



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

Kind Regards to all who have recently signed up to our newsletter and provided feedback for future issues. We will endeavour to assess all suggestions and implement as appropriate in our next issue. If you would like to view our previous issues, they are all available on the Practice website www.swallownesthealthcentre.co.uk

Practice update

We welcome back our two GP's who have been on Maternity leave Dr Wild and Dr Pochron and we are currently actively recruiting for an additional GP.



Cancelling Appointments

If you are unable to attend an appointment you can give us a call and press option 1, this will then give you the option to leave us a voice mail with your information and we will be able to cancel it.

Option 2 would take you through to talk to one of our Patient Service Advisors who can make you an appointment and deal with any queries that you may have.

Option 3 will get you through to our admin team where you can talk about referrals, forms, or any letters.

Our phone lines are open from 8am-6:30pm Monday-Friday.

What is Cervical screening?

Cervical Screening tests for a virus called human papilloma virus (HPV). High risk HPV can cause cervical cells to become abnormal. Virtually all cases of cervical cancer are linked to high-risk HPV. The cervix is part of the female reproductive system. It is the lowest part of the womb and is at the top of the vagina. Screening tests are done by appointment carried out by our Practice Nurses. A nurse takes a sample of cells from the cervix using a small soft brush (smear test) and sends the sample to the laboratory.

When you receive an invitation, please make an appointment with one of our Practice Nurses. We have appointment available to suit all times, including Tuesday mornings from 7:00am! These can be booked via telephone or through the Rotherham Health app.



If you are aged between 25-49 you will get an invited every 3 years. After that you get an invite every 5 years until the age of 64.

Do you have a health condition and would like support to find and stay in work?

Speak to one of their friendly coaches on 01142900218

<https://www.workingwinreferrals.co.uk>

If you are over 18, Working Win supports people who have a health condition to find and stay in employment for those who live in Sheffield, Rotherham, Doncaster, Barnsley, or Bassetlaw. Whether you are looking for a new role or struggling at work, they can work with you to build on your strengths and to feel settled and flourish in your role.

You will receive one-to-one support from a dedicated employment specialist.

- help to find work that matches your skills and strengths!
- support to continue working and manage your health at work.
- offer to meet with your employer to talk about your needs at work.
- support to apply for grants like Access to Work access to a team of qualified health and wellbeing coaches.
- debt, benefits, and employment law advice
- flexibility to access the support in person, over phone calls or online.



A PPC could save you money if you pay for your NHS prescriptions. The certificate covers all your NHS prescriptions for a set price. You will save money if you need more than 3 items in 3 months, or 11 items in 12 months.

From 1 April 2023, women prescribed HRT - the main treatment for menopause symptoms - will have access to a new scheme enabling access to a year's worth of menopause prescription items for the cost of 2 single prescription charges.

The NHS Prescription Charge
from 1 April 2023 is

£9.65

per item

NHS prescription charges are a tax collected for the Government in England. The money does not help to fund this pharmacy and is not related to the cost of your medicine(s)*.

Pharmacies are funded by the NHS and Government to provide NHS services and, while costs rise, in real terms funding is being cut every year. This is not sustainable.

*Some items may have more than one charge, e.g. elastic hosiery; a member of the pharmacy team will explain if that is the case.

If you need multiple prescription items or are prescribed certain HRT medicines, one of the two available Prescription Prepayment Certificates (PPCs) could save you money. Find out more at: www.nhsbsa.nhs.uk/ppc

Certain patient groups are entitled to free NHS prescriptions and certain items (e.g. contraceptives) are free-of-charge on the NHS. To check if you're eligible for free NHS prescriptions, visit: www.nhsbsa.nhs.uk/healthcosts

There is no NHS prescription tax in the devolved nations of Scotland, Wales or Northern Ireland.



Clean Air Day 2023

Clean Air Day, the UK's largest campaign on air pollution is happening on **Thursday 15 June 2023**.

This #CleanAirDay we can all take to cut down the #airpollution we cause and use our voices to fight for a cleaner air future.

Join us: www.cleanairday.org.uk
@cleanairdayuk



"Clean up our air to look after your mind this #CleanAirDay".

Have you tried the Rotherham Health app?

Through this you can book appointments, access your medical records and manage your medication.

You will be able to book appointments at your own GP practice and with other health care providers in your local area.

You can get instant and secure access to your medical records and be able to see your latest test results.

Quick and hassle-free way to order your repeat medication.



Rotherham Health App

Extended Access

Starting from the 2nd of June we will have extended access appointments at Swallownest Heath Centre which will be every Friday evening. These appointment will include GP'S , ANP's, Nurses and HCA'S. You will be able to book these by ringing your GP surgery or through the Rotherham Health App.