

Our Surgeries

-St Stephens Surgery
including Maple
View Medical Centre

-The Dow surgery

-Elgar House surgery

-The Bridge surgery

-Hillview medical
centre

Kingfisher Primary Care Network is five partnerships across six sites based in Redditch, Worcestershire who are working together to develop new and exciting ways to meet the diverse needs of our patients. The PCN is still developing and expanding, which will provide ongoing help and support in our GP Practices.

Kingfisher PCN practices share a vision to support and empower patients and carers wherever possible, with an effective range of self management options.

The Primary Care Network website will offer you ways and solutions for doing this. As things develop, there will be ongoing support and help in our GP practices.

Visit our website by following the link [Homepage - Kingfisher Primary Care Network \(kingfisherpcn.nhs.uk\)](http://Homepage - Kingfisher Primary Care Network (kingfisherpcn.nhs.uk))

Follow us on Facebook



PPG

Patient Participation Group

Our next PPG meeting will be at
St Stephens Surgery

24/08/22 - 09:30-11:00

Email hwccg.kingfisher.ppg@nhs.net
for more information.

The Patient Participation Group is for those patients who would like to be involved in their local practice and take an active role in the development of local health services.

The group will work with practice staff to share ideas in order to improve the services on offer. These may also include engagement with local community groups.

What is Social Prescribing?

It is a means of enabling GP's and other frontline healthcare professionals to refer patients to a link worker.

This provides patients with additional support to improve their health and wellbeing. Take a look to the right at what they can help you with or follow the link to find out more. Do not miss out on such a great service that can help you or someone you may know!



NHS General Practice
Social Prescribing
Service



When life throws those difficult problems
we can help you through them.

How can the Social Prescriber help me?

Services Offered

- Loneliness • Life changes (such as birth, bereavement etc..) • Coping with long term health conditions • Housing problems • Accessing work, training & volunteering • Financial management
- Loss of confidence • Mental health & wellbeing

Please follow the link below for more information:

[Social Prescribing Service | Worcestershire Association of Carers](#)

Lifestyle Advisor Services

Services Offered

Healthy eating • Increasing level of physical activity • Smoking • Reducing alcohol consumption • Mental health & wellbeing



Redditch Lifestyle Advisor Service



Lifestyle Advisor Service WORCESTERSHIRE

Making small changes to your lifestyle for positive impacts on your health & wellbeing

How can the Lifestyle Advisor service help me?

Please follow the link below for more information:

[Lifestyle Advisor Service | Worcestershire Association of Carers \(carersworcs.org.uk\)](https://carersworcs.org.uk)

' This month has sadly seen the announcement of the passing away of BowelBabe, Dame Deborah James. Much has been said of this very brave and inspirational lady. She has worked tirelessly in the last years of her life challenging the taboo and changing the conversation around cancer.

As a PCN, Kingfisher is committed to improve the uptake of cancer screening, particularly bowel and have introduced interventions that we are confident will make a difference eg Care Coordinator led follow up of non engagers.

However, it seems to me that 'changing the conversation' is a responsibility for all of us and is likely to have the most impact. Breaking down that taboo of the 'C word' would go along way in helping increase uptake. Hopefully we will start to be comfortable to pop the question to our mates in the pub...' Have you done your poo test?'

When that starts happening then we'll start saving more lives'

- Dr Richard Burling



Preventing diabetes

Diabetes causes around 500 premature deaths in the UK each week. If you've never thought about your risk of type 2 diabetes, the NHS has a risk calculator that can help you to work out whether changes to your lifestyle may be needed.

More than half of all cases of type 2 diabetes could be prevented or delayed, so making simple lifestyle changes now could improve your long term health.

If lifestyle changes could help you to reduce your risk, some of the most effective changes you can make to help reduce your risk of type 2 diabetes are very simple. <https://riskscore.diabetes.org.uk/start>

<https://www.diabetes.org.uk/preventing-type-2-diabetes/can-diabetes-be-prevented>



Are you or someone you know struggling to pay energy bills?

Act on Energy is administering the **Household Support Fund*** on behalf of Worcestershire County Council, so if you are a **pensioner, family** or an **adult only** household, and on a **low income**

apply **NOW** at www.actonenergy.org.uk

call our free line now
0800 988 2881



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