



Kensington Medical Practice

15A DONEGALL ROAD BELFAST

Summer Newsletter

30TH JUNE 2026

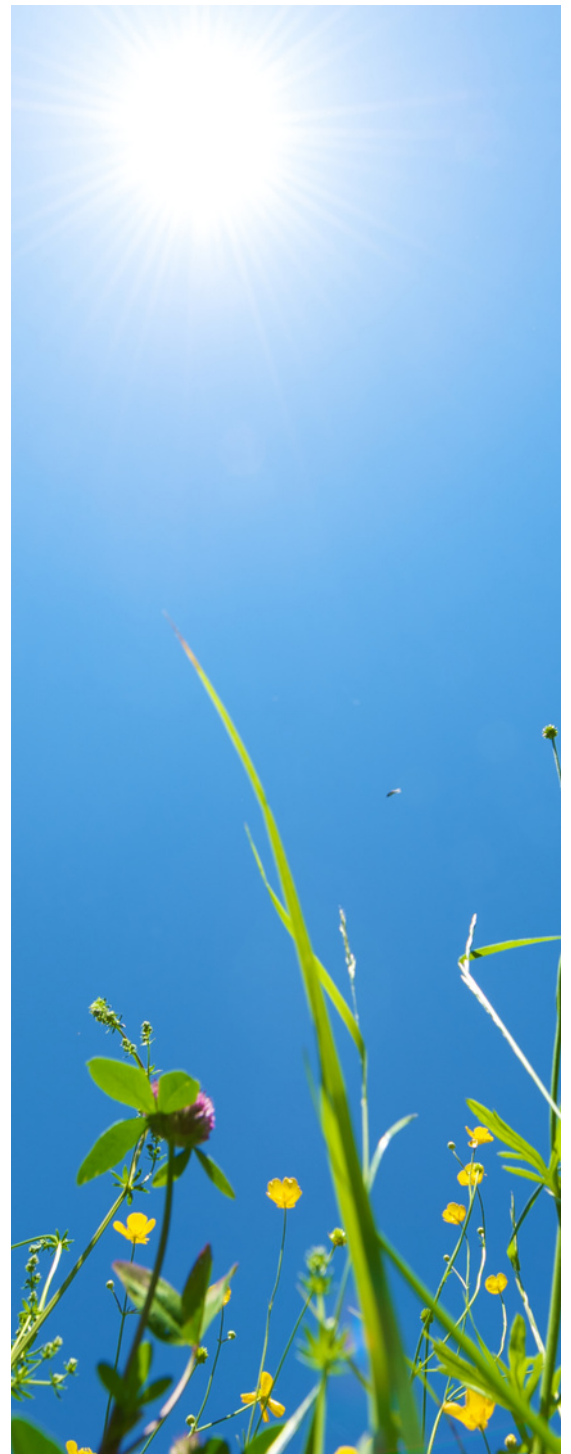
Please note we will be closed for the July bank holiday on Monday 13th July 2026. Another upcoming bank holiday when we will be closed is Monday 31st August 2026.

Please order any medications required around this time, in good time, and allow time for your pharmacy to collect and process also.

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.



A Message from the GP Partners

As we move into the summer months, we would like to thank all our patients for choosing Kensington Medical Centre for their healthcare.

The practice continues to grow, and we are now proud to care for over 10,800 patients across South Belfast. We remain committed to providing safe, accessible and high-quality healthcare for everyone registered with the practice.

We are also pleased to share some recent developments within the practice.

Practice Improvements

Many patients will have noticed that the practice building has recently undergone a fresh repaint, helping to brighten and modernise our premises.

We have also installed a new disabled access front door to improve accessibility and make it easier for patients with mobility difficulties, wheelchair users and parents with prams to access the building safely.

These improvements are part of our ongoing commitment to creating a welcoming and accessible environment for all patients. We are grateful to Belfast City Council, and the Department for Communities, for their support with this project, via the Sandy Row Revitalisation scheme.

Congratulations to Rachel

Many of our patients will know Rachel from our reception team.

We would like to congratulate Rachel and her family on the arrival of their beautiful baby boy. We wish them many happy and healthy years ahead.

Meet the team: Welcome Laura and Hannah

We are delighted to welcome Laura and Hannah to our reception team.

Laura and Hannah have joined Kensington Medical Centre and will be helping patients with appointments, registrations and general enquiries. Please join us in giving them a warm welcome.

Thank You.



Making healthcare easier with our online services

Did you know many practice services can now be accessed online 24 hours a day, 7 days a week?

Using our online services can help you avoid telephone queues and allows you to contact the practice when it is convenient for you.

You can use our [online forms](#) to:

- Request repeat prescriptions
- Request fit notes
- Update your contact details
- Nominate your preferred pharmacy
- Submit administrative requests

Using online services helps our reception team spend more time supporting patients who need additional assistance.

EMIS Patient Access

Thousands of patients across Northern Ireland now use online services to manage their healthcare.

Benefits include:

- Ordering repeat prescriptions online
- Booking and viewing appointments
- Managing personal details
- Updating nominated pharmacies
- Accessing services from your smartphone or computer

If you have not yet registered for [Patient Access](#), please speak to reception.

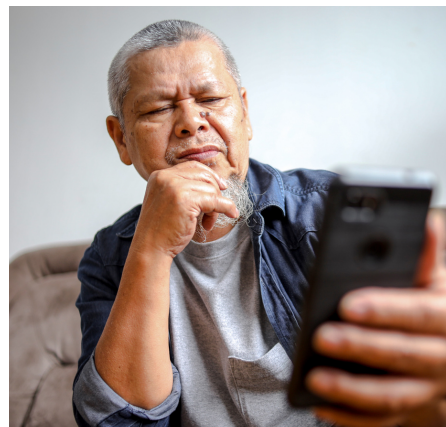


Our online forms

Currently 17.5% of our patients use our Patient Access, but we'd love to see this number grow, as it remains the most effective way we can reduce phone pressures!



EMIS Patient Access



Need help?

Students Returning to Belfast?

If you are returning to Belfast for the next academic year, [please let us know your up to date details](#):

- Is your address is up to date (have you moved to new accomodation?)
- Mobile phone number is correct
- Email address is current
- Nominated pharmacy is accurate

This helps us contact you quickly regarding appointments, prescriptions and test results.

Do You Know Your Health and Care Number?

[Your Health and Care Number \(H&C Number\)](#) is [unique to you](#) and is often required when accessing healthcare services.

Having this number available can help speed up:

- Referrals
- Self-referral services
- Hospital appointments
- Prescription enquiries
- Healthcare applications

You can often find your H&C Number on hospital letters, prescriptions and other Health and Social Care correspondence.

Register with a dentist

[Good oral health is an important part of overall health.](#)

Registering with an NHS dentist helps prevent dental problems and pain. Please note that GP practices do not provide dental treatment or antibiotics for dental issues. Being registered with a GP does not automatically include dental care. Information on local dental access and emergency arrangements is available via the link provided.

[Connected Community Care](#) is a [social prescribing service](#) that can help patients access local support for:

- Loneliness and social isolation
- Financial concerns
- Housing issues
- Carer support
- Physical activity programmes
- Community groups and wellbeing services

A Wellbeing Coordinator can help connect you to services that may improve your overall health and quality of life.



[Update your details here](#)



Are you a carer? Support is available.



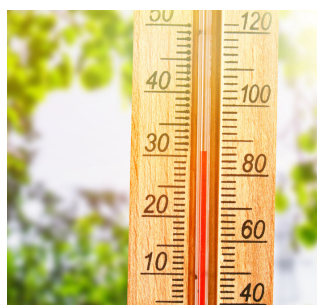
We understand that caring for someone can be rewarding, but also physically, emotionally and financially demanding. [If you are a registered carer, may become a carer, or regularly support a family member](#), you may be entitled to help and support.

Spotlight on summer health



Hayfever is usually worse between late March and September, especially in warm, humid or windy weather when pollen counts are highest. There is no cure, but symptoms can be eased with treatment and simple measures.

Most [hayfever treatments](#) are available at low cost from your pharmacy or local retailers. Your community pharmacist can advise on suitable options, which may avoid the need for a GP appointment.



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 328 people in the UK and Ireland die each year from accidental drowning, with many more suffering serious injury. [Learn how to keep yourself and your family safe](#) with advice from the Royal Life Saving Society UK (RLSS UK).



Using barbecues safely - avoid accidents. Barbecues cause hundreds of accidents in gardens every year. Earlier data estimated around 1,800 A&E visits annually in the UK due to barbecue-related injuries. [For guidance, visit ROSPA's barbecue safety advice.](#)



Food safety tips when barbecuing. Please click on the picture to the left, with some [useful advice, hints and tips for barbecue food safety](#), such as how to safely store, prepare and cook your barbecue food.



How to avoid food poisoning on holidays. Simple precautions can [reduce your risk of food poisoning while travelling](#). Choose eating places recommended by locals or trusted guides, and follow basic hygiene advice. See Safefood guidance for more information.



Why is hydration so important? [Water makes up around two-thirds of the body and is essential for good health.](#) Dehydration can occur when we do not drink enough or lose fluids without replacing them. Try to maintain regular fluid intake throughout the day.



Travel Health. Many destinations require vaccinations or antimalarial medication. Please seek travel health advice well in advance of travel from a specialist clinic or check the [NaTHNaC](#) or [NHS inform](#) websites for up-to-date information. Some vaccines are available on the NHS, but many travel vaccines and antimalarials are only available privately and may incur a fee.

Don't Miss Important Screening Appointments

Screening programmes help detect conditions early when treatment is often most effective.

Please attend when invited for:

- [Breast Screening](#)
- [Cervical Screening](#)
- [Bowel Cancer Screening](#)
- [Abdominal Aortic Aneurysm \(AAA\) Screening](#)
- [Diabetic eye screening](#)

Childhood Vaccinations

Vaccinations remain one of the safest and most effective ways to protect children from serious illnesses.

If you believe your child may have missed a vaccination, may not be up to date, or if history is unknown - please contact the practice and we will be happy to help.

Pharmacy First

Many common conditions can now be assessed and treated directly by your community pharmacist.

This may save you time and provide quicker access to treatment. Ask your pharmacist whether Pharmacy First is appropriate for your symptoms.

Follow Us Online

Keep up to date with:

- Practice news
- Health advice
- Seasonal health campaigns
- Service updates
- Self-care information

Website:

www.kensingtonmedicalcentre.co.uk

Instagram:

@kensingtonmedicalcentrebelfast

YouTube:

Kensington Medical Centre Belfast

Thank you for being part of the Kensington Medical Centre community.

We wish all our patients and families a safe, healthy and enjoyable summer.

