



BE
Kind

Please "Be kind" to our staff. A simple thank you, or a positive review could make the world of difference. Email: roccg.swallownestcarecoordinators@nhs.net



Have your say!

We are looking at how to improve the way mental health services work in Rotherham.

Have you used any mental health services in Rotherham? Then please let us know what you think.

Complete our short survey.



<https://www.surveymonkey.co.uk/r/CJVGD2R>

Thank you

#rotherhamtogether



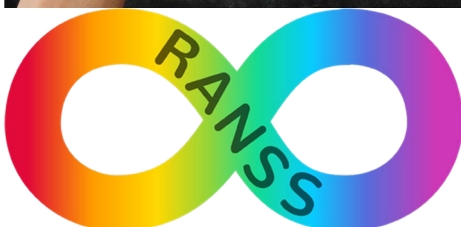
Improving Access to Psychological Therapies (IAPT)

STRESS AWARENESS MONTH

Feeling stressed, anxious or overwhelmed?

We offer 24/7 self-referrals for all adults that are registered with a GP in Doncaster, Rotherham & North Lincolnshire

Visit: iapt.rdash.nhs.uk



Rotherham Adult Neurodiversity
Support Service



Stress Awareness Month

- STOP
- Relax Daily
- Let Go of the "Shoulds"
- Get Some ZZZs
- Seek out Support

Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. But when stress lasts for a long time, it may harm your health.

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is a normal feeling. There are two main types of stress:

- **Acute stress.** This is short-term stress that goes away quickly. You feel it when you slam on the brakes, have a fight with your partner, or ski down a steep slope. It helps you manage dangerous situations. It also occurs when you do something new or exciting. All people have acute stress at one time or another.
- **Chronic stress.** This is stress that lasts for a longer period. You may have chronic stress if you have money problems, an unhappy marriage, or trouble at work. Any type of stress that goes on for weeks or months is chronic stress. You can become so used to chronic stress that you don't realize it is a problem. If you don't find ways to [manage stress](#), it may lead to health problems.

Stress Do's and Don'ts

Do

- try talking about your feelings to a friend, family member or health professional. You could also contact [Samaritans](#), [call: 116 123](#)
- use easy time-management techniques to help you take control
- use [calming breathing exercises](#)
- plan ahead for stressful days or events – planning long journeys or making a list of things to remember can really help
- listen to [free mental wellbeing audio guides](#)

Don't

- do not try to do everything at once – set small targets you can easily achieve
- do not focus on the things you cannot change – focus your time and energy into helping yourself feel better
- try not to tell yourself that you're alone – most people feel stressed at some point in their life and support is available
- try not to use alcohol, cigarettes, gambling or drugs to relieve stress – these can all contribute to poor mental health

Change to our Prescription process WEF 1st April 2023

We have made the decision to no longer issue paper prescriptions at this surgery.

What do patients need to do?

We would strongly encourage patients to sign up to online ordering wherever possible, either <https://rb.gy/ouw7yz> or <https://rotherhamhealthapp.com/splash>

We would also encourage patients to nominate a pharmacist <https://www.nhs.uk/nhs-app/nhs-app-help-and-support/prescriptions-in-the-nhs-app/nominating-a-pharmacy/>

If you do not wish or are unable to nominate a pharmacy, then your prescription will still be issued electronically but information will be secured digitally in 'the cloud'. We will send you a text message with the unique ETP Barcode Number for you to show to a pharmacy of your choice.

Timescale

It is the patient's responsibility to ensure that they are requesting their repeat prescriptions in a timely manner to ensure that they do not run out of their regular medications.

Please note that ALL prescription requests should be made **7 days before you run out** – the surgery also requires **72 working hours** to prepare all prescription requests.

Unfortunately, we are unable to guarantee that medication requested on the same day it runs out will be issued that day, please help us by requesting your prescription in a timely manner. We regret that we have been unable to take prescription requests over the phone since 13th July 2018.

Have you tried our Self-Screening Health Kiosk?

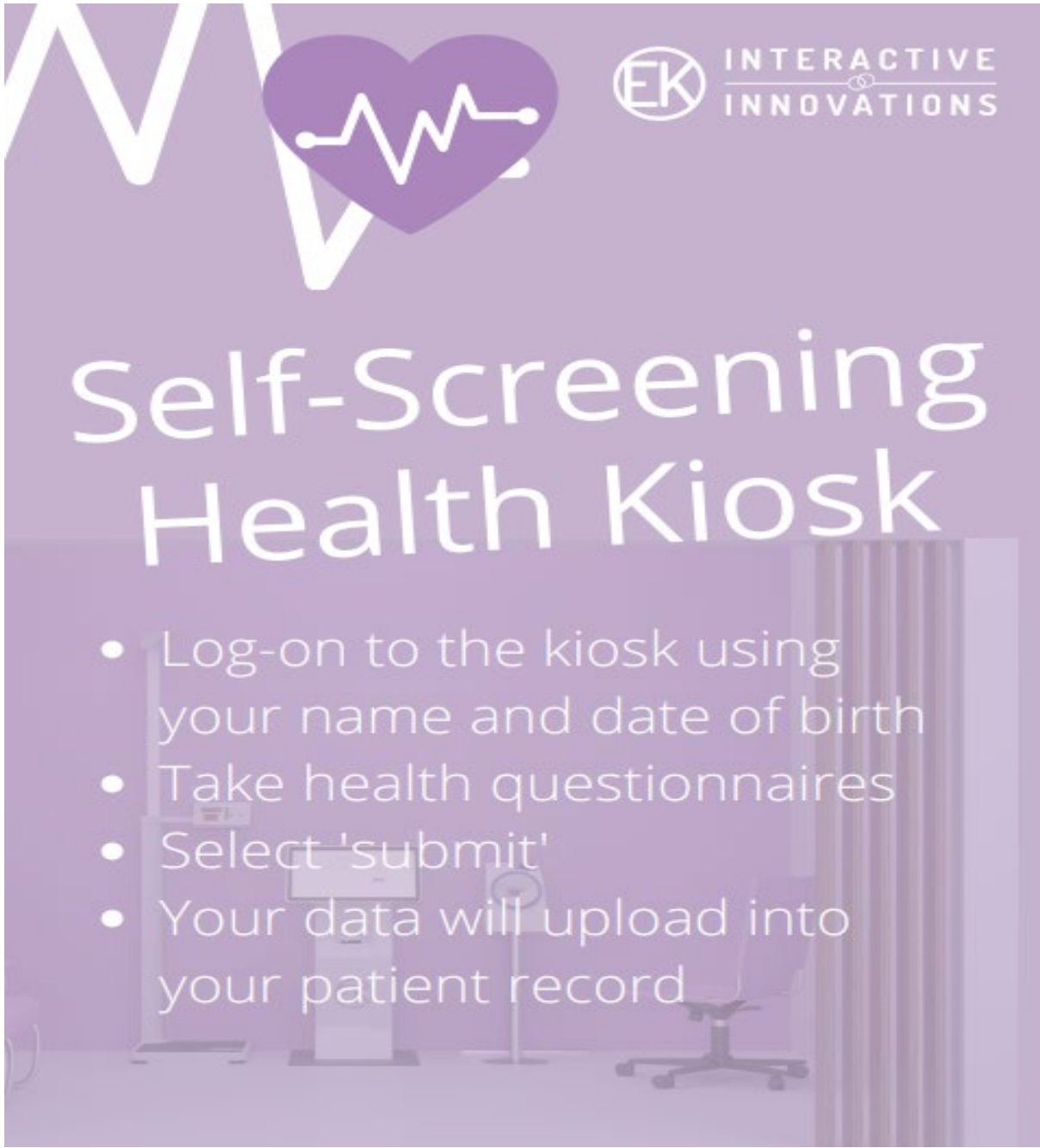
The kiosk allows patients to answer health questions from a library of 18 plus Care Pathways and take vital signs measurements independently of a clinician. Results are seamlessly integrated into the patient record. This streamlines the patient flow without compromising on care whilst capturing important data, saving clinical time and freeing up appointment time.


Our Health Kiosk is available in our waiting room to use Monday to Friday from 8:00am to 18:00.



Health Kiosk Pathways

General Health Check	New Patient Health Check	Asthma	COPD	Diabetes	CVS	Mental Health Assessment
Oral Contraceptive Medication Review	Physical Activity Assessment (GPPAQ)	Eating Disorder Assessment (SCOFF)	Phobia Assessment (IAPT)	Mood Self-assessment (PHQ9)	Depression Self-Assessment (HADS)	Anxiety Assessment (GAS-7)
Blood Pressure	Vital Signs	Dementia Carer's Review	Postnatal Assessment	Arthritis Assessment	Menopause Assessment	Medication Review



 INTERACTIVE
INNOVATIONS

Self-Screening Health Kiosk

- Log-on to the kiosk using your name and date of birth
- Take health questionnaires
- Select 'submit'
- Your data will upload into your patient record