



Kensington Group Practice

DONEGALL ROAD AND FINAGHY
Medical Centre

Autumn Newsletter

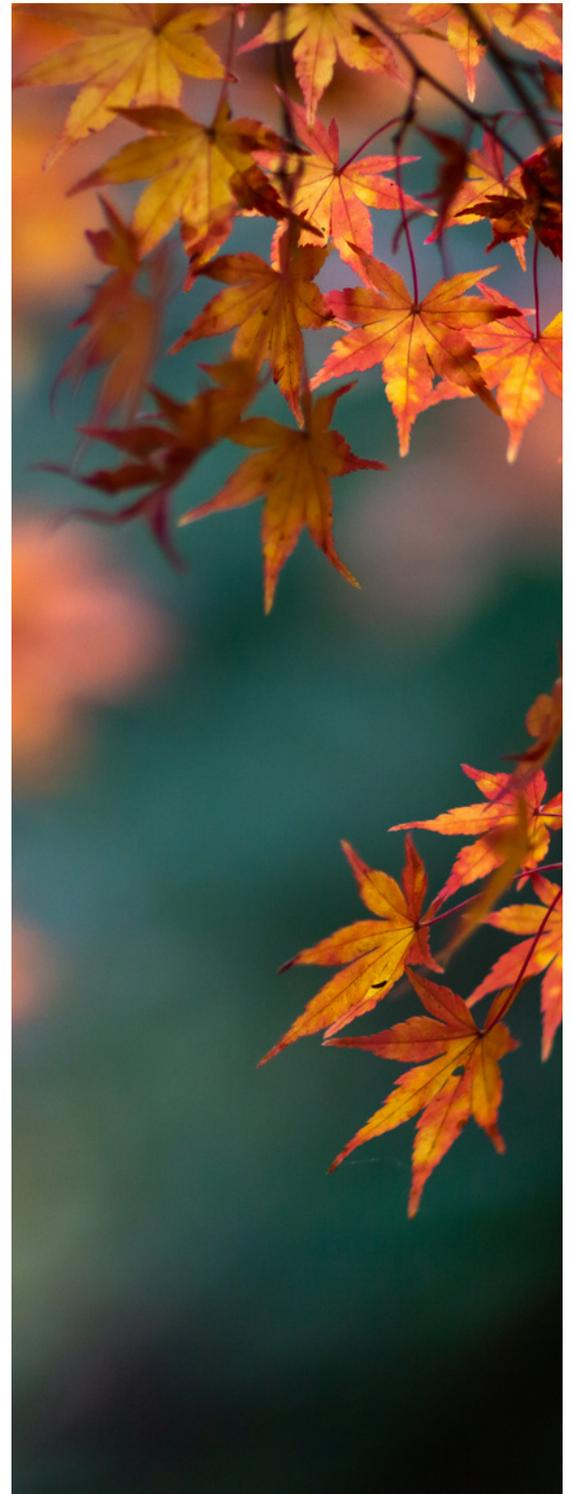
12TH OCTOBER, 2023

Our Autumn Flu and Covid vaccination clinics are well underway.

If you have received an invitation, or are eligible for your flu, or covid vaccine - and many are eligible for both - **please book your vaccine at the earliest convenience, to maximize your protection before Winter.**

At time of writing, there is currently good availability of vaccine slots, including at our Saturday Clinics on the 14th and 21st October.

Eligibility for vaccinations has changed slightly this year, so please follow the links below for further information, about the flu and covid vaccines.



Flu is more serious than you think
Get the vaccine now

If you are pregnant, suffer from a medical condition or are aged 65 or over, it's more important than ever for you to get the flu vaccine.*

Contact your GP practice to find out their arrangements for flu vaccination.

HSC Public Health Agency

COVID-19 vaccine

A guide to the COVID-19 autumn programme 2023

A dose of the coronavirus (COVID-19) vaccine will be offered this autumn to people aged 65 and over, residents and staff in care homes, anyone aged 6 months and over in a clinical risk group (including pregnant women), and health and social care staff.

Who is being offered an autumn vaccination?

COVID-19 is more serious in older people and in people with certain underlying health conditions. This winter it is expected that many respiratory infections, including COVID-19 and flu, may be circulating at high levels - this may put increasing pressure on hospitals and other health care services. For these reasons, people aged 65 years and over, residents in care homes, and those aged 6 months and over in clinical risk groups are being offered a dose of COVID-19 vaccine in the autumn programme.

A dose will also be offered to front-line health and social care staff, those who care for vulnerable individuals and family members of individuals with weakened immune systems.

The autumn programme is targeted at those at high risk of the complications of COVID-19 infection, who may not have been vaccinated for a few months. As the number of COVID-19 infections may increase over the winter, a dose of vaccine this autumn should help to reduce your risk of being admitted to hospital with COVID-19. The vaccine may also provide some protection against mild COVID-19 infection but such protection does not last for long.

HSC Public Health Agency

Key messages about the flu and covid vaccine programme



- The life-saving vaccination programme which will help protect Northern Ireland against deadly viruses ahead of winter commenced on 18 September, starting with residents in care homes, who are some of the most vulnerable members of our community.
- Vaccines are our best protection against COVID-19 and seasonal flu.
- Protection from the COVID-19 vaccine can fade over time so it is important you get vaccinated with the 2023/2024 autumn-winter vaccine to keep your protection topped up.
- **Although we are learning to live with COVID-19, it hasn't gone away and could potentially result in a real health threat particularly for vulnerable members of our community.**
- The flu vaccine is needed every year as the antibodies that protect you from flu decline over time, and flu strains change from year to year.
- Vaccines are safe and are the most effective way to prevent infectious diseases as they teach our immune system how to recognise and fight viruses.
- People who are eligible for vaccination against COVID-19 or flu this autumn and winter should make themselves aware of their own GP surgery's or community pharmacist's vaccination arrangements and work with them to get vaccinated.

Booking your flu/covid vaccine

Once again this year, appointments for our Flu and Covid vaccines are available to book online.

Booking online takes pressure off our phone lines, so please book online if you can, otherwise please contact us on 02890 325679 to book.

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 only” “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.

Please advise us when booking which vaccines you hope to have.

No online access, but would like to register? Speak to reception, or visit <https://www.patient-services.co.uk/>

Tue 30 November 2021 at 2:40 PM	 FLU VACCS	Kmc Flu Clinic 1 (more)	Kensington Group Practice	
Tue 30 November 2021 at 2:45 PM	 FLU VACCS	Kmc Flu Clinic 1 (more)	Kensington Group Practice	
Thu 5 October 2023 at 9:10 AM	 FHC Flu only	Flu Clinic 1 (more)	Finaghy Branch Surgery	

Are you housebound?

and cannot make it to the surgery, please contact the surgery to discuss, and if appropriate we can arrange for District Nursing to come and give you your vaccines.

Are you severely immunosuppressed?

If so, you are eligible for both your Flu and Covid vaccine, but so is anyone who expects to share living accommodation on most days with you (and therefore continuing close contact is unavoidable) is also eligible, to help protect you. If they registered with us, they can get it here, or they can get it from their own surgery; anyone under 18 needing a covid vaccine can get this through the Trust Vaccination Centres - information can be found [here](#)

Are you a carer?

Those who are eligible for a carer's allowance, or those aged 16 years and over who are the sole or primary carer of an elderly or disabled person are eligible for both flu and covid vaccines.

Are you a frontline healthcare worker?

You may be offered these vaccines through your work, but you can also receive them here.

Pregnant, trying for a baby, or breastfeeding?

Both the flu and covid vaccines can safely be used, and indeed it is recommended those who are pregnant receive their flu and covid vaccines, as they may be at a higher risk from flu and covid.



nidirect
government services

tédíreach
seirbhísí rialtais

Flu vaccine

Flu occurs every year, usually in the winter. Sometimes flu can lead to serious illnesses or make existing conditions worse. The best way to protect yourself is to get the free seasonal flu vaccine if you are eligible. The flu vaccine is now available in Northern Ireland.

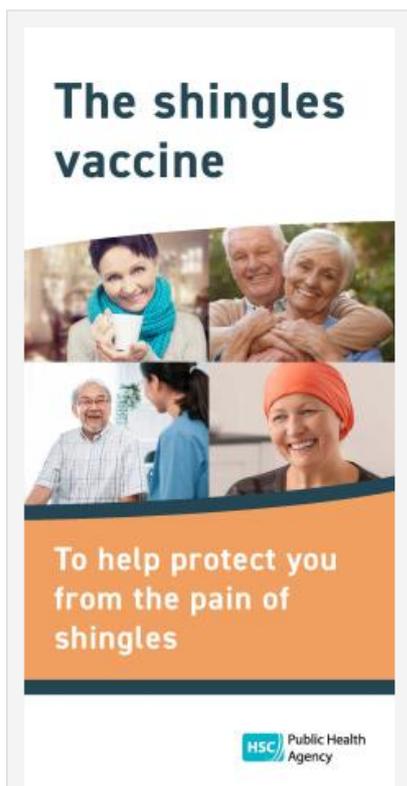
Autumn booster programme

The start date of this year's autumn flu and COVID-19 vaccination programmes was brought forward, as a precautionary measure, following the identification of a new COVID-19 variant.

The vaccination programme, which helps protect Northern Ireland against deadly viruses ahead of winter, will continue into the winter.



The Shingles programme has been updated



Shingles can be very painful, especially for older people and people with a weaker immune system. Sometimes the pain can stop you from doing your normal activities. This leaflet describes shingles and outlines the benefits of the vaccine and who is eligible - those aged 50 years and older who are immunosuppressed; and those aged 65 on the 1st September 2023 (ie those with a date of birth between 31/08/1957 and 1/9/1958); and anyone with a date of birth before 1/9/1953 (but who is younger than 80 years old) *who has never had a shingles vaccine before.*

If you are eligible, you can book in with our practice nurse either at Donegall Road, or Finaghy.

The Pneumococcal vaccine



Please click on the picture to the left 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.

Invitations have been sent to eligible individuals earlier in the year, and it is also eligible to anyone when they turn 65, if they have not previously been vaccinated.

If you have been recently invited but not yet booked, or have recently become eligible on account of turning 65, you can book in with our practice nurse either at Donegall Road, or Finaghy.

Whooping cough

If you are pregnant you should get vaccinated to protect your baby



HSC Public Health Agency

HSC Public Health Agency

Taking ANTIBIOTICS when you don't need them puts you and your family at risk



Taking antibiotics encourages harmful bacteria that live inside you to become resistant. This means that antibiotics may not work when you really need them, putting you and your family at risk of a more severe or longer illness.

Take your doctor or pharmacist's advice.

Keep Antibiotics Working

HSC Public Health Agency

MEASLES

Symptoms and treatment

Are you aged up to 25 years and starting university for the first time?

If yes, protect yourself against meningitis and septicaemia

Make sure you have had the MenACWY vaccination or get it before you start the academic year or soon after.



immisation
the safest way to protect your child

National eye health week

18 - 24 September 2023

HSC Public Health Agency



ATTEND YOUR CERVICAL SCREENING TEST WHEN INVITED

IT COULD SAVE YOUR LIFE

pha.site/cervicalscreening

Cervical Screening HSC Public Health Agency



All children are offered the HPV vaccination in school year 9.



The evidence shows **one jab** offers excellent and long-lasting protection, so we will now offer **one dose instead of two.**

HSC Public Health Agency



I'm not fine



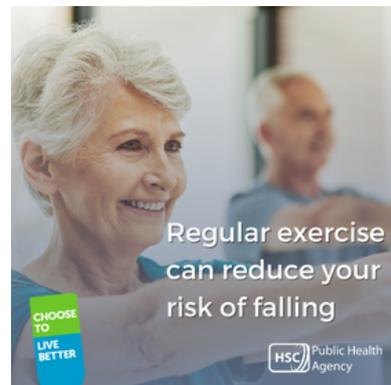
Don't hide your real feelings. Talking really helps.

Lifeline

0808 808 8000

Textphone 18001 0808 808 8000

HSC Public Health Agency Dhall



Regular exercise can reduce your risk of falling

CHOOSE TO LIVE BETTER

HSC Public Health Agency