



BE  
Kind

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)

We will be closed from 12.00pm for training on Thursday 16th May 2024.



The line between normal and raised blood pressure is not fixed and depends on your individual circumstances. However, most doctors agree that the ideal blood pressure for a physically healthy person is around 120/80mmHg. **A normal blood pressure reading is classed as less than 130/80mmHg.**

#### Lifestyle changes to reduce blood pressure.

1. reduce the amount of salt you eat and have a generally healthy diet.
2. cut back on alcohol.
3. lose weight if you're overweight.
4. exercise regularly.
5. cut down on caffeine.
6. stop smoking.



Deaf Awareness Week 2024 will occur from the 6th to the 12th of May. The UK Council on Deafness created Deaf Awareness Week to increase the visibility of challenges the deaf community faces and educate others on how they can support them.

#### How to celebrate Deaf Awareness Week 2024

- Learn directly from the Deaf Community about their lived experiences.
- Take up BSL (British Sign Language).
- Fundraise for charities that support people who are Deaf and those with hearing loss.
- Learn tips and advice on how to communicate with others.



**Look at me**

Turn your face towards the person with hearing loss so they can see your lip movements.



**Speak clearly**

Not too slowly, and use normal lip movements, facial expressions and gestures.



**Don't shout**

Keep your voice down: it's uncomfortable for a hearing aid user if you shout.



## Find your little big thing for your mental health.

There are little things we can all do to lift our mood or ease our anxiety – we need to find what works for us. This could be as simple as taking a walk in nature, prioritising our sleep, or opening up to a friend. Our little thing, if we keep doing it, will make a big difference to how we feel.

To book onto any of the following sessions [click here](https://talkingtherapies.rdash.nhs.uk/about-nhs-doncaster-talking-therapies/workshops/);

Or ring Rotherham – 03000 215 108

## Depression and Wellbeing

Our Depression and Wellbeing Workshop will help you to recognise, understand, and learn techniques to manage low mood and depression. In this workshop you will gain an understanding of depression and how this can impact day to day functioning. We will look at the role of unhelpful behaviours and how to change these to improve mood. We will also look at how to challenge negative thoughts that maintain low mood and depression.

### Upcoming Depression and Wellbeing workshops

- [Thursday 27 June 2024](#)
- [Thursday 25 July 2024](#)
- [Thursday 29 August 2024](#)
- [Thursday 26 September 2024](#)

## Worry and Wellbeing

The Worry and Wellbeing Workshop focuses on how to manage worry. It will help you to recognise when worrying becomes unhelpful and how this may impact on your mental health. It will then consider different techniques and coping mechanisms to help you manage your worries better.

### Upcoming Worry and Wellbeing workshops

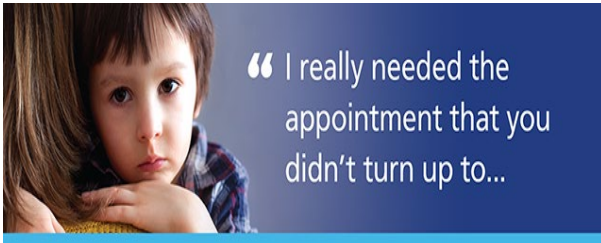
- [Thursday 2 May 2024](#)
- [Thursday 6 June 2024](#)
- [Thursday 4 July 2024](#)
- [Thursday 1 August 2024](#)
- [Thursday 5 September 2024](#)

## Relaxation and Wellbeing

If stress prevents you from knowing which way to turn, then start to develop your self-awareness here. Whether you see relaxation as the body and mind being free from tension or a way to lower feelings of anxiety and low mood, this workshop is about guiding you towards achieving this. We will teach you four different evidence-based relaxation techniques: progressive muscle relaxation, diaphragmatic breathing, visualisation, and mindfulness breathing. You will learn how and why they work and be able to test out which technique you find most beneficial. This workshop compliments the other workshops available, especially if you are looking to target specific areas associated with common mental health problems, such as trouble sleeping and worry.

### Upcoming Relaxation and Wellbeing workshops

- [Wednesday 3 April 2024](#)
- [Wednesday 1 May 2024](#)
- [Wednesday 5 June 2024](#)
- [Wednesday 3 July 2024](#)
- [Wednesday 7 August 2024](#)
- [Wednesday 4 September 2024](#)



GP appointment?  
Can't make it?  
Don't need it?



## DNA's April Breakdown

**195** patients did not attend their appointments last month April 2024  
That's **3%** of appointments which is the same as last month.

### Here's the Breakdown

- GP appointments – **68**
- Nurse appointments – **16**
- HCA (blood/BP and other clinics) – **99**
- Minor Ailments PA's – **7**
- Pharmacist – **3**
- Misc – **2**

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

Did you know that the average cost of a GP appointment in the UK is £42? Woth 92 GP appointments missed this month that's a whopping £4032 just for missed GP appointments alone!!!

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

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](mailto:syicb-rotherham.swallownestnoreply@nhs.net)



A stroke is a very serious condition where the blood supply to part of your brain is cut off. It needs to be treated in hospital as soon as possible.

Common symptoms of a stroke include your face dropping on 1 side, not being able to lift your arms and slurred speech.

The main symptoms of stroke can be remembered with the word **FAST**:

**Face** – the face may have dropped on 1 side, the person may not be able to smile, or their mouth or eye may have dropped.

**Arms** – the person with suspected stroke may not be able to lift both arms and keep them there because of weakness or numbness in 1 arm.

**Speech** – their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake; they may also have problems understanding what you're saying to them.

**Time** – it's time to dial 999 immediately if you see any of these signs or symptoms.

A stroke needs to be treated in hospital as soon as possible. Treatments include medicines to treat blood clots and sometimes brain surgery.

treatment depends on the type of stroke you have, including which part of the brain was affected and what caused it.

Strokes are usually treated with medication. This includes medicines to prevent and dissolve blood clots, reduce blood pressure, and reduce cholesterol levels.

In some cases, procedures may be required to remove blood clots. Surgery may also be required to treat brain swelling and reduce the risk of further bleeding if this was the cause of your stroke.