

## Monthly Newsletter

Jan 2022

Welcome to Swallownest Health Centre and our first newsletter of 2022. We aim to share as much information as we can with our service users, and we are open to suggestions, ideas as to what you would like to see on our newsletters.



If you have a suggestion/idea/compliment ☺ please email us at: [roccg.swallownestcarecoordinators@nhs.net](mailto:roccg.swallownestcarecoordinators@nhs.net)

### ARE YOU CARING FOR SOMEONE?



Please click on the link below where you will find information on how to claim carers allowance to getting support in all areas of care. [www.carersuk.org](http://www.carersuk.org)

### ROTHERHAM SOCIAL PRESCRIBING SERVICE

*"Linking patients to voluntary and community services"*

Over 18's Only. GP's can refer patients into this service. Our Social Prescribing Link worker is Joe Rodgers\_07947596834 or [joe.rodgers1@nhs.net](mailto:joe.rodgers1@nhs.net) and he can visit you at home and assist with lifestyle changes, finances, debts, accessing transport to gain independence, attending support groups/group activities, learning to cope, positivity!!

<https://www.varotherham.org.uk/link-workers-social-prescribing-primary-care-networks/>

### Rotherham CAMHS E-Clinic

CAMHS eClinic app is a free instant messaging service which enables young people (11-18 years) to self-refer and talk to a CAMHS Practitioner via their mobile device. Young people can download the app via android or IOS, register their details and book an appointment via the app. The appointment is held via a text message-based service.

<https://camhs.rdash.nhs.uk/rotherham/getting-advice/rotherham-eclinics/>

Swallownest Health Centre



## Welcome to our first Newsletter of 2022



Easy as 1, 2, 3!

1. Receive Appointment Times
2. Give Firefly a Call
3. We Pick You Up & Take Away the Stress!!


Further information can be obtained via the website or contact:  
07738 390541

[www.firefly-support.co.uk](http://www.firefly-support.co.uk)

*No matter what age you are, if you find it difficult to use standard public transport then you can apply to use a Door2Door service instead. You can contact them via their website [www.door2door.org.uk](http://www.door2door.org.uk) or by calling 01709 517100.*



There has never been a more important

time to *KEEP MOVING!!*  Functional fitness has a range of programmes to support people. They offer cancer rehab, falls prevention, weight management, stroke exercise rehab and much much more. You can get all the information by

calling [07740 188 212](tel:07740188212) or by visiting the website

[www.functionalfitnesstrx.co.uk](http://www.functionalfitnesstrx.co.uk)