



Please "Be kind" to our staff. A simple thank you, or a positive review could make the world of difference. Send any comments and feedback to Email: [roccg.swallownestcarecoordinators@nhs.net](mailto:roccg.swallownestcarecoordinators@nhs.net)



### Take the Alcohol Test

It's free, quick, and confidential. Work out how risky your drinking is, access personalised advice online and find out where you can get support in Rotherham. It takes just two minutes. If you would like to speak to someone about your drinking, why not **book an online appointment** with a Drink Coach alcohol specialist. Sessions are free for Rotherham residents (normally £55)

<https://drinkcoach.org.uk/alcohol-test-rotherham>



**DRY JANUARY**<sup>®</sup>

### Dry January. Are you in?

Take on 31 days alcohol-free with Alcohol Change UK for a total body and mind reset. From better sleep and a mental health boost, to saving money and time - there's a whole lot to gain this Dry January.

## Do's and don'ts of heart healthy eating in the New Year



After the fun and festivities of Christmas, the New Year is a fantastic opportunity to look after your heart health by safely and effectively getting your eating back on track. Good nutrition can help lower LDL cholesterol levels and so plays a key role in maintaining heart health. Below are some dietary do's and don'ts that will help you get back on track in January.

<https://www.heartuk.org.uk/healthy-living/healthy-new-year> Try out the diet check calculator

<https://www.heartuk.org.uk/healthy-living/introduction>



New Year, New Habits with Rotherham Healthwave 🌞 As we bid farewell to 2023, let's welcome 2024 with a commitment to sustainable health and well-being. At Rotherham Healthwave, they believe in taking steps towards a healthier you in ways that last a lifetime, not just a season. This new year, join them in embracing habits that nurture your body, mind, and spirit. Whether it's trying a new fitness routine, exploring healthier recipes, or simply taking time to relax and recharge, every small step counts.

Here's to a happy, healthy, and thriving 2024! 🥰

## 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 without the need to see a clinician. Results are seamlessly integrated into your patient record. This streamlines the patient flow without compromising on care while capturing important data, saving on clinical time, and freeing up appointment times.

**Our Health Kiosk is available in our waiting room Monday to Friday 8:00am to 18:00pm**

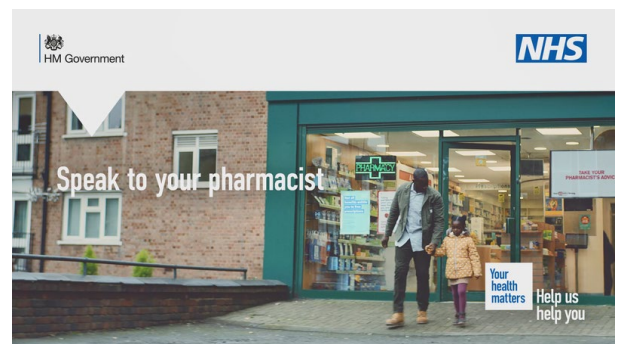
### What can I do on this?

- Height/Weight/BP/ BMI calculations
- New patient health check
- Contraceptive Pill checks
- Menopause reviews
- Several long-term conditions check.
- Self-assessments – anxiety/mental health/mood
- Arthritis checks
- Dementia Carers review



### Looking to try something new for 2024? Aston Chasers' new couch to 5km course starts Tuesday 9th January!

If you know anyone that might be interested\* in starting to run or getting back into it with an awesomely supportive and encouraging group of ladies, please share! We run from the lower car park of Swallownest Health Centre at 19:00. The course lasts for 8 weeks, and the cost is £25, which includes an Aston Chasers club vest upon graduating. You couldn't be in better hands! <https://groups.runtogether.co.uk/.../8f026786-be47-40d2...> \*Sign up spaces at the moment are for **FIRST TIMERS ONLY**. We would encourage anyone interested who has taken part in the Chasers couch course in the past to message us and be added to a reserves list. Once we've given first-timers a chance to sign up, we will then allocate any additional spaces to people on the reserves list on a first come, first served basis.



## How your pharmacy can help

Pharmacists are trained healthcare professionals who can easily help with minor illnesses such as

coughs and colds, itchy eyes, and earache. If symptoms indicate something

that may be more serious, they can signpost you to other NHS services, such as a GP or A&E to the help you need.

With no appointment needed, local pharmacy teams offer a fast and convenient service and if needed can speak to you in the privacy of a consultation room.

New data\*\* reveals that although 82% of people aged 18-40 trust the advice provided by their local pharmacist, only 19% of people said they would go to a pharmacy first when experiencing minor health concerns (e.g., cough, cold or earache).

While 93% of people know where their local pharmacy is, nearly half of those surveyed (43%) do not use it when experiencing minor health concerns, opting to speak to their GP first.

64% of those aged 18-40 did not know that pharmacists train for five years before they're fully qualified. This includes a four-year master's degree in pharmacy, followed by a foundation year in training.

So, if you're experiencing a minor health concern – speak to your local pharmacist to get expert advice straight away.

Some of the things a pharmacist can help with:

- aches and pains
- sore throat
- coughs
- colds
- flu
- earache
- cystitis
- skin rashes
- teething
- red eye
- stop smoking advice.

## Targeted Lung Checks in Rotherham



Targeted Lung  
Health Check  
Programme



Lung Health Checks have arrived across South Yorkshire and Bassetlaw. If you have ever smoked and aged 55 to 74 years look out for your invitation letter.

We want to check your lungs are working well. It's rare that an issue is found, but if it is we can act quickly and provide treatment.

The next phase taking place from Jan 2024 will include our practice, reports have already been sent out and they will be contacting patients by letter shortly.

### Who's invited?

**Any one between the ages of 55-74 years old and have ever smoked.**

The Targeted Lung Health Check programme could help improve lung cancer survival rates across the borough with a recent study showing that checks such as these can potentially pick up changes earlier and reduce lung cancer deaths by around 26% in men and 40% in women.

See website for further details <https://swallownesthealthcentre.co.uk/targeted-lung-health-checks/>