

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



Lung Cancer Screening

NHS

If you are aged between 55 and 74 and have ever smoked, you may be eligible for free Lung Cancer Screening.

Chances are that everything is ok, but if cancer is found, catching it early can make all the difference.

For more information, visit lungcancerscreeningsyb.co.uk, or scan the QR code

SCAN ME

<https://canceralliancesyb.co.uk/what-we-do/early-diagnosis/lung-health-checks>

Bake sale at Swallownest Health Centre 26th August for Breast Cancer Now



See link to just giving page
- <https://shorturl.at/kTIL9>



drinkaware

Alcohol in a heatwave

Limiting your alcohol consumption and drinking plenty of water can help you stay safe during a heatwave.

<https://www.drinkaware.co.uk/>

Alcohol dehydrates you so it's important to stay safe if you are planning to drink during hot weather.

Drink plenty of water Alcohol is a diuretic, which means it encourages the kidneys to get rid of fluid. That's why you tend to urinate (pee) much more when you drink alcohol.

Alcohol also makes you sweat more, because it interferes with your body's ability to control its own temperature. Combined with the fact that alcohol makes you pee more, you can lose more fluid than you take in and become dehydrated unless you replace that lost fluid by drinking extra water.

Tips!

- Limit the amount of alcohol you drink
- Drink plenty of water or soft drinks in between alcoholic drinks.
- Swap a cocktail for a mocktail
- Swap to low alcohol or zero alcohol beers, gins, wines etc there is so much option now!

Dehydration can cause headaches, dizziness, sickness and tiredness. Serious dehydration requires urgent medical attention – it can cause confusion and seizures. Call 111 for advice 24/7.

Don't drink and swim While going for a swim may seem like a good idea to cool off on a hot day, don't try to swim if you've been drinking any alcohol.

Alcohol consumption is known to increase drowning risk.



Meningitis B Vaccine catch up Available from July 20th at pharmacies



Who is it for?

- Young people currently in school Year 13 (born between 1 September 2007 and 31 August 2008)
- All undergraduate freshers born on or after 21 July 2001 who will be attending university for the first time in autumn 2026
- Those born on or after 21 July 2001 who are starting further education for the first time in autumn 2026 and who will be living in further education accommodation or halls of residence
- For further info see <https://ukhsa.blog.gov.uk/2026/06/12/who-is-eligible-for-the-new-one-off-menb-vaccine-programme/>
- To book see your local pharmacy or book online <https://www.nhs.uk/nhs-services/vaccination-and-booking-services/> or call 119.



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



DNA's Breakdown 268 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 – 101
- Nurse appointments & HCA (blood/BP /other clinics) – 152
- Other (minor ailments, paramedic, pharmacist etc)- 15

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 16th July 2026