



Important news



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

Do more with the NHS App!

- Order repeat prescriptions
- Book appointments
- View your records
- And much more...

NHS App

The NHS App gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the [Google play](#) or [App store](#). You can also access the same services in a web browser by [logging in through the NHS website](#). You must be aged 13 or over to use the NHS App. You also need to be registered with a GP surgery in England or the Isle of Man.

- order repeat prescriptions and nominate a pharmacy where you would like to collect them
- book and manage appointments
- view your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results)
- book and manage COVID-19 vaccinations
- register your organ donation decision
- choose how the NHS uses your data
- view your NHS number
- use NHS 111 online to answer questions and get instant advice or medical help near you.
- message your GP surgery or a health professional online
- contact your GP surgery using an online form and get a reply
- access health services on behalf of someone you care for
- view and manage your hospital and other healthcare appointments
- view useful links your doctor or health professional has shared with you.

As of Monday 3rd february 2025 we will be moving to a “contact us online “ for all Admin queries. This can be accessed through Accurx via the NHS app and the website . You will be required to fill out a form with your request with as much detail as possible. This request will be looked at within 2 working days. Please note we will no longer take any admin requests over the phone or at the reception desk. If patients are struggling to complete the form, please speak to a member of staff who can assist in helping to fill the form in.

Contact us via the NHS App

If you need help with a non-urgent medical or admin query, you can submit a request via our website or the NHS App.

Powered by **accurx**

The Accurx Practice
Powered by Accurx

Contact us about your request

This will be read by a member of the team within 2 working days. If you need more urgent help, please contact us via telephone or a secondary contact, please dial 111 or 999.

What would you like help with?

I have an admin query
Contact us about a fit (sick) note, ask about recent tests, get a repeat prescription, or anything else admin related.

I want help for a medical issue
Contact us about a new or ongoing symptom.

Here is a video guide to show you how to submit an admin request online -
<https://www.youtube.com/watch?v=1000NnQ3BU4>

You can request things such as – fit note (sick notes), some GP letters, referral follow up information, some test results, and much more.

Here is what you are looking for in the NHS app.
services

12:22

Services

Get care and support to help you stay well

Your GP services

- Request repeat prescriptions >
- Contact your GP about a health problem >
- Contact your GP surgery for a document or update >
- Check for available GP appointments >

Other NHS services

Give Feedback

Home Services Your health Messages



February is Heart Health Month and this year we're urging people to take at least 10 minutes a day to help improve their heart health.

we're encouraging people to 'start small' by taking at least 10 minutes every day to make a small change towards a healthier lifestyle during February's Heart Month. This is in line with government recommendations that adults should aim to be active daily, 'in bouts of 10 minutes or more', adding up to at least 150 minutes per week. Being physically active is a major step toward good heart health. It's one of your most effective tools for strengthening the heart muscle, keeping your weight under control and warding off the artery damage from high cholesterol, high blood sugar and high blood pressure that can lead to heart attack or stroke. It's also true that different types of exercise are needed to provide complete fitness. Aerobic exercise, resistance training, stretching, flexibility and balance are all great ways to help the heart.



“ I really needed the appointment that you didn't turn up to...

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

CANCEL IT!

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

Thank you

FOR YOUR SUPPORT