

## Monthly Newsletter August 2025

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)

UK Health Security Agency



### Here are some things you can do to prevent UTIs

- **Stay hydrated**  
Drink enough fluids regularly
- **Don't hold it**  
Avoid holding your pee and visit the toilet
- **Prioritise personal hygiene**  
especially if you suffer from incontinence



UK Health Security Agency



### Keep the genital area clean and dry with these tips

- **Wipe from front to back**  
after using the toilet
- **Avoid using scented soaps or gels**
- **Change incontinence pads frequently**
- **Keep the skin clean**  
around your genitals
- **Go for a pee** as soon as possible after sex



### What should you do if you think you have a UTI?



**Ensure you are drinking enough fluids regularly** to avoid becoming dehydrated



**Contact a healthcare professional**, this could be your **GP, nurse, the community pharmacist, a walk-in centre** or the **NHS 111 service**



**If you have frequent UTIs**, please talk to a healthcare professional about treatment options



Swallownest Health Centre



## All you need to know about Urine Infections (UTI)

There were over 200,000 UTI's reported in 2023-24 resulting in 1.2 million hospital bed stays the majority being patients over 50.

### What are the symptoms of a UTI?

A person with a UTI may have signs and symptoms including:

~**Needing to pee more frequently**, suddenly, or more urgently than usual. **Pain or a burning sensation when peeing.**

~**Needing to pee at night** more often than usual.

~**New pain in the lower tummy.**

~**New incontinence** or wetting themselves that is worse than usual.

~**Kidney pain or pain in the lower back.**

~**Blood** in the pee.

~General signs of infection, like **a fever, a high temperature or feeling hot and shivery** with shaking (rigors) or chills.

~A very **low temperature**, below 36°C.

~Urine infections can often cause systemic infection which may result in people **collapsing /falling**. *Falls or changes in behaviour require an assessment by a healthcare professional*

~**Changes in behaviour**, such as acting agitated or **confused (delirium)**. *These could be a symptom of a UTI but could also be due to other causes, which need to be ruled out by a healthcare professional.*

A person may experience fewer of these symptoms if they have a urinary catheter.

### Can I just go to the Pharmacy for a urine infection?

Female patients (who are not pregnant) between the ages of 16 and 64 can attend a participating pharmacy for treatment of a simple, uncomplicated urinary infection.

All other patients' please contact the health centre during working hours by either using our online form for by calling us. Outside of working hours please contact 111.



## Advice on botulinum toxin injections (such as Botox)

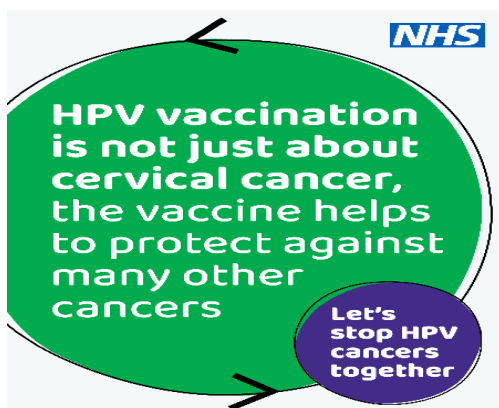
UKHSA warns public to be alert to botulism following reports of adverse reactions to cosmetic procedures involving botulinum toxin. Botulinum toxin injections, such as **Botox** or **Dysport**, are prescription-only medicines. They can only be prescribed after a consultation between you and a healthcare professional, such as a doctor or nurse. The person giving the injections does not have to be the same person who gave you the prescription. But the prescriber must ensure that the person giving you the injections is trained and safe to do so.

### Make sure you know:

1. who the prescriber is
2. who'll be giving the actual treatment
3. what training and experience they have
4. what the insurance arrangements are

Should you have any of the following symptoms following your procedure please contact 111

- Blurred/double Vision
- Facial muscle weakness
- Difficulty swallowing
- Breathing difficulty



We are now offering catch up vaccinations for patients ages 18-25 who have not had the HPV vaccine when at school. Look out for your invitation by NHS App notification/sms or letter. School age children can access catch up clinics run over the summer by school immunisation service see social media <https://www.facebook.com/RotherhamSchoolAgedImmunisationService/> or call 03333583397



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



## DNA's Breakdown

**263** patients did not attend their appointments last month  
That's **3%** of appointments.

Here is the Breakdown of some appointments that were missed.

- GP appointments – **101**
- Nurse appointments & HCA (blood/BP /other clinics) – **150**
- Other (minor ailments, paramedic, pharmacist etc)- **12**

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 around £42?

**Last month 101 patients did not attend that's £4,949 wasted due to nonattendance of GP appointments!**

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](mailto:syicb-rotherham.swallownestnoreply@nhs.net)

**Our next close afternoon for Training is Thursday 21<sup>st</sup> August**



**WORLD  
BREASTFEEDING  
WEEK**

August 1-7



[https://www.nationalbreastfeedinghelpline.org.uk/  
03001000212](https://www.nationalbreastfeedinghelpline.org.uk/03001000212)