

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



Symptoms of Type 1 Diabetes in Children

Type 1 diabetes symptoms in children

- going to the toilet a lot to pass urine
- bed wetting by a previously dry child or heavier nappies in babies. Getting up in the night to go to the toilet.
- Being really thirsty and not being able to quench the thirst. Your child may ask for a drink more often, finish drinks very quickly or you may notice they generally drink more.
- Feeling more tired than usual. Having less energy than normal, not playing as often, less energy for sports.
- Losing weight or looking thinner than usual.

These symptoms can be remembered as the 4Ts: Toilet, Thirsty, Tired and Thinner

You may also notice your child getting more infections than usual. There may also be changes in your child's behaviour like irritability. The symptoms of type 1 diabetes tend to come on within a matter of days or weeks and you should get urgent medical help if you notice any of these symptoms.

The symptoms of type 2 diabetes in children are the same as they are for type 1 diabetes, but they may be less obvious and develop more slowly, for example over weeks or months.

If your child has any of the above signs or symptoms of diabetes, you should take them straight to the doctor and request a blood glucose test. If a quick and simple finger prick test indicates high blood sugar, your GP will refer your child to a specialist diabetes team or hospital and the test will be sent to the lab to diagnose diabetes.

With thanks to www.diabetes.org.uk

See below link for information on recent MP's debates around testing for children.

<https://www.diabetes.org.uk/about-us/news-and-views/mps-debate-type-1-diagnosis-and-testing>

Be tick aware



 Public Health Agency

#LymeDisease

Lyme Disease Awareness Day 1st May

A circular or oval shape rash around a tick bite can be an early symptom of Lyme disease in some people.

<https://lymediseaseuk.com/>



Essential health advice for visiting friends and relatives abroad

When you're planning to visit family and friends abroad, it's natural to feel at home before you've even arrived. Even if you've never had issues in a familiar country before, you're still at risk from diseases like malaria and typhoid that are rare in Britain but common in many other parts of the world.

Taking simple precautions before you travel can protect both you and the people you care about.

Seek travel advice early where possible - ideally 4-6 weeks before departure - so vaccines have time to work effectively. You can do this via your local pharmacy, GP or travel clinic.

Poilo, Typhoid, Hepatitis A and Cholera and MMR vaccines are all free on the NHS.

Contact us online via the NHS App or our website and we can send out a Travel questionnaire which one of our nurses will review and contact you back with advice or if necessary an appointment.

Check TravelHealthPro for travel health advice before you go.
<https://travelhealthpro.org.uk/countries>

Before you go



Get advice from your GP surgery, pharmacy or travel clinic



Check your routine vaccinations are in date



Check if you need vaccines antimalarial tablets before you

While you're there



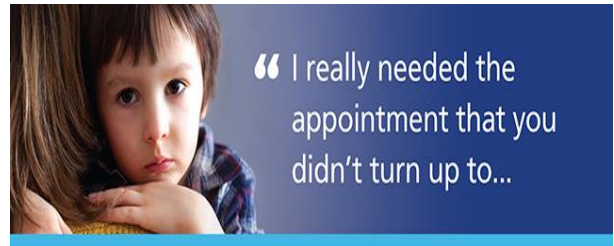
Follow good food and water hygiene advice



Follow advice to avoid mosquito bites, including sleeping under a bed net



Use repellent in areas w/ insects spread disease



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



DNA's Breakdown 252 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 – 71
- Nurse appointments & HCA (blood/BP /other clinics) – 173
- Other (minor ailments, paramedic, pharmacist etc)- 8

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 around £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 closed afternoon for training is Thursday 14th May 2026

Closed Bank Holiday Monday 4th May and Bank Holiday Monday 25th May