



Kensington Group Practice

DONEGALL ROAD AND FINAGHY
Medical Centre

Coronavirus Update 24th April 2020

Everyone must help stop coronavirus spreading

Only go outside for food, health reasons, work or one form of exercise a day

If you go out, stay 2 metres (6ft) away from other people at all times

Wash your hands as soon as you get home

Do not meet others, even friends or family

You can spread the virus even if you don't have symptoms

[More information here.](#)

We would be very keen to emphasise we remain available to support you with your medical concerns.

We will initially assess your concerns by telephone, and invite you to attend the surgery if this is necessary.



It is especially important you do not delay seeking appropriate medical support, especially amongst the young, elderly, and those with underlying medical conditions.

What can I do to reduce my risk of catching Covid-19?

Please click on the picture for a short video.



We are currently trialling Zoom teleconferencing.

This is essentially a "video call" that may help us deliver care without having to attend the surgery, in certain circumstances. Whilst it might not be necessary for every consultation, it could be useful for certain types of review, especially where there is a degree of observation of the patient (eg. looking at a rash, checking inhaler technique). Please consider downloading the Zoom Cloud Meetings app; if using a smartphone or tablet, it is available, free, on the Apple App Store, Android Store or Google Play; if using a laptop or computer, it can be downloaded from <https://zoom.us/download>.

For privacy purposes, when we set up a videoconference, we will speak to you first to confirm we are speaking to the intended patient, and then provide you with two numbers - one is an individual meeting ID - unique to each consultation; and the second is a password to allow access to this meeting - again, this number is unique to each meeting.

Belfast City Council

Covid-19 Belfast Community Helpline

Belfast City Council is working closely with community, voluntary and statutory service providers across Belfast to make sure that their residents' needs can be supported during the COVID-19 (coronavirus) pandemic. They have set up a dedicated helpline which will provide advice and support for Belfast City Council residents.

It is run by volunteers and their staff, who can provide information about

- food parcels*
- information about prescription pick-ups*
- help with emotional support*
- advice*

How to contact the helpline

You can call their freephone number **0800 587 4695**.

The helpline is open from 9am - 5pm every day.

You can also email covid19@belfastcity.gov.uk with the following details:

- your name and address*
- the type of support you need*

<http://www.belfastcity.gov.uk/community/Healthandwellbeing/COVID-19-Belfast-Community-Helpline.aspx>



SOUTH BELFAST COVID-19 HELPLINE

Many community organisations, churches, sports clubs, food banks and voluntary groups are offering support in your area including:

- Food parcels
- Help with shopping
- Prescription collections
- Benefits Advice
- Friendly phone calls
- Posting items

If you need support and would like to find out who can help in your area please contact us

07394 569 155

Open Monday to Friday 9am to 5pm

We are not able to provide medical support or advice



Email: enquiries@forwardsouth.org



Northern Ireland Maternity and Parenting

COVID-19 advice for pregnant women and parents in Northern Ireland

No. Regularly washing your bare hands offers more protection against catching COVID-19 than wearing rubber gloves.

You can still pick up COVID-19 contamination on rubber gloves. If you then touch your face, the contamination goes from your glove to your face and can infect you.

Is wearing rubber gloves while out in public effective in preventing the new coronavirus infection?



#Coronavirus #COVID19

9 March 2020

The World Health Organisation has a range of Questions and Answers about Coronavirus

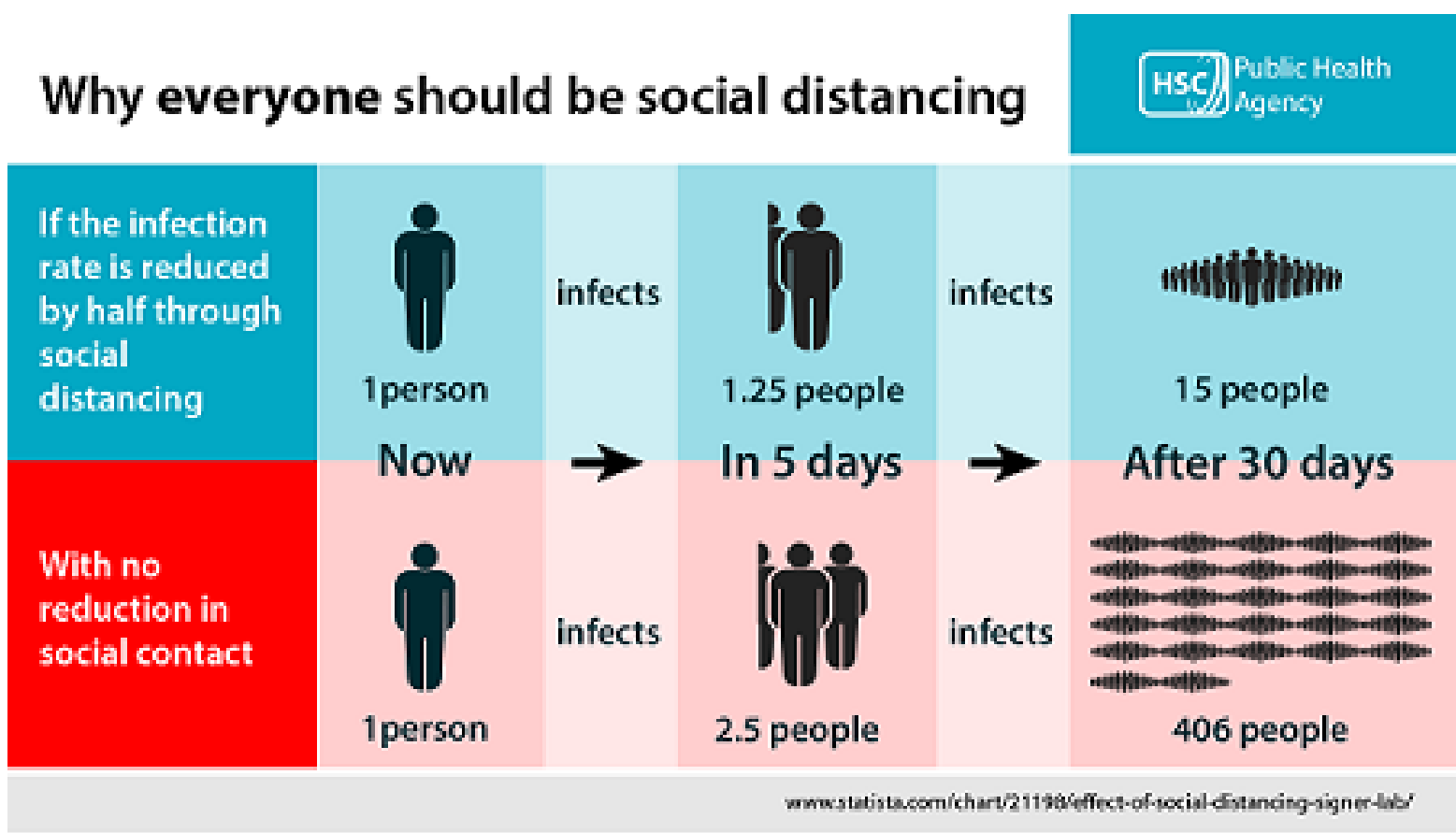
these can be found [here](#).

Advice on safer shopping during COVID-19

2m
(6ft)

WE ALL MUST DO IT TO GET THROUGH IT

STAY HOME KEEP DISTANCE WASH HANDS



take care of your mind

Your health service needs you to stay safe !

Avoid injury!

Secure loose rugs	Avoid scalds	Avoid heights
Be careful in the kitchen	Be fire safe	Avoid DIY
Avoid cutting hedges	Be careful with electrics	Drink responsibly

HSC Public Health Agency

STAY HOME SAVE LIVES

Please follow the following links for continually updated information for the public about Coronavirus.

- <https://www.publichealth.hscni.net/news/covid-19-coronavirus>
- <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- <https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>

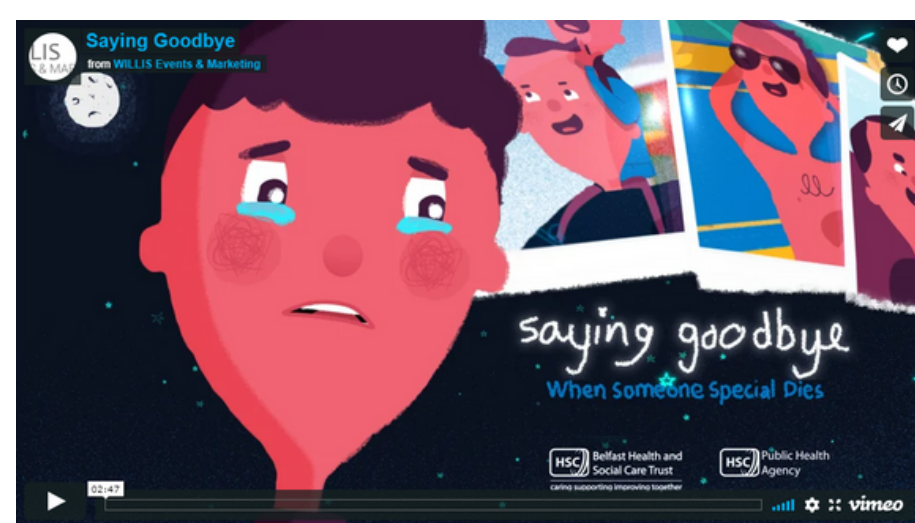
Stay physically active during self-quarantine



[Covid-19 Myth-busters](#)

Bereavement

This video has been made by the Psychological Services team at Belfast Health and Social Care Trust for parents and children who have lost a loved one during this difficult period. It aims to help parents support their child to understand the loss and say goodbye when the usual traditions and funeral practices cannot take place. It is accompanied by a workbook, which is available (along with advice and practical guidance on grief and bereavement for adults) [here](#).



Grief and bereavement during the COVID-19 pandemic

Supporting yourself and others

