



Kensington Group Practice

DONEGALL ROAD AND FINAGHY
Medical Centre

Autumn Newsletter

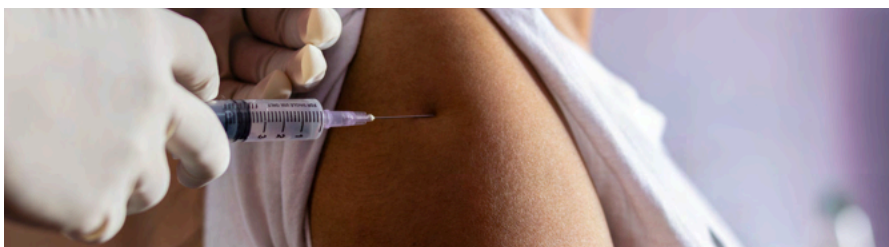
19TH SEPTEMBER, 2024

Our Autumn Flu and Covid vaccination clinics will be getting underway soon; invitations for those eligible will follow in due course.

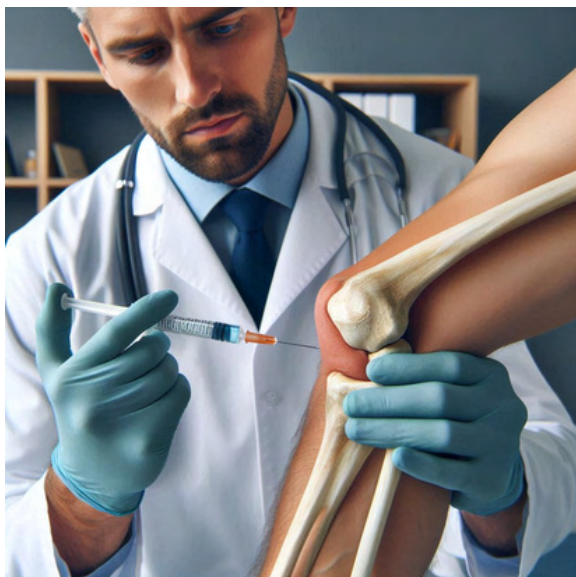
However, *if you are eligible*, you can book now. We are currently planning for clinics to begin on 1st October, 2024, subject to vaccine availability. More information later in the newsletter.

Eligibility criteria are broadly similar to previous years, although with some slight differences. To avoid disappointment, and potentially a wasted journey, please do not book into these clinics if you are not eligible to receive an NHS vaccine at this time.

Who is eligible? Please click on the picture below, to visit the "Seasonal Vaccinations" section of our website. Please note at time of writing, the Public Health Agency have not yet published this year's Covid-19 vaccination information for patients, although we expect this to be available very soon.

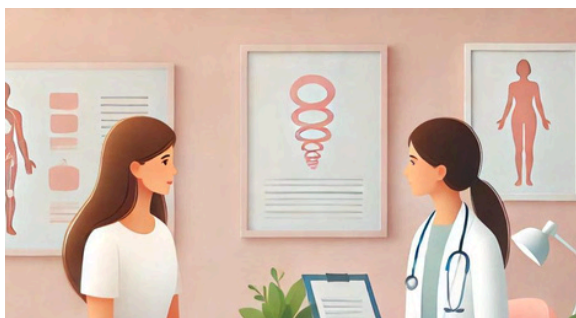


Steroid Joint Injections now available at the surgery, where clinically appropriate, with Dr Charlie Aitken



- Joint injections performed in GP surgery to help with pain and swelling in joints
- Injections performed for knee, shoulder, wrist/carpal tunnel syndrome, trigger finger, greater trochanteric pain syndrome (hip bursitis).
- Safe, evidence based practice - please discuss with your GP if you feel this may be of benefit.
- Click on the picture for more information.

Contraceptive Coil fitting now available at the surgery, with Dr Edel Lambon



Copper coil



Hormonal coil

- Hormonal or copper coils available for insertion/replacement.
- Can be used for contraception/management of heavy periods/provide element of HRT
- Provided by Dr Edel Lambon (F) at Donegall Road, to our registered patients.
- Please speak to Reception, to register interest, and the GP will phone you to discuss.
- Alternatively, book online via Patient Services - search "Coil fitting clinic"
- Click in the picture for more information.
- This is an NHS treatment, so is free of charge.

The Respiratory Syncytial Virus (RSV) vaccine

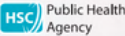
What is RSV? Respiratory Syncytial Virus (RSV) is an infectious disease of the airways and lungs. RSV infection often causes symptoms similar to a cold, including cough, sore throat, sneezing and runny or blocked nose.

It can also make you become wheezy or short of breath and lead to pneumonia and other life-threatening conditions. There is no specific treatment, and most infections will get better by themselves.

Every year thousands of older adults need hospital care for RSV, and some of them will die. RSV can be more severe in people with medical conditions such as heart or lung disease or a weakened immune system. RSV infection is common in young children but is most serious for small babies and for older people.

Who should have the RSV vaccination? **Everyone turning 75 years old on or after the 1 September 2024** will be offered a single dose of RSV vaccine. This is because older adults are more at risk of serious complications from RSV. You can still get the vaccine up to the day before you turn 80. **For the first year of the programme, the vaccine will also be offered to those who are already aged 75 to 79 years on 1 September 2024** as part of a catch up programme.

If invited, or eligible - please book in with our Practice Nurse in Donegall Road to receive this vaccine.



Your guide to the RSV vaccine for older adults

How to protect yourself by having the Respiratory Syncytial Virus (RSV) vaccine



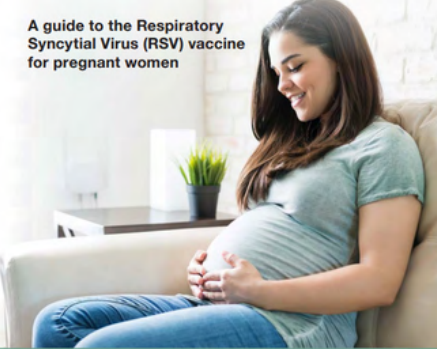
Information on the free RSV vaccine for people who:

- turn 75 years of age on or after 1 September 2024
- are already aged 75 to 79 years old on 1 September 2024



How to protect your baby from RSV

A guide to the Respiratory Syncytial Virus (RSV) vaccine for pregnant women



From September 2024, pregnant women can have a free vaccine in each pregnancy, to protect their babies against Respiratory Syncytial Virus (RSV).

Pregnant ladies will also be offered the RSV vaccine, to help protect their babies, around the time of your 28 week antenatal appointment. **The vaccine will be offered at the HSC Trust where you are receiving your antenatal care; it is *not available through the GP surgery.***

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 2024/2025 autumn-winter vaccine to keep your protection topped up, if eligible
- **Although we have been living alongside COVID-19, for some time now, 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 and/or COVID 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/>

Sat 5 October 2024 at 8:30 AM	■ FLU and/or COVID VACCS	Kmc Flu Clinic 4 (more)	Kensington Group Practice	 Book
Sat 5 October 2024 at 8:35 AM	■ FLU and/or COVID VACCS	Kmc Flu Clinic 1 (more)	Kensington Group Practice	 Book

Thu 5 October 2023 at 9:10 AM	■ FHC Flu only	Flu Clinic 1 (more)	Finaghy Branch Surgery	 Book
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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. Also anyone who expects to share living accommodation on most days with you (and therefore continuing close contact is unavoidable) is also eligible for the FLU VACCINE, to help protect you, but regarding the covid vaccine, there is a change in the guidance, and this season is NOT being offered to household contacts of the immunosuppressed (unless they are eligible for some other reason).

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 the flu vaccine, but in a change in the guidance for Autumn 2024, they are not eligible for the covid vaccine (unless they are eligible for some other reason).

Are you a frontline healthcare worker?

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

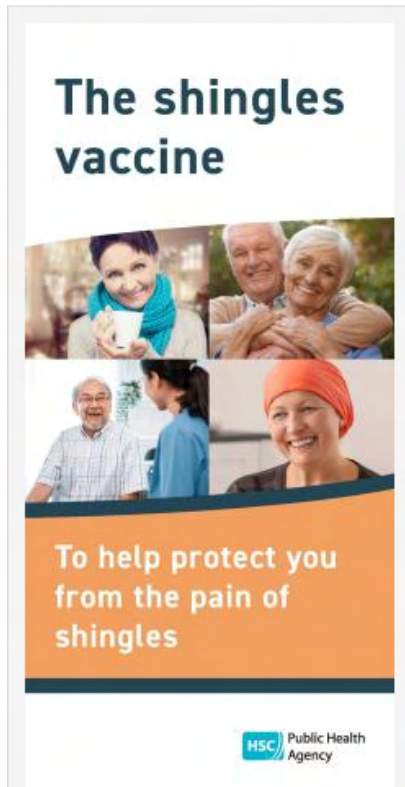


Pregnant, trying for a baby, or breastfeeding?

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.



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 2024 (ie those with a date of birth between 31/08/1958 and 1/9/1959); and anyone with a date of birth before 1/9/1954 (but who is younger than 80 years old) *who has never had a shingles vaccine before.*

Also anyone aged 66 on the 1st September 2024 (ie those with a date of birth between 31/08/1957 and 1/9/1958) - who would have been offered last year for the first time - remains eligible if they haven't yet come forward.

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.

Student Health Resources



Sexual and reproductive health



Mental health for students



Healthy Eating on a budget



Managing study stress



Getting active



Vaccination for students



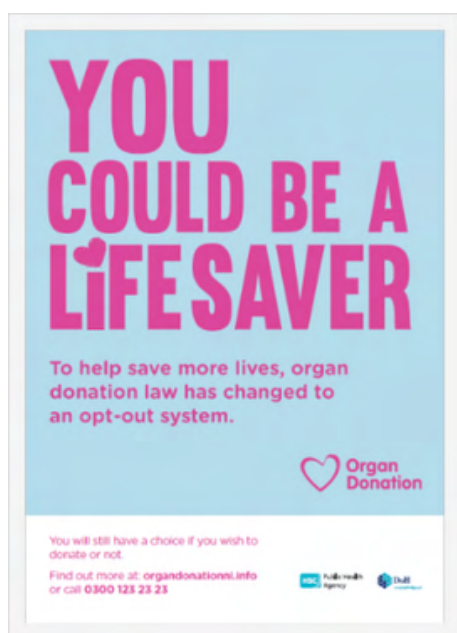


Teenage immunisations

Several important vaccinations are offered to teenagers, while they are at school. If your teenager has missed any of these, for any reason, speak to the GP surgery as we can arrange catch up vaccinations, where appropriate.

Organ donation law change

Click on the picture for information on the organ donation law change which came into effect on 1 June 2023. It provides information on what the law change will mean and the choices you have.



Support for victims of hate crimes



Victim Support NI



Do we have your correct contact details?

If your contact details have changed, such as your phonenumber, or address, it's really important to let us know. This reduces the possibility of not being able to reach you if we need to contact you about something, or missed post.

You can update your details here:

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

A reminder of our current practice area can be found here; if a new address is outside our practice boundary, you will need to seek registration with a new surgery closer to your new address.

<https://www.kensingtonmedicalcentre.co.uk/practice-area>

If you are planning to leave the United Kingdom permanently, please also let us know, so we can close your registration. This is to avoid sending unnecessary invitations, or other contacts. You can always re-register if you return to live within our practice area at some future point.



Instagram