



Kensington Group Practice

DONEGALL ROAD AND FINAGHY
Medical Centre

Christmas Newsletter

17TH DECEMBER, 2024

Please note we will be closed for Christmas and Boxing day on Wednesday 25th and Thursday 26th December, and also New Years Day on Wednesday 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.



Please ensure you have ordered your regular medicines in good time before the Bank Holiday closures.

A significant number of calls are received by GP out of hours are to manage ongoing prescriptions - as many as one in five contacts - this then limits access to others who more urgently require their support.

If your repeat prescription is due for reordering over the holiday period, please ensure you order your repeat prescription in good time, and allow time for your pharmacy to process it, to ensure you do not run out of your medicines when the surgery and your local pharmacy is closed.

Remember some medicines may need ordered in by your pharmacy, so please don't leave it to the last minute!

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. Currently, cases of influenza are rising in our community, so if you've been invited or eligible, please give this some consideration.

- 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>

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

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

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

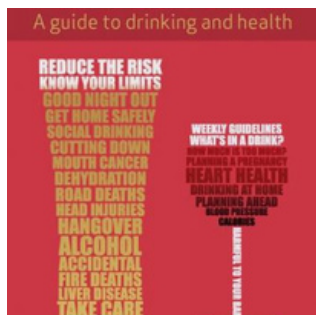
Lifeline

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.



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.



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.



Money and debt - Advice NI

Advice NI can provide advice on personal debt and business debt, and they have a range of self-help resources, including factsheets and money management tools. Click on the picture for more details.





Better Days
Pain Support Programme

Supporting people to self-manage their pain and live better and happier lives

Do you live with chronic pain?



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
Carole, 53, Belfast



Scan the QR code to see all upcoming programmes and taster sessions
or call Natasha
028 9031 2377



Topics include:

Take 5 Steps to Wellbeing

Sleep

Pain Toolkit

Self Care

Understanding Pain

Pharmacist Session

Relaxation & Breathing

Gentle Movement & Exercise

Nutrition

Peer Led Session

Use inhalers? Check your technique today!



Research has shown that using inhalers with optimal technique, is linked to better outcomes for asthma and COPD. As such, it is useful to check your technique, to make you are using your inhalers the correct way! If struggling with technique, there may be alternative devices that may suit you better. Click on the pictures to view some helpful videos.

If you are due your asthma or COPD review, or have been recently invited, please book in at your earliest convenience. Inhaler technique is something we would explore at your review.

A gentle word about civility and common sense in our car park...



We would kindly ask that you park your vehicles, when using our car park, with common sense and civility to ensure a smooth and pleasant experience for everyone. Please be careful not to block in your fellow patients. Our car park is relatively small, and we are unavoidably constrained by it's footprint, in a city area. Kindly note that we cannot accept liability for any damage incurred while parked in our car park.

To maximise space for others, we'd like to remind that the car park is for our patients' use only whilst they are visiting the surgery.



If all spaces are occupied, please use the nearby on-street parking; there is plenty of nearby provision, at only a modest cost. We suggest downloading the JustPark app, so you can easily pay, or ensure you have change with you. The practice is not liable for any fees or penalties incurred.

Thank you for your cooperation.

Keep us up to date if your personal details have changed

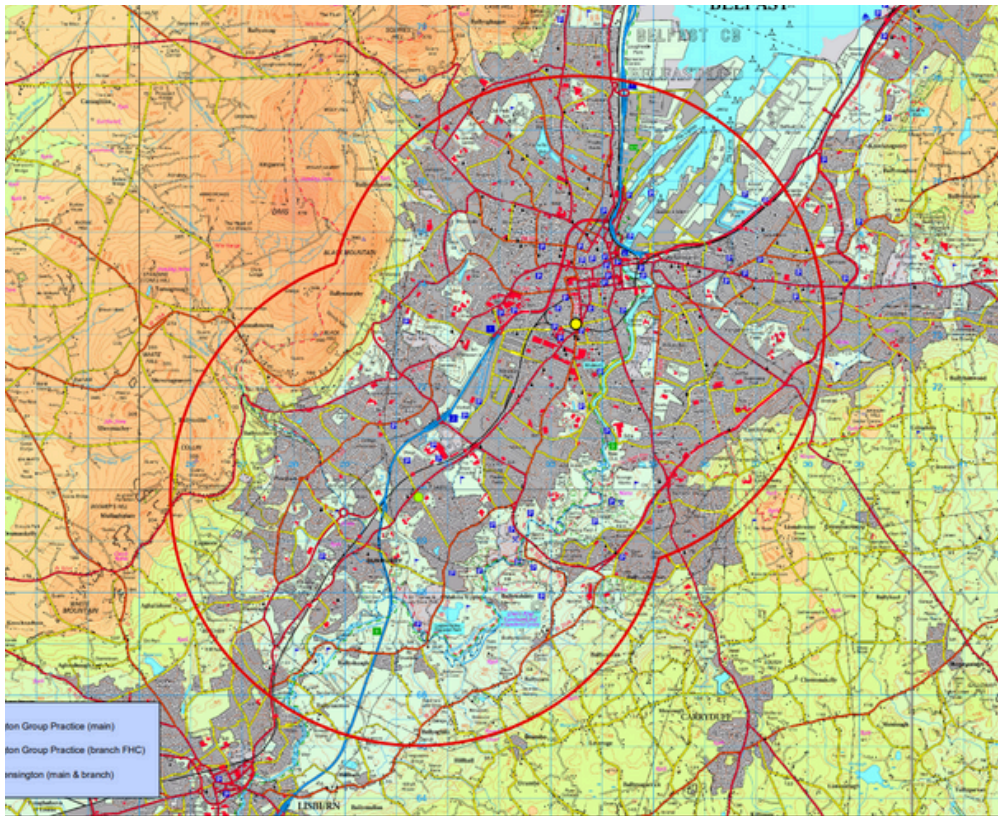
If your personal details have changed, such as your phonenumber, address, or email, it's really important to let us know, so we can update the details that we hold for you. You can do this by completing this form online:



<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.



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