



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



Why Quit Smoking?

Health Benefits: From reducing your risk of heart disease and lung cancer to improving your lung function and boosting your immune system, quitting smoking is the best decision you can make for your health.

Financial Savings: Think about the money you could save! Redirect those funds towards things you love and enjoy.

Improved Quality of Life: Enjoy better physical endurance, sense of taste and smell, and a life free from constant cravings.

Protect Loved Ones: Second-hand smoke is harmful to those around you. Protect your family and friends by choosing a smoke-free life.

For free help and advice to quit smoking in Rotherham contact



<https://rotherham-healthwave.connectthehealthcarerotherham.co.uk/stop-smoking/>

or call 01709718720

National Flu campaign 2025/26 for GP surgeries

The Flu and Covid season will be expected to fully start on October 1st, with our main clinic on Sat 4th October.

This year our surgery will be offering the Covid vaccination alongside Flu vaccinations for any eligible adults for the first week of October as a trial run. *After which patients wanting both vaccines will be directed to the national booking system and we will be continuing in surgery with Flu vaccinations only.*

Hopefully by now everyone has booked in to our Sat 4th October clinic, but don't worry there is still time, call us today!

Who is eligible for Flu this year!

From 1st October:

- Those aged 65 years and over
- Those aged 18 years to under 65 years in clinical risk groups
- Those in long-stay residential care homes
- Carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- Close contacts of immunocompromised individuals
- Frontline workers in a social care setting without an employer led occupational health scheme

For autumn 2025, COVID-19 vaccination will be offered to:

- Adults aged 75 years and over
- Residents in care homes for older adults
- Individuals who are severely immunosuppressed aged 6 months and over

This represents a change from the autumn 2024 programme, which also included adults aged 65 to 74 and all those aged 6 months and over in a clinical risk group.



SKIN CREAMS: ALERT



Clothing, bedding, dressings and bandages with skin cream dried on them can catch fire easily causing severe and fatal burns



Creams are important in managing different skin conditions.

You should continue to use your skin products as directed by your doctor, nurse or pharmacist.



However, it is also important that you are aware of the potential danger and know how to keep safe when using these products.



STAY AWAY FROM NAKED FLAMES AND HEAT SOURCES WHEN USING THESE PRODUCTS

For more information visit gov.uk/mhra

Do you use a skin cream, ointment, lotion, gel, spray, bath oil or soap substitute (sometimes called emollients)? They are used to manage dry skin conditions such as eczema, psoriasis and ichthyosis.

Some dressings and bandages may come with ointment already on them.

Emollients can transfer from your skin onto clothing, bedding and bandages. In the presence of an ignition source, fabric with emollient dried on it can catch fire much more quickly and burn hotter than clean fabric. This can cause severe burns and even death.



HOW TO USE EMOLlients SAFELY



1 Do not smoke, cook or go near to any naked flames or heat sources such as gas, halogen, electric bar or open fires whilst wearing clothing or dressings that have been in contact with emollient-treated skin. If this is not possible, take steps to reduce the risk; e.g., use a safety lighter or e-cigarette, remove long sleeved or loose clothing before cooking, put a thick uncontaminated shirt, overall or apron over your clothes and move your chair further away from the open fire or other heat source.

2 Change and wash your clothes frequently (preferably daily). Washing your clothes at the highest temperature recommended by the manufacturer might reduce the build-up of emollient on them but does not remove it completely and the danger may remain.

3 Take care the cream doesn't dry onto cushions, soft furnishings and bedding. If it does, use uncontaminated throws/covers on your seating and wash your bedding frequently as above.

4 Tell your relatives or carers about your treatment and show them this leaflet. Those who care for you can help to keep you safe.

5 Tell your doctor, nurse or pharmacist if you normally smoke. They will be able to offer you help and advice to stop smoking.

For advice and guidance on reducing your fire risk when using emollients please contact your local fire and rescue service.

Please speak to your doctor, nurse or pharmacist if you have any questions about the information in this leaflet.



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

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



DNA's Breakdown

268 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 – 76
- Nurse appointments & HCA (blood/BP /other clinics) – 175
- Other (minor ailments, paramedic, pharmacist etc)- 17

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 £49?

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 syich-rotherham.swallownestnoreply@nhs.net

Our next close afternoon for training is
Thursday 16th October

