



NEWSLETTER

Redditch Kingfisher PCN **Winter Edition**



Informative



Wellness-focused



Accessible



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



We're here to help you stay well this winter



Winter Is Here – Stay Warm, Stay Well

As the colder months arrive, it's important to take small steps to stay healthy and comfortable. Winter can challenge our energy and immune systems, so keeping warm, eating nutritious meals, and staying active are key. Experts recommend layering your clothing, drinking plenty of water, and getting some sunlight each day to boost mood and **vitamin D levels**.

At work and at home, simple habits make a big difference a short walk, a balanced lunch, and regular breaks help maintain focus and wellbeing. And don't forget kindness: a **warm smile or small act of support** can go a long way during the darker days.

Let's make this winter a season of care, connection, and good health.



Social Media



Kingfisher PCN | [Facebook](#)

Kingfisher PCN | [Website](#)



FOLLOW US

Elgar House Surgery | [Facebook](#)

Elgar House Surgery | [Website](#)



The Bridge Surgery | [Facebook](#)

The Bridge Surgery | [Website](#)



JOIN US

The Dow Surgery | [Facebook](#)

The Dow Surgery | [Website](#)



Hillview Medical Centre | [Facebook](#)

Hillview Medical Centre | [Website](#)



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

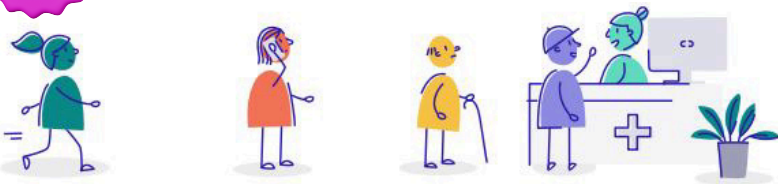
St Stephen's Partnership | [Website](#)



66.8 million
prescriptions
ordered



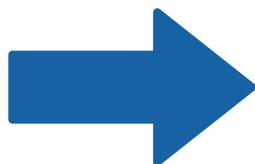
NEW

Getting in touch with **St Stephens Medical Partnership** has become easier:

You don't have to join the morning rush to reach your GP.

There are quick and easy ways to get in touch, and get the care you need.

- Choose the recommended routes below to **avoid queues**.
- However you contact us, a healthcare professional will assess your request **in the same way, as soon as possible**.
- Our aim is to give everyone **fair and equal access** to care.



Recommended

Visit our website

Get in touch via our surgery's website. It's **fast, secure** and your request is delivered straight to our team.



Call or visit the surgery

If you cannot contact us online, you can still telephone or visit the surgery. We process all requests in the same way, so **no route is quicker than another**.



Powered by
accurx

Download the NHS App
to better manage your care



Avoid the Morning Rush – Reach Your GP the Easy Way!

You don't need to wait on the phone or queue at the surgery. Our GP practice website makes it quick and easy to get in touch and manage your care.

Whether you contact us online or in person, your request will be reviewed by a healthcare professional as soon as possible giving everyone fair and equal access to care.

➔ Visit <https://www.ststephenssurgery.co.uk/> and submit your request anytime using our online form.

➔ Call or visit – if you can't access online services.

Better
Health
Let's
do this

NHS

Quit Smoking Start Saving

Join the thousands of people who are quitting smoking.



Download the free
NHS Quit Smoking
app to get started.

GET IT ON
Google Play

Download on the
App Store



Check if you are eligible with your GP practice



ARE YOU PROTECTED?

If you're:

- 65 or over • immunocompromised • or have a chronic respiratory, heart, kidney or liver disease
- you're eligible for a **FREE** pneumococcal vaccination.

The vaccine reduces your risk of bacterial infections that cause serious illnesses such as meningitis, sepsis and pneumonia, as well as sinusitis and ear infections.

Book now at your GP practice.

UK Health
Security
Agency

GET PROTECTED.



YOUR SHINGLES VACCINE

IS WAITING FOR YOU



For parents' questions,
BIG & small.

When should I wean my baby?

Why is my baby crying?

Who can I ask for help with breast-feeding?

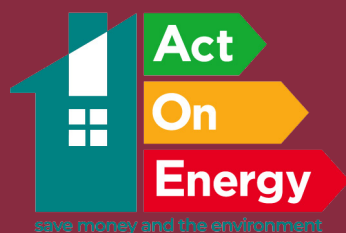


Get advice and support at
BestStartInLife.gov.uk



From breastfeeding and weaning to pregnancy, childcare support, and getting ready for school there's trusted guidance to help you and your family thrive.

Find advice and support all in one place [click here](#)



Act on Energy is a free, impartial energy advice charity helping residents across Worcestershire. With over 25 years' experience, our energy experts are here to support you with reducing your energy bills, understanding new technology, and accessing funding for winter energy support or energy efficiency upgrades.

You can call Act on Energy for free on 0800 988 2881 or check out the information on our website at www.actonenergy.org.uk

Carers Careline

providing support for unpaid carers

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
www.carerscareline.co.uk

citizens advice

Bromsgrove & Redditch



Adviceline
0808 278 7890



@citizensadvicecabr



Citizens Advice
Bromsgrove & Redditch

If you need free, impartial and confidential help with benefits, debt and money, housing, work or other issues, you can speak to us at one of our drop ins listed below:

Every Wednesday 9:30 - 13:30, The Old Needle Works, Britten Street, B97 6HD

Every Thursday 14:00 - 16:30, Family Hub, Holly Trees Children's Centre, Mabey Ave, B98 8HW

Every last Monday of a month, 11:00 - 13:00, Redditch Library, 15 Market Pl, B98 8AR

Every 1st and 3rd Monday of a month, 10:00 - 13:00, Arrow Valley Boathouse Café, Battens Dr, B98 0LJ

Every last Friday of a month, 10:00 - 12:00, Sandycroft Centre, West Ave, B98 7DH

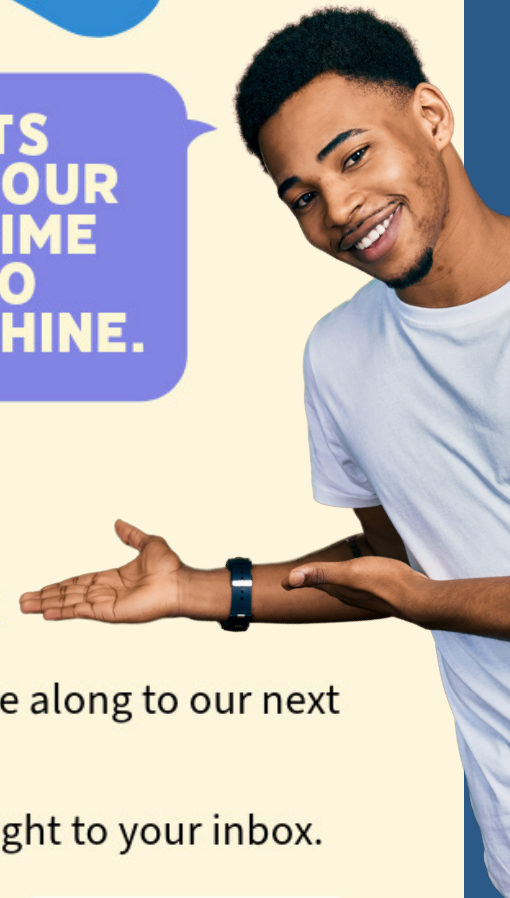
Every 1st Thursday of a month, 09:00 - 12:00, Inspire, Winyates Barn Community Centre, Winyates Way, B98 0NR



Patients Participation Group Meeting (PPG)



BECOME A PPG MEMBER



Friendly faces, great conversations, real impact come along to our next PPG meeting!

You can apply for PPG newsletters to be mailed straight to your inbox.

Your Input Matters!

Scan the QR Code and email us at
hwicb.kingfisher.ppg@nhs.net





Some feedback:

"Everyone should give it a try like I did."

"I think PPG truly represents consistency, collaboration, and commitment."

"Being a PPG member gives me the opportunity to ask questions, raise issues of concern and share information."

"Good communication they gave us updates on new services and how patient feedback shaped them."

"It's a great way to meet new people and connect with others who care about patient wellbeing."

"I joined to give feedback about something that didn't work for me and instead of being ignored, the staff invited me to help improve it. That felt amazing."

"Joining the PPG helped me understand how much effort goes into running the practice."

"This meeting is very important for the development of better understanding between a GP and a Patient. "

"Sometimes, just showing up and listening makes a difference. "

"I've learned a lot from joining."

"The atmosphere and the tone of the meetings is first class and, I believe, encourages helpful, informative and respectful discussion from all parties."

"I was asked to join some years ago.

It's nice to hear about what's happening in my local area. A number of useful connections have been made within the group and people who attend to speak."

**DIFFERENT DRIVES, SAME DIRECTION.
THE NEXT FEEDBACK CAN BE YOURS.**





Healthy Worcestershire

**Free and fun gentle exercise
and social groups in Redditch**

- Sandycroft Centre: Sandycroft West Avenue, Redditch B98 7DH - Tuesdays – 10am to midday
- Abbeydale Community Club: Woodfield Cl, Redditch B98 8JE - Wednesdays – 10am to midday
- Woodrow Community centre: 35 Woodrow Center, Redditch, Uk B98 7RY - Thursdays – 10am to midday
- Willow Tree Community Centre: Loxley Cl, Redditch B98 9JG -Fridays – 10am to midday
- Redditch Borough Football Club: Cherry Tree Walk, B97 6PB - Saturdays – 10am to 11am

Call or email for more information and book, or turn up on the day.

01905 928185 / 0800 772 0307

HealthyWorcestershire.org.uk

Healthy.Worcestershire@nhs.net



WORCESTERSHIRE
county council



**Join
the
Super!**

Free cricket sessions!

Make new friends!

All disabilities welcome | Ages 12-25

Every Wednesday from 5.30 - 6.30pm

Heart of Worcestershire College, Peakman Street, Redditch B97 8DW

For more information and to register your interest, contact:

Hannah Pettigrew on 07741 272 502

or at Hannah.Pettigrew@wccc.co.uk

or visit www.lordstaverners.org

Registered Charity No. 304654 | OSCR No. SC044238



LORD'S TAVERNERS
Empowering young people through cricket



CHANCE TO SHINE
STREET

FREE STREET CRICKET

AGE 8-15



GIRLS ONLY INDOOR CRICKET

COMMUNITY CRICKET SESSIONS PLAYED WITH A SOFTBALL
ALL EQUIPMENT PROVIDED, NO EXPERIENCE NECESSARY

THURSDAYS

5 - 6PM

TRINITY HIGH SCHOOL

GROVE STREET,

REDDITCH,

B98 8DS

WANT MORE INFORMATION?

SCAN HERE



WORCESTERSHIRE
CRICKET FOUNDATION

For more information contact:

jamie.watson@worcestershirecricketfoundation.co.uk

07376 534926



WORCESTERSHIRE
CRICKET FOUNDATION

MS Support Group

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

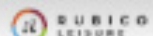
10am - 12pm on the Wednesdays below:

13th November

11th December



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



SUPPORTED BY
Redditch
Borough Council
Worcestershire Cricket Foundation

AWARENESS MONTHS



Here's a quick heads-up on some important awareness days coming up in the next three months:

December

- World AIDS Day - 1 December
- National Grief Awareness Week - 2-8 December
- Christmas Jumper Day - 11 December
- Festival of Winter Walks - 20 December
- Decembeard - 1-31 December

January

- Dry January - whole month of January
- World Braille Day - 4th January
- Cervical Cancer Prevention Week - 15-21 January
- Love Your Liver Month - whole month of January
- World Neglected Tropical Diseases Day - 30 January

February

- Time to Talk Day - 1 February
- World Cancer Day - 4 February
- International Day of Women and Girls in Science - 11 February
- National Heart Month - whole month of January
- Rare Disease Day - 28-29 February



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



See You in 2026!