

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

There's No Limits Disability Activity Club

Saturdays, 10.30am - 11.30am

Ages 8+, £3 per session

We welcome all forms of ability to join in with the variety of sports activities taking place each week.



Super Sport Saturdays from 6th July
at Oakenshaw Community Centre,
Castleditch Lane, B98 7YB
Attend both sessions for £5!

CAN YOU KICK IT

Weekly football session for children with learning disabilities.

Saturdays, 11.30am - 12.30pm

Open to all ages

£3 per session



For more information please contact the Sports Development Team on 01527 881356 or email sd@bromsgroveandredditch.gov.uk

 worcestershire
county council

 Active
Redditch

 making
difference
www.redditch.gov.uk

Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school or nursery when they're unwell.

If children have ailments such as cold sores, colds without fever and conjunctivitis then they can still go to school or nursery. If they are suffering with illnesses such as a fever, sickness & diarrhoea, impetigo or scarlet fever then they will need to be kept off. Some illnesses will require a doctors appointment. For more details on what to do when your child is sick, please visit www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school



SEPTEMBER is Blood Cancer Awareness Month.

This month is used to raise further awareness about the key issues affecting 240,000 people currently living with blood cancer.

The 3 main groups are *Myeloma*, *Lymphoma* and *Leukaemia*, but there are more than 100 individual types.

Blood cancer is the 5th most common type of cancer and the 3rd biggest cancer killer. 40,000 people are diagnosed every year.

In 1960, less than 1 in 10 children with acute lymphoblastic leukaemia survived. Today, with the help of research, fundraising and raised awareness, nearly 8 in 10 children survive.

For more information on symptoms, treatment and support, please visit www.bloodwise.org.uk

Know your Numbers!

Know your Numbers Week is the nation's largest annual blood pressure testing and awareness event. This takes place on 9th-15th September 2019 and provides free checks for thousands of adults across the UK. Pressure Stations are located throughout the community including pharmacies, workplaces, GP surgeries, hospitals, health clubs, leisure centres, shopping centres and supermarkets. This years focus is to know your blood pressure numbers in order to live a longer and healthier life.

To find your nearest Pressure Station and for further information, please visit www.bloodpressureuk.org and follow the link for 'Know Your Numbers!'.

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

If you would like to become a potentially life saving blood stem cell donor please visit www.dkms.org.uk to request a free swab kit.