



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

The health centre will be closed from 12.00pm for training on Thursday 13th March 2025.

Join us Wed 30th April at 7pm for the Patient Participation Group Annual General Meeting, all members of the public welcome.



Call Talking Therapies on

03000 215 108

Norovirus is on the rise!

UK Health Security Agency **Norovirus**

If you catch it, stay home for **48 hours** after your symptoms clear.

DO

- Wash clothes and bedding at 60°C
- Wash hands with soap, clean surfaces with bleach-based disinfectants

DON'T

- Go to work or school, visit care homes or hospitals
- Prepare food for others

Look out for our massive website update coming this month!

Designed with you the patient in mind our website will be tidier, simpler, vastly easier to use and looks better on your mobile device. *Due mid March*

Join us in reception on Monday 3rd and 10th March where volunteers from the Community Learning service will be present in reception for anyone wanting help to set up the NHS App, they will help set up the username and password for you and give a demonstration of its use. www.thelearningcommunity.co.uk

Need help with the NHS App?

Contact the NHS App support team using the QR code below or by visiting: digital.nhs.uk/nhsapphelp



The team will be able to help you with all technical queries. It's normal to experience some technical difficulties with the NHS App if your GP surgery is changing clinical systems or merging with another practice. If you encounter any technical issues after these changes are complete, please contact the NHS App Team. You can also find more help and information, here: www.nhs.uk/nhs-app





- Ovarian cancer affects the ovaries. It mostly affects women over the age of 50.
- It can affect anyone who has ovaries.
- The ovaries are 2 small organs that store the eggs needed to make babies.
- Sometimes ovarian cancer runs in families.
- The symptoms of ovarian cancer, such as bloating, are not always obvious.
- Ovarian cancer is often diagnosed late, but early diagnosis can mean it is more treatable.
- You can still get ovarian cancer if you've had your ovaries removed because it can also affect your fallopian tubes, or the lining inside your tummy (peritoneum).



Medication Review



The aim of a medication review is to check that you are prescribed the most appropriate medicines and that you get the best out of those medicines. Tests may be made to determine whether the medicine is working (e.g. blood tests, blood pressure checks). Monitoring may be necessary for the type of medication that you are on. Failure to book in may delay future repeat prescriptions, and in some instances we may be unable to prescribe. Please book online or call the Health Centre on 0114 4333888.



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



DNA's February Breakdown

patients did not attend their appointments last month February 2025
That's % of appointments which has been maintained since last month.

Here is the Breakdown of some appointments that were missed.

- ANP -
- GP appointments –
- Nurse appointments –
- HCA (blood/BP /other clinics) -
- 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.

Advisor if you also need to rebook.

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