

## Our GP Practices

St. Stephens Surgery  
Maple View Medical Centre  
Elgar House Surgery  
The Dow Surgery  
Hillview Medical Centre  
The Bridge Surgery

## Congratulations to the Frailty Team!

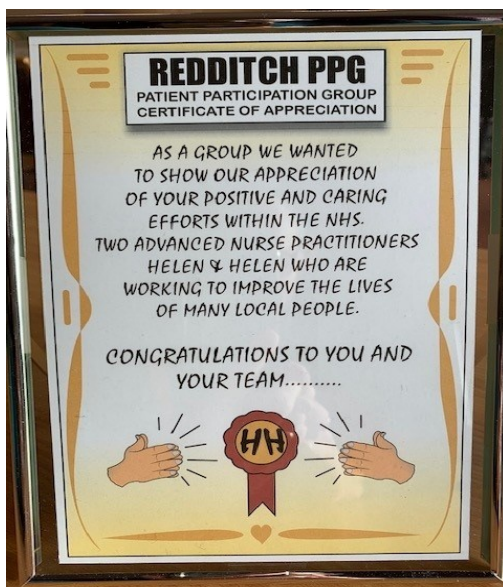


Kingfisher PCN Frailty Team Leads Helen Abdullah (left) and Helen Smith (right) are Advanced Nurse Practitioners who are developing services within our Frailty Team. The Team attended a recent Patient Participation Group (PPG) meeting to provide an update to PPG members on the purpose of the Frailty Team, how it is benefiting our patients, and future plans to develop the Team.

PPG members were most impressed with the services provided and how the service is benefitting patients. PPG members expressed a wish to recognise the dedication, hard work and passion of the Team and produced a PPG award to thank them for the amazing work the Frailty Team have accomplished to support patients living in our Care Homes.

**The Frailty Team** were set up in 2021 by Helen Abdullah (working alongside practices within the PCN). The Frailty Team is responsible for providing care, advice and support across Kingfisher PCN Care Homes. The Frailty Team carry out weekly care rounds, medication reviews and attend monthly meetings. This has proven to be successful—enhancing patient experience and taking significant pressure off GPs.

**Extending the service into the Community** – the next phase for the Frailty Team is to extend the service into the community and provide the same service provided in Care Homes to vulnerable patients within their own homes *if you would like to be part of our Patient Participation Group drop us an e-mail, see below.*



## Visit our Website -

[Homepage - Kingfisher Primary Care Network \(kingfisherpcn.nhs.uk\)](http://kingfisherpcn.nhs.uk)



Visit us on  
**Facebook**

## Or Visit Our Facebook Page -

[Kingfisher Primary Care Network- PCN | Redditch | Facebook](#)

## 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>

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## 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.nidirect.gov.uk/services/cold-weather-payment-checker>

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