



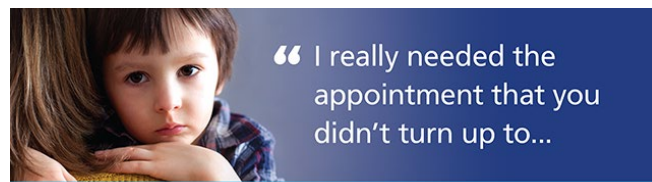
Please “Be kind” to our staff. A simple thank you, or a positive review could make the world of difference. Send any comments and feedback to email: roccg.swallownestcarecoordinators@nhs.net



Take on 31 days alcohol-free 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. 86% of participants save money. 70% of participants have better sleep and 66% have more energy.



NHS Rotherham Talking Therapies, previously known as Rotherham IAPT, provides talking therapies to adults who are experiencing common mental health problems such as depression, anxiety and stress. We are here to support you in managing your mental health and improving your wellbeing. Our Rotherham team is made up of psychological wellbeing practitioners, cognitive behavioural therapists and counsellors. The team can offer a range of different talking therapies which can take place on a one to one basis or in a group setting – whichever suits you best. We know that taking that first step and asking for help can be difficult, so we have made it easy to contact us. You can self-refer to our service via our online [self-referral form](#) or you can call us on 03000 215 108. You will then be contacted by our team. Please note, we are not a walk in service.



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



DNA's December Breakdown

276 patients did not attend their appointments last month December 2024 That's **7%** of appointments which has been maintained since last month.

Here is the Breakdown of some appointments that were missed.

- ANP - **3**
- GP appointments – **84**
- Nurse appointments – **110**
- HCA (blood/BP /other clinics) - **66**
- Pharmacist – **8**
- Misc – **5**

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.

Advisor if you also need to rebook.

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



Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight. People with special dietary needs or a medical condition should ask their doctor or a registered dietitian for advice.



Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life. Exercise can reduce your risk of major illnesses, such as [coronary heart disease](#), [stroke](#), [type 2 diabetes](#) and [cancer](#), and lower your risk of early death by up to 30%. Research also shows that physical activity can boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress. adults should try to be active every day and aim to do at least 150 minutes of physical activity over a week, through a variety of activities. For most people, the easiest way to get moving is to make activity part of everyday life, like [walking for health](#) or cycling instead of using the car to get around. However, the more you do, the better, and taking part in activities such as sports and exercise will make you even healthier. For any type of activity to benefit your health, you need to be moving quick enough to raise your heart rate, breathe faster and feel warmer. This level of effort is called moderate intensity activity. If you're working at a moderate intensity, you should still be able to talk but you won't be able to sing the words to a song. An activity where you must work even harder is called vigorous intensity activity. There is substantial evidence that vigorous activity can bring health benefits over and above that of moderate activity. You can tell when it's vigorous activity because you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

	<p>FRUIT & VEGETABLES</p> <p>Aim to eat at least five portions for fruit and vegetables per day. These can be fresh, frozen, tinned or dried.</p>
	<p>CARBOHYDRATES</p> <p>Starchy foods are a good energy and micronutrient source and should be a third of the food in the diet. Where possible choose higher fibre wholegrain options such as brown rice, rice, brown bread or by leaving skins on potatoes.</p>
	<p>FATS</p> <p>Fats are higher in energy and should be consumed in low quantities. Choose unsaturated fats which are healthier and include vegetable, sunflower and olive oil.</p>
	<p>DAIRY</p> <p>Dairy and dairy alternatives such as milk, cheese and yogurt are good sources of protein, vitamins and calcium.</p>
	<p>PROTEIN</p> <p>This includes sources such as meat, pulses and lentils. Aim to include plant based protein sources which are higher in fibre and lower in fat. Include two portions of fish each week, especially oily fish such as salmon.</p>

