



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



Winter Health What you can do to keep well this winter at home

Winter weather can be bad for your health. You are more likely to get ill if you already have a health problem or are 65 or over.

What you can do at home if you are unwell

If you are ill, the best thing you can do to feel better is:



- rest and keep warm



- drink lots of liquids



- have at least one hot meal every day



- take the tablets you have been told to take by the Doctor and/or talk to your local pharmacist about what medications to keep at home for common winter ailments



Steve knows that cold weather triggers his asthma.

Steve carries his asthma inhaler throughout winter.

Steve is great.

Be like Steve.



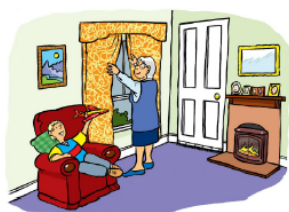
Want to make sure you are getting all the correct benefits this Winter?

including regarding the Winter Fuel payments and Warm Home discounts go to <https://www.gov.uk/winter-fuel-payment/eligibility> and www.helpforhouseholds.com paign.gov.uk or ask to speak to our **LINK WORKERS** Joe and Anita who can direct you to support.

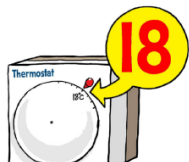


Keep yourself and your home warm.

In the winter, it is important you keep warm when you are inside or outdoors. This can help stop you getting colds, flu and more serious health problems. This is very important if you have a learning disability or an underlying health problem.



Try to reduce draughts by pulling the curtains and using draught excluders.



Heat your home to at least 18°C (65°F) if you can. You might prefer your main living room to be a bit warmer



Keep your bedroom window closed on cold nights so you do not breathe in cold air.



Wear lots of layers of thin clothes



Make sure you are eating enough! and having hot drinks



Get someone to check your cooker and heaters are safe. Make sure they are registered with Gas Safe. Check your carbon monoxide monitor is working.



UK Health
Security
Agency



TOP TIPS How to avoid the THREE most common reasons for emergency call outs in winter

- **TRIPS AND FALLS AT HOME**
Move any rugs or cables you could trip over and think about putting a night light by your bed.
- **SLIPS ON ICE OUTDOORS**
During cold weather pavements can become icy and dangerous to walk on, you could consider not going out if the weather drops below -4C. If you do have to go out in the cold, you should wear:
 1. shoes with a good grip
 2. a scarf around the mouth to stop the cold air getting in.
- **BURNS & CUTS** The winter season tends to bring people together indoors. Cooking for large parties can lead to chaos in the kitchen and cause an increase in cuts and burns. To prevent injuries, slow down when you're cooking. Handle knives and hot pots and pans with caution. Beware of fire hazards such as candles and open fires. Most fires in the home start by accident. It is important to find out what you can do to stop fires starting and keep safe. Try this free online home fire safety check at www.ohfsc.co.uk



NHS 111 ONLINE

We will help you right away and, if needed, a healthcare professional will call you

ANYTIME • ANYWHERE

111

111.nhs.uk

111 Help us help you

NHS South Yorkshire

Got the Winter Blues?



Lots of people get depressed in winter or suffer from “the winter blues”. The medical name for this winter depression is seasonal affective disorder (SAD).

If the short, dark days are getting you down, what can you do to feel like yourself again?

It's thought that SAD sufferers are affected by shorter daylight hours in the winter. They produce higher melatonin, causing lethargy and symptoms of depression.

If the winter blues is about lack of daylight, it's no surprise that treatment involves getting more light into your life. If you feel low in winter, get outside as often as you can, especially on bright days. Sitting by a window can also help.

You might be tempted to escape the dark winter days with a holiday somewhere sunny. This can be effective for some, but other SAD sufferers have found that their condition gets worse when they return to the UK.

It's also important to eat well during the winter. Winter blues can make you crave sugary foods and carbohydrates such as chocolate, pasta and bread, but don't forget to include plenty of fresh fruit and vegetables in your diet.

If you have a tendency towards SAD, outdoor exercise will have a double benefit, because you'll gain some daylight.

If you're suffering from SAD, our LINK WORKERS might be able to refer you to an exercise scheme or local group.

The charity Mind says research has shown that a one-hour walk in the middle of the day is an effective way to beat the winter blues.



Source: Health Scotland

DNA's December Breakdown

176 patients did not attend their appointments last month November 2023 That's **2 %** of appointments which is down this month from 4% last month.

Here's the Breakdown

- Flu appointments – 8
- GP appointments – 46
- ANP - 4
- Nurse appointments – 24
- HCA (blood/BP and other clinics) – 86
- Minor Ailments PA's – 3
- Pharmacist - 2
- Misc – 3

The average cost of an appointment at a GP practice is £30 there the above equates to £ 5280 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

Please remember to get your prescriptions in on time.

The surgery will be closed Monday 25th and Tuesday 26 December and Monday 1st January.

We wish you a Merry Christmas and a Happy new year from all of us at Swallownest Health centre.

We will be closed for Training Thursday the 14th of December 2023