



# Kensington Group Practice

DONEGALL ROAD AND FINAGHY  
Medical Centre

## Spring Newsletter 2016

**Kensington Medical Centre**  
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TEL : 028 90325679

Our aim is to keep you informed of the services at Kensington Group Practice and also let you know about the latest medical developments. This is now an **interactive** newsletter; if you are reading on your computer, tablet or smartphone, many of the **pictures** lead onto relevant websites.

**Forthcoming dates for your calendar: Our surgery will be closed on:**

## New Year... New Start?

The days will soon be getting a little longer, we hope. We think this is a great time of year to think about getting out and doing a little more exercise, or perhaps trying something new, within your capabilities of course. Walking is a sociable, and inexpensive form of exercise that does not require any special equipment, except perhaps comfortable shoes, and a reasonable coat.

We are very fortunate to have some great places for a walk close by to our surgeries, such as Lady Dixon Park, Lagan Meadows and Belvoir Forest are close our Finaghy Branch, and Botanic Gardens, and the beautiful buildings around Queens University, are close to our branch in Donegall Road. The Lagan Towpath is close to both. If you haven't visited any of these in a few years, please consider getting out and enjoying these great facilities.

*Please click on the picture for some further information from NHS Choices about walking.*



*Walk NI.com is a superb resource, with plenty of ideas for walking across the province.*



**If you have taken up a new form of exercise, and feel it has benefitted you, we'd love to hear about it. Equally though, if you have any concerns about undertaking any new form of exercise, please have a chat with one of our doctors first.**

## Improving our service to you

We now offer an open surgery each Monday and Tuesday morning at Finaghy Health Centre.

Both Kensington and Finaghy Medical Centres receptions will be open over lunchtime.

Our aim is to have all prescription requests done within 24 hours.

We are always seeking to improve our services and our accessibility, and we welcome any suggestions you may have, where you feel we can improve.

## Introducing our new Practice Manager and Pharmacist

Mr Alan Erwin has recently joined us in a dual role, of both our Practice Manager and Practice Pharmacist. He has worked within the local area as a pharmacist for many years, and has previously assisted us with monitoring the quality of our prescribing.

He is working towards a prescribing qualification and will be running various clinics.

## Our Website

[www.kensingtonmedicalcentre.co.uk](http://www.kensingtonmedicalcentre.co.uk)

Did you know that you can do all of the following on the website?

- Order repeat prescriptions\*
- Book and cancel appointments\*
- Sign up to receive text message reminders
- Update us about your next of kin details
- Get more information about the surgery and our services.

## New patients

How do I register family with Kensington Medical Centre?

It's quick and easy to register with a GP. Call us on 028 90325679 for advice, or pop in and ask about becoming a patient. You can also visit [www.kensingtonmedicalcentre.co.uk](http://www.kensingtonmedicalcentre.co.uk) for more information.

To register as an individual or for everyone in your household, you will need to visit the surgery to complete a registration form and also show us one of the following:

- Two forms of identification one of which should include your Name, Date of Birth & Address. e.g. Passport or Driving Licence.
- An existing Health Card (with NHS number)

All new patients will also need to complete a new patient health questionnaire giving details of your important past medical history, medication you are on, allergies etc.

All new patients are offered a health check with a doctor to ensure that any required tests are up to date and that we have an accurate note of any repeat medication you may be taking.

**We look forward to seeing new patients at Kensington Group Practice.**

Many medications require blood tests from time to time, to help us ensure that these continue to be the most appropriate treatment for you, and these are very important also.

Please let us know your up-to-date mobile number, as we can send invitations and reminders by text message.



## PATIENT ONLINE SERVICES for APPOINTMENTS and REPEAT PRESCRIPTIONS.

- Beat the reception desk queue
- No waiting for the telephone to be answered.
- Book your appointment in your own time online.
- Simply select your appointment time.
- Request your repeat prescriptions online.
- See the progress of your prescription request.
- Save time and hassle, use Vision online.
- Ask receptionist for details.
- All we need is your personal email.



patient services

Currently we have over 1928 patients who have registered for this online service, these people are enjoying the benefits of booking their appointments up to 4 weeks in advance or on the day. These patients are also ordering their prescriptions as well, avoiding the often frustrating noise of the engaged tone! If you would like to register, please ask one of our Reception staff.

### Ante-natal care

**Finaghy Health Centre and Kensington Medical Centre, by appointment only.**

To make an appointment to see our midwife, ask our receptionists.



**Pregnant ladies are advised to have Seasonal flu and Pertussis vaccinations**

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### **Minor Ailments Scheme**

If you or your child has any of the following symptoms:

**Cold sores, ear wax, mouth ulcers, head lice, threadworms, thrush, athletes foot, diarrhoea or groin itch**

You can get free of charge treatment under the "MINOR AILMENTS SCHEME" at your local pharmacies.

Ask your pharmacist for advice.

Pharmacists are trained to deal with minor ailments.

You will receive quick, expert advice without the need to see your GP.

GPs will be able to spend more time focusing on those patients that really need their input.

But please be reassured, the pharmacy staff will ask a few questions to ensure they can get the right treatment for you, or to refer you back to the GP if this is necessary.

### **New mobile telephone numbers and home telephone numbers**

In a bid to try to help patients remember their appointments, the Practice has purchased and installed new software onto our computer system which may allow us to send reminders of your appointments. In order for you to benefit from this, please inform the practice of your current telephone numbers.

**To change your contact details please follow this link.**

[www.mysurgerywebsite.co.uk/secure/cod.aspx?p=z00145](http://www.mysurgerywebsite.co.uk/secure/cod.aspx?p=z00145)

### **KEYSAFE**

Do you or an elderly relative have a key safe which allows access to the house? If so could you please let the surgery have your combination number in case the Doctor/Nurse needs to visit you? We can assure you this number will be kept on your personal records and will not be given to anyone else.



**Lifeline** If you're in distress or despair, call Lifeline free on 0808 808 8000



**Want to stop smoking?**



Smokers please book a  
Thursday  
Smoking Cessation Clinic  
appointment.  
<http://www.want2stop.info/quit>

**[www.kensingtonmedicalcentre.co.uk](http://www.kensingtonmedicalcentre.co.uk)**



Did you know you can access this practice online?



 patient services

# Why not visit our Website?

Save time with online repeat prescriptions 

Read the latest surgery news

 **NHS-Approved Medical Information**



Review the clinics and services we offer and see how we can help you

Cancel Appointments 

Check up on our opening times 

 Find out who is on the staff

When are the flu vacs in?  
How can I register?  
What immunizations do I need?

**It's all on the website!**



patient services

