

Spring 2024 Newsletter

Redditch Kingfisher PCN



Spring 2024

Welcome to our quarterly Newsletter, where we will let you know of any Practice updates and wider Primary Care messages and announcements. Your feedback on the newsletter is welcomed and we would be delighted to hear any ideas and content you would like to see in any future editions.

Spring COVID-19 Campaign

COVID-19 vaccination is effective and the safest way to protect yourself from the virus. Redditch general practices will begin vaccinating April 22nd 2024.

Who can get a COVID-19 vaccine?

- ◆ Live in a care home for older adults.
- ◆ 75 years old & over or will be turning 75 by June 30th 2024.
- ◆ 6 months and over who are immunosuppressed.

If you fit into any of these categories and would like a vaccine please get in touch with your surgery and book a vaccination appointment.

Care Navigation

Effective care navigation is important to providing coordinated person-centred care and support.

Many of us ask the question...Why does the receptionist need to ask what is wrong with me? This is how the receptionist/care navigator can connect you to the most appropriate service for your needs. Or you may need to see a different clinician who specialises in the area of your needs. GPs have asked care navigators to ask certain questions when booking appointments to help the smooth running of the clinics. It is important to ensure you see the most appropriate clinician. This can help save a GP appointment for you when you need it most.

NHS APP

Millions of people are using the NHS App to manage their health the easy way, from ordering a repeat prescription to checking their records. Using the NHS App is an easy process that you can do from the comfort of your home, without needing to go into to your GP surgery for any information. You will not require any details from your practice to start using the app. Start using the NHS App today! Find out more at www.nhs.uk/nhsapp

If you have any issues or need some help with using or downloading the app, follow this link>>> nhs.uk/nhs-app-help-and-support

To download the
NHS App, scan here



Do more with the NHS App!

- 🔑 Order repeat prescriptions
- 📅 Book appointments
- 👁 View your records
- And much more...



Think Pharmacy First



From soothing an earache to treating a UTI, your local pharmacist can now provide medicines for seven more minor-illnesses, if necessary, without the need for a GP appointment or prescription.

They may also be able to offer treatment and some prescription medicine for some conditions, without you needing to see a GP (this is called Pharmacy First).

Subject to age eligibility. For more information visit nhs.uk/thinkpharmacyfirst



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See your
pharmacist

Help us
help you

Health information video library

Health advice at your fingertips!

Follow the link to access a library full of useful health information >> [Health information video library](https://www.nhs.uk/health-information-video-library)



Worcestershire Association of carers

Worcestershire Association of carers provide a range of support, information and free events, training and activities exclusively for unpaid carers across Worcestershire. Alongside their Carer Services, they have a vibrant and dedicated social Prescribing and Lifestyle Advice Service covering Redditch. For more information and helpful services take a look at their website here >> www.carersworcs.org.uk

Carers Careline

Download carers Careline spring newsletter and see what's going on in Redditch to support carers >> carerscareline.springnewsletter

Caring for someone with Dementia

Healthwatch Worcestershire are asking unpaid carers of someone who has been diagnosed with dementia about the information and support that you and the person you care for receive.

An unpaid carer- is someone who helps to look after someone a few hours a week (or more) who relies on them for emotional, medical, personal or physical care or help with a domestic task.

Please follow the link and fill out the survey so services that can support a carer can be improved.

[Survey](#)



Starting Well Redditch Newsletter Spring 24



Meet the Parenting Team

Our team have a wealth of Knowledge, tips and ideas to support you through your journey as a parent. From fussy eaters to supporting your teen. Our weekly groups are fun and friendly and a chance to meet other parents. Take a look at our website: www.startingwellworcs.nhs.uk or call the one number to chat to our team and find out more.



Stay, Weigh & Play Volunteers Needed

You will provide a welcoming and friendly face for parents and carers who are attending the hubs to weigh their baby.

Tasks include: Supporting parents to use the scales, signposting to local services, setting up the room and preparing the scales.

Skills Required: Good communication and listening skills, approachable and confident manner. Knowledge of the local community would be advantageous.

Clinic times: Holly Trees Hub, Redditch - Wednesdays, 12.15 - 2.30pm
Pear Tree Hub, Bromsgrove - Thursdays 09.15am - 12.30pm (Volunteering hours can be for part or whole of clinic)

Apply online at www.startingwellworcs.nhs.uk/volunteering

Benefits for you include: Training, Social events, Expenses, 1 to 1 Support, Personal Development and Employment.

"I really enjoy volunteering with Starting Well firstly because of the incredible and kind team you are supported by. It is a super rewarding thing to do within the community as you are helping out with baby self-weigh clinic, festive events and more! It just feels like fun."



Eve
Community Hub Volunteer for
Self-Weigh Clinic & Events

Provided by:



In partnership with:



FAMILY HOLIDAY BREAKFAST CLUB



Where?

Redditch Baptist Church
(Easemore Road)

When?

9.30am - 10.15am
Mon 25th - Thurs 28th March
& Tues 2nd - Fri 5th April

No charge

Children to be accompanied by adult parent/carer.
(grown-ups are allowed breakfast too!)



Contact us at:
<https://www.redditchbaptist.org.uk/index.php/contact>

WOULD YOU LIKE TO UNDERSTAND MORE ABOUT THE MENOPAUSE?

Your local mental health support group

Stronger Together

are partnering with

Anita from

Arscott Brookes Consultancy

to talk about health & the menopause.



Anita has been an accredited member of the Menopause Experts Group for over 2 years and is passionate about helping others understand the menopause.

The session will cover:

What is the menopause?

What's happening to me? - common symptoms

How can I help myself?

This FREE session is open to everyone!

**To book your place(s) simply email
strongertogethernw@gmail.com**

*places are limited



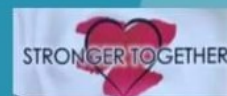
**SATURDAY
18 MAY**



10am-11:30am



**HEATH SUITE
BECKETTS FARM**

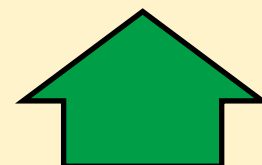


The Home Upgrade is ready!

Government funding is now available for free energy improvements to make homes warmer and reduce energy bills for eligible households in Worcestershire.

If your annual household income is £31,000 or less and you are not connected to mains gas for heating, then you could be eligible.

For more information click the link to download the Home Upgrade Grant leaflet >> [HUG Leaflet](#)



Awareness in Spring 2024

Gynae red flags

<https://patient.info/news-and-features/how-to-talk-to-your-doctor-about-your-vagina>

Healthy diet

<https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/>

Cholesterol

<https://www.nhs.uk/conditions/high-cholesterol/>

Bullying

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>
<https://www.nationalbullyinghelpline.co.uk/>

Child abuse and safeguarding

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/>
<https://learning.nspcc.org.uk/safeguarding-child-protection/duty-of-care-and-safeguarding>
<https://www.nhs.uk/conditions/social-harities/abuse-and-neglect-vulnerable-adults/>

IBS Awareness Month

<https://gutscharity.org.uk/awareness/ibs-awareness-month/>
<https://www.nhs.uk/conditions/irritable-bowel-syndrome-ibs/symptoms/>

Changes that happen with age

<https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>
<https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/10-tips-for-ageing-better/>
<https://www.testicularcancernetwork.co.uk/april-testicular-cancer-awareness-month>
<https://www.nhs.uk/conditions/testicular-cancer/>

Park runs

<https://www.parkrun.org.uk/>
<https://www.parkrun.org.uk/events/events>

Shingles

<https://www.nhs.uk/conditions/shingles/>
<https://patient.info/skin-conditions/shingles-herpes-zoster-leaflet>

Stress Awareness Month.

<https://www.stress.org.uk/sam2024/>
. <https://www.mind.org.uk/information-problems/stress/signs-and-symptoms-of-stress/>

Bowel Cancer Awareness Month

<https://www.bowelcanceruk.org.uk/support-us/bowel-cancer-awareness-month>
<https://www.bowelcanceruk.org.uk/about-bowel-cancer/symptoms/>

Visit Kingfisher Primary Care Network's Website or Facebook here -

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

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

Visit your GP's website & Facebook page

[St Stephen's Partnership](#) | [Facebook](#)

[Hillview Medical Centre](#) | [Facebook](#)

[Elgar House Surgery](#) | [Facebook](#)

[The Dow Surgery](#) | [Facebook](#)

[The Bridge Surgery](#) | [Facebook](#)

