



NEWSLETTER

Redditch Kingfisher PCN *Autumn Edition*



Informative



Wellness-focused



Accessible



Welcome to the **Autumn Edition** of the Redditch Kingfisher PCN Newsletter!



Get your free flu jab



NHS

AUTUMN 2025 COVID-19 VACCINE IMPORTANT CHANGES



Some people with a learning disability can get very ill if they get flu.



The best way to avoid flu is to get a free flu jab.



GP surgery

You can have the flu jab at your GP surgery.

COVID-19 Autumn Boosters – Stay Protected This Season

Protect yourself and your loved ones this autumn with the latest COVID-19 booster, designed to guard against evolving variants.

From **1 October 2025** those eligible for the autumn booster include:

- Adults aged 75 years and over
- Residents in care homes for older adults
- Individuals with a weakened immune system, aged 6 months and over”

Stay protected this season—check if you’re eligible and **book your booster**.

Get Your Free Flu Jab - Stay Healthy This Season

The best way to protect yourself is to get a free flu jab at your GP surgery. Links to book your appointment will be sent out by your GP. Your GP surgery will send booking links.

From 1 September 2025: pregnant women, children (2–3 yrs, Reception–Year 11), and children in risk groups.

From October 2025 : 65+, adults in risk groups, carers, close contacts of immunocompromised, and front line social care staff.

Protect yourself — get your free flu jab.

Carers Board Now in Kingfisher PCN Practices

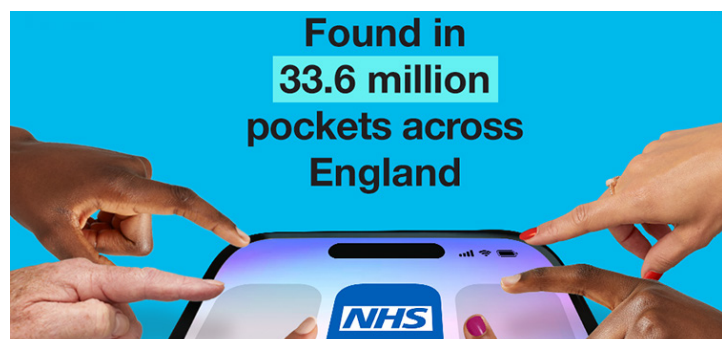
NEW

From August, all Kingfisher PCN practices—including **St. Stephens, Maple View Medical Centre, Hillview Medical Centre, Elgar House, The Dow Surgery, and The Bridge Surgery**—have introduced a **Carers Board** in their waiting areas.

It's a great way to stay informed, find support, and discover what's on locally. Be sure to check the board regularly during your visits!



 **Maple View Surgery, Redditch.**



PCN Health Promotions – NHS App Support

André, PCN Health Promotions and Communications Coordinator, will be in Maple View Medical Practice and other practices across Kingfisher PCN to support patients and promote the NHS App. He will be available to:

- Show patients how to **book appointments**
- Guide them through ordering **repeat prescriptions**
- Help access **medical records**
- Explain other useful **NHS services**

This is a great opportunity for patients to receive one-to-one guidance and make the most of the NHS App and get support with any related issues.

Check your GP practice's social media for dates and updates — catch André near you!

Every life matters

Orange Button
Community Scheme

Orange Button Community Scheme

People who are having thoughts of suicide, or who are worried about a friend or family member, can now "push the button" when they see someone wearing a distinctive orange badge, and ask them for information and support.

The orange button is worn by people who have undergone specialised suicide prevention training, and while they are not able to counsel people, they can provide comprehensive signposting to relevant services.

Registering for your Orange Button

If you have attended a Half day Suicide Alertness, Half Day Self-harm/Suicide Alertness, ASIST, SafeTALK, Suicide First Aid or MHFA course with us in the last two years and you live in CUMBRIA you can register for your Orange Button below.


[Register for your Orange Button](#)

Why is being active good for me?

The more active you are, the greater the benefits could be. How might you and your family benefit from being more active?

Reduce risk of cancer



Keep a healthy weight



Improve mood and reduce stress



Boost energy



Reduce risk of dementia and depression



Reduce risk of osteoarthritis



Reduce risk of falls in older adults



Socialise



Develop new skills


cruk.org/activity
Together we will beat cancer


NHS



Better Health

Start for Life

NHS

LOAD THEM UP...



90% of brain growth happens by age five.

What you do together can make a huge difference. Search Start for Life for tips and advice, and information on your local Family Hub.

Why wait?

Book your appointment online

www.nhs.uk/GPonlineservices


MACMILLAN CANCER SUPPORT



Have you
downloaded the
Cancer Services
App?

Scan the QR code for
more details.

Any questions please contact ben.furlow@nhs.net

MS Support Group

At the Arrow Valley Visitor Centre,
Battens Dr, Redditch, B98 0LJ

10am - 12pm on the following Wednesdays in 2025:

Jan 8th,
Feb 12th,
Mar 12th,
Apr 9th,
May 14th,
Jun 11th,
July 9th,
Aug 13th,
Sept 10th,
Oct 8th,
Nov 12th,
Dec 10th



Redditch
Borough Council
Working together for sustainability

Contact Lynn Murray at lynn.44murray@gmail.com or on 07977 819546



Join MS Support Group for friendly
conversation, shared experiences, and
helpful advice.

Meetings once a month — no referral or
appointment needed, just come along!

Need support?

Come and see us in person — no appointment
needed! Just drop in and speak to a member of
our team face to face.



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.



Better
Health
Let's
do this

Quit Smoking Start Saving

Join the thousands of people
who are quitting smoking.



Download the free
NHS Quit Smoking
app to get started.



NHS

Walking Rugby



**Thursdays
7-8pm
Redditch
Rugby Club**
Bromsgrove Road,
Redditch,
B97 4SP

**£1
PER
SESSION**





**ASTRO PITCH, PLEASE WEAR
TRAINERS (NOT BOOTS)**

For more information contact Brian at
Redditch Rugby club on 07557 263810

SUPPORTED BY



ABBEY TRACK WALKS

FREE!!

At the
Abbey Stadium
Birmingham Road B97 6EJ
**Wednesdays
11am**

Walking is a great way to
get out in the fresh air, get fit,
explore what's on your doorstep,
and make new friends.

**Come and try for yourself at our
FREE sessions**



**ANYONE
WELCOME,
JUST TURN UP**

For more information call Hayley on 01527 881404



**Active
Redditch**




REDDITCH

**TAI CHI
KEEP FIT 60+
REHABILITATION
STRENGTH AND BALANCE**

The Bridge Community Hall Eveham Rd B97 4JX

Tue 10:00 am Keep Fit 60+ / Zumba Gold
11:00 am Tai Chi & Mindfulness
12:00 pm Tai Chi & Mindfulness

**£5
PER
SESSION**

WINDMILL Centre Rye Grass Ln, Redditch B97 5YE

Thu 11:00 am Keep Fit 60+ / Zumba Gold
12:00 am Living Lung
1:00 pm Joint Effort (Arthritis Rehab)

facebook [aliveness and balance with Juanita's online classes](#)

07856565639 Juanita hooplalino@yahoo.com



fitforlife

Redditch Rugby Clubhouse,
Bromsgrove Road,
Redditch
B97 4SP

60+

Men's Fit for Life Class
Gentle Group
Exercise Class
£5 Pay As You Go
Every Tuesday
2.00 to 3.00pm



Email, visit website or call
info@kosport.co.uk
www.kosport.co.uk
@kosportcoaching 

01905 840 396 or 07916 274 811



🔍 **Social Media**  

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



Just a heads-up – the names are clickable links, so feel free to tap them for more details!

September

→ [Childhood Cancer Awareness Month](#)

→ [Blood Cancer Awareness Month](#)

→ [World Alzheimer's Awareness Month](#)

October

→ [Attention Deficit Hyperactivity Disorder \(ADHD\) Awareness Month](#)

→ [Menopause Awareness Month](#)

→ [National Disability Employment Awareness Month](#)

→ [STOPTOBER: Quitting Smoking](#)

November

→ [International Brain Tumour Awareness Week](#)

→ [Lung Cancer Awareness Month](#)

→ [National Diabetes Month](#)

**We're here
to help you**

