



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 15<sup>th</sup> August 2024.



Knowing the signs and symptoms of cancer can help with early detection. The earlier it is detected, the better the chances of successful treatment and outcomes. Having cancer awareness will give you the confidence to speak to a doctor if something doesn't feel normal to you. joining a support group improves both quality of life and survival. Cancer support groups can: help you feel better, more hopeful, and not so alone. give you a chance to talk about your feelings and work through them.



GP APPOINTMENT?  
CAN'T MAKE IT?  
DON'T NEED IT?



### DNA's July Breakdown

242 patients did not attend their appointments last month July 2024 That's 4% of appointments which was the same as last month.

Here's the Breakdown

- GP appointments – 102
- Nurse appointments – 84
- HCA (blood/BP /other clinics) -54
- Minor Ailments PA's – 2
- Pharmacist –
- Misc –

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?

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)

Please make every effort to attend your appointment





1 in 5 children and young people suffer from mental health illness in any given year. At Kooth, we believe every young person has the right to thrive and to access high quality mental health care. **In the UK:** The NHS, Local Authorities, charities and businesses have access to anonymous and personalised mental health support for Children and Young People. With over 1.3m logins per year, we provide end to end support whatever the need. Kooth's commissioned age range has been **EXTENDED** to now support young people aged **10-25** (previously 11-18) across **SHEFFIELD**. Not only that- the rest of South Yorkshire has also been brought into alignment, meaning that **Barnsley, Doncaster and Rotherham** can also offer safe, free and anonymous mental health support for **10-25** year olds (previously 11-25) via [www.kooth.com](http://www.kooth.com). AND...Qwell ([www.Qwell.io](http://www.Qwell.io)) is still available to support all adults (18+) registered with a GP in **Rotherham**. The alignment of Kooth across South Yorkshire will enable us to better support vital transitions across the South Yorkshire area for young people.

## World breastfeeding Awareness week

1-7 August 2024



### Some great news!!!!

Hi, I'm Kate your new Practice Manager! I'm really excited to be part of the Swallownest Health Centre Team. Please say hello when you see me around practice and feel free to grab me for a chat if there is anything you feel I need to know.

**Free, safe and anonymous mental health support.**



- Chat to our team
- Helpful articles
- Community Support
- Self-help activities

Whatever is going on in your life, the anonymous community on Kooth and our team of friendly professionals are here to help support you.

Or if you'd rather not talk to anyone, we've also got a huge library of helpful content, plus self-help tools and fun activities.

Sign up today at [kooth.com](http://kooth.com)



### Beat the Heat

**Stay connected**

- Look after yourself, check on others especially the elderly
- Listen to the weather forecast and the news
- Plan ahead to avoid the heat

**Keep well**

- Drink plenty of water, avoid alcohol and caffeinated drinks
- Dress appropriately for the weather
- Slow down and avoid heavy activity

**Find somewhere cool**

- Know how to keep your home cool
- Go indoors or outdoors, whichever feels cooler
- Cars get hot, avoid closed spaces

**Watch out**

- Be on the lookout for signs of heat related illness
- If you're too hot, cool your skin with water, slow down and rehydrate
- Get help. Call NHS 111 or in an emergency 999

For more information go to [www.nhs.uk/heatwave](http://www.nhs.uk/heatwave)