

Your Health Your Neighbourhood

This monthly newsletter aims to focus on the health needs of our local population. It provides information on schemes available in your area to promote self care and better health for the future. For advertising requests or enquiries, please email: rbccg.winyateshc@nhs.net



STRUGGLING WITH MONEY?

WE'RE HERE TO HELP.

Find benefits, grants and financial support online.



Benefits Calculator

Use our Benefits Calculator to find out what benefits, tax credits or other state support you are entitled to.



Grants Search

Use our Grants Search to find money and goods from thousands of charitable funds.



Information and Support

Visit our website to find out what other financial advice and support is available.

VISIT: TURN2US.ORG.UK

 Turn2us  @turn2us_org

Kindergym at Christ Church, Matchborough

Soft play for toddlers. Come and join our lively group if you have a child under 5. Wednesdays during term time 9.15am - 12pm.

Cost: £2.50 for Parent/Guardian and child, additional children £1.

Travelling Abroad?

If you're planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world.

If possible, contact your GP Surgery or a private travel clinic at least 8 weeks before you're due to travel.

Symptoms include:

- Sneezing
- Itchy, blocked or runny nose
- Red, itchy, puffy or watery eyes
- Itchy throat
- Headaches and sinus pain
- Fatigue

Hay Fever (Seasonal Allergic Rhinitis) is an allergic condition where the body's immune system overreacts to substances that are usually harmless, for example pollen from grasses.

If treatment is needed, a wide range of medications can be purchased from pharmacies, supermarkets and other stores without seeing a doctor.

The Worcestershire Clinical Commissioning Groups have determined that they no longer support prescribing of hay fever medication on the NHS.

Walks for Health

Join us on fun walks around the borough led by trained volunteer walk leaders, or become a volunteer walk leader yourself!

1. **Fun!** Explore your area, get out into the fresh air, meet new people.
2. **Healthy!** Regular brisk walking can help reduce the risk of heart disease, lower blood pressure, improve blood cholesterol levels and help control diabetes.
3. **Keeps you fit!** Walking is an ideal form of exercise. Regular walking helps keep bones and joints healthy. A brisk walk can help you lose weight.

Arrow Valley Countryside Centre - 11am Mondays & Fridays.

Webheath Village Hall - 10.30 Tuesdays.

Abbey Stadium - 11am Wednesdays.

New walkers will need to fill in a form on arrival so please turn up 15 minutes early.

For more details please visit: www.redditchbc.gov.uk/things-to-do/parks-and-outdoors/walks-for-health

1

CALL 111

Call 111 for free advice 24/7 or to be referred to out of hours

2



Speak to your local pharmacist regarding minor ailments and self care

3

NHS choices

Visit the NHS choices website for health information and services