

# Winter 2023 Newsletter

## Redditch Kingfisher PCN

### Stay well this winter

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 and we are trying to keep the costs down inside.

### Keep yourself and others healthy

Winter conditions can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.

It's important to get your [seasonal flu and COVID vaccinations](#) if you're at a higher risk of getting seriously ill from these illnesses. **Please note the cut off date for booking your COVID vaccination through the National Booking system is 15th December 2023.** Help to stop the spread of winter bugs by washing your hands for at least 20 seconds with soap and water. It is the best way to prevent tummy bugs, COVID-19 and other winter illnesses. If you cannot use soap and water, wash your hands with alcohol-based hand sanitiser containing at least 70% alcohol, but it does not kill all winter bugs, such as Norovirus. Check your eligibility for COVID and Flu vaccinations here [Seasonal vaccinations and winter health - NHS \(www.nhs.uk\)](#)



### Don't let Measles , Mumps & Rubella into your childs world

The risk of catching Measles, Mumps and Rubella increase when your child goes to nursery. When you don't get your child their MMR vaccines, they're left exposed to becoming seriously ill. Protect your child with both MMR vaccines. Contact your GP to book their first or second dose. Find out more at [NHS.uk/MMR](#)

During the colder months, it's easy to trip or fall when its icy or snowy outside. Take a look at our information on [how to prevent a fall](#).

Follow the link for a directory of council services and useful information to help keep you financially, physically and mentally well this winter. [Worcestershire Winters Well | Worcestershire County Council](#)

### Help available with heating costs this winter

Try to heat the rooms you use to at least 18°C if you can. If you can't heat all the rooms you use, heat the living room during the day and your bedroom just before you go to sleep.

Winter Fuel Payment is an annual tax-free payment to help you with heating costs during the colder months.

Follow the link for more information and check if you are eligible

[Am I eligible for Winter Fuel Payment?](#) Want more information? Read the [Winter wrapped up information guide](#)

**Bromsgrove & Redditch Festive Special Leaflet 2023/24 for cost of living: Lets work together** contains lots of helpful information including some hot tips to help you through the Christmas period and support services to get you through the Winter Months. Please download by clicking the link here [Bromsgrove & Redditch Festive Special 2023/2024](#)

### 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. Many medical problems can be handled by a Physician Associate (PA) or 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.

## Age UK- Caring for carers

If you look after a partner, relative or friend who is disabled or ill due to physical or mental health problems, you are a carer, even if you don't think of yourself as one. Find out about the emotional, practical and financial support available to you.



Do you need help with...

- [Financial support for carers](#)
- [Taking a break from caring](#)
- [Juggling work and caring](#)
- [Looking after myself](#)
- [Dementia care](#)
- [My role has changed or ended](#)

## Age UK

### **Respite Care: having a break from caring**

It's important to take a break from care if you need one. This is known as out respite care – find out how you arrange respite care and how it may affect your benefits.

[What is respite care?](#)

[How do I arrange respite care?](#)

[Will a break from caring affect my benefits?](#)

## Worcestershire Association of carers

Did you know Worcestershire Association of Carers have lots of fun events you can attend! Follow the links below for more information.

[Festive Crafts North](#)

Wed 6th Dec 10:30-12:30

[Festive Breakfast Get together south Worcester](#)

Thu 7th Dec 9:30am– 11:00am

[Festive Breakfast Get Together South Worcester](#)

Tue 12th Dec 9:30am– 11:00am

[Festive Crafts South](#)

Wed 13th Dec 10:30– 12:30pm

[Male Carers– Festive Lunch](#)

Thu 14th Dec 12:30pm– 2:30pm

[Online Macrame with Jo](#)

Tue 23rd Jan 2023 11:00am– 12:30pm

[Design & Print a Tote Bag](#)

Thu 18th Apr 2024 2:00pm– 4:00pm

[Art with Becca](#)

Wed 21st Feb 2024 10:15am– 12:15pm

[Male Carers– Visit to Hartlebury Castle](#)

Thu 29th Feb 2024 10:30am– 2:30pm

[Block Printing Workshop](#)

Thu 7th Mar 202 2:00pm-4:00pm

[Carers and Cared for Afternoon Tea](#)

Thu 21st Mar 2024 2:30pm– 4:00pm

[Easter Floral Workshop](#)

Thu 28th Mar 2024 10:15am– 12:15pm

[Pamela May Narrow Boat Trip with Coffee & Cake](#)

Tue 23rd Apr 2024 10:00pm-1:00pm

## Make Christmas special—toy appeal in Redditch

The Make Christmas Special Toy Appeal is a wonderful opportunity for Church and Community to work together to bring a smile to the face of a child this Christmas. We believe that every child deserves to experience the Joy of Christmas. We provide toys to children, regardless of race, religion and gender, as long as they are referred via a social worker, a school, a food bank or a women's refuge. There's lots to do, and this year we think the need will be greater than ever so we need your help! There are a couple of ways that you can help...[Redditch Foodbank Toy Appeal](#)



[Foodbank Toy Appeal](#)

## Do you need access to a food bank in Redditch this winter?

***“The foodbank was there when we really needed it, it was an absolute lifeline.”***

“We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.”

Follow the link below for more information. [Redditch Food Bank](#)

The NHS is extremely busy due to increased demand this winter.  
Please use the right service to help us help you.



### Self-care

Hangovers. Coughs. Colds. Bruises and grazes. Small cuts.



### GP advice

Persistent symptoms. Chronic pain. Long-term conditions.



### NHS 111

Feeling unwell? Need medical advice? No GP to call?



### Minor Injury Unit

Breaks and sprains. Minor burns and wound infections. Cuts and grazes.



### Pharmacy

Minor ailments. Bites and stings. Upset stomach. Medication advice.



### A&E or 999

Choking. Severe chest pain. Breathing difficulties. Blood loss. Stroke. Sepsis.

Want to learn more about services in your area? Visit [www.hwics.org.uk/our-services](http://www.hwics.org.uk/our-services)



## Do more with the NHS App!

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



To download the NHS App, scan here



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

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



## Awareness days

[UK Disability History Month, 16th November to 16th December](#)

[International Day of People with Disabilities- 3rd December](#)

[World Aids Day- 1st ~December](#)

[National Grief awareness week- 2nd- 8th December](#)

[World Soil Day- 5th December](#)

[Human Rights Day- 10th December](#)

[Domestic violence and coercive control- Check on your neighbour](#)

[AGE UK Day Centre](#)

[Herbert Protocol](#)