

# Redditch Kingfisher PCN Winter Newsletter 2024/25



Dec 2024 – Feb 2025

## Stay well this winter

There are some things you can do to help yourself stay well in winter. This includes getting your flu and RSV vaccinations. As the days get colder and the nights get darker, it's important to take care of ourselves and the people we care about particularly if they are older or more vulnerable. This can be challenging when it's cold outside. During the colder months, it's easy to trip or fall when it's icy or snowy outside. Take a look at our information on [how to prevent a fall](#).

RSV Vaccination - The RSV vaccine helps protect against respiratory syncytial virus (RSV), a common virus that can make babies and older adults seriously ill. It's recommended during pregnancy and for adults aged 75 to 79. (if you're pregnant or aged 75 to 79 – if you turned 80 on or after 1 September 2024, you're also eligible for the vaccine until 31 August 2025).



Flu Vaccination– The flu vaccine protects against flu, which can be a serious or life-threatening illness. It's offered on the NHS every year in autumn or early winter to people at higher risk of getting seriously ill from flu. You can get the flu vaccine at your GP surgery if you are aged 65 or over. Have certain long-term health conditions. If you are pregnant. Live in a care home. Are the main carer for an older or disabled person, or receive a carers allowance. If you live with someone who has a weakened immune system.

Follow the link to download the 'Stay Well this winter' leaflet for useful information to keep you healthy and safe this winter [NHS.UK/Staywellthiswinter](https://www.nhs.uk/Staywellthiswinter)

The DWP are raising awareness of Pension Credit as thousands of eligible pensioners are yet to claim. Pensioners are urged to check if they could be eligible for Pension Credit to secure **the Winter Fuel Payment, worth up to £300 per household**. Further information can be found in the press release here: [Pension Credit awareness drive as thousands of eligible pensioners yet to claim - GOV.UK \(www.gov.uk\)](#) Individuals can use an independent, free and anonymous [Benefits Calculator](#) to check what they could be entitled to. This will give an estimate of the benefits they could get, how much their benefit payments could be, how their benefits will be affected if they start work or increase their hours and how their benefits will be affected if their circumstances change.

## Did you know?

When you phone your GP surgery, your call will be handled by a care navigator who will assist and direct you in accessing the appropriate service or healthcare professional, in a courteous, efficient and effective way. This may not necessarily be a GP in the first instance. Many medical problems can be handled by a First Contact Physiotherapist (FCP) who can liaise with a GP if guidance is needed. This benefits patients as it increases the availability of appointments.

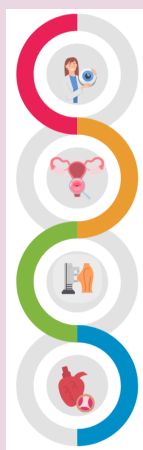


## NHS Screening

Screening is a way of finding out if people have a higher chance of having a health problem, so that early treatment can be offered or information given to help them make informed decisions.

Download the NHS Screening leaflet for information on Diabetic eye screening, cervical screening, breast screening, bowel cancer screening and abdominal aortic aneurysm (AAA) screening.

[NHS SCREENING INFORMATION LEAFLET](#)



## Carers Careline (Redditch Area)

Carers Careline was established in March 1988. Our aim is to promote the health, mental and emotional wellbeing of adult carers, especially the elderly, in the local community through the identification of hidden carers, early intervention, preventative action and pastoral care.

Tel: 01527 66177

[info@carerscareline.co.uk](mailto:info@carerscareline.co.uk)

[www.carerscareline.co.uk](http://www.carerscareline.co.uk)

**Carers  
Careline**  
providing support for unpaid carers

## Support for Young People in Worcestershire

Whether you're struggling with confidence, bullying, health or your wellbeing, there is lots of support available to young people living in Worcestershire. Please follow the link to access the support available to you. [Starting Well](#)



## 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](#)

## Whooping Cough

Whooping Cough (Pertussis) is a bacterial infection of the lungs and breathing tubes. It spreads very easily and can sometimes cause serious problems. It's important for babies and children to get vaccinated against it.

Do you or your child have symptoms? [Click here to check if you have whooping cough.](#)

## Whooping cough can be dangerous

Babies under 6 months old with whooping cough have an increased chance of having problems such as:

- Dehydration
- Breathing difficulties
- Pneumonia
- Seizures (fits)

## Call 999 or go to A&E if:

- You or your child's lips, tongue, face or skin suddenly turn blue or grey (on black or brown skin this may be easier to see on the palms of the hands or the soles of the feet)
- You or your child are finding it hard to breathe properly (shallow breathing)
- You or your child have chest pain that's worse when breathing or coughing– this could be a sign of pneumonia
- Your child is having seizures (fits)

>>[Find your nearest A&E](#)

If you're 16-32 weeks pregnant, it's important to take up the Pertussis vaccine when offered. It helps to protect your baby in their first few weeks of life, as whooping cough can be life-threatening & require hospital treatment. [Whooping cough vaccination](#)





# Help them brush TWICE A DAY to keep decay away

Start brushing your baby's teeth twice a day as soon as their first tooth appears.



Visit **Start for Life** or scan the QR code for more tips and advice.



## THINK PHARMACY FIRST



OVER 95% OF PHARMACIES IN ENGLAND HAVE SIGNED UP TO THE NHS PHARMACY FIRST SERVICE, WHICH SUPPORTS PEOPLE IN CERTAIN AGE GROUPS WHO NEED HELP WITH:

- EARACHE (AGED 1 TO 17 YEARS)
- IMPETIGO (AGED 1 YEAR AND OVER)
- INFECTED INSECT BITES (AGED 1 YEAR AND OVER)
- SHINGLES (AGED 18 YEARS AND OVER)
- SINUSITIS (AGED 12 YEARS AND OVER)
- SORE THROATS (AGED 5 YEARS AND OVER)
- URINARY TRACT INFECTIONS (UTIS) IN WOMEN (AGED 16 TO 64 YEARS).

IF YOU HAVE SYMPTOMS THAT SUGGEST YOU MAY HAVE ONE OF THESE CONDITIONS, YOU CAN WALK INTO A PHARMACY AND BE OFFERED A CONSULTATION WITH A PHARMACIST IN A PRIVATE CONSULTATION ROOM. OUR STAFF CAN ALSO ELECTRONICALLY REFER YOU TO A PHARMACY OF YOUR CHOICE FOR THE SERVICE.

PHARMACISTS WILL PROVIDE ADVICE AND, IF CLINICALLY NECESSARY, OFFER YOU AN NHS MEDICINE TO TREAT YOUR CONDITION (NHS PRESCRIPTION CHARGES APPLY IF YOU NORMALLY PAY FOR MEDICINES SUPPLIED ON PRESCRIPTION). THEY WILL THEN SEND US AN ELECTRONIC MESSAGE SO YOUR GP HEALTH RECORD CAN BE UPDATED.

SHOULD THE PHARMACIST BE UNABLE TO HELP, YOU WILL BE DIRECTED TO OUR GP SURGERY OR OTHER HEALTH PROFESSIONAL AS APPROPRIATE.

IF YOU HAVE SYMPTOMS THAT SUGGEST YOU HAVE ONE OF THE ABOVE CONDITIONS, WHY NOT GIVE THE PHARMACY FIRST SERVICE A TRY?

FOR MORE INFORMATION, VISIT [NHS.UK/THINKPHARMACYFIRST](https://www.nhs.uk/thinkpharmacyfirst)



## Share your NHS patient experiences - NHS Herefordshire and Worcestershire ICB

We think it is important that people can share their experiences of the NHS in their own words.

By sharing your experiences of the NHS, you can help health care professionals and the Integrated Care Board (ICB) to understand what was good, what was bad and what would have made your experience better.

**How to share your NHS experience** - There are various ways you can share your experiences. Please see below:

**Online form** - You can tell us about your NHS experience by following this [link](https://www.surveymonkey.com/r/PEXNHS) to a short survey. The full survey link: <https://www.surveymonkey.com/r/PEXNHS>

**By telephone or video call** - Contact the engagement team at [hw.engage@nhs.net](mailto:hw.engage@nhs.net) to arrange to speak to someone on the telephone or by video call.

As a carer, transform your skills, empower yourself on all things legal and financial. There are many sessions that run throughout the year. Check out the website or call us on

0300 012 4272 to get yourself booked on.  



6th November

## Legal Session with Chris Milne

What the future holds feels especially challenging at the moment: 'We don't know, what we don't know!' and Legal matters can be expensive and daunting.

Join Solicitor Chris Milne and WAC for all the essentials we'll need including: Wills, Lasting Powers of Attorney, Trusts, Living Wills, Tax planning and home ownership.



Online & Great Western Business Park

10.30am - 12.30pm


Do you **WORRY** about how much someone else drinks?

Have you been **hurt** or **embarrassed** by someone's drinking?

Are you **angry** or **depressed** because of someone's drinking?



Confidential Helpline  
**0800 0086 811**  
[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

Al-Anon Family Groups   
*Help and hope for families and friends of alcoholics*

# Healthy Worcestershire

## Health and Wellbeing Insights

A collection of news, reports, data and community stories celebrating a healthy Worcestershire.

## Mental health and emotional wellbeing

Information, advice and guidance for looking after your mental health and emotional wellbeing.

## Healthy adults

Advice and guidance for adults about health and wellbeing.

## Healthy children and young people

Advice and guidance for children and young people about all areas of health and wellbeing.

# Are you using the 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. Your GP Surgery can contact you through the NHS App by turning on your notifications. Remember that turning notifications on or off may take up to 24 hours to take effect. If you use the app on multiple devices, you'll need to allow notifications on each one. Start using the NHS App today! Find out more at [www.nhs.uk/nhsapp](http://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](http://nhs.uk/nhs-app-help-and-support)

surgeries can contact pts direct through the NHS App but they must have their notifications on?



## Active Redditch

For all sports, activities, health, exercise and fitness in the borough

Check out activities in the borough>> Follow the link to a list of activities available in Redditch>>>[Activities in the borough \(redditchbc.gov.uk\)](http://redditchbc.gov.uk)

There are many health and exercise sessions in Redditch including Junior Badminton, Zumba, Couch to 5K, Handball, street cricket and more.. Follow the link to see what's available >> [Health and Exercise | Redditchbc.gov.uk](http://redditchbc.gov.uk)

Sign up to Active and Creative Redditch Updates by following the link here >> [Sign up to Active and Creative Redditch Updates \(redditchbc.gov.uk\)](http://redditchbc.gov.uk)





# Awareness days

## World Aids day 1st December

<https://www.worldaidsday.org/about/>

## International Day of people with disabilities– 3rd December

<https://www.un.org/en/observances/day-of-persons-with-disabilities>

## Wildlife conservation Day– 4th December

[8 Famous Animal Conservationists You Might Not Know Yet](#)  
([goodgoodgood.co](http://goodgoodgood.co))

## Human Right Day– 10th December

[Human Rights Good News | Good Good Good](#)

## Thyroid Awareness month– 1st-31st January

[The British Thyroid Foundation \(BTF\) \(btf-thyroid.org\)](#)

## Cervical Cancer Awareness month– 1st-31st January

<https://awareness-days.co.uk/awareness-day/cervical-cancer-awareness-month/2025-01-01/>

## Dry January– 1st-31st January

<https://awareness-days.co.uk/awareness-day/dry-january/2025-01-01/>

## LGBT History Month– 1st February - LGBT+ History Month

([lgbtplushistorymonth.co.uk](http://lgbtplushistorymonth.co.uk))

## Sexual Abuse and Sexual Violence Awareness Week– 3rd-9th February

[Sexual Abuse and Sexual Violence Awareness Week](#) · [Victims First](#) – supporting victims across Berkshire, Buckinghamshire and Oxfordshire ([victims-first.org.uk](http://victims-first.org.uk))

## Children’s Mental Health week– 3rd-9th February

[Place2Be's Children's Mental Health Week](#) - Official site ([childrensmentalhealthweek.org.uk](http://childrensmentalhealthweek.org.uk))

---

## Visit Kingfisher Primary Care Network’s Website or Facebook here -

[Homepage - Kingfisher Primary Care Network \(kingfisherpcn.nhs.uk\)](#)

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



Kingfisher Primary Care Network wishes you a  
happy and healthy winter!

