



## Kensington Group Practice

DONEGALL ROAD AND FINAGHY  
Medical Centre

# Summer Newsletter

21ST JUNE, 2024

**Please note we will be closed for the bank holiday on Friday 12th July 2024; and also the August bank holiday on Monday 26th August 2024.**

**If you have an urgent problem that cannot wait until we reopen at 8.30am the following working 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.**



# *A farewell to Dr Canning*

The practice bids a fond farewell to Dr Una Canning, who has now retired. Dr Canning joined us in 2005, joining at the time Dr Hamilton, Dr Adair, Dr Killiner and Dr Gunning; and since then has built up strong connections with many of our patients, and we know her care has meant a lot to many of you.

Una, we will miss you, and we thank you for the kind, compassionate and diligent care that you have provided over the years.



# *Welcoming Dr Aitken*

Many of you will have already met Dr Charlie Aitken, as he was recently covering a maternity leave. We are delighted to announce he will be remaining with us on an ongoing basis. He has an interest in Musculoskeletal medicine, and hopes to introduce joint injections over the next few months. He has a young family which keeps him busy, and enjoys swimming.

Charlie, we are delighted to have you on the team!

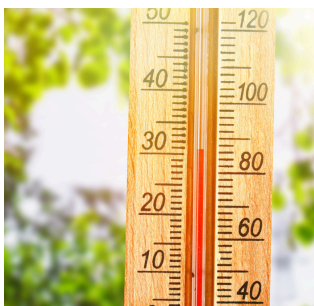


# *Spotlight on summer health*

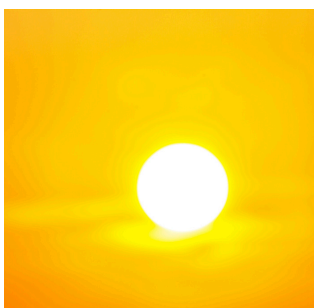
**Hayfever** is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest. There's currently no cure for hay fever and you cannot prevent it. But you can do things to ease your symptoms when the pollen count is high. Please 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?** Please click on the picture to the left for advice on how to cope with warmer weather.



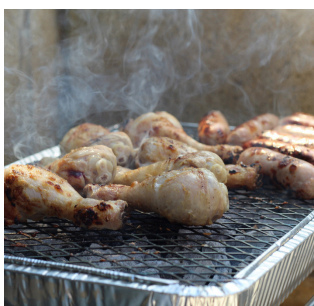
**Sunscreen and sun safety.** Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy. There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects. Click on the picture for some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



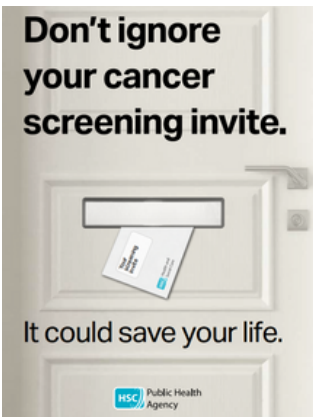
***Why is hydration so important?*** Water makes up two thirds of our body. It is vital we drink enough fluid to maintain a healthy balance. Many people get dehydrated by not drinking enough fluid or by losing fluids and not replacing them. Click on the picture on the left for more info.

# *Ageing well by being active*



This information provides guidance to older adults on the amount of physical activity they should be aiming for and the health benefits associated with staying active. It also offers tips and ideas on activities that older people may find useful and appropriate. The leaflet is aimed at older people of most physical capabilities.

## *Don't ignore your cancer screening invite*



Regular cancer screening helps detect certain cancers even before you have any symptoms. If cancer is found in the early stages, treatment is more likely to be successful. In Northern Ireland there are three screening programmes which aim to detect cancer, or risk of cancer, at an early stage:

- breast
- bowel
- cervical cancer

## *Talk to your child about vaping*



This information is aimed at parents who want to talk about vaping with their child. It highlights the risks associated with vaping, lists possible signs a young person may be using vapes and provides tips on how to approach the subject with your child.

## *Dementia Friendly South Belfast*



Dementia Friendly are hosting a Music for Mind Programme beginning on Thursday 5th July 2.30pm-4pm at Fitzroy Presbyterian Church, University Street, Belfast, BT7 1HL. This will be a 6-week programme for those with dementia and their carers to enjoy music in a friendly and social space. If you would like to book your space or like further information, please contact Marie McGarry on [communityhealth@forwardsouth.org](mailto:communityhealth@forwardsouth.org) or 07394569154.

# *Move more to boost mental health*

During the recent Mental Health Awareness week, the Public Health Agency (PHA) and Sport NI teamed up to encourage everyone to move more for their mental health and wellbeing. Our physical health can have a big impact on how we feel and what we do with our body can have a powerful effect on your mental wellbeing.

Fiona Teague, Regional Lead for Mental Health and Emotional Wellbeing at the PHA, said: "The benefits of getting active for your mental and emotional wellbeing cannot be overstated."



# *Save Your Vision Month – early detection and intervention could save your sight*

Dr Jackie McCall, Consultant in Public Health at the PHA, said: "Looking after your eyes at all stages of life is extremely important. One-in-five of us will experience sight loss in our lifetime, but more than half of these cases could be prevented. There are lots of ways you can keep your eyes in better shape such as regular eye tests, being physically active, eating healthily and stopping smoking. "A routine eye examination can often pick up the first signs of a sight loss condition even before there are any symptoms. Early detection and intervention could save your sight, or keep a condition under control. As well as helping people to see better, a routine eye test can also detect a range of life-threatening conditions such as diabetes, cancer and heart disease, among others."



# *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/>



# *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 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>



## *Parentline NI*

Parentline NI offer a free helpline - 0808 8020400, as well as a wide range of other resources and supports, to support parents, and carers. 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*



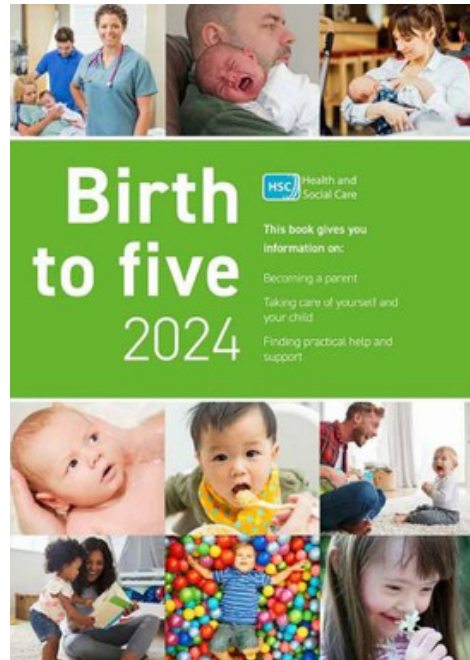
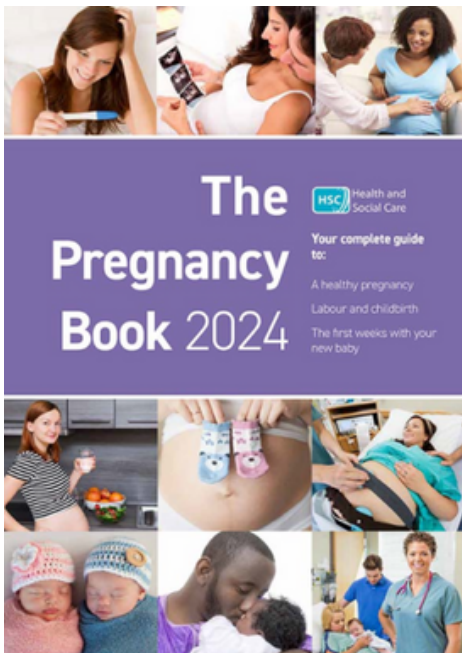
Tips and advice to help young people cope with feelings of loneliness and isolation. Written with care, for young people, by young people. Visit <https://kensingtonp.uk/15-things-to-do-if-lonely> for more information, or click on the picture.

## *Heading on holidays - is your child or young person up to date with their Measles Vaccine?*

The Public Health Agency (PHA) is urgently advising parents planning summer getaways to ensure their children are vaccinated as measles cases have seen a dramatic rise in recent months, affecting 17 popular holiday destinations across Europe according to the European Centre for Disease Prevention and Control (ECDC). Louise Flanagan, Consultant in Public Health at the PHA, said: "The best way to protect yourself and your loved ones is by getting the MMR (measles, mumps and rubella) vaccine. You should plan to be fully vaccinated against measles at least two weeks before you depart. If your trip is less than two weeks away and you're not protected, you should still get a dose of MMR."







## *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!

