



Monthly Newsletter December 2025



Swallownest Health Centre



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: roccq.swallownestcarecoordinators@nhs.net

As little as 5 minutes being active in the outdoors can have a significant benefit on mood and stress.



December is SAD Awareness month (seasonal affective disorder) See [MIND.co.uk](https://www.mind.org.uk/information-support/types-of-mental-health-problems/seasonal-affective-disorder-sad/tips-for-coping-with-sad/) for some great tips on staying mentally well this winter.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/seasonal-affective-disorder-sad/tips-for-coping-with-sad/>

Healthier Futures
Black Country Integrated Care System

NHS

Slips, trips and falls are more likely in icy weather:



Keep your hands free to stabilise yourself



Wear shoes with good grip



Avoid going out early in the morning when frost is thick or late at night when it's dark

#StayWellThisWinter

Top tips to stay well from the NHS this Winter



Get your vaccines and boosters.

Protect yourself and others by getting your flu vaccination, and if you are in an at-risk group your COVID-19 booster.



Keep warm during the day.

Wrap up in lots of layers of thin clothes, even when you go to bed. Keep doors closed to block draughts. Try to heat rooms you regularly use to at least 18°C. Make sure you're getting the help you're entitled to with your heating costs.



Keep moving.

Move around indoors and try to get outside for a walk. Avoid sitting for more than one hour. Wrap up at night. Wear layers to bed, including socks. Use a hot water bottle or an electric blanket. (Don't use a hot water bottle and electric blanket together.) Keep your windows closed at night.



Eat well.

Make sure you eat a balanced diet with lots of seasonal fruit and vegetables. And try to eat at least one hot meal a day.



Stay hydrated.

Regular meals and hot drinks can help you keep warm.



Have your medication on hand.

Make sure you have the right medicines at home in case you get poorly. Ask your pharmacist if you're not sure what medications you should have.



Stop the spread of germs.

Protect yourself and others by washing your hands with warm, soapy water, covering your mouth when you cough or sneeze, and wearing a mask in public spaces.



Look after your mental health.

The winter months can take a toll on our mental wellbeing, so make sure you're looking after your mental health, just as you do your physical health. If you are feeling down, speak to someone – a friend, family

Not sure what to do?

Go straight to **111**
Call or go online 111.nhs.uk

HELP US HELP YOU
KNOW WHAT TO DO



member, or a healthcare professional like your doctor.



If you get ill

If you need medical help right now, call 111 or use NHS 111 online.

If it is a real emergency and life-threatening, then you can call 999.

If it's less urgent, contact your doctor or pharmacist. Find out how your pharmacy can support you. *With thanks to Healthwatch*

<https://www.healthwatch.co.uk/advice-and-information/2025-10-07/how-stay-well-winter>



A Calmer Christmas

The run up to Christmas and the no man's land between the big day and New Year can leave us all feeling a bit unmoored, but

if you have a SEN (*special educational needs*) child who thrives on routine it can be difficult to navigate, leaving everyone feeling frustrated. But a little prep work can help things more smoothly, so everyone can enjoy a calmer Christmas.

1. **Add Christmas decorations slowly so the change isn't too big**, and if possible have them help or be involved in decisions.
2. **Try to keep to your normal routine as much as possible**, especially at bedtime and morning, and any other aspects of your child's day which keep them anchored.
3. **If you are taking part in activities, ensure you build in quiet time** and a way to escape if they are overwhelmed or need a quiet space where they feel safe.
4. **Are there new things you need to consider that have developed since last year?** Be clear with your child on what they can expect from each part of the day, going over any aspects they may find especially tricky.
5. **When it comes to visiting family**, or having visitors in your home, explain your needs for you and your child participating and what they can expect from your child.
6. **It can be hard to manage children's expectations** when it comes to things like presents – especially when excitement is running high – but if you know they want something which isn't going to happen, prepare them ahead of time.

7. **Food is a big part of Christmas for many people** – but if they need to eat something different to everyone else – then let them. Choose your battles.

Remember it's your Christmas so celebrate it the way that's best for you and your family.

With thanks to

<https://www.rotherhamsendlocaloffer.org.uk/happy-holidays/>



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



DNA's Breakdown 289 patients did not attend their appointments last month That's **4%** of appointments.

Here is the Breakdown of some appointments that were missed.

- GP appointments – 68
- Nurse appointments & HCA (blood/BP /other clinics) – 191
- Other (minor ailments, paramedic, pharmacist etc)- 13
- Flu - 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 relative cost of a GP appointment in the UK is £56 (*figure from kings fund*)

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

Our next close afternoon for training is
Thursday 18th December