



NEWSLETTER

Redditch Kingfisher PCN **Summer Edition**

Informative



Wellness-focused



Accessible



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



Did you hear about **Pharmacy First**?

NHS

DO YOU NEED A DOCTOR'S APPOINTMENT?



WITH **PHARMACY FIRST** YOU CAN GET QUICKER AND EASIER SOLUTIONS FOR:



**Female
UTI infections**
From ages 16-64



Earache
From ages 1-17



Sore Throat
From ages 5-65+



Sinusitis
From ages 12-65+



Impetigo
From ages 1-65+



Shingles
From ages 18-65+



Insect Bites
From ages 1-65+

'Help Us, Help You'

Latest CQC Audit Results: St Stephens Medical Partnership

The **Care Quality Commission (CQC)** plays a vital role in ensuring that health and social care services across England meet the highest standards. While inspection reports offer valuable insights into the quality of services, CQC provides up-to-date ratings and insights on services

[Click here to find more](#)



Last rated
22.01.2025

ST STEPHENS MEDICAL PARTNERSHIP

St Stephens Surgery
Adelaide Street
Redditch
B97 4AL



Are services

Safe?	Good
Effective?	Good
Caring?	Good
Responsive?	Good
Well-led?	Good



Stay on top of your health by downloading the **NHS app** today. Access medical advice book appointments, and order prescriptions all in one place—download now for easier healthcare at your fingertips.

[Click here to find more](#)



Dementia Wellbeing Service

The Age UK Wyvern Dementia Wellbeing Service is here for you and your loved ones to help you live well with dementia.

What can we help with?

Our advisors provide continuous person centred support to help keep your loved ones at home and independent for as long as possible:

- ✓ Improving wellbeing
- ✓ Getting support at home
- ✓ Advice for carers
- ✓ Assessing financial and legal help
- ✓ Accessing social groups and events
- ✓ Navigating local care services
- ✓ Assistive technology
- ✓ Benefit checks and form support

Other dementia support services

We understand the challenges that a dementia diagnosis can bring and so we have a variety of other services to support you and your loved ones, including:

- ✓ Dementia Cafés
- ✓ Maintenance Cognitive Stimulation Therapy (MCST)
- ✓ Monthly Group Outings
- ✓ Dementia Meeting Centres
- ✓ Dementia Engagement and Empowerment Project (DEEP)
- ✓ Young Onset Dementia Support

To find out more about our Dementia Wellbeing Service, please contact us:

0333 038 3711

dementia-wellbeing-service@ageukwyvern.org
www.ageukwyvern.org

Age UK Worcester, Malvern Hills & Hereford Localities, trading as Age UK Wyvern, is a registered charity (11114859) and company limited by guarantee, registered in England and Wales (05688674). Head office: Bank House, 7 Shaw Street, Worcester, WR1 3JQ.



Carers Careline

providing support for unpaid carers

Do you care for someone who cannot manage without your help?

Carers Careline was established in 1988 providing emotional and practical support to unpaid carers in the local community of Redditch. Our aim is to promote the health, mental and emotional well-being of unpaid carers who look after family, friends and loved ones. We offer a programme of services to engage, enrich, empower and enable carers who register with us.



What are they?

They offer **monthly dementia-friendly group outings**, open to individuals living with dementia and their loved ones in Worcestershire. Each month, our dedicated team organizes engaging and stimulating trips to a variety of local destinations, ranging from peaceful summer strolls through stunning gardens to exciting tours of classic car factories. With something to suit everyone's interests, these outings provide a great opportunity for socializing and enjoyment.

Click [here](#) to find more.

Carers Careline

Ross - PPG Member

REDDITCH has an astonishing **9,000 carers** - all looking after family, friends and neighbours in need. That was the startling figure revealed to members of the Kingfisher Patient Participation Group (PPG) by Erica Gibson Di Meo, **chief officer of Redditch charity Carers Careline**. She was guest speaker at the April meeting of the PPG, attended by **Kingfisher Medical Director Dr Richard Burling**, a practice manager, members of the public and chief officers from your Primary Care Network. Erica revealed that many of these carers don't even realise they're in a caring role and are often unaware of the physical, mental and financial toll it is having on them. Across the UK there are some **10 million people** in a caring role, unpaid and often isolated, yet saving the NHS an estimated **£162 billion** a year. Redditch Carers Careline is dedicated to easing the burden on local carers, offering telephone support, newsletters, events, a carers connect service, drop in, form filling help, respite care, counselling and a bereavement group - to name just a few of its activities, all paid for by charitable donations. **PPG members** also heard of new initiative on the Westlands estate in Droitwich by Public Health which has not only produced better health outcomes for residents but has resulted in savings for the NHS. Westlands is recognized as an area of need in Worcestershire and members expressed the hope that the initiative would also be rolled out to similar parts of Redditch. For more on **Carers Careline** email:

-info@carerscareline.co.uk.

To join the PPG, contact: hwicb.kingfisher.ppg@nhs.net

Our Service Programme

Telephone Support
Carers Connect
Drop-In
Support Groups
Form Filling
Counselling
Respite Breaks

Information, advice and support for unpaid carers in Redditch

01527 66177

Call us: Monday - Thursday
10:00 - 1:30

Drop-In: Monday - Wednesday
10:30 - 12:30



Have you
downloaded the
Cancer Services
App?

Scan the QR code for
more details.

Any questions please contact ben.furrow@nhs.net



Healthy Worcestershire

Healthy Worcestershire is a **free service** that helps you thrive and feel your best. Our weekly sessions include some gentle exercise (no gym clothes needed!). We also have social activities and interesting talks on a range of topics.

Click [here](#) to find more information



Why We're Here

The Worcestershire Prostate Cancer Support Group was formed in 2000 to support all individuals affected by prostate cancer. Our group covers the whole of Worcestershire and with nearly 500 members is one of the largest groups in the UK.

Stronger for Summer




Gentle exercise = healthier lungs

Pershore Open Meeting

Doors open at 7.00 for a 7.30 start

Wychavon Civic Centre, Queen Elizabeth Drive,
Pershore WR10 1PT

Guest Speakers: Elaine Stratford (Cancer Quality Assurance Manager, WAHT) and Elaine Sutcliffe (Bladder and Bowel Services Team Leader)

11th June 2025

Doors at 7pm

Partners' Group Meeting

Perdiswell Young People's Leisure Club, Droitwich Road, Worcester WR3 7SN. All partners of members and non-members are very welcome to attend this meeting of a group formed only a year

25th July 2025

11am to 12.30pm



Redditch District Collaborative

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. To find out more click [here](#)



Bromsgrove and Redditch Network

About us

Bromsgrove and Redditch Network (BARN) was formed in 1997 to help provide support and services to community and voluntary sector organisations.

The aim of the Network is to give the voluntary sector a collective voice, share ideas and information, identify training opportunities and discuss funding issues.

We're also a Volunteer Centre, and match potential volunteers with relevant opportunities.

Alternatively you can contact us by

- telephone – 01527 60282 (answerphone available)
- e-mail – volunteer@barn.org.uk

We're happy to register you over the phone, or chat to you about volunteering. If you prefer we can arrange a face to face chat, or a virtual one.



BART community minibus

BART is Bromsgrove District's community minibus, run by BARN. It helps people that can't use public transport and wouldn't be able to get out otherwise.

burtrides.org.uk



Community Builders

Our Community Builders start from a simple premise – that the community should be the lead for what happens in their community.



Reimagine Redditch

BARN is the fundholder for Reimagine Redditch – where everybody in Redditch can take part in fun and enjoyable, creative activities that celebrate all cultures throughout the borough.



Cost of living

Times are really hard for many of us at the moment. Here are some of the resources and organisations that we know about that might be able to help.



Bromsgrove and Redditch Open Spaces

Bromsgrove and Redditch Open Spaces (BROS) was an initiative that brought together people interested in the open spaces of Bromsgrove and Redditch.

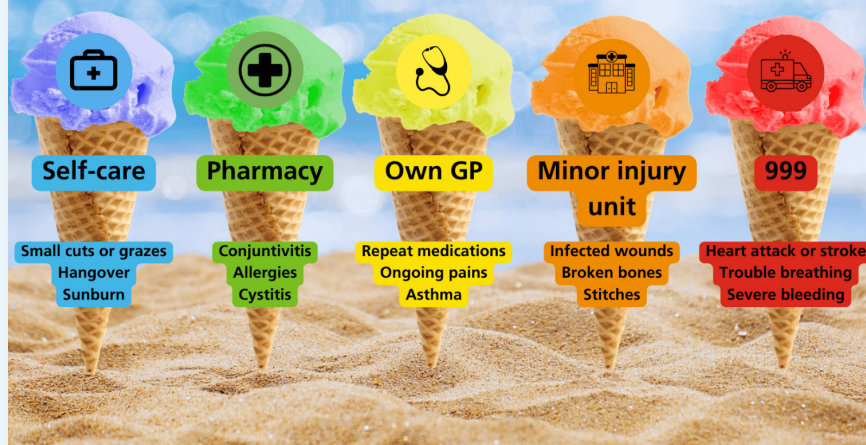


Support Bromsgrove

A partnership of Voluntary, Community & Public Sector groups across Bromsgrove District, providing a support network of local organisations here to help in whatever way we can.

NHS

Where is best this summer?



CHANGE
NHS

**Help build a
health service
fit for the future**



SEND
Support Redditch

**Worcestershire
PARENT
CARER
FORUM**

**SEND
'Stay & Play'**

FREE

'Stay & Play' for SEND Families

For children aged 0 to 5 with additional needs, their siblings and parent carers. Join us for a morning of play, fun and support.

9.45am to 11.15am on:
Tuesday 20th May 2025
Tuesday 17th June 2025
Tuesday 15th July 2025

**At Holly Trees Family Hub
 St Stephen's First School
 Mabey Avenue, Riverside,
 Redditch, B98 8HW**

Text Laura on 07702 852 307 to book your place.

HOW CAN I GET ADVICE?

Benefits Money Housing finance Work Debt
 Family Confidential advice Tenancy advice

Would you like to find out about groups, activities and services available locally?

Drop-in to the following safe and supportive space, where people are available to offer support, advice and connect you to the right help!

No need for an appointment.

**Redditch Library Drop-In, 11am - 2pm
 Monthly on the following Mondays in 2025:**

27th January	28th July
24th February	18th August
24th March	29th September
28th April	27th October
19th May	24th November
30th June	22nd December

Printer, telephone, scanning & computer access available.
 The 'Your Health' bus will also be at this venue.



NHS

FEEL WELL THIS SUMMER

1

In hot summer weather stay out of the sun, particularly between 11am and 3pm, wear a hat and light clothing to cover up, and use sunscreen of at least Factor 15.

2

Avoid strenuous activity and remember to drink plenty of water and avoid excess alcohol, caffeine and hot drinks.

3

Ensure food is not left out in warmer weather, and that it is cooked thoroughly at a barbecue to avoid food poisoning.

4

If you're planning to travel outside the UK, seek travel advice at www.travelhealthpro.org.uk/country-information. You may also need to be vaccinated against infections you may come into contact with while travelling.

5

Be a good neighbour and look after those who may need a helping hand in hot weather, such as the very old, the very young and people with chronic conditions.

6

Choose Well and use the correct health service, at the right time.

For more summer advice, visit www.nhs.uk/summerhealth

NHS



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THE NHS APP**

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App Store

GET IT ON
Google Play



AWARENESS DAYS



Kingfisher PCN | [Website](#)

Kingfisher PCN | [Facebook](#)

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

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

Hillview Medical Centre | [Website](#)

Hillview Medical Centre | [Facebook](#)

The Dow Surgery | [Website](#)

The Dow Surgery | [Facebook](#)

The Bridge Surgery | [Website](#)

The Bridge Surgery | [Facebook](#)

Elgar House Surgery | [Website](#)

Elgar House Surgery | [Facebook](#)



FOLLOW US



**We're here
to help you**



A chance for the whole country to come together and improve air quality through collective action.

Date : 19/6/2025

Press [here](#) for more information



A chance for the UK to get thinking about drinking. It's a week of awareness-raising, campaigning for change, and more.

Date : 7-13/ 7/ 2025

Press [here](#) for more information



Have 5 A Day; Drink plenty; Get active; and try something new.

Date : 9-15/ 7/ 2025

Press [here](#) for more information

**MEN'S
HEALTH
WEEK**

Led by the Men's Health Forum to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.

Date : 9-15/ 7/ 2025

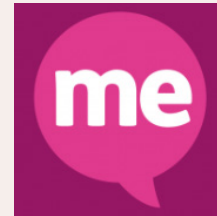
Press [here](#) for more information



Raising awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood.

Date : 14/ 7/ 2025

Press [here](#) for more information



Raising awareness about the issues that are important to people with a learning disability and their families and carers.

Date : 16-22/ 7/ 2025

Press [here](#) for more information



The global campaign that aims to inform, anchor, engage and galvanize action on breastfeeding and related issues.

Date : 1-7/8/2025

Press [here](#) for more information



UK's biggest cycle commuting event.

Date : 7/8/2025

Press [here](#) for more information