



Redditch Kingfisher PCN Spring Newsletter 2025



March 2025– May 2025

Welcome to the quarterly Newsletter for Redditch Kingfisher PCN and our Spring edition, where we will keep you updated with all the latest information from your practice and Primary care.

Did you know if you have one of the following conditions your local pharmacy can help you:

- Impetigo
- Infected Insect Bites
- Earache
- Sore Throat
- Sinusitis
- Urinary tract infections (UTIs) (women aged 16 to 64 years)
- Shingles (aged 18 years and over)



For further information please [Click here](#)



Have you had your RSV vaccine?

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.

For further information please [Click here](#)

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 be 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.



Minor Eye Conditions Service

What is the Minor Eye Conditions Service?

The Minor Eye Conditions Service (MECS) provides assessment and treatment for people with recently occurring minor eye problems. It is an NHS service provided by accredited optometrists (also commonly called opticians).

For further information [Click here](#)

Healthy Worcestershire

Free sessions in the community to help people stay active, socially connected and improve their wellbeing.



The Healthy Worcestershire Programme offers free community sessions which bring together a range of health improvement services to help build social connections closer to where people are living. [Click here](#)

Weekly sessions are run in local venues within the heart of communities, and offer:

- physical activities such as resistance bands exercises, yoga, and tai chi - all focused on mobility, strength and balance
- healthy lifestyle advice, with wellbeing discussions on topics including mental wellbeing and nutrition
- community safety information, such as avoiding fraud or doorstep crime; and
- links to a wide range of other health promoting local activities in your community. The aim is to help residents achieve the best physical, mental, and social wellbeing possible for them

How to join

Residents can book online, via telephone or turn up on the day

Why sign up?

The reasons people have shared for joining the groups include 'getting out to meet new people' and 'to get fitter'. What is being noticed most though, is the connections being built as people come together to improve their social wellbeing and have fun!

Or contact us by phone: 01905 928185 email: healthy.worcestershire@nhs.net

Get active

Being physically active everyday can improve our physical and mental wellbeing as well as help to maintain a healthy weight



Strength and balance

Strength and balance exercises are beneficial to living well as we get older.



The importance of keeping active

Muscle weakness and poor balance in later life are the most common preventable risk factors for falls. The loss of muscle strength can also lead to a reduction in independent living and carrying out basic activities like eating, bathing and getting dressed. Being active can help us enjoy our later years. Physical activity is good for our body and mind. Everybody should aim to be active. [Click here](#)

How can I improve my strength and balance?

Adults (19-64) should aim for at least 150 minutes per week of moderate intensity. All adults should undertake muscle strengthening activities such as:

- exercising with weights
- Yoga
- or carrying heavy shopping



- **For more information why not download our information guide:**

[Ageing well and physical activity flyer \(PDF\)](#)

We at the council have made a search page to help you look for local organisations offering support. The search page is easy to use and can really help, you can find the groups closest to you by searching on your postcode:

[Community Services Directory](#)

We know people are worried, about the cost of living so the government is offering help for households - [Click here](#)

Cost of living support

Many Worcestershire residents are currently struggling with rising living costs. That's why it is important to know what help and support is available to you.



Redditch District Collaborative

Improving Lives in Redditch

Who We Are

Redditch District Collaborative (RDC) originated in 2021. The Collaborative builds on the strong and effective working relationships between Redditch GP practices (Kingfisher and Nightingales PCNs), Redditch Borough Council, Worcestershire County Council, and Public Health. The purpose of RDC is to enable and facilitate strong collaborative working that brings about long-term, positive health and wellbeing outcomes for Redditch residents.

To find out more click [here](#)



Who we are

Age UK Bromsgrove, Redditch & Wyre Forest is a local, independent charity which supports older people, their families and carers across North Worcestershire.

Our staff and volunteers are dedicated to promoting wellbeing and independence for the over-50s and we pride ourselves in offering a local person-centred service to thousands of people across the districts of Bromsgrove, Redditch and Wyre Forest.

Our Vision: To make North Worcestershire a better place to grow older

Age UK Bromsgrove, Redditch & Wyre Forest | Our Services

Patient Participation Group

It's like looking into the Tardis - for behind the door of your GP Surgery is a small army of health care professionals with tailored skills to meet the needs of us, the patients.

And being part of the Patient Participation Group of the Kingfisher Primary Care Network (PCN) in Redditch, gives us a rare insight into the work of our doctors - and the team supporting them.

Our key aim is to offer patient feedback on the future plans and aspiration of the PCN.

Meeting monthly we have the opportunity to learn of new initiatives and listen to and quiz the people helping to make life easier for patients.

We recently heard from Claire Whitehouse of the Vertis Health Bus, a county-wide initiative helping hard to reach patients who might not have a doctor, and from Mumtaz Shah, a social prescriber skilled at tackling not the symptoms, but the root cause of an illness.

This month Sally Williams, a Dementia Wellbeing Support Adviser from the voluntary sector explained what she can do for sufferers.

It all helps to build a picture of the health services available to the people of Redditch.

Ross Crawford-Paul (PPG Member)

To become a PPG member simply email us at hwicb.kingfisher.ppg@nhs.net

Age UK - Our Values:



Caring - We are caring, compassionate and take pride in our work



Trust and Integrity - We are open and honest, treating everyone fairly and with respect



Responsive and Resourceful - We listen and adapt, striving to make a positive difference



Quality - We comply with the relevant standards and guidelines, constantly seeking ways to develop and improve



Professionalism - We are dedicated and professional in our approach, with a commitment to getting things done

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 If you have any issues or need help using or downloading the app, help and support is available on the website.

Did you Know—Surgeries can contact you directly through the NHS App but they must have your notifications on?



Do more with the NHS App!

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

NHS App

Better Health Smoke free

NHS

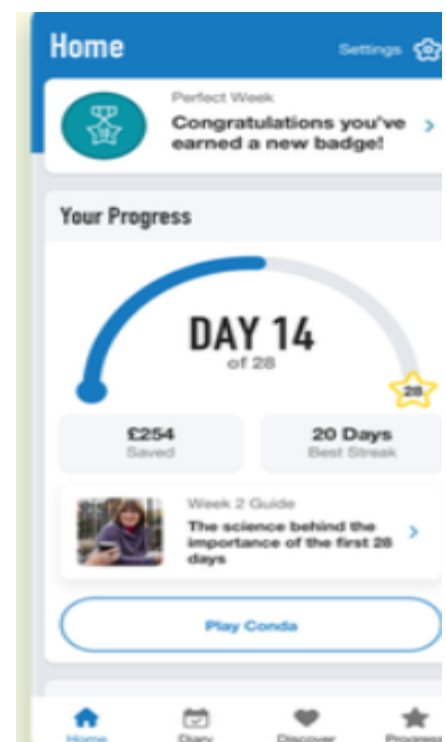
Make 2025 the year you quit smoking.



Use the NHS Quit Smoking app this 2025 to help you quit smoking and start breathing more easily.

The app allows you to:

- track your progress
- see how much you're saving
- get daily support
- get inspired by others



Make 2025 the year you quit smoking for good

When you quit smoking, good things start to happen. You'll begin to see almost immediate improvements to your health.

It's never too late to quit and it's easier to stop smoking with the right support. Why not start by downloading the free NHS Quit Smoking app to track your progress and get daily motivation?

Click [here](#)

Awareness days

Self-Injury Awareness Day | 1 March 2025 📅 Raises awareness about self-harm and self-injury.

[Self Harm Awareness Day - Harmless](#)

World Teen Mental Health Day | 2 March 2025

📅 Highlights the importance of teen mental health.

[The Impact Of Social Media On Mental Health | PepTalk](#)

World Bipolar Day | 30 March 2025 📅 Increases global awareness of bipolar disorder.

[World Bipolar Day](#)

World Health Day | 7 April

📅 Highlights global health issues

[World Health Day 2025 – SDG Knowledge Hub](#)

Stress Awareness Month | April 2025 📅 Raises public awareness about stress and strategies for managing it.

[Stress Awareness Month \(April 2025\) | Days Of The Year](#)

Alcohol Awareness Month | April 2025 Promotes public understanding of alcohol-related issues.

[Alcohol Awareness Month 2025: All You Need to Know](#)

National Counselling Awareness Month | April 2025 📅

Highlights the value of counselling for mental health.

[COUNSELING AWARENESS MONTH](#)

National Children’s Mental Health Awareness Day | 7 May 2025 📅 Focuses on mental health issues in children.

[Children's Mental Health week 2025 and Mental Health](#)

[Awareness week 2025 - BBC Teach](#)

Mental Health Awareness Week | 12-18 May 2025 📅 Encourages learning and understanding more about mental health.

[Mental Health Awareness Week | Mental Health](#)

[Foundation](#)

UK Maternal Mental Health Awareness Month | May 2025 📅 Focuses on maternal mental health in the UK.

[Maternal Mental Health Awareness Week | Maternal](#)

[Mental Health Alliance](#)

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 Spring!**

