

HAPPY NEW YEAR!

We hope everyone had a Great Christmas!

A massive thank you to all our patients for your support throughout 2022 and we wish you health and happiness in 2023

Our surgeries

- St Stephens surgery
- Maple view medical centre
- The Dow surgery
- Elgar House surgery
- The Bridge surgery
- Hillview medical centre

Congratulations to the Frailty Team!



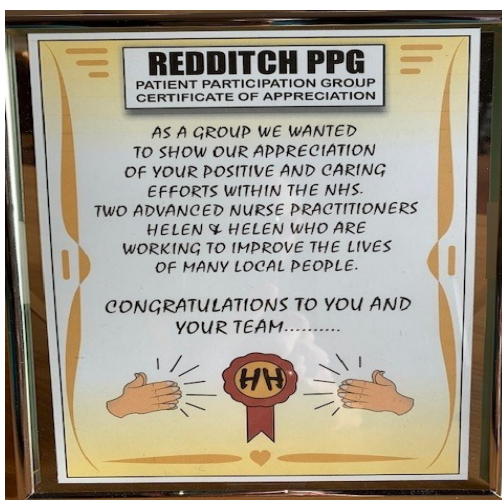
Helen Abdullah, the frailty team Lead (left) and Helen Smith (right) who are both Advanced Nurse Practitioners from the Frailty Team. Both Helen's gave a talk at our November Patient Participation Meeting, informing our members on what the purpose of the Frailty Team is, the expansion of the team and what is coming up in the future.

One of our patient participation members Simon, was so impressed with the dedication and passion of the two Helens, he has produced this award to thank them for such a great presentation and for the amazing work the team have accomplished for our care home residents.

The Frailty Team were set up over a year ago by Helen Abdullah. The purpose of the Frailty Team is responsible for providing care, advice and support across our care homes. The team carry out weekly care rounds, medication reviews, and attend monthly meetings. This has proven to be successful, taking significant pressure off our GPs.

Going Into The Community – the next phase for the Frailty Team is to go into the community and give the same service provided to care homes to vulnerable patient in their own homes.

If you would like to be part of our Patient Participation Group drop us an e-mail, see below.



Did you know that your GP practice is part of the Kingfisher Primary Care Network– PCN?

As a group of GP practices, the PCN is enhancing general practice with the introduction of new services for our patients.

The PPG is a group which gives patients an opportunity to share their thoughts and play an active role in our monthly meetings...

The PPG will give you access to the latest information regarding the PCN. You will also have the opportunity to hear all about the PCN and what we are working on.

We would really welcome your input.....

To find out more about the PCN or to become a PPG member simply email us at:-
hwccg.kingfisher.ppg@nhs.net

Or

You can apply for your monthly newsletter to be mailed straight to your inbox.

Your input matters!

Cervical Cancer Prevention Week (23rd to 29th January)

It's Cervical Cancer Prevention Week, and Jo's cervical cancer trust is holding its biggest event yet, raising awareness for cervical cancer.

The symptoms of cervical cancer can include:

- Unusual vaginal bleeding, especially after menopause
- Changes to vaginal discharge
- Pain or discomfort during sex
- Unexplained pain in your lower back or between your hip bones (pelvis)



Diabetic Education Programmes

Do you know what your risk of diabetes is? If not, you should try this diabetes risk score, which will give you advice based on your circumstances. Knowing if you're at increased risk can help improve your long-term health outcomes.

If you're a type 1 diabetic, you might find a course about life with type 1 diabetes useful. You can join a course no matter how long it is since you were diagnosed, and many diabetics have positive things to say about participating.

If you're a diabetic, or at high risk of diabetes, you can find out more about the education courses available to support you on your journey. Health education improves outcomes.

Always keep your contact details up to date

Notify your surgery of any change of details, such as name, address or contact details

<https://riskscore.diabetes.org.uk/start>

<https://www.nhs.uk/conditions/type-1-diabetes/doing-a-type-1-diabetes-course/>

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/education>

Staying Warm and Winter Payments

Cold weather payments (England, Scotland, Wales) Being too cold can have negative consequences for your health.

If you were born before 26th September 1956 you may be eligible for a winter fuel payment. If you're eligible, you should get the payment automatically, but, if you don't, you can find out more by clicking here.

<https://www.gov.uk/government/publications/op-tips-for-keeping-warm-and-well-this-winter>

<https://www.gov.uk/cold-weather-payment>

<https://www.gov.uk/winter-fuel-payment>

<https://www.gov.uk/government/publications/op-tips-for-keeping-warm-and-well-this-winter>

<https://www.nidirect.gov.uk/services/cold-weather-payment-checker>

