



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



Wear it pink on the 20th of October for Breast Cancer.

Breast cancer wear it pink day is one of the biggest fundraising events in the UK. Together we have been wearing it pink for over 20 years. Over £39 million has been raised in the process. It's an amazing achievement but we cannot stop there. The mission is to make sure by the end of 2050, everyone diagnosed with breast cancer lives, and is supported to live well. By wearing it pink this October you are help us get there.

For further information on breast cancer awareness please go to

<https://breastcancer.org/>



<https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>

10th October

Shingles What's changed?

We are aware there has been an alteration to the **Shingles** vaccination programme and that you may have had a letter or message from NHS England.

What is the new Vaccine?

The new vaccine is called Shingrix and is a non-live vaccine which is considered to have longer lasting effects and can be given to immunosuppressed patients. It does however require you to have 2 injections spaced between 6 weeks and 6 months apart.

For further information see the website link

<http://www.nhs.uk/condistions/vaccinations/shingles-vaccination/>

Who can have this?

There are 3 groups of people we can vaccinate with the new Shingrix vaccine.

1. Patients who are 50 years old and over (up to end of life) who are immunosuppressed.
2. Patients turning 65 with a birthdate between 1st September 1958 and 31st Aug 1959.
3. Patients turning 70 with a birthdate between 1st September 1953 and 31st August 1954

I'm already 70 or over what does this mean for me?

Anyone who has already turned 70 and upto 80 years old **before 1st September 2023** is eligible for the Zostavax single live vaccine and is not included in the new programme offering the Shingrix non live 2 part vaccine. You will still be offered the Zostavax vaccine until NHS England central stock supplies are used up. After which we will then be able to offer the new vaccine, we are unsure how long this will take but could potentially be at least a year.

I turned 65 before 1st September 2023 what does this mean for me?

You will be offered a vaccination when you turn 70.

I am already 66-69 what does this mean for me?

You will be offered a vaccination when you turn 70.

I have already had my 1st Shingrix vaccination when will I get my 2nd one?

Immunosuppressed patients should have their 2nd vaccination between 6 weeks and 6 months of the 1st dose.

65- & 70-year-olds who are not immunosuppressed will receive their 2nd dose between 6 months and 12 months of the 1st dose.

Where possible we will book in both your 1st and 2nd doses, so you know when to come back.

As this programme is quite complex and we will need to add several different types of clinics **please wait for your invitation from us before contacting the health centre.** We are aiming to start booking in patients at the end of October after our main Flu campaign.

This programme has been estimated to take 10 years to complete. From Year 6 (2028) it will also include patients turning 60.



Flu appointments

How will you be contacted?

For patients with a mobile number or email address on record this method will be used and will include a booking link for you to choose your preferred date and time. For any patients without these facilities, we will send one letter only. This is part of our Greener Practice policy to reduce our use of paper. You can also ring the health centre after 3 o'clock Monday to Friday to speak to our reception team who will be happy to book you in.

Why is it important to get a flu vaccine?

Flu vaccination can reduce the risk of flu-associated hospitalisation. Flu vaccine prevents tens of thousands of hospitalizations each year. For example, during 2019-2020 flu

vaccination prevented an estimated 105,000 flu-related hospitalisations.

For further information on the flu programme see the NHS website

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

DNA's September Breakdown

272 patients did not attend their appointments last month September 2023 That's 3% of appointments.

Here's the Breakdown

Flu appointments – 131

GP appointments – 51

Nurse appointments – 9

HCA (blood/BP and other clinics) – 72

Minor Ailments PA's – 7

Pharmacist - 1

Misc – 1

The average cost of an appointment at a GP practice is £30 there the above equates to £8,160 of wasted NHS resources.

Appointments are valuable, and it's important that if you can't attend to let us know in plenty of time.

To cancel an appointment please use the following options to allow someone else to use it.

When you call us on 0114 433 3888 the following options appear:-

- Press 1 to cancel your appointment via an auto attendant
- Press 2 to speak to a Patient Services Advisor

You can also cancel by emailing syicb-rotherham.swallownestnoreply@nhs.net

Appointment Reminders Explained

Due to the booking system, when appointment reminders are sent out, they are just a generic message. This means that we cannot differentiate whether you are coming in face to face or over the telephone. Therefore, if your appointment is a telephone appointment, please be aware that the time given is an estimate time and the clinician will call either in the morning or afternoon. Also, when messages are sent out to book appointments, they are not necessarily what you need. Again, they are just a generic message which cannot be changed, e.g. if you need a blood pressure appointment the message will say blood/BP.

**Evening Extended access appointments
on a Friday are now moving to Tuesdays
6.30-8.30pm**



Extra appointments are available for all Rotherham patients and are designed to help people who struggle to attend their GP practice during the working week. Appointments can be booked by contacting your practice or by using the Rotherham Health App. We are regularly reviewing the services we can offer and will be updating the website and social media platforms when we can offer a wider range of services.

<https://connecthealthcarerotherham.co.uk/extended-access/> to find out more

Private work



At the Health Centre we are often asked to perform certain non-NHS work such as medical reports for insurance reports, DVLA reports, medicals etc. As this is work beyond our core contract it is something that the practice makes a charge for as it often requires quite time-consuming assessment which has to be done outside of our core medical services. In the past this has been cash only but we now have the resources to accept card payments.

NHS Health Checks

The NHS Health Check is a check-up for adults in England aged 40 to 74. It can help spot early signs of stroke, kidney disease, heart disease, type 2 diabetes, or dementia.

Previously these have been offered in the community in places such as local churches, community centres etc. We will now have these appointments being offered in Swallownest Health Centre on a Friday.

**MACMILLAN
CANCER SUPPORT**

**A big thankyou to all who attended our
Macmillan bake sale – we raised a total of
£116.62**

**We will be closed for Training Thursday
the 12th of October**