KENTON CLINIC

# Your Complete Guide to Healthcare

October 2026 Newsletter

## Welcome to Kenton Clinic

Welcome to the **October 2026 edition** of the Kenton Clinic Newsletter.

At Kenton Clinic, we are committed to providing high-quality healthcare that is accessible, convenient, and patient-centred. This newsletter keeps you informed about our services, important health updates, and ways to make the most of your NHS care.

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## 💉 Flu and COVID-19 Vaccinations 2026

## Flu Vaccination Programme

We are pleased to announce that **over 400 flu vaccinations** have already been administered at Kenton Clinic this season.

Flu vaccination is particularly important for:

- Adults aged 65 years and over
- People with long-term health conditions
- Pregnant women
- Carers
- Eligible frontline social care workers
- Individuals with weakened immune systems

Thank you to all patients who have attended their vaccination appointments and helped protect themselves and their community.

## □ COVID-19 Vaccinations

Kenton Clinic has also delivered **over 20 COVID-19 vaccinations** as part of the current vaccination programme.

Vaccination remains one of the best ways to protect yourself and those around you from serious illness.

## ❄ Cold Weather and Your Health

While cold weather can affect anyone, some people are particularly vulnerable, including:

- Older people (aged 65 years and over)
- People with long-term health conditions such as heart or lung disease
- People with mental health conditions
- Pregnant women
- Young children, especially under 5 years
- People with learning disabilities
- People at risk of falls
- People who live alone
- Housebound individuals or those with limited mobility
- People living in deprived circumstances

### Why Cold Weather Matters

Cold weather can increase the risk of:

- Respiratory illnesses such as flu and chest infections
- Cardiovascular problems
- Falls caused by snow and ice
- Carbon monoxide poisoning from faulty heating appliances
- Damp and mould, which can worsen asthma and other breathing conditions

### Keep Warm This Winter

- Heat your home adequately.
- Wear several layers of clothing.
- Check on vulnerable family members and neighbours.
- Ensure heating appliances are serviced and safe.
- Seek medical advice if you feel unwell.

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## 💻 Digital Access to Healthcare

Did you know you can manage your healthcare online?

You can:

✅ Order repeat prescriptions
✅ Book and manage appointments
✅ View test results

✅ Access your medical records
✅ Track your prescriptions

### Register for Online Services

Please visit reception with a valid photo ID to register.

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## 📱 NHS App

Manage your healthcare anytime, anywhere.

Using the NHS App, you can:

- Order repeat prescriptions
- View your GP health record
- Receive appointment reminders
- Read messages from the surgery
- Find NHS services

The NHS App is available **24 hours a day, 7 days a week** and is free to download.

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## 👩‍💻 Need Help Using Digital Services?

**Amrita** is available **Monday to Thursday afternoons** to support patients with:

- PATCHS
- NHS App
- Patient Access

If you would like assistance, please speak to reception.

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## 🚨 Emergency and Urgent Care

# Call 999

For life-threatening emergencies, call **999** or attend your nearest Accident & Emergency (A&E) department.

# Contact NHS 111

For urgent medical advice that is not life-threatening, contact **NHS 111**, available 24 hours a day, 7 days a week.

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## □ Our Services

Kenton Clinic provides:

- Long-term condition management
- Mental health support
- Pharmacy First services
- Preventative healthcare and health reviews

### Self-Referral Services

Patients can access a range of services without seeing a GP first, including:

- Physiotherapy
- Mental health support services
- Drug and alcohol support services

Speak to reception for further information.

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## Appointments

### Telephone: 020 8204 2255 – Option 1

Our team can help you:

- Book appointments
- Change or cancel appointments
- Request same-day appointments
- Arrange home visits where clinically appropriate

Please let us know as early as possible if you cannot attend your appointment.

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## Supporting Your Needs

We offer:

- Face-to-face appointments
- Telephone consultations

- Translation and interpreting services
- Home visits where clinically appropriate

Please inform us of any communication, language, or accessibility needs so we can support you appropriately.

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## □ Respect Policy

Kenton Clinic operates a **Zero Tolerance Policy** towards abusive, aggressive, or threatening behaviour.

Treating our staff and fellow patients with kindness and respect helps us provide the highest standard of care for everyone.

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## 📞 Contact Us

# Kenton Clinic

☎ **Telephone:** 020 8204 2255

Please visit our website or speak to reception for the latest information about our services.

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Stay Safe • Stay Healthy • We're Here for You