



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

We will be closed from 12.00pm for training on Thursday 10th April 2025.

Be tick aware



#LymeDisease

Tick Season in the UK runs from March -October

Symptoms of Lyme disease

A circular or oval shape rash around a tick bite can be an early symptom of Lyme disease in some people.

The rash can appear up to 3 months after being bitten by an infected tick but usually appears within 1 to 4 weeks. It can last for several weeks.

The rash can have a darker or lighter area in the centre and might gradually spread. It's not usually hot or itchy.

The rash may be flat, or slightly raised, and look pink, red, or purple when it appears on white skin. It can be harder to see the rash on brown and black skin and it may look like a bruise. *If you notice these symptoms, please see a GP.*



Swallownest Health Centre

Extended Access is changing!

Early Tuesday morning opening at Swallownest remains the same 7am for bloods and pre-booked GP appointments only.

Appointments for GP, Nurse, Pharmacist and Physiotherapy are available on evenings and weekends as follows;

- Monday 6.30-8.30pm Dinnington
- Tuesday 6.30-8.30pm Kiveton
- Wednesday 6.30-8.30pm Swallownest
- Thursday 6.30-8.30pm Village
- Friday 6.30-8.30pm Swallownest
- Saturday 8am -5pm Dinnington

A Big Welcome to our 2 new additional GP's!

Dr Ropa and Dr Brews
that have joined our team over the last couple of weeks.

Covid 19 Spring boosters are being held as usual at Anston vaccination centre and local pharmacies, patients who are eligible will receive a message from the surgery to book in.

There are also RSV (respiratory syncopie virus), Shingles and pneumonia appointments available in surgery for anyone who is sent a message. Anyone booking an RSV vaccination in surgery please be aware you will need to wait a least a week between this and having the covid 19 vaccination.

Housebound vaccinations will start in mid April.

This time we are arranging for housebound patients to have the C19, Shingles and Pneumonia vaccinations together and we will call you to arrange this.

The new RSV vaccination cannot be given along side C19 so we will contact housebound patients regarding this later in the year.



APRIL IS
TESTICULAR
CANCER
AWARENESS MONTH

Symptoms of testicular cancer include:

- a lump or swelling in your testicle
- your testicle getting bigger
- an ache or pain in your testicle or scrotum (the skin that covers the testicles)
- your scrotum feeling heavy, firm or hard
- an ache or pain in your back or lower tummy
- losing weight without trying
- a cough
- difficulty breathing or swallowing
- a sore or swollen chest

CHECK 'EM

THE BEST TIME TO CHECK YOUR TESTICLES IS IN THE SHOWER

JUST FOLLOW THESE EASY STEPS:

- 1 Check one testicle at a time.
- 2 Hold the testicle between your thumbs and fingers of both hands & roll it gently between your fingers.
- 3 If you notice any of these symptoms...
 - hard lumps
 - smooth or rounded bumps
 - changes in size, shape, or consistency...don't panic but see your GP straight away.



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

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

CANCEL IT!

DNA's March Breakdown

233 patients did not attend their appointments last month March 2025
That's **5%** of appointments.

Here is the Breakdown of some appointments that were missed.

- GP appointments – 72
- Nurse appointments & HCA (blood/BP /other clinics) – 140
- Other - 21

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

Join us **Wed 30th April at 7pm** in the large meeting room on the top floor for the

Patient Participation Group Annual General Meeting

All members of the public welcome.