



Kensington Group Practice

DONEGALL ROAD AND FINAGHY
Medical Centre

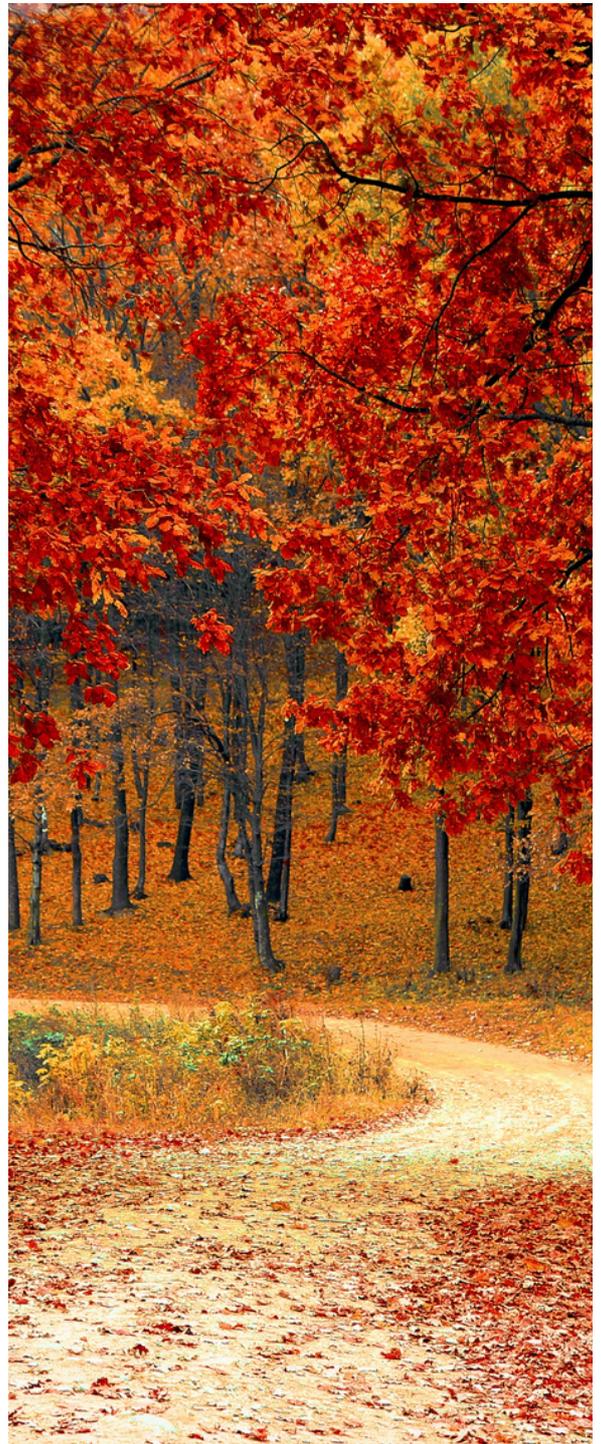
Autumn Newsletter

30TH SEPTEMBER 2022

Welcome to our Autumn Newsletter.

Read on, for information about:

- **Our flu and covid booster clinics, getting underway Saturday 1st October 2022**
- **Keep warm, keep healthy**
- **Self-referral for physio now available in Belfast**
- **Early detection of cancer - some advice from Cancer Research UK**
- **Breast screening programme - our patients will be called soon**
- **Support for those with Tinnitus**
- **The law around organ donation is changing in Spring 2023.**
- **"Better days" pain support programmes are available locally**
- **Updates to our Youtube channel**



Flu and Covid Autumn booster clinics are underway

We are in the process of inviting eligible patients for their annual flu vaccine, and also Covid Autumn booster vaccine. Many patients we are inviting are eligible for both.

Clinics are now underway, if you have received an invitation, please book at the earliest convenience.

Please book online, if you can, to help us manage pressures on our phone lines, or by speaking to reception.

Appointments for our Donegall Road site can be found under "Flu Vaccs" "KMC Flu Clinic" and are denoted with the purple box. Both flu and covid vaccines can be given safely together; both flu and covid vaccines are available at Donegall Road.

Appointments for our Finaghy Health Centre site can be found under "FHC Flu vaccs" "Flu Clinic 1", and are denoted with the yellow box. Please note, for operational reasons, only Flu vaccines are available in Finaghy, not Covid vaccines.

No online access, but would like to register? Speak to reception.

Tue 30 November 2021 at 2:40 PM	FLU VACCS	Kmc Flu Clinic 1 (more)	Kensington Group Practice	Book
Tue 30 November 2021 at 2:45 PM	FLU VACCS	Kmc Flu Clinic 1 (more)	Kensington Group Practice	Book
Thu 6 October 2022 at 9:20 AM	FHC FLU VACCS	Flu Clinic 1 (more)	Finaghy Branch Surgery	Book



Please click here to find out more about the Covid Autumn Booster vaccine. <https://kensingtongp.uk/Autumn-covid-booster>



Please click here to find out more about the annual flu vaccine here: <https://kensingtongp.uk/flu-vaccination>



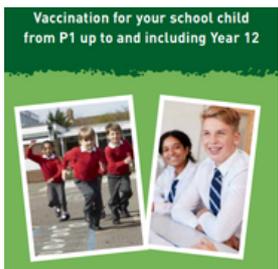
Please click here to find out more about the flu vaccine for all pre-school children who are aged two years or over on 1 September 2022. <https://kensingtongp.uk/pre-school-flu-vaccine>



Please click here to find out more about why people over 65 and those with particular health conditions should get their pneumococcal vaccine. For most individuals, this is only needed once, although a small number may need to repeat after five years or so. <https://kensingtongp.uk/pneumo-vac>



Shingles can be very painful and tends to affect people more commonly as they get older. For some, the pain caused by shingles can last for many years. Shingles can really affect your life, stopping you from doing all the things you usually enjoy. The vaccine is currently offered to people in the year they turn 70. More info: <https://kensingtongp.uk/Shingles>



Please click here to find out more about the schools-based flu vaccination programme, for those from P1 to year 12. <https://kensingtongp.uk/flu-vacc-at-school>



Health and social care workers, getting your flu vaccine will help reduce the spread of flu among your colleagues, patients or clients and family members. These can be given here at the surgery, or your employer can arrange. More info: <https://kensingtongp.uk/Flu-vacc-for-healthcare-staff> Front line health and social care workers are also eligible for a Covid Autumn Booster vaccine, if they have completed their primary course of covid vaccines.



Please click here for information explaining why pregnant women should receive the flu vaccine and outlines how it also protects the unborn child. <https://kensingtongp.uk/flu-vacc-for-pregnant-ladies> Pregnant ladies are also eligible for a Covid Autumn Booster vaccine, if they have completed their primary course of covid vaccines.

Whilst the legal requirement to wear a face covering no longer applies, the government suggests that you continue to wear a face covering in crowded and enclosed spaces where you may come into contact with people you do not normally meet, so face coverings and face masks continue to be required in health and care settings - such as GP surgeries and hospitals - to comply with infection prevention and control measures.

The surgery building is generally busier now, now that we are seeing more people face-to-face, and this will especially be the case during busy flu clinics.

Under health and safety legislation, we still have an overriding legal duty to protect all patients and staff within our building.

We also need to proactively reduce the risk of Covid to staff, as absence due to Covid has the potential to impact upon how we can deliver care to our patients.

Therefore, in line with other healthcare settings, we kindly ask all our patients to continue to wear a mask when coming to surgery, unless exempt or have reasonable excuse; and whilst a pragmatic approach will be taken, the practice will take a dim view of abusive behaviour about this matter.

Also, good hand hygiene, and keeping distance from others, remains important.

Read on for more guidance, as to how our flu clinics will run, and what you can do, to help them run smoothly and safely.

On the Day of your flu vaccine, or Covid Autumn booster appointment

You may find our Flu Clinics look a little different this year, as there remain measures in place to protect both you, our patient, and our staff.

Broadly speaking, this is achieved by minimizing the time you will be in the building, and with our practitioners, whilst also observing social distancing and good hand hygiene.

Please help us run our service as smoothly and efficiently as possible, hence reducing crowding within the in building, by following the following rules.

As we expect to be busy this year for vaccinations, and wish to reach as many patients we can, in a safe, controlled manner, please ensure you keep your appointment. Cancel in good time if you cannot attend.

It is important you cancel your appointment and not attend if you are feeling unwell.

Please do not arrive very early to your appointment, to reduce crowding in the building.

Whilst in the building, please make every effort to observe social distancing.

Please attend your appointment alone if you can, but if support is required, or you need to support someone, one person accompanying is fine.

Please ensure you put on your mask before entering the building (although we also have masks available if needed).

Once checked in, please sanitise your hands.

Follow any signage/the one way system to your chair, and then to the room, when called.

Please roll up your sleeve on your preferred arm for vaccination (generally this would be the arm you do not write with) before being called. This saves time. If receiving two vaccines, we would generally give one in each arm.

Please do not take any umbridge if you find your appointment for your vaccine short and to the point. As we wish our patients to remain on site for as short a period of time as possible, if you have any other matters you wish to discuss, please speak to the reception to organise a callback/appointment at a future point. The focus on the appointment is to receive your vaccination.

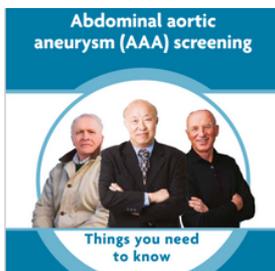
Windows and doors may be open to maximize airflow within the building. If you require further privacy, please ask your practitioner to close the door.

Once you have had your vaccine, please take a seat for a few minutes; if you feel well, you can go on, there is no need to tell reception you are going. Although if you are driving, we recommend you do wait in your car and do not drive until 15 minutes have passed since your vaccination. If you feel unwell shortly after your vaccination, please speak to the reception staff.

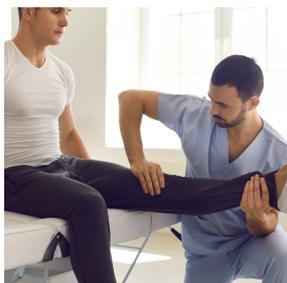


Keep warm, keep healthy; this information is for those who need a little extra help keeping warm during cold weather. This includes advice on how to keep yourself, your family and home warm, energy efficiency, benefits available, budgeting for fuel, allowances available and where to go for support.

<https://kensingtongp.uk/keep-warm-keep-healthy>

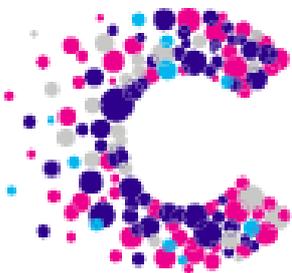


The aim of the Abdominal aortic aneurysm screening programme is to reduce AAA-related mortality by providing a systematic, population-based screening programme, when men turn 65 years old. More info: <https://kensingtongp.uk/Abdominal-Aortic-Aneurysm>



Physiotherapy self referral, available for adults over 16 who need support and advice to manage symptoms related to muscle strains/joint sprains/back and neck pain - For patients in Belfast Trust area, visit <https://kensingtongp.uk/Belfast-trust-physio> ; for patients who live in South Eastern Trust (ie. Lisburn) area- please visit <https://kensingtongp.uk/South-Eastern-Trust-Physio>

Some advice from Cancer Research UK



CANCER
RESEARCH
UK

Spotting signs of cancer at an early stage is clearly linked with better outcomes. Cancer Research UK have suggested sharing these key messages to support early diagnosis.

- **Contact the surgery if you notice unexpected loss of weight or a cough that will not go away – particularly if you are a smoker**
- **We know some people may be finding it difficult to get an appointment due to our workload pressures but it's important to keep trying - we are now making routine face-to-face appointments available without the need to speak to a GP first, but if it is an urgent concern, you may be offered a phonecall in the first instance.**
- **If you feel it is a GP face to face for examination you need, please let the receptionist know**
- **If phonedlines are engaged or appointments fully booked, please either try again the next day or ask if reception can help by leaving a message.**
- **Don't think that you're bothering your GP, they will want to understand your concerns - we are here to help**
- **If you need to go for follow-up tests or see a specialist, it is important that you attend your appointment**



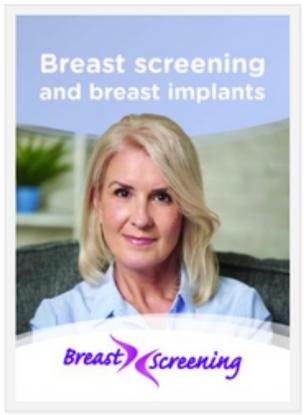
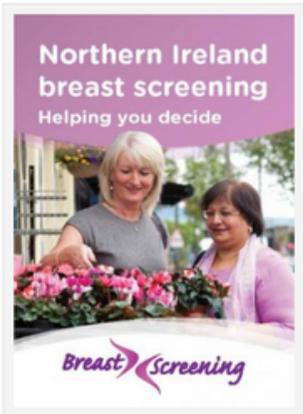
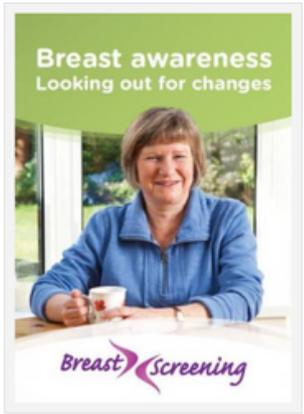
Cancer Research UK have also put together the following very useful resources. Please click on either of the pictures above to read more.

<https://kensingtonp.uk/spotting-cancer-early-female>
<https://kensingtonp.uk/spotting-cancer-early-men>

More info:
<https://publications.cancerresearchuk.org/early-diagnosis>

Breast Screening Programme

Over the next few months, invitations to patients eligible for Breast Screening will be sent out. We would encourage patients to take up this offer. Please click on the picture to the below, which will explain about how this service will be running. More information: <https://www.publichealth.hscni.net/directorate-public-health/service-development-and-screening/breast-screening> and also by clicking on the pictures to the right.



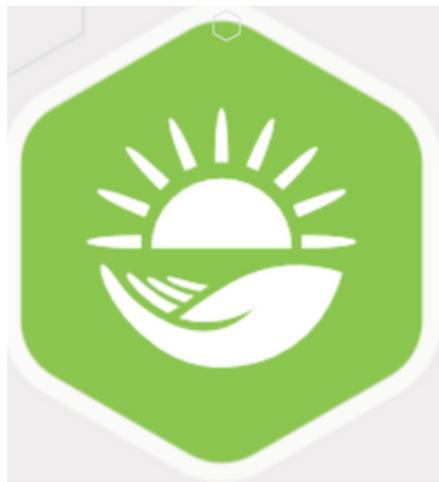
Do you suffer from TINNITUS?
Up to 195,000 people in Northern Ireland suffer from Tinnitus

Tinnitus can cause stress, anxiety, isolation and depression

It is better to talk to someone and get help and support

The Sensory Support Team can offer 1:1 help, support groups, information groups and guidance

Please contact Sensory Support Services
Bradbury Centre, 1-17 Lisburn Road, Belfast. BT9 7AA
Tel: 028 9504 0200
Email: sensorysupport@belfasttrust.hscni.net



'Better Days' Pain Support Programmes (PSP) will be delivered by Healthy Living Centres across Northern Ireland over the next few months. A short video to tell you more can be found at <https://kensingtongp.uk/Better-days-pain>. For more information, and to book; visit <https://www.hlcalliance.org/content/pain-support>

*"My pain had overwhelmed me and I had lost my confidence and drive. This course has built my confidence and improved my motivation and self-worth. I am now more confident in being able to manage my own pain, and I have a more positive outlook."
C, 53, Belfast*

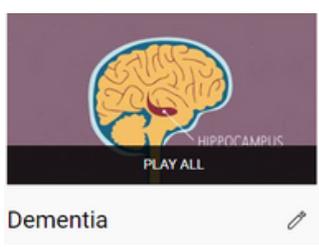
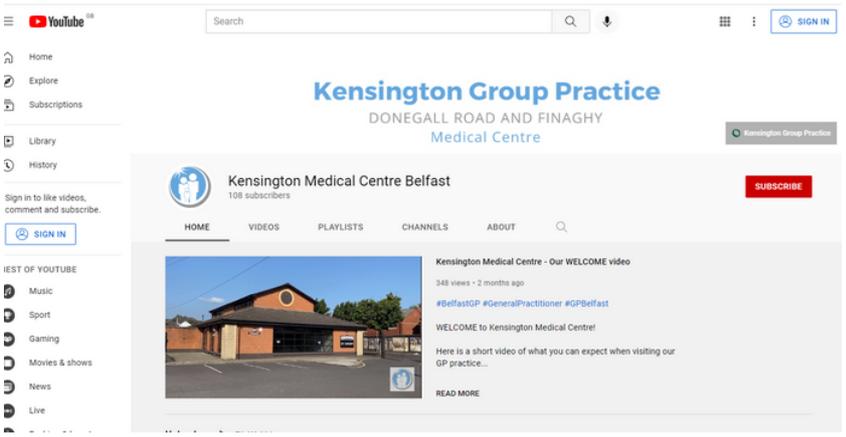
YOU COULD BE A LIFESAVER

The law around organ donation is changing in spring 2023.

From spring 2023, the organ donation system will become an opt-out system. 'Daith's Law' means in the event that organ donation is a possibility after you die, unless you choose to opt out, or are in an excluded group, you will be considered as a potential organ donor.

Organ Donation

Find out more at: organdonationni.info



We have added some further resources to our Youtube channel, including a new playlist on Dementia. Please explore what we have there, and subscribe for updates.

<https://kensingtongp.uk/Kensington-Youtube-Channel>