

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



NHS

During the winter months, everyone should consider taking a daily vitamin D supplement



111 Help us help you **NHS**

Need urgent help for your mental health?

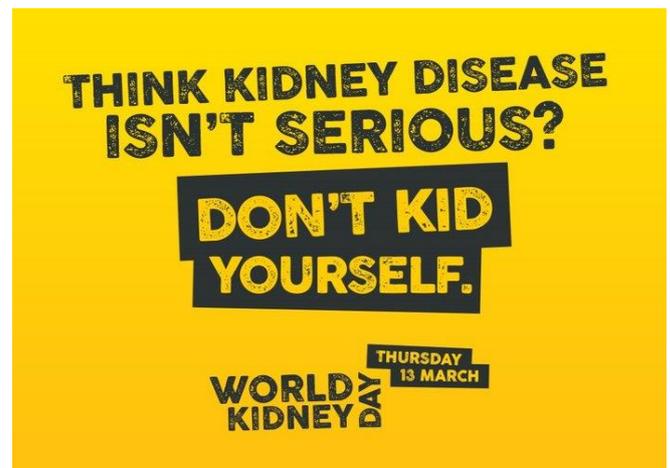
Call 111 and select the mental health option



World Kidney Day 12th March

12 March 2026 will mark 20 years of World Kidney Day, the worldwide campaign dedicated to raising global awareness of chronic kidney disease (CKD) and the importance of kidneys to our health.

Kidney disease affects 1 in 10 people across the world – that's equivalent to more than 7 million people in the UK!



Most people have 2 kidneys. Your kidneys are in your lower back under the bottom rib. They are about the size of your fist and are shaped like kidney beans. 

Your kidneys important jobs to keep you healthy like;

- Cleaning your blood
- Getting rid of waste from your body in wee
- Keeping your bones strong

Chronic kidney disease (CKD) means that your kidneys do not work as well as they should.

If you have CKD then your kidneys can not get rid of waste in your body properly. This means that waste can build up in your body.

CKD is normally diagnosed by testing your blood and wee in a urine test.

CKD can affect people of all ages, including babies and children and can run in families.



There are 5 stages of CKD.

Most people with **CKD stages 1, 2 or 3** do not have any symptoms. If you have CKD stage 1, 2 or 3 and your kidneys work well enough, you may not need any treatment. Your doctor will decide if you need any treatment.

How is CKD treated in stage 1, 2 and 3?

If you have CKD stage 1, 2, or 3 it is good to try and stay healthy. We have made a list of things you can do to stay healthy

- Eat a balanced diet.
- Keep active and move as much as possible.
- Keep up to date with your vaccinations. A vaccine is medicine that helps keep you safe from an illness. Ask your doctor about having vaccines for flu, pneumonia and C19.
- Stop smoking.
- Stop drinking alcohol or drink less alcohol.
- Check your blood pressure regularly. Your doctor can teach you how to check your blood pressure yourself at home

People with **CKD stages 4 or 5** may have symptoms. We have made a list of possible symptoms.

- Tiredness and low energy.
- Weight loss and poor appetite. This means how hungry you feel.
- Swollen ankles, feet or hands, or puffiness around the face.
- Shortness of breath. This is when you find it hard to breathe normally or get out of breath easily.
- Blood in your wee.
- Needing to wee more often, especially at night.
- Trouble sleeping.
- Itchy skin.
- Muscle cramps or weakness in your muscles.
- Feeling sick.
- Headaches

With Thanks to www.Kidneycareuk.org



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



DNA's Breakdown 254 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 – 59
- Nurse appointments & HCA (blood/BP /other clinics) – 186
- Other (minor ailments, paramedic, pharmacist etc)- 9

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 12th March 2026

