



Kensington Group Practice

DONEGALL ROAD AND FINAGHY
Medical Centre

Summer Newsletter

26TH JUNE, 2023

Please note we will be closed for the bank holiday on Wednesday 12th July 2023.

If you have an urgent problem that cannot wait until we reopen at 8.30am the following day, you can contact GP Out of hours.

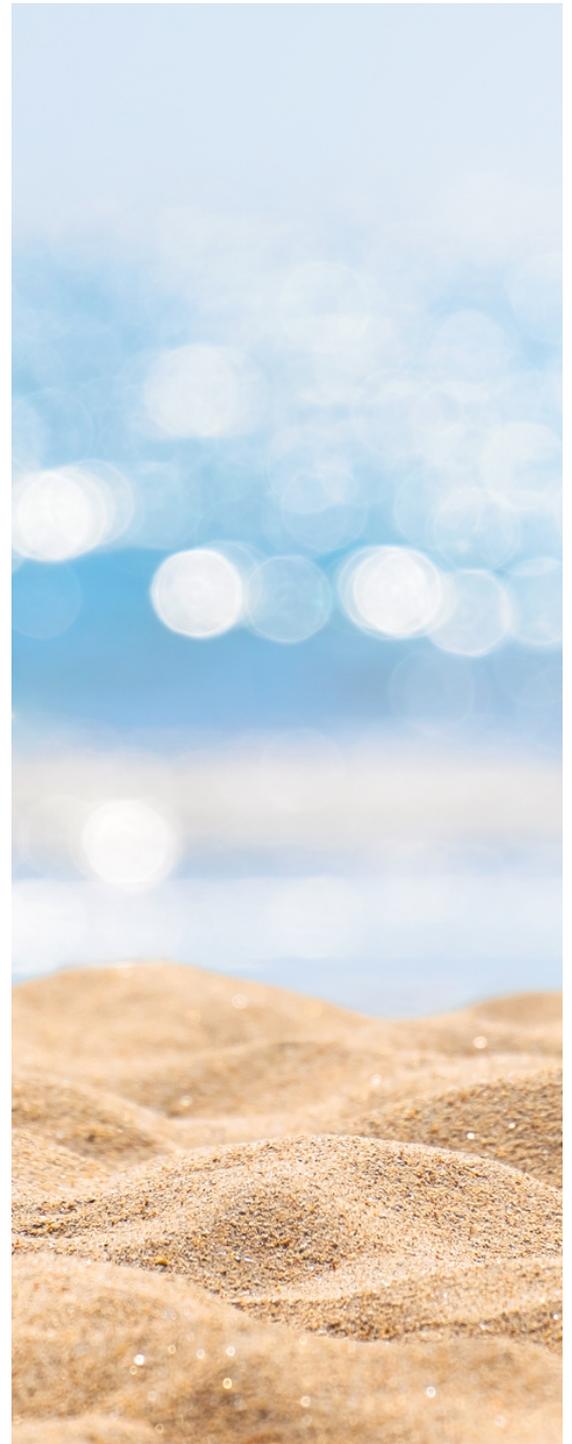
The GP Out Of Hours Service provides care for people in Belfast when their normal GP surgery is closed. It is not intended to replace normal GP services, but deals with urgent problems that cannot wait until your own GP is available. You should therefore only use this service if you are suddenly ill and you cannot wait until your GP's surgery is open.

South and East Belfast - 02890 796220

North and West Belfast - 02890 744447

Lisburn area - 02892 602204

Call 999 in an emergency. Chest pains and/or shortness of breath constitute an emergency.



Spotlight on summer health



Hayfever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest. There's currently no cure for hay fever and you cannot prevent it. But you can do things to ease your symptoms when the pollen count is high. Please click on the picture for more information. Please note the majority of available treatments for hayfever, are available at low cost from your pharmacy, and often from other retail outlets as well. Your community pharmacist can help recommend you a treatment, so you may not need to make an appointment with the GP.



Heatwave - how to cope in warmer weather? It has been unseasonably warm in recent weeks. Please click on the picture to the left for advice on how to cope with warmer weather.



Sunscreen and sun safety. Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy. There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects. Click on the picture for some sun safety tips, and further advice.



Water safety. An average of 312 UK and Irish Citizens lose their life to accidental drowning EVERY YEAR and many more have non-fatal experiences, sometimes suffering life-changing injuries. Learn how to keep you and your family safe with water safety advice from the Royal Life Saving Society UK (RLSS UK) - click on the picture to the left.



Using barbecues safely - avoid accidents. Barbecues are involved in many hundreds of accidents that occur in the garden each year. Last time figures were collected through the Home and Leisure Accident Surveillance System (HASS/LASS) in 2002, an estimated 1,800 people visited A&E in the UK having had an accident involving a barbecue. Click on the picture to the left, for information from ROSPA.



Food safety tips when barbecuing. Please click on the picture to the left, with some useful advice, hints and tips for barbecue food safety tips, such as how to safely store, prepare and cook your barbecue food.



How to avoid food poisoning on holidays. By applying some common sense, you can minimise the risk of falling ill and feel safer in exploring the food delights of the cultures you visit. When looking for places to eat, it's a good idea to ask locals, tourist information and other travellers. Click on the picture for advice from Safefood.

Travel Health. Many worldwide destinations require vaccinations and antimalarial medication. All travellers should ensure they seek travel health advice from a travel clinic well in advance of their trip and consult the National Travel Health Network and Centre (NaTHNaC) [website](#) or [Fitfortravel website](#) for up to date information on current outbreaks and country information. There are a number of private providers in the local area who can provide this service and expert risk-assessment for you. As this service requires specialised and up-to-date training, we recommend these external services to meet your travel health needs. Whilst some vaccinations are available through the NHS, several of those commonly used travel vaccines, and antimalarial tablets, are only available through private services at a fee.



Why is hydration so important? Water makes up two thirds of our body. It is vital we drink enough fluid to maintain a healthy balance. Many people get dehydrated by not drinking enough fluid or by losing fluids and not replacing them. Click on the picture on the left for more info.

Belfast Trust Older People's Services

The Belfast Trust provides a significant range of support services to people in their later years. If you are concerned that you or a loved one are not coping with some aspect of your daily life, the Trust has social services for older people. You can refer yourself or be referred by a family member. Visit <https://belfasttrust.hscni.net/service/older-peoples-services/> for more information.



Connected Community Care

A citywide social prescribing service which enables patients to play an active part in their health and wellbeing outside of a clinical/medical setting. You or a family member can self-refer. Click on the picture to the left for more information.



A new regional guide for parents of children with disability and additional needs

The Children and Young Peoples Strategic Partnership (CYPSP) have launched a new regional guide for parents of children with disability and additional needs; this resource is by parents for parents and its development has been parent led from the onset and addresses the whole life journey for these families. It can be accessed at <https://tinyurl.com/YourJourneyGuide>



Are we there yet?

Parentline NI have quick reads for parents surviving school holidays "Are We There Yet?.." You can call Parentline on 0808 8020 400 to request a Free Summer Resource, containing fun ideas and activities to keeps kids entertained and handy tips on keeping calm and being kind. Further information on support and advice available by clicking on the picture, or visiting <http://www.ci-ni.org.uk/parentline/>



Belfast Recovery College

The Belfast Recovery College welcomes everyone 16+ to their free mental health and wellbeing education and learning programmes. They have a range of courses open to service users, families, friends, carers, all trust staff and anyone with an interest in mental health. Valuing the combined lived experience of mental health and professional knowledge we co-produce and co-facilitate courses to improve the wellbeing of the people in Belfast.

More info - <https://belfasttrust.hscni.net/service/belfast-recovery-college/>



15 things to do if you're feeling lonely - for young people



Tips and advice to help young people cope with feelings of loneliness and isolation. Written with care, for young people, by young people. Visit <https://kensingtonp.uk/15-things-to-do-if-lonely> for more information, or click on the picture.



Patients in Northern Ireland can now use a new online system to check how long they are likely to wait for a specialist hospital appointment.

My Waiting Times NI provides patients with average Outpatient waiting time information by Health and Social Care Trust and by Specialty across Northern Ireland.

This is to support you while you wait and helps you to prepare for your Outpatient hospital consultation.

This information can be viewed by anyone, which means you, your family or carer can all see the latest information.

Visit - <https://online.hscni.net/my-waiting-times-ni/>



The Pregnancy Book 2023

HSC Health and Social Care

Your complete guide to:

- A healthy pregnancy
- Labour and childbirth
- The first weeks with your new baby

Birth to five 2023

HSC Health and Social Care

This book gives you information on:

- Becoming a parent
- Taking care of yourself and your child
- Finding practical help and support



Skin cancer

what you need to know

Cancer Focus
NORTHERN IRELAND

BE CANCER AWARE

HSC Public Health Agency

Updated advice from 2023

The HPV vaccine

Question and answers for parents of all young people aged 12-13

HSC Public Health Agency

A quick, free and painless scan for men aged 65 and over

Abdominal aortic aneurysm (AAA) screening

Around 1 in 80 men screened in Northern Ireland at age 65 has an AAA. Men aged over 65 who have never been screened are at greater risk. AAAs can be life-threatening if left untreated.

All men in Northern Ireland in their 65th year will receive an invitation for an ultrasound scan that checks for swelling in the aorta. Look out for your invitation in the post.

Men aged over 65 can request a scan through the screening programme office on 028 9615 1212. Screening clinics are provided across Northern Ireland.

For further information, call the screening programme office, speak to your GP or visit: www.nidirect.gov.uk/aaa

HSC Public Health Agency

AAA Screening



Mindingyourhead.info

Our mental health is as important as physical health. One in four people in Northern Ireland will experience problems that affect their mental health – talking about how we are feeling is very important. Visit <https://www.mindingyourhead.info/>

Spotlight on Childhood vaccination

HPV
MEASLES
WHOOPING COUGH
PNEUMOCOCCAL INFECTION
MENINGITIS
RUBELLA
HEPATITIS B
DIPHTHERIA
POLIO
TETANUS

After clean water, vaccinations are the most effective public health intervention in the world for saving lives, promoting good health and preventing serious illness.

Ask your Health Visitor, School Nurse, Doctor or Midwife for more information and keep your vaccinations up to date.



CHILDHOOD IMMUNISATION

1 year

- MMR
- Hib / MenC
- Pneumococcal
- MenB

2 months old

- 6 in 1
- Rotavirus
- MenB

3 months old

- 6 in 1
- Rotavirus
- Pneumococcal

4 months old

- 6 in 1
- MenB

3 years, 4 months

- 4 in 1 pre-school booster
- MMR

12 to 13 years

- HPV boys and girls

14 to 18 years

- 3 in 1 teenage booster
- MenACWY

MAKE SURE IMMUNISATIONS ARE UP-TO-DATE

Has your child had their vaccines?

Check their red book and speak to your GP or health visitor if they are due.

EVERY HERO NEEDS A SHIELD
DON'T FORGET TO GIVE YOUR CHILD THEIRS

- MMR vaccine
- MenB vaccine
- Hib / MenC vaccine
- Rotavirus vaccine

Protect yourself and your family with the **MMR** vaccine

Immunisation for babies up to a year old

Includes information about the meningitis & septicaemia vaccine which you have already purchased at home before your baby's first month. [Return to page 10/11](#)

Immunisation for pre-school children three years and four months old

Includes information about the meningitis & septicaemia vaccine which you have already purchased at home before your child's third month. [Return to page 10/11](#)

A quick word about our online services

A sincere thank you to all those who have gotten back to us with detailed feedback regarding difficulties and error messages they have received, when trying to access [Patient Services](#), this has been very helpful for the investigations. We understand other practices are also now finding these difficulties. Our current understanding is that the providers of this service have tested a fix - and we are expected this to be rolled out very soon. In the meantime, we thank you for your patience, and do please continue to try accessing the service, as many bookings and requests are successfully processing. **We will continue to keep pressure on our IT providers until this is satisfactorily resolved.**

Building activity levels in the better weather

The better weather can be a great opportunity to build our exercise routines up, where we can. Click on the pictures below for some ideas.



Walking football is aimed at keeping men and women aged over 50 active and involved in football.



Belfast

WalkNI.com

From parks blooming with colour to peaceful towpaths providing an alternative way around the city and breath-taking views across the capital, there really is something for everyone when it comes to walking in Belfast. Whether you've brought your walking boots or not you can still enjoy a wide range of walks that bring a little slice of the countryside to the city. Whilst some routes require a reasonable level of fitness there are many other interesting and picturesque walks great for people with limited mobility and small children. It's time to add a different element to your city visit and view Belfast from a completely different angle!

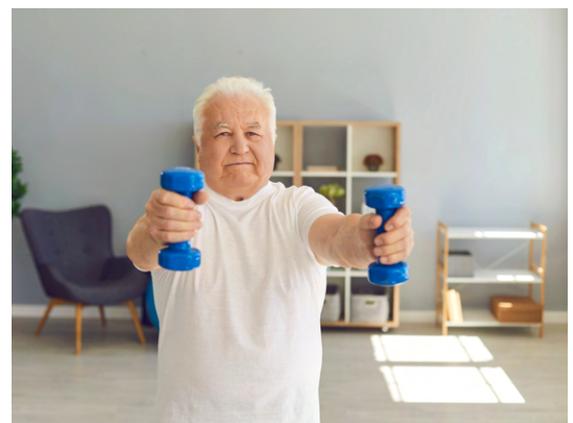
change 4 life
Activities



Kids need to be active for 60 minutes a day. From our fun 10 Minute Shake Up games to information about active hobbies and sports, here's everything you need to get your family moving.



Living well



Finaghy Health Centre consultation

You may be aware at this point that a consultation process is currently underway by the The Strategic Planning and Performance Group (SPPG, part of the Department of Health), relating to GP/Doctor provision at our branch site in Finaghy, consultation forms having been posted to our patients in the Finaghy locality.

Since March 2020, and as discussed in previous newsletters, the majority of our clinical and administrative work has been consolidated to our main site in Donegall Road, primarily to ensure our practice could be as strong, as resilient as it could be, during the Covid pandemic, when there was a high risk of staff absence due to isolation and illness. But prior to that, we had scaled back to "mornings only" GP service - as it was becoming increasingly difficult, with growing demands, to cover both sites adequately, both in terms of clinical, and administrative staff. Running two sites also brought significant complexity.

Throughout, however, the Belfast Trust Treatment Room team have continued to provide Nursing Services to our patients at Finaghy Health Centre.

As we navigate increasingly difficult times, with regards to growing demands, and funding issues, *it has never been more important to take steps to ensure the long-term future and resilience of the practice, for the good of all our patients.* You will be aware from the media of the many practices that have found themselves falling into a "crisis" situation. *We have a responsibility to our patients to collectively do all we can to minimize the risk of this happening to us.*



The practice has found many benefits of being primarily on one site, including operational simplicity, less time lost with clinicians moving between sites, greater resilience.

As such, what is currently being proposed is to make permanent the arrangements currently in place; that is, continuing to have all our GP appointments down at our main site, and that the Belfast Trust treatment room in Finaghy will continue meeting the nursing needs of our patients in the locality.

If you have any views or thoughts on this consultation, *please record these on the consultation forms, and send these to SPPG, so they can be effectively collated.*