

Monthly Newsletter June 2026

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



<https://www.matesinmind.org/training-and-resources/men-s-health-week-uk-15-21-june-2026>



Carers week
8-14 June 2026

See the following links for more information and support

<https://www.rotherham.gov.uk/carers>
or

<https://www.rotherhamcarersforum.org.uk/>

Contact the health centre to be added to the carers register.

LONELINESS AWARENESS WEEK

15-21st June

<https://events.lonelinessawarenessweek.org/>



Hot weather is something many people look forward to but it's worth remembering that warm spells can pose health risks for some people. It's important to protect yourself, and others from too much sun or heat, to carry water when travelling and to think of those, such as young children or older people, who may not cope as well in the heat.

Keep a close eye on older people, young children, and people with long term health conditions – their bodies can struggle to cope with the heat and they are at greater risk.

- Keep cool indoors. Close curtains on windows that face the sun, open windows when its cooler outside than in (when it is safe to do so) and turn off any unnecessary electrical items. Remember it is sometimes cooler sitting in a park under a tree than it is in a home that is too hot.
- Check weather forecasts and if you're spending time outdoors remember to travel with bottled water.
- Protect yourself from the sun by covering up with suitable clothing, a wide-brimmed hat and sunglasses. Apply SPF 30+ sunscreen with UVA protection liberally and re-apply frequently and seek shade, especially between 11am and 3pm, when UV levels are highest.
- Remember children need extra sun protection, and babies aged under 6 months should be kept out of direct sunlight.





Symptoms of heat related illnesses

Look out for symptoms of heat related illnesses in yourself and others during hot Weather.

Common symptoms of heat exhaustion include:

- tiredness
- weakness
- feeling faint
- headache
- muscle cramps
- feeling or being sick
- heavy sweating
- intense thirst

How to cool down (if you or someone else has heat exhaustion)

- Move to a cooler place such as a room with air conditioning or somewhere in the shade
- Remove all unnecessary clothing like a jacket or socks
- Drink cool water, a sports or rehydration drink, or eat cold and water rich foods like ice-lollies
- Apply cool water by spray or sponge to exposed skin, and using cold packs wrapped in a cloth and put under the armpits or on the neck can also help

Common symptoms of heatstroke include:

- confusion
- lack of co-ordination
- fast heartbeat
- fast breathing or shortness of breath
- hot skin that is not sweating
- seizures

If you suspect someone has heatstroke, call 999, put them in the recovery position and keep trying to cool the person down.



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



DNA's Breakdown 240 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 – 81
- Nurse appointments & HCA (blood/BP /other clinics) – 149
- Other (minor ailments, paramedic, pharmacist etc)- 10

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 18th June 2026