



Kensington Group Practice

DONEGALL ROAD AND FINAGHY
Medical Centre

Summer Newsletter

26TH JUNE 2025

Please note we will be closed for the July bank holiday on Monday 14th July 2025. Another upcoming bank holiday when we will be closed is Monday 25th August 2025.

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.

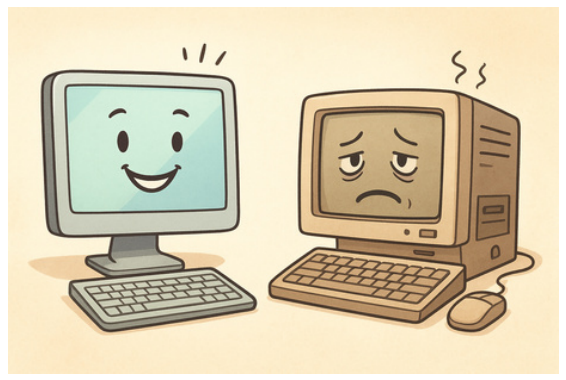
The GP Out Of Hours Service provides care for people in Belfast when their normal GP surgery is closed. It is not intended to replace normal GP services, but deals with urgent problems that cannot wait until your own GP is available. You should therefore only use this service if you are suddenly ill 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.



We will be migrating to a new computer system at the end of September 2025



We'd like to let our patients know that we'll soon be switching from our current clinical system, Vision, to a new one called EMIS. This change is part of a wider rollout happening across Northern Ireland – around two-thirds of GP practices are already using EMIS, and the rest, like us, are now in the process of switching over.

What This Means for You

As we make this change, there may be some temporary disruption to our services. We're still in the early stages of planning, but based on the experience of other practices, here's what to expect:

- There will be a few days - **Thursday 25th to Tuesday 30th September** when we have limited or no access to our computer systems.
- During this short time, we won't be offering routine appointments or care, but we will still be available for urgent medical issues.
- Routine prescriptions won't be processed during this period.

To help avoid difficulty and delay, we'll be encouraging patients to:

- Order prescriptions earlier in the weeks leading up to the change.
- In some cases, we may be able to offer longer supplies of medication, where safe and appropriate.

Online Services

Many of you currently use Patient Services for booking appointments and ordering prescriptions online. After the switch, you'll need to re-register with a new service called Patient Access (the EMIS version of Patient Services).

- You won't be able to re-register until after the migration.
- We'll provide clear instructions and updates closer to the time.

We'll share more details through various channels, in due course, and latest information can always be found here:

www.kensingtonmedicalcentre.co.uk/emis-migration

Have your contact details changed?

As we prepare for migrating our computer systems, it is a good time for us to make sure the contact details we hold for our patients, remains accurate.

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 at the link below, or call and let us know:

<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.

Don't use your landline anymore?



Many of us, for various reasons, including the use of mobile phones as a first option, changing services when installing broadband, and other reasons, will no longer maintain a telephone landline.

If you no longer use your landline, it would be really useful to know this, so we can remove it from your records.

Using the same link as above

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

Please select under update contact details, then under "Home line", type in "landline not in use" - or words to that affect.

Register with a dentist



Looking after your health means looking after your teeth too. Registering with an NHS dentist is one of the best things you can do to maintain good dental health, and reduce the risk of dental pain. Many patients don't realise they must register separately with a dental practice — being registered with a GP doesn't automatically include dental care.

Healthy eating made simple



Fuel your summer with fresh choices! Struggling with your energy levels, weight, gut health, or just not feeling your best? Our new Healthy Eating & Diet page offers tips to help you take back control with simple, sustainable choices.

Gambling support – help is here



Problem gambling can affect anyone — regardless of age, background, or income. It can damage mental health, relationships, work, and finances. At Kensington Medical Centre, we understand how difficult it can be to seek help, but recovery is possible — and support is available.

Weight Loss Injections – GLP-1 Medications



GLP-1 weight loss injections such as Wegovy (semaglutide) and Mounjaro (tirzepatide) are now commonly offered by private clinics to support weight loss. These medications can be helpful for some individuals, but they are not without risks – and it's essential that you are fully informed. Please click on the picture to the left.

At Kensington Medical Centre in Belfast, our priority is your safety. Even if your treatment is being provided privately, we encourage all patients to communicate openly with your private provider if you have any concerns, and also us, to stay protected and well-informed.

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.

The childhood vaccination schedule is changing



The childhood vaccination schedule is changing, and this will primarily affect our youngest children. Please click on the picture for further information.

Information regarding common questions, concerns and comments patients, or their families, might have about vaccination.



Click on the picture to the left, for information about the most common questions, concerns and comments that people have about vaccines.

Helping your child thrive at secondary school, one tap at a time



The aim of this campaign is to promote positive health messages through a package of helpful apps. There are also useful resources for parents.

NHS Waiting List Reimbursement Northern Ireland scheme



If you've been waiting more than 104 weeks (2 years) for surgery or treatment within the Health and Social Care (HSC) Northern Ireland system, you may be able to access private care in the Republic of Ireland (RoI) and claim reimbursement through the Waiting List Reimbursement Scheme (WLRS).

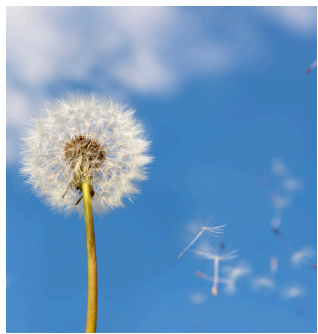
Are you a carer? Support is available.



We understand that caring for someone you love can be incredibly rewarding — but also physically, emotionally and financially challenging. If you're a registered carer, a patient who may soon become a carer, or a family member providing regular support, you may be entitled to help.

Spotlight on summer health

Hayfever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest. There's currently no cure for hay fever and you cannot prevent it. But you can do things to ease your symptoms when the pollen count is high. Please click on the picture for more information. Please note the majority of available treatments for hayfever, are available at low cost from your pharmacy, and often from other retail outlets as well. Your community pharmacist can help recommend you a treatment, so you may not need to make an appointment with the GP.



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 UK and Irish Citizens lose their life to accidental drowning EVERY YEAR and many more have non-fatal experiences, sometimes suffering life-changing injuries. Learn how to keep you and your family safe with water safety advice from the Royal Life Saving Society UK (RLSS UK) - click on the picture to the left.



Using barbecues safely - avoid accidents. Barbecues are involved in many hundreds of accidents that occur in the garden each year. Last time figures were collected through the Home and Leisure Accident Surveillance System (HASS/LASS) in 2002, an estimated 1,800 people visited A&E in the UK having had an accident involving a barbecue. Click on the picture to the left, for information from ROSPA.



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



How to avoid food poisoning on holidays. By applying some common sense, you can minimise the risk of falling ill and feel safer in exploring the food delights of the cultures you visit. When looking for places to eat, it's a good idea to ask locals, tourist information and other travellers. Click on the picture for advice from Safefood.



Why is hydration so important? Water makes up two thirds of our body. It is vital we drink enough fluid to maintain a healthy balance. Many people get dehydrated by not drinking enough fluid or by losing fluids and not replacing them. Click on the picture on the left for more info.



Travel Health. Many worldwide destinations require vaccinations and antimalarial medication. All travellers should ensure they seek travel health advice from a travel clinic well in advance of their trip and consult the National Travel Health Network and Centre (NaTHNaC) [website](#) or [Fitfortravel website](#) for up to date information on current outbreaks and country information. There are a number of private providers in the local area who can provide this service and expert risk-assessment for you. As this service requires specialised and up-to-date training, we recommend these external services to meet your travel health needs. Whilst some vaccinations are available through the NHS, several of those commonly used travel vaccines, and antimalarial tablets, are only available through private services at a fee.

Remembering our valued colleague, Nicole Ryan

The practice was deeply saddened to learn that our valued colleague, Nicole Ryan, passed away in May 2025, following a long illness.

Nicole joined us back in 2013, and quickly became a pivotal and trusted member of the team. She had a warm, kind, and compassionate manner, and many of you will remember her looking after our patients in Finaghy Health Centre in particular.

Kevin, Nicole's husband, has been fundraising for Brain Tumour Research; if you wish, you can support him in this worthy venture here.

[https://www.justgiving.com/page/kevin-ryan-1?
utm_medium=FR&utm_source=CL&utm_campaign=019](https://www.justgiving.com/page/kevin-ryan-1?utm_medium=FR&utm_source=CL&utm_campaign=019)

More information about their work:

<https://braintumourresearch.org>

*Nicole will be deeply missed by us all and we
continue to think of Kevin and her family.*

