



October 2021

A newsletter providing local help and support to promote self-care and better health. For advertising enquiries, contact [rbccg.winyateshc@nhs.net](mailto:rbccg.winyateshc@nhs.net). The Nightingales team are: Winyates Health Centre, Crabbs Cross Medical Centre, Crabbs Cross Surgery, The Ridgeway, Hollyoaks Medical Centre & Hollywood Medical Practice.

## Covid Recovery

**Starting Tuesday 28th September**  
11.15am to 12pm  
Oakenshaw Community Centre



**Are you still feeling the effects of COVID?**  
Do you still Have....  
Breathlessness | Tiredness | Brain fog |  
Chest pain or tightness | Difficulty sleeping |  
Dizziness | Joint pain | Depression/anxiety |  
Cough, headache, sore throat

If so we invite you to join our covid recovery programme. The programme is lead by a qualified British lung foundation instructor and consists of:

- | Education
- | Focus on breathing
- | Gentle progressive exercise

**Book your place online:**  
[www.redditchbc.gov.uk/covidrecovery](http://www.redditchbc.gov.uk/covidrecovery)

**FREE**  
6 week programme

For further information contact: [hayley.gwilliam@bromsgroveandredditch.gov.uk](mailto:hayley.gwilliam@bromsgroveandredditch.gov.uk) | 01527 881404

### Unlock the Power of Digital Health

With thousands of apps available, how do you know which is the best one to download for your health and care needs?

Developed by clinicians, ORCHA's app finder gives you unlimited access to thousands of independent app reviews for all your health conditions. From diabetes, mental health, and weight loss support, to smoking cessation, asthma, and chronic pain, sign up to discover the strengths and weaknesses of an app before downloading it. Visit [hwhealthapps.orchha.co.uk](http://hwhealthapps.orchha.co.uk)



**Herefordshire and Worcestershire**  
Integrated Care System

### Register your Organ Donation

#### Decision

The NHS Organ Donor Register is a secure database that keeps a record of your organ donation decision. You can register to donate some or all of your organs and tissue by visiting [www.organdonation.nhs.uk/register-your-decision](http://www.organdonation.nhs.uk/register-your-decision). Whatever you decide, it is really important to talk to your loved ones. They will always be consulted, and can overturn your decision if they aren't sure what you want. You can also nominate a representative if you don't want to make the decision yourself.



### Speak to your GP surgery to book in for your flu jab!

You are eligible if you are over 50, pregnant, have asthma, COPD, bronchitis, diabetes, heart conditions, BMI 40+, chronic kidney disease, liver disease, neurological disease, learning disability, problems with or no spleen, weakened immune system, live with someone who is immunosuppressed, or are a carer. Please see [www.nhs.uk](http://www.nhs.uk) for a full eligibility list.

**Mondays**  
7pm - Arrow Valley Lake (Stitch Meadow)

**Tuesdays**  
6:30pm - Greenlands Playing Fields

**Wednesdays**  
9am - Morton Stanley Park  
7pm - Arrow Valley Lake (Stitch Meadow)  
7:30pm - Abbey Stadium Track

**Thursdays**  
9am - Abbey Stadium Track

**Sundays**  
9:30am - Abbey Stadium Track

**9 week course sessions last approx. 45 minutes**

**£9 for the course to be paid online\***

**Starting Monday 20th September 2021**

## Couch to 5k



\*payments to be made via the couch to 5k page on [www.redditchbc.gov.uk](http://www.redditchbc.gov.uk)

If you would like to make the first steps towards your 5K goal just turn up, for more information or details on similar groups contact Gomez Tel: 01527 881356 Email: [g.vincent@bromsgroveandredditch.gov.uk](mailto:g.vincent@bromsgroveandredditch.gov.uk)

Public Health England NHS

## Is your child aged 2 or 3? Help protect them from flu

Flu can be horrible for little children and if they get it, they can spread it around the whole family.

The flu vaccine is not an injection, just a quick and easy nasal spray.

It's also free. So don't put it off. Ask your GP about the free flu nasal spray for your child.



**STAY WELL THIS WINTER**

Flu Immunisation

[nhs.uk/staywell](http://nhs.uk/staywell)

Rachel Keith, Nurse

### All care home workers to be vaccinated



From 11th November, you can only visit and work in care homes if you are fully vaccinated against Covid (unless exempt). Care homes need to be made as safe as possible for staff, residents, and visitors.