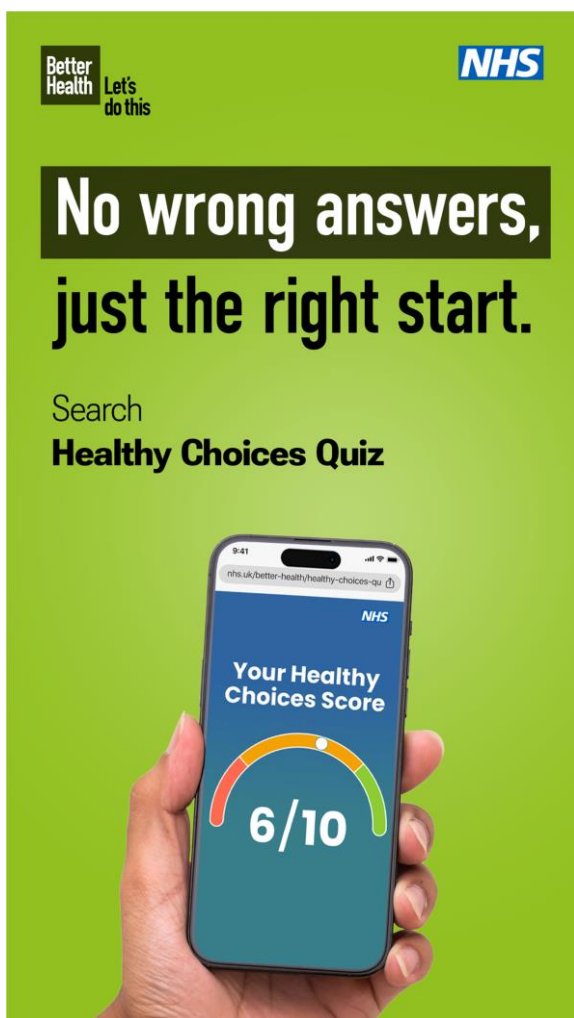




Please "Be kind" to our staff. A simple thank you, or a positive review could make the world of difference.

Send any comments and feedback to
email: roccg.swallownestcarecoordinators@nhs.net



Feeling better can start today. Take your first step with the free NHS Healthy Choices quiz. Whether you want to eat better, move more, drink less or sleep deeper, we've got a plan that can help.

Visit <https://www.nhs.uk/hcquiz>

Healthier insides.
Fuller wallet.
Deeper sleep.
Boosted energy.
Sharper concentration.
Happier year-round drinking.

ARE YOU IN?



DRY JANUARY®
by Alcohol Change UK

Be part of Dry January® dryjanuary.org.uk

Piled on the Pounds this Christmas?

If your overweight, then losing weight has many health benefits. It might help reduce the risk of developing health conditions such as high blood pressure, heart disease and type 2 diabetes.

Making small, simple changes to what and how much you are eating and drinking can really help you to lose those pounds.

The NHS has lots of tools and programmes that can help support you.



Try the new **Healthy Choices Quiz** to get started.

Or why not check your **Diabetes risk level** here <https://riskscore.diabetes.org.uk/>

If you have Smartphone/Laptop/PC download the **FREE NHS Weight loss plan App**



Find in your App store today!



Rotherham Healthwave
Helping boost health and wellness

Have you heard of Rotherham Healthwave?

Rotherham Healthwave provides stop smoking, Get Active and Weight Management services for all Rotherham, residents, you can self refer at any time online <https://rotherham-healthwave.connecthealthcarerotherham.co.uk/> or call 01709718720

Free nutritional counselling, fitness programmes, weigh in groups, one to one support, discounted gym membership at Thomas Rotherham college, free fitness classes such as swimming, badminton, line dancing, general fitness classes, Pilates, Tai chi, dance, gardening/allotment, cooking.

Available across Rotherham sign up to see what's available near you!



What is the MMRV vaccine and is my child eligible?

From 1 January 2026, the MMRV vaccine will be introduced into the routine childhood immunisation schedule in the UK. When your child will be offered this vaccine depends on their date of birth.

The MMRV vaccine helps protect children against measles, mumps, rubella and chickenpox (varicella)

Chickenpox is a very infectious disease caused by a virus. It is very common in young children and causes a fever and an itchy, spotty rash. These spots can be painful and appear all over the body. Most children with chickenpox will have a mild illness and recover after around a week. Some children may have a more serious illness and need to be admitted to hospital. In rare cases, children can develop serious complications including chest infection, fits, and encephalitis (brain inflammation).

The MMRV vaccine has been safely used for over a decade and is already part of the routine childhood vaccination schedule in several countries, including Canada, Australia and Germany.

When your child will get the MMRV vaccine:

Child's date of birth	12-month appointment	18-month appointment	3 years 4 months appointment
Born on or after 1 January 2025	First dose of MMRV	Second dose of MMRV	-
Born between 1 July 2024 and 31 December 2024	Children should have already been given 1 dose of MMR	First dose of MMRV	Second dose of MMRV
Born between 1 September 2022 and 30 June 2024	Children should have already been given 1 dose of MMR	-	1 dose of MMRV

Will there be a catch-up programme for older children?

A single MMRV catch-up dose will be offered to children born between 1 January 2020 and 31 August 2022, if they haven't already had chickenpox or been vaccinated against it. This will be offered between November 2026 and March 2028.

For more info see:

<https://www.gov.uk/government/publications/mmr-vaccination/mmr-vaccination-a-guide-for-parents-and-carers>



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



DNA's Breakdown

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

Here is the Breakdown of some appointments that were missed.

- GP appointments – 85
- Nurse appointments & HCA (blood/BP /other clinics) – 266
- Other (minor ailments, paramedic, pharmacist etc)- 7

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 syicb-rotherham.swallownestnoreply@nhs.net

Our next closed afternoon for training is
Thursday 8th January 2026