



Kensington Group Practice

DONEGALL ROAD AND FINAGHY
Medical Centre

Christmas Newsletter

19TH DECEMBER, 2023

Please note we will be closed for Christmas and Boxing day on Monday 25th and Tuesday 26th December, and also New Years Day on Monday 1st January.

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.



Pharmacy First

The Pharmacy First service is available at participating community pharmacies across Northern Ireland.

If you have an everyday health condition, you can use the Pharmacy First service to get advice and treatment from a local pharmacist, without waiting for an appointment to see your GP.

Pharmacies benefit from their accessibility within our local communities, and may have longer opening hours including weekends and holidays, and some pharmacies have late evening opening hours.

You can call into the pharmacy for a private consultation with the pharmacist without needing to make an appointment.

There are four services within Pharmacy First:

- [Pharmacy First for Every Day Health Conditions](#)
- [Pharmacy First for Emergency Hormonal Contraception \(the morning after pill\)](#)
- [Pharmacy First for Urinary Tract Infection \(UTI\)](#)
- [Pharmacy First for Sore Throat \(selected pharmacies\)](#)



Pharmacy First for help with everyday health conditions

HSC Health and Social Care

SAVE TIME AND AVOID WAITING TO SEE A GP

For **FREE** confidential advice and treatment ask your pharmacist **FIRST**

✓ Acne	✓ Mouth Ulcers
✓ Athlete's foot	✓ Oral Thrush
✓ Diarrhoea	✓ Scabies
✓ Ear Wax	✓ Threadworms
✓ Groin area infection	✓ Vaginal Thrush
✓ Haemorrhoids	✓ Verrucae
✓ Head lice	

The morning after pill

Emergency Hormonal Contraception

I DON'T WANT TO GET PREGNANT

- ✓ **FREE** confidential and discreet service
- ✓ **FREE** supply of the morning after pill
- ✓ Available up to 120 hours after unprotected sex

Available from your local community pharmacy

Pharmacy First for help with everyday health conditions

HSC Health and Social Care

Urinary Tract Infection (UTI)

Do you have any of the following urinary symptoms?

PASSING URINE MORE OFTEN AT NIGHT?

CLOUDY URINE?

BURNING PAIN WHEN PASSING URINE?

Ask your pharmacist first for Advice, Test & Treatment (if needed) without having to contact your GP

Pharmacy First for help with everyday health conditions

Pharmacy First for sore throat

SAVE TIME AND AVOID WAITING TO SEE A GP

Ask your pharmacist **FIRST** for free and confidential advice, test and treatment for **sore throat**

HSC Health and Social Care

Still to get your Flu vaccine, or Covid Autumn Booster?

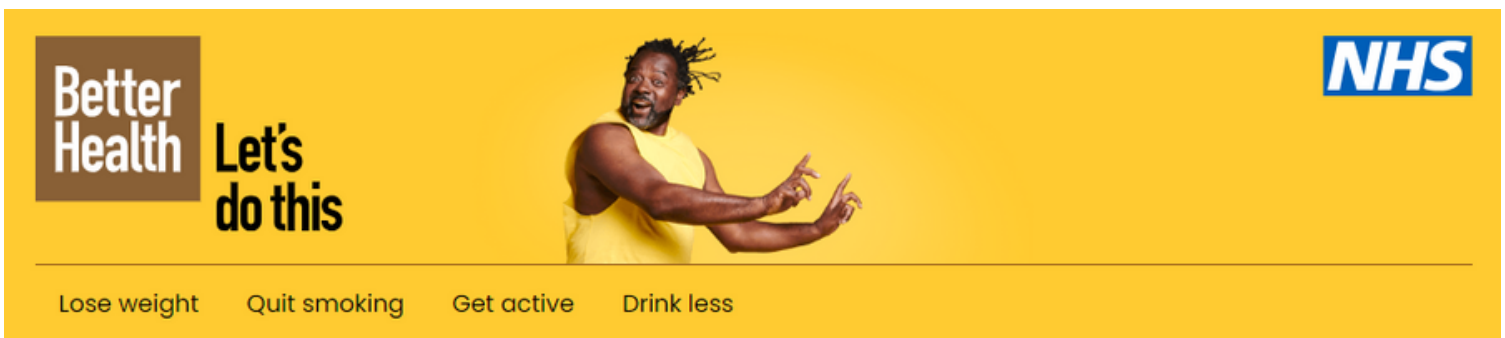
We are delighted to have seen so many of our patients who are eligible, or invited for, their Flu vaccine, or Covid booster, at our recent vaccination clinics, and we wish to thank all those attended for helping these run so smoothly.

Although our dedicated clinics have concluded now, some opportunities remain for those who haven't yet had a chance to get booked in for their vaccine, and we would encourage you to organise your vaccine at the earliest opportunity.

- Flu vaccinations remain available by booking in with our nurse, at either Donegall Road, or Finaghy.
- Flu vaccines and covid autumn boosters remain available through participating community pharmacies, and local Trust vaccination centres.

Further information about seasonal vaccinations, including how to access Trust Vaccination Centres (via NiDirect) can be found here:

<https://www.kensingtonmedicalcentre.co.uk/seasonal-vaccinations>

A yellow banner for the NHS Better Health campaign. On the left, the text 'Better Health' is in a dark grey box, followed by 'Let's do this' in bold black text. In the center is a photograph of a man with dreadlocks, wearing a yellow tank top, gesturing with his hands. On the right is the NHS logo. Below the main text, four categories are listed: 'Lose weight', 'Quit smoking', 'Get active', and 'Drink less'.

Kickstart your health

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support. You can also [find simple ways to lift your mood](#) with Every Mind Matters.

There has never been a better time to kickstart your health. Let's do this!



Kensington Medical Centre Belfast

@kensingtonmedicalcentrebel4537 · 1.4K subscribers · 6 videos

Kensington Group Practice aims to provide the highest standard of patient-centred healthc... >

kensingtonmedicalcentre.co.uk

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Have you visited our [Youtube channel community](#)?

We would regularly use this to share helpful public health messages and advice. Recent topics include:

- ***Meningitis***
- ***Melanoma skin cancer***
- ***Physiotherapy self-referral***
- ***Support services for those in their later years***
- ***Cost of living support***
- ***Bottle feeding, and breastfeeding***

and much more.

Follow our page - click on the link above - so you won't miss our posts, which may be helpful to you, your family, friends or neighbours, or others in your networks.

Don't let your protection fade if eligible



With Christmas fast approaching, the Public Health Agency (PHA) is encouraging eligible people to take up the offer of the free COVID-19 and flu vaccines as soon as possible to top up their protection.

Public Health Agency warn about the dangers of button batteries this Christmas



Parents and carers are being warned to be alert to the dangers of 'button batteries' this Christmas, with the Public Health Agency (PHA) highlighting how easily things can go wrong.

Lithium cell batteries, also known as 'button batteries', are common in many children's toys but are a significant danger to a child or adult's health if swallowed.

Make sure your MMR vaccine is up-to-date



Those who have never received the measles vaccine are being encouraged to do so as soon as possible by the Public Health Agency (PHA) to reduce their risk, as it has been noted cases of measles are rising in England.

Lifeline



Lifeline is Northern Ireland's crisis response helpline for people experiencing distress or despair. The Lifeline helpline is available 24/7, 365 days a year, with trained counsellors ready to help patients talk through whatever is troubling them. They are available on 0808 808 8000.

Ways you can age well this winter



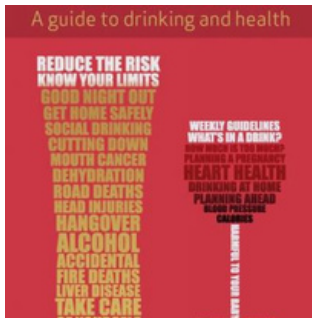
The Public Health Agency (PHA) is highlighting the importance of looking after your health this winter, particularly those who are older and vulnerable. *"Growing older shouldn't be a barrier to leading a happy and fulfilled life. There are lots of ways to help stay well in our older years, especially as we head into the winter months."*

Families urged to talk about organ donation and confirm their decision as many patients wait for a lifesaving transplant



The Public Health Agency is urging people to confirm their donation decision on the NHS Organ Donor Register, and talk to their families about organ donation, as around 7,000 people are actively waiting for a transplant across the UK, 155 of those in Northern Ireland.

Focus on alcohol



This resource incorporates the current advice on low risk drinking from the four UK Chief Medical Officers. It lists the long and short-term effects of drinking too much alcohol and outlines the recommended limits for low risk drinking, as well as providing tips on how to stick to these limits. The leaflet also offers a guide to how many units of alcohol are in common drinks.

Cervical screening: what you should know

This resource provides information about cervical screening and the Northern Ireland Cervical Screening Programme. It explains how screening is carried out, who is eligible for screening, what happens at a screening appointment, and how screening samples are processed. It also covers screening test results and the risks and benefits of taking part in the screening programme.



If you are a lady due your smear, have received an invite, or are aged between 25 and 64, and never had a smear, please book with our nurse at your earliest opportunity, either by calling us on 02890 325679, or online.

Thu 28 December 2023 at 2:10 PM

SMEAR KMC

Ms Victoria Hutchinson [\(more\)](#)

Kensington Group Practice

Book

Take 5 steps to wellbeing



There are lots of ways that you can look after your wellbeing. Different things work for different people, but there are some basic things we can all try. Evidence suggests there are five steps you can take to improve and maintain your mental health and wellbeing. Trying these things could help us feel more positive and able to get the most out of life.

Cost of living advice and support



Forward South Partnership have launched the South Belfast Cost of Living Booklet. This guide provides practical support, resources, and helplines to support communities through the cost-of-living crisis in South Belfast.

Also, Belfast City Council have produced a resource that highlights support and advice services available to help residents across the city with the rising costs.

A quick word about Patient Services

You may recall earlier in the year, we were having difficulties with [Patient Services](#), our online platform for ordering prescriptions and booking appointments, and we thank all those who got in touch with detailed feedback, which we were able to share with the system developers, to help get to the root cause of these difficulties, which, it appears, were affecting many practices using the same clinical system as us. Typically, these issues involved the system appearing slow and unresponsive, difficulties logging in, and visibility of available appointments.

Following work behind the scenes over the last couple of months, by the system developers, these issues appear to have been resolved, and we are noting many more appointments being booked online now.

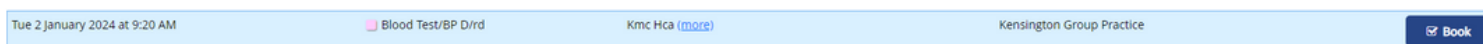
This is helpful, as it helps relieve pressure on our phones, and is convenient to you, as it is available to access 24/7 from your computer or smartphone. If you haven't used Patient Services for a while, or have never used it, we'd encourage you to try it again. If you find your password needs reset, please speak to reception.

Currently, appointment types available to book online (as well as by phone) are as below. All other types of appointments can continue to be booked by phone on 02890 325679. Please be careful to book into the right type of appointment for your needs!

- GP (doctor) face to face appointments at Donegall Road.



- Healthcare assistant appointments, at both Donegall Road and Finaghy, for blood tests and blood pressure checks (please do not book into these slots for blood tests, unless the GP has recommended these, or you have been invited for blood tests. If you think you need blood tests, speak to the GP first so they can review which tests are required or useful, if any)



- Smear tests (cervical screening) with our Nurse, at Donegall Road.



- **Asthma reviews; these can be face-to-face at Donegall Road, or by Zoom/telephone if appropriate; indicate your preference in the booking box.**

Thu 25 January 2024 at 1:45 PM ■ Asthma review. Specify if face to face telephone or Zoom Gavin Gallagher Kmc [\(more\)](#) Kensington Group Practice [Book](#)

- **COPD (chronic obstructive pulmonary disorder) reviews; these are face-to-face at Donegall Road.**

Fri 5 January 2024 at 1:45 PM ■ COPD face to face review Gavin Gallagher Kmc [\(more\)](#) Kensington Group Practice [Book](#)

- **Diabetic reviews; these can be face-to-face at Donegall Road, or by Zoom/telephone if appropriate; indicate your preference in the booking box. If you need to get your blood tests updated, prior to the appointment, they can also be booked as described as above, but please leave at least 7 days between your blood tests appointment, and diabetic review.**

Fri 22 December 2023 at 2:25 PM ■ Diabetes review. Specify if face to face telephone or Zoom Maurice Murphy [\(more\)](#) Kensington Group Practice [Book](#)

Can't see any appointments?

The system defaults to a two week window initially, but you can search beyond that, if you don't see any suitable appointments, in that initial two week window.

From To

Ordering prescriptions?

Not all medicines you might use will be listed in your portal. There are several reasons why this might be; it might be an item not intended for ongoing or repeated use, it might require closer monitoring, it may require a higher degree of scrutiny from the GP before issuing. You can still pass on requests for these medicines, by clicking the "I'd like to request an expired repeat prescription or another medication" tick-box, then add your request to the free-text box.

To avoid delay in assessing your symptoms, please do not order antibiotics using this box.

Request New Prescriptions

There are no repeat prescriptions to display.

I'd like to request an expired repeat prescription or another medication

Enter your request here

180 characters left

Locked account, or never used this service before?
Please speak to reception.

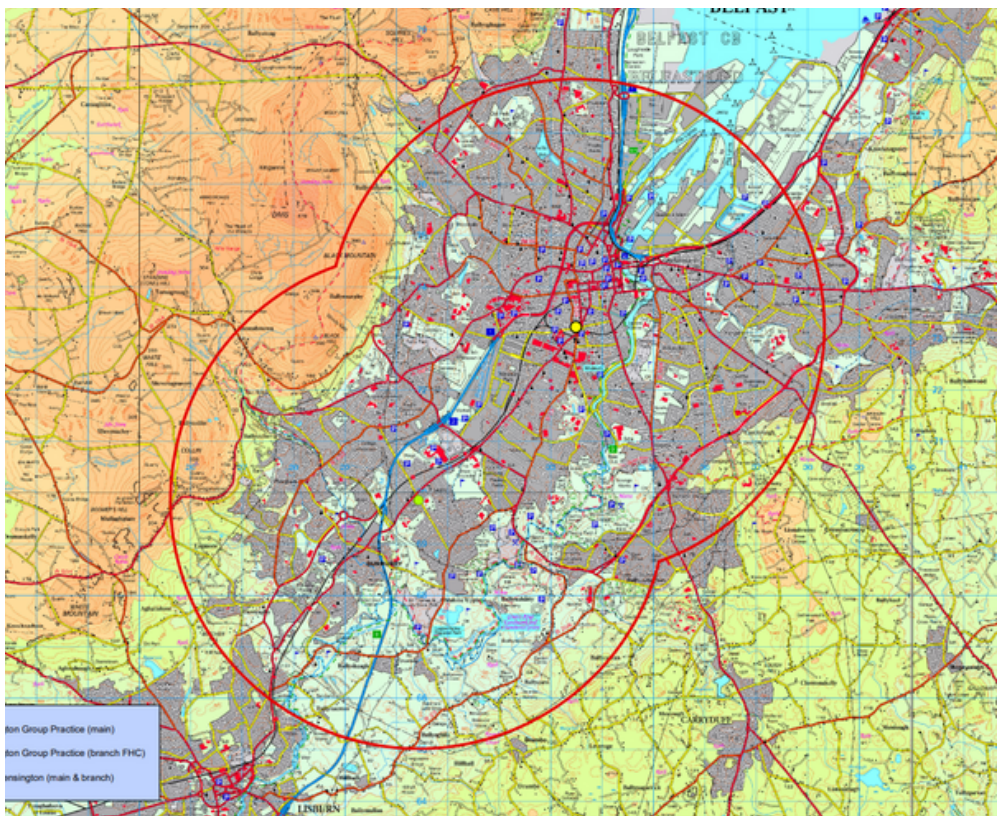
Keep us up to date if your personal details have changed

If your personal details have changed, such as your phonenumber, address, or email, it's really important to let us know, so we can update the details that we hold for you. You can do this by completing this form online:

<https://www.kensingtonmedicalcentre.co.uk/change-of-personal-details>

Or you can advise us verbally, or in person if you prefer.

Please note however, that if you have moved house, and your **new** address is further than 3 miles - as the crow flies - from either our Donegall Road, or Finaghy site - as noted on the map below - you will need to seek registration with another GP surgery closer to your new home.



All the staff at the practice would like to wish you a Merry Christmas and a peaceful New Year.