



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

Movember

Mens Health Awareness Month



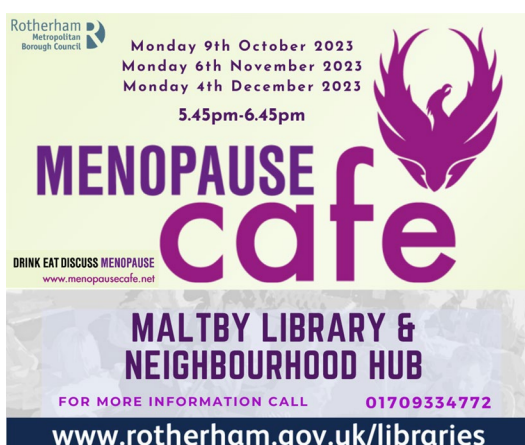
This month-long event focuses on promoting physical and mental well-being among men, addressing issues such as prostate cancer, testicular cancer, mental health challenges, and suicide prevention.

<https://uk.movember.com/>



World Diabetes Day is on 14 November 2023.

https://www.diabetes.org.uk/get_involved/world-diabetes-day



Rotherham Metropolitan Borough Council

Monday 9th October 2023
Monday 6th November 2023
Monday 4th December 2023
5.45pm-6.45pm

MENOPAUSE cafe

DRINK EAT DISCUSS MENOPAUSE
www.menopausecafe.net

MALTBY LIBRARY & NEIGHBOURHOOD HUB

FOR MORE INFORMATION CALL 01709334772

www.rotherham.gov.uk/libraries

Flu Season

Our main flu vaccination clinics have now finished, and we thank everyone who was able to attend on the weekends.

We have been able to vaccinate a whopping 3654 patients so far this year! (figure taken 24/10/2023)

Vaccinations are still available so if you have had an invitation please do call us to arrange.

Childrens Nasal flu vaccinations are still ongoing as we can only order so many at a time. More invites will be sent gradually out between now and march.

Pneumonia vaccination clinics have now resumed and if eligible you may be receiving an invitation shortly.

Pneumonia vaccinations are available to babies during routine immunisations, persons under 65 with certain conditions (see website for this)

<https://www.nhs.uk/conditions/vaccinations/pneumococcal-vaccination/>

and **all those over the age of 65**

The pneumococcal vaccine helps protect against some types of bacterial infections that can cause serious illnesses like:

- meningitis (an infection in the brain and spinal cord)
- sepsis (a life-threatening reaction to an infection)
- pneumonia (an infection in the lungs)
- It can also help protect against other illnesses such as sinusitis and ear infections.

Our first **Shingles clinic** (with the new style vaccination Shingrix) is running at the end of October. **Please be patient with regards to receiving your invitation as the eligibility is complex.**

We will also be running a vaccination clinic with the live vaccine Zostavax for those patients who do not fall into the eligibility criteria for the new style vaccine. We will call patients directly for this.



Stop smoking, Get active, Lose Weight

The Rotherham Healthwave service will be in our buildings on a Tuesday morning
Self Refer online today to book your space
<https://rotherhamhealthwave.connecthealthcarerotherham.co.uk/register/> or call them on 01709 718720

NHS Hormone Replacement Therapy Prescription Prepayment Certificate (HRT PPC)

If you pay for NHS prescribed HRT medicine 3 or more times in 12 months, an HRT PPC could save you money.

Each item on an NHS prescription usually costs £9.65. You can buy an HRT PPC for a one-off payment of **£19.30** (the cost of two single items).

The HRT PPC covers an unlimited number of certain HRT medicines for 12 months, regardless of why they are prescribed.

The HRT PPC does not cover all HRT medicines. Check if it covers your HRT medicine using website
<https://www.nhsbsa.nhs.uk/help-nhs-prescription-costs/nhs-hormone-replacement-therapy-prescription-prepayment-certificate-hrt-ppc>

If your HRT medicine is not covered, or you also get prescriptions for items other than HRT medicine, you may save more with a 3 or 12 month PPC that covers all NHS prescriptions.

A Pre-Pay Certificate 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.

The prescription charge in England is £9.65 per item. A PPC costs:

£31.25 for 3 months
£111.60 for 12 months

Healthier together website – Child health support information



<https://sybhealthiertogether.nhs.uk/>

Healthier Together - a South Yorkshire and Bassetlaw Initiative
This website provides pregnant women, babies, children and young people across South Yorkshire and Bassetlaw with consistent and high-quality advice from local health professionals.

You'll find clear information on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required and how long your child's symptoms are likely to last.

Healthier Together is a partnership project which continues to grow by putting children, young people and family's needs at the heart of the website.



RotherHive provides a range of verified practical mental health and wellbeing information, support and advice for adults in Rotherham

- Alcohol
- Bereavement
- Carers
- Cost of living
- Debt
- Depression, anxiety, stress
- Dementia
- Domestic abuse
- Drugs
- Eating disorders
- Eating well
- Gambling
- Homeless
- Mental health
- Moving more
- Pain management
- Perinatal Mental Health
- Self Neglect
- Self harm
- Sleep
- Smoking
- Suicide prevention

Journey Matters



Journey Matters offers a free way to see if cycling is for you.

We loan both pedal bikes and electric bikes for free to those who are over 18 and live, work or are being educated in Rotherham for between one and three months.

If you'd like to refresh your skills, boost your confidence or start your bike journey from scratch, we have a choice of women's only, mixed or individual training sessions held in Rotherham and the surrounding areas.

You can also get your bike checked over and adjusted by one of our expert mechanics.

Visit The Journey Matters Hub at any of the public events listed [here](#) and starting from October every Thursday outside the [Riverside House](#) 9AM - 1PM

or go

to <https://www.journeymatters.co.uk> for more details and application links.

DNA's October Breakdown

338 patients did not attend their appointments last month October 2023

That's 4 % of appointments.

Here's the Breakdown

Flu appointments – 160

GP appointments – 45

Nurse appointments – 20

HCA (blood/BP and other clinics) – 95

Minor Ailments PA's – 10

ANP - 3

Pharmacist - 2

Misc – 3

The average cost of an appointment at a GP practice is £30 there the above equates to **£ 10,140 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 if you also need to rebook

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



The NHS is giving people access to their GP health records on the NHS App, making it easier for you to manage your health.

Once you have access, you will be able to see information including consultation notes, test results and letters. Online access to your GP health records should give you an improved understanding of your health, with access to up-to-date and accurate information from your consultations. You will also be able to view the latest information around your care, medications and test results without having to phone your GP surgery.

During your next visit to your GP surgery, ask at reception about accessing your GP health records on the one of the available apps or go to <https://nhs.uk/helpmeapp> to find out more.

We will be closed for Training Thursday the 16th November