and mental health difficulties.
- ❖ 200 Spud Bear Ministries – providing hospitals and orphanages in the developing world with teddy bears that comfort and deliver Gods love when children are most afraid.
- ❖ £200 Roddensvale School – a donation towards Paul Robinson's solo sail circumnavigating Ireland from Carrickfergus in May to raise funds for the school
- ❖ £100 Dogs Trust in support of the Canine Care Card Scheme which ensures a dog's happiness and security after its owner's death.

A big thank you to all those who provide books and to those who purchase them.

## ZERO TOLERANCE POLICY

Aggressive behaviour, be it violent or abusive, will not be tolerated and may result in you being removed from the Practice list and, in extreme cases, the Police being contacted.

## PTO for Christmas Arrangements

# **Christmas & New Year Holidays**



The surgery will be **closed** on:

- **Monday 25<sup>th</sup> and Tuesday 26<sup>th</sup>  
December 2017**
- **Monday 1<sup>st</sup> January 2018**

**Please ensure you order your repeat prescription in good time, to ensure you do not run out of your medicines when the surgery is closed**