



**Kensington Group Practice**

DONEGALL ROAD AND FINAGHY  
Medical Centre

PRACTICE NEWSLETTER  
MAY 2021

# *Covid-19 vaccinations*

**The practice is at this time now progressing through the SECOND DOSES of those we have provided vaccination with earlier in the year; this is currently our priority.**

**At the time of writing, all patients who are aged over 35 on 31st March 2021, who have not yet received a vaccination through ourselves, the Mass Vaccination Hubs, or elsewhere, can now book their vaccine through EITHER the Mass Vaccination Hubs, or participating community pharmacies.**

300 pharmacies are participating across Northern Ireland, so there should be one near you. Those who have previously been invited by us, but have not yet responded, can also avail of this if they are over 35. Those aged between 18 and 35, and have previously been invited by us, should contact the surgery if you wish to avail of a vaccine.

**<https://covid-19.hscni.net/get-vaccinated>**

You can also book your vaccination via telephone on  
**0300 200 7813** Monday to Friday, 8:00am to 8.00pm.

**We would encourage anyone aged over 35 on the 31st March 2021, or who has previously received an invitation, to arrange their vaccine at the earliest possible opportunity.**


**This also includes ladies who are pregnant, as the JCVI (Joint Committee for Vaccine and Immunity) has recommended the use of either the Pfizer vaccine, or the Moderna vaccine (when it becomes available). These can ONLY be given at the Vaccination Hubs, and not at pharmacies or the GP surgery.**

**<https://www.nidirect.gov.uk/articles/covid-19-vaccination-programme-northern-ireland>**

The UK vaccination programme, delivered through its various channels, has been very successful, with more than 30 million doses given, and undoubtedly many lives have been saved, and will continue to do so.

We of course understand patients may have questions about the very rare risk of blood clotting, as has been reported in the media and elsewhere. The benefits of the vaccine do continue to outweigh these risks, but you may find this information useful - click on the link to access






[GOV.UK - Covid-19 vaccination and blood clotting](https://www.gov.uk/covid-19/vaccination-and-blood-clotting)

 **Yellow Card | Coronavirus (COVID-19)**

Report suspected side effects to medicines, vaccines or medical device and diagnostic adverse incidents used in coronavirus treatment to the Medicines and Healthcare products Regulatory Agency to ensure safe and effective use.

In your information you will have received at your vaccination, you will have been advised of common side effects that can be expected from your vaccination, such as sore arm, flu-like symptoms that can persist for a few days. **The Yellow Card reporting mechanism is a useful tool to identify rare, unusual, or unforeseen side-effects.** This especially important for any new medicine, including the Coronavirus vaccines. Click on the picture above for more information.

How does the risk of serious side-effects from the AstraZeneca vaccine compare with other risks?

Chance in a million of...	25-year-old	55-year-old
serious harm due to vaccine side-effects 	<b>11</b> in a million	<b>4</b> in a million
dying with coronavirus 	<b>23</b> in a million	<b>800</b> in a million
dying due to an accident or injury 	<b>110</b> in a million	<b>180</b> in a million
dying in a road accident 	<b>38</b> in a million	<b>23</b> in a million
being hit by lightning this year 	<b>1</b> in a million	<b>1</b> in a million

Figures show the chance of dying with coronavirus since the start of the pandemic. Figures for accidents and car crash fatalities are for 2018

Source: Winton Centre for Risk and Evidence Communication

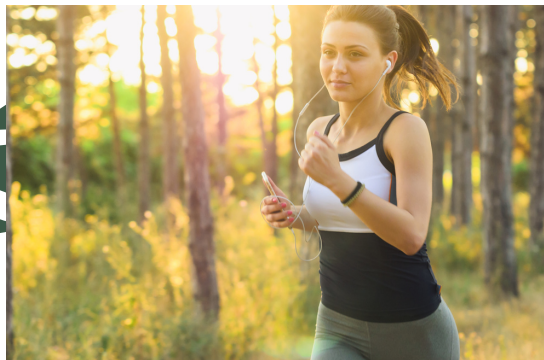


**What about my data relating to the Covid-19 vaccination programme?**

This privacy notice describes the type of personal data collected and held for the COVID-19 Vaccination Programme, the way that it is used, and your rights in respect of this.

[HTTPS://COVID-19.HSCNI.NET/VACCINE-SERVICE-PRIVACY-NOTICE/](https://COVID-19.HSCNI.NET/VACCINE-SERVICE-PRIVACY-NOTICE/)

# Time for a fresh start




**Some tips for restarting exercise routines after lockdown.** If you worked out regularly prior to lockdown but have lost fitness since, it's tempting to want to resume old levels of activity immediately. However, if you've lost fitness or been unable to keep up your regular routine, it's important to walk before you can run. *(from patient.info)*

The NHS, in conjunction with the [British Dietetic Association](#), have developed a 12 week diet and exercise plan to help you loose weight. Click on the picture for more information.



[Losing weight - Getting started](#)

 **mind** for better mental health

**Managing feelings about lockdown easing.** Our mental health is as important as our physical health. Click on the picture to the right for a range of mental health information, in the context of our current Covid-19 season.

During this difficult season, some of us may have started smoking, either for the first time, or after having previously quit; or perhaps may be smoking more than we used to.

**Help is at hand. You can self-refer to our Smoking Cessation Services, kindly provided by Cancer Focus NI.**

Please click on the link below, or scan the QR code. Further information on the next page.

[www.cancerfocusni.org/cancer-prevention/smoking/](http://www.cancerfocusni.org/cancer-prevention/smoking/)





## REMOTE Stop Smoking Support Service

# Most smokers want to stop. We can help:

- Build your confidence in quitting
- Break your smoking habits
- Manage your cravings with FREE patches, gum etc.
- Facebook support group:  
[www.facebook.com/groups/stopsmokingsupportNI](http://www.facebook.com/groups/stopsmokingsupportNI)
- Voicemail Service: 028 9068 0785

## This service is FREE & confidential

If you would like more information about  
Stop Smoking Support Services please contact:


**Cancer Focus Northern Ireland**  
T: 028 9066 3281  
E: [behealthy@cancerfocusni.org](mailto:behealthy@cancerfocusni.org)  
or visit  
[www.cancerfocusni.org](http://www.cancerfocusni.org)  
[www.stopsmokingni.info](http://www.stopsmokingni.info)



Celebrating over 50 years







# Looking forward

**In common with all GP surgeries at present, we are experiencing a surge in demand for our services;** this is not entirely unexpected, whilst we have always remained available and accessible for non-Covid-19 related matters, albeit in a different format to what was historically the case, every GP surgery is currently grappling with a degree of pent-up demand, whilst also continuing to run the critically important Covid-19 vaccination programme. This of course presents a number of issues, and hence we will be making some minor adjustments to our procedures, and will remind of existing procedures, to help address this.

At times, this means our phones can become extremely busy; we thank you for your patience for those times when it can be difficult to get through. Whilst we have in recent times added extra phone lines, and reprofiled our staffing patterns, we would ask

**PLEASE PHONE BEFORE 11AM IF YOU REQUIRE A GP CALLBACK,** if at all possible. This enables us to plan workload. Please note however GP callback slots are finite - there are only so many calls the GP has time to safely deal with - so if your call is less urgent, you may be scheduled for your callback at a future date, subject to callback slot availability, or asked to phone back at a future point.






**IF PHONING TO ORDER YOUR SCRIPT, OR TO CHECK BLOOD RESULTS, PLEASE DO SO AFTER 11AM.** This then reduces congestion on the phone lines during the earliest part of the day, when phones are busiest.

**ORDERING PRESCRIPTIONS ONLINE REMAINS THE PREFERRED OPTION;** for reasons primarily of accuracy, as well as reducing pressures on the phone.

**FROM TUESDAY 4TH MAY, A RED POST BOX WILL BE AVAILABLE IN THE LOBBY OF KENSINGTON GROUP PRACTICE FOR YOU TO DROP OFF SCRIPT REQUESTS.**

You do not need to bring these to the main counter. Please note, for infection control purposes, pen and paper will not be available, **please write out your request clearly before attending, or use the "right hand side" chit from your prescription. Ensure your name, address and date of birth are included.** Please ensure social distancing while dropping your request off, and sanitize your hands with the provided dispenser before touching the box. This arrangement will be kept under review, but we hope this may ease some pressure on our phones, for those who prefer not to, or are unable to order online.

**PLEASE DO NOT DROP OFF ANY DOCUMENTATION AT FINAGHY HEALTH CENTRE (eg. hospital letters or prescription requests) AND DO NOT LEAVE THEM WITH THE IRWIN PRACTICE, OR THEIR STAFF. OUR RECEPTION AREA IN FINAGHY IS NOT MANNED AT PRESENT.**



Whilst the rollout of Covid-19 vaccinations is going well, and Coronavirus cases are falling, the various control measures necessary remain as important as before, whether we are vaccinated or not.

**Keeping staff, patients and other visitors as safe as possible remains a priority, and rightly so.**



**To reduce crowding in the surgery building, we would ask that you only attend the premises if you absolutely need to.** Whilst it is not possible to provide an exhaustive list, these reasons would include attending appointments, or dropping off urgent documentation such as a hospital discharge letter. Please **DO NOT** attend the surgery to deal with minor administrative matters that could be dealt with over the phone. Please attend the surgery **ALONE** if you can, unless you require support or are providing support to someone.

### **What about Finaghy Health Centre?**

At the beginning of the Covid-19 crisis, it was necessary for us to withdraw our GP and administrative presence in Finaghy Health Centre, although the Treatment Room Services, provided by Belfast Trust, continue to tend to our patients on our behalf, by appointment only.

**There were primarily two necessary reasons for this at the time, and this point in time, these reasons remain:**

***Due to the layout of the building, including relatively narrow corridors, and the fact that it is shared with a much larger and busier practice, the Irwin practice - this makes the necessary social-distancing arrangements very difficult.***

***The practice needed to consolidate all its staff, both clinical and administrative to one site, to provide resilience, and enable the surgery to continue to function (in some form) if we had to contend with heavy staff absences; this continues to remain a threat and a possibility for every type of workplace.***

***As it does not appear social distancing restrictions will be relaxed imminently, and Covid-19 remains a significant risk in our communities (and hence also a likely cause of staff absence), it is not possible to resume our previous services in Finaghy at this point in time, and thence must remain under review for now.***

