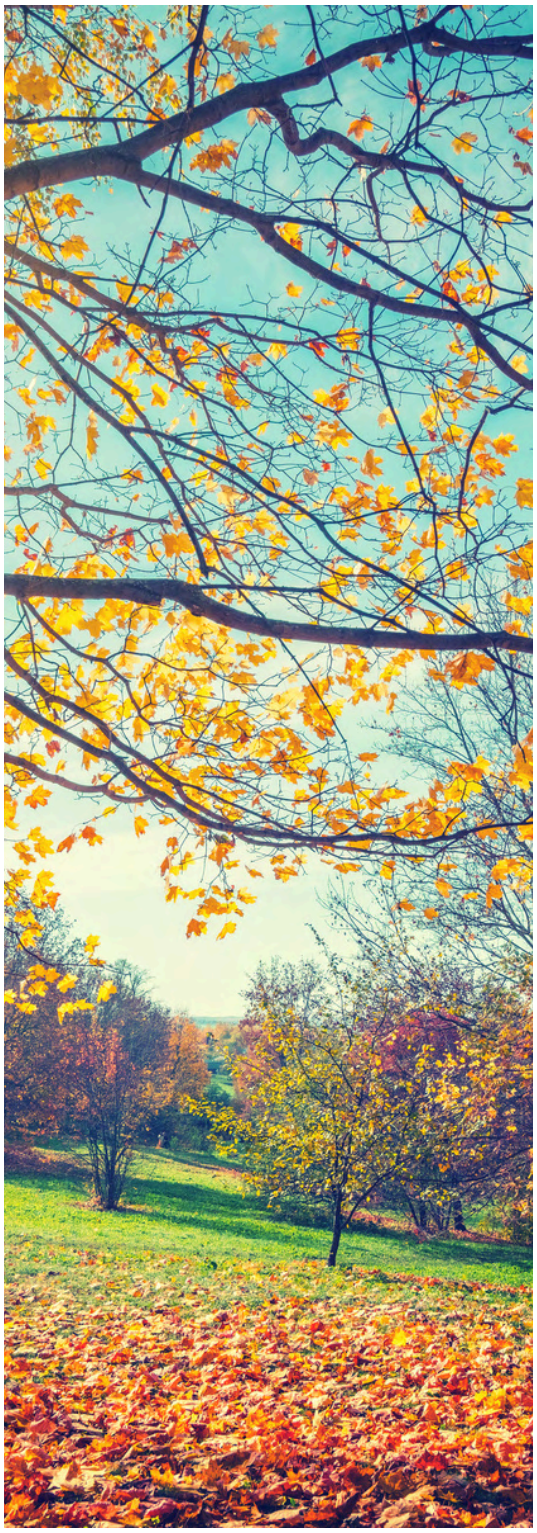
Kensington Medical Practice

15A DONEGALL ROAD BELFAST

Autumn Newsletter

8TH OCTOBER, 2026

Our Autumn Flu and Covid vaccination clinics are well underway; if you've been invited, or are eligible, please book at your earliest convenience!



Eligibility criteria are broadly similar to last year, although with some slight differences.

Once again, the covid vaccine is only being offered to those over 75 years old on 31/3/27, and the severely immunosuppressed.

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.

More information, including who is eligible, as well as information about the Shingles, RSV and pneumococcal vaccines? Please click on the picture below, to visit the "Seasonal Vaccations" section of our website.



Steroid Joint Injections 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.**



Connected Community Care
Empowering Local Wellbeing







University Student?

Visit our student hub on our website,

also some further resources below.



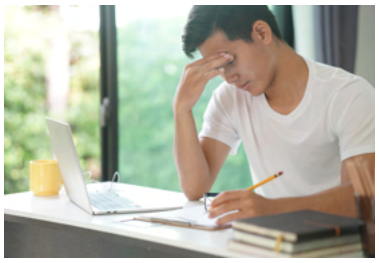
Sexual and reproductive health



Mental health for students



Healthy Eating on a budget



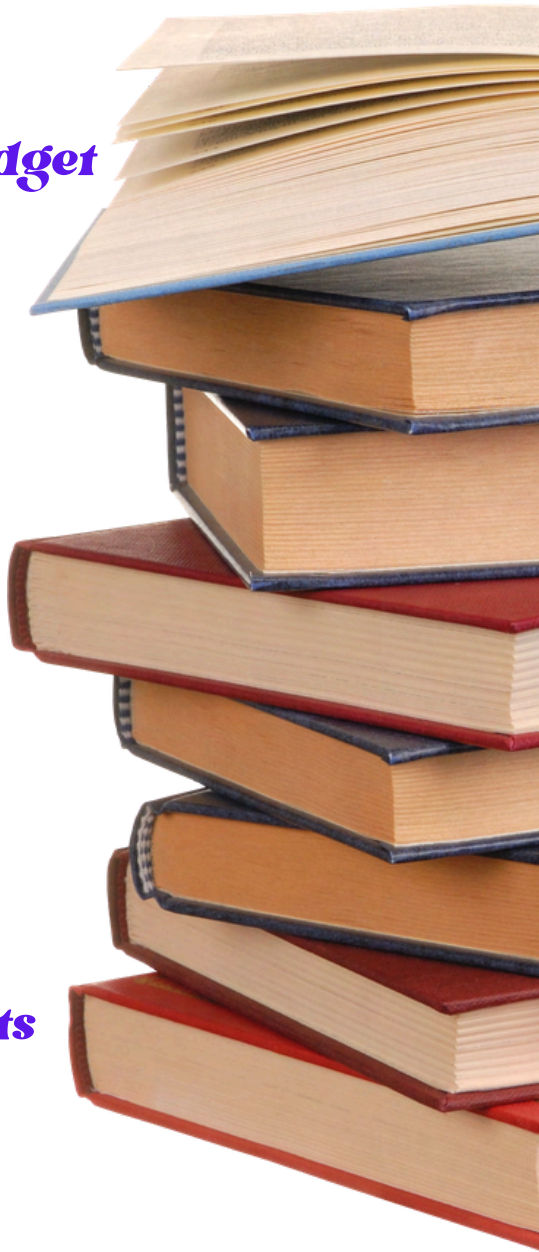
Managing study stress



Getting active



Vaccination for students



HSC Public Health Agency

Help protect yourself from meningitis

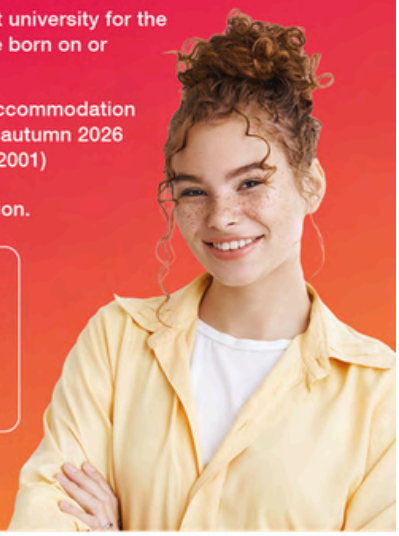
Meningitis and septicaemia can cause serious illness, often without warning. If eligible, you could get a free MenB vaccine to help protect you from the dangers of meningococcal group B disease. You are eligible if you:

- were born between 2 July 2007 and 1 July 2008
- are starting as an undergraduate at university for the first time in autumn 2026 (and were born on or after 21 July 2001)
- will be living in further education accommodation or student halls for the first time in autumn 2026 (and were born on or after 21 July 2001)

You will need 2 doses for full protection.

Scan the QR code or follow the link to check if you're eligible and find out where to get vaccinated.

www.nidirect.gov.uk/menb-vaccine



immunisation
the safest way to protect your health

HSC Public Health Agency
www.publichealth.hscni.net

07/26

Are you aged up to 25 years and starting university or college 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.



immunisation
the safest way to protect yourself

QUICKER.
EASIER.
BETTER ACCESS
FOR ALL.

ONLINE FORMS

A quicker way

TO ACCESS GP SERVICES

Did you know that many routine requests can now be completed online, **saving you time** and helping keep our phone lines free for patients who need **urgent assistance**?



YOU CAN USE OUR ONLINE FORMS TO:

- Request repeat prescriptions
- Request a doctor's sick/fit note (for illnesses lasting more than 7 days)
- Update your personal details
- Register for online services
- Nominate your preferred pharmacy
- Submit other routine administrative requests

USING ONLINE FORMS HELPS:

- Reduce waiting times on the telephone
- Improve access for all patients
- Allow staff to process requests more efficiently
- Free up appointments and phone capacity for patients with urgent clinical needs

VISIT OUR ONLINE FORMS PAGE TODAY:
www.kensingtonmedicalcentre.co.uk/online-forms

SAFE & SECURE
All forms are submitted securely and confidentially.

AVAILABLE 24/7
Complete a form at a time that suits you.

BETTER FOR EVERYONE
Helping us help you and others in our community.

Thank you
for helping us improve access for all patients.

SAVE THIS POST FOR FUTURE REFERENCE & SHARE WITH FAMILY AND FRIENDS

CARING FOR OUR COMMUNITY

Are You a Carer?

You're not alone.

If you care for a family member, partner, friend or neighbour who couldn't manage without your help, you may be entitled to support.



Caring for someone is an act of love. Let us help look after you.

CARING CAN AFFECT MANY AREAS OF YOUR LIFE

- Your health and wellbeing
- Work and finances
- Sleep, stress and mental health
- Social life and daily routine
- Feeling overwhelmed or isolated

A CARER'S ASSESSMENT CAN HELP

A FREE Carer's Assessment with the Belfast Health & Social Care Trust can help identify support available for you, including:

- Practical help and services
- Respite support
- Emotional support and advice
- Help to maintain your own health and wellbeing

FIND OUT MORE ONLINE

Visit our Carers Support page to learn more about Carer's Assessments, useful resources and how we can help.

www.kensingtonmedicalcentre.co.uk/carers

AT KENSINGTON MEDICAL CENTRE BELFAST,
we care about carers.

We're here to listen, support and guide you to the help you deserve.

PLEASE SHARE THIS POST

You never know who might be struggling quietly while caring for someone they love.

Thank you!

YOU CARE FOR OTHERS. LET US HELP YOU. *You matter too.*


NEED A SICK NOTE FOR WORK?
WE'RE HERE TO HELP
7 DAYS OR LESS?
You can self-certify for your employer.
No GP sick note needed.
MORE THAN 7 DAYS?
You'll usually need a Fit Note from your GP.
Request online via our website.
NEED AN EXTENSION?
You may not need another appointment.
Request an additional Fit Note online.
BEEN IN HOSPITAL?
The hospital provides certification for your stay. Your GP can provide ongoing certification after discharge if needed.
TOP TIP
Request your Fit Note as soon as possible and provide clear details about your illness and the dates you have been unable to work.
FIND OUT MORE ON OUR WEBSITE!
www.kensingtonmedicalcentre.co.uk/sickfit-note-certificates
CARING FOR YOU • SUPPORTING YOUR HEALTH • HERE FOR OUR COMMUNITY


WAITING FOR A HOSPITAL APPOINTMENT?
WE'RE HERE TO HELP
NHS WAITING LISTS IN BELFAST
KNOW YOUR OPTIONS
Outpatients Department
CHECK YOUR REFERRAL
Make sure your referral has been received.
CALL THE HOSPITAL
Contact the appointments office.
ASK ABOUT CANCELLATIONS
You could get an earlier appointment.
KEEP YOUR DETAILS UPDATED
So the hospital can contact you.
CHECK OFFICIAL WAITING TIME INFORMATION
Stay informed with the latest NHS data.
SYMPTOMS GETTING WORSE?
CONTACT YOUR GP
We can review your situation and advise on the next steps.
URGENT CANCER REFERRALS
If you haven't heard from the hospital within 2 weeks, contact us immediately.
LEARN MORE ON OUR WEBSITE
How waiting lists work
How to check your position
Hospital contacts in Belfast
What to do if symptoms worsen
Visit our guide:
kensingtonmedicalcentre.co.uk/hospital-waiting-lists-belfast
KENSINGTON MEDICAL CENTRE BELFAST | HELPING YOU NAVIGATE NHS WAITING LISTS

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.







