

KENTON CLINIC

Your Complete Guide to Healthcare

May 2026 Edition

Welcome to Kenton Clinic

At Kenton Clinic, we understand that healthcare can sometimes feel overwhelming. That is why we have created this guide to help you access our services more easily. Our aim is to combine traditional care with modern digital solutions, making healthcare more efficient and accessible for everyone.

Missed Your HPV Vaccine?

If you are aged 16–25 and missed your HPV vaccine at school, you may still be eligible.

- Offered to boys and girls in Year 8
- Available until your 25th birthday
- Helps protect against HPV-related cancers, including cervical and head and neck cancers

Please contact the surgery to check your eligibility and book an appointment.

Spring 2026 COVID-19 Vaccination

Vaccinations are available for:

- People aged 75 and over
- Care home residents
- Individuals aged 6 months and over with weakened immune systems

Vaccines are available at Kenton Clinic.

Digital Access to Healthcare

Use our online services for quick and easy access to:

- Ordering repeat prescriptions
- Booking appointments
- Viewing test results
- Accessing medical records
- Tracking prescriptions

To get started, please visit reception with photo ID.

NHS App

Manage your healthcare anytime, anywhere:

- Order repeat prescriptions
- View your GP records

- Find NHS services
- Receive messages and reminders

Available 24/7 and free to use

[NHS App](#)

Need Help with Digital Services?

Suparshwa is available at Kenton Clinic Monday to Friday afternoons to help patients with:

- PATCHS
- NHS App
- Patient Access

Please speak to reception for assistance.

Spring Is in the Air – So Is the Pollen!

As the weather becomes warmer and flowers begin to bloom, pollen levels rise. Many people experience hay fever symptoms such as:

- Sneezing
- Itchy or watery eyes
- Runny nose
- Headaches
- Tiredness

For people with asthma, pollen allergies can also trigger asthma symptoms and attacks.

Top Tips for Managing Hay Fever and Asthma

- Check daily pollen forecasts using the Met Office or weather apps
- Start antihistamines early if you usually experience symptoms
- Keep windows closed during high pollen periods
- Shower and change clothes after spending time outdoors
- Wear sunglasses and hats to reduce pollen exposure

If your asthma symptoms worsen, please contact the surgery.

Emergency and Urgent Care

For life-threatening emergencies:
Call 999 or attend A&E.

NHS 111
Available 24 hours a day for urgent medical advice that is not life-threatening.

Our Key services

- Long-term condition management
- Mental health support and referrals
- Pharmacy First services for minor illnesses
- Self-referrals for physiotherapy, mental health, and addiction services

Appointments

0208 204 2255 (Option 1)

Services include:

- Booking, checking, or cancelling appointments
- Same-day appointments for eligible patients
- Home visits for urgent cases and children where appropriate

Supporting Your Needs

We offer:

- Telephone and face-to-face appointments
- Translation services
- Home visits where clinically appropriate

Respect Policy

Kenton Clinic operates a zero-tolerance policy towards abusive or aggressive behaviour.

Treating staff and patients with respect helps us provide the best possible care for everyone.

Contact Us

0208 204 2255

[Kenton Clinic](#)

Stay safe. Stay healthy. We are here for you.