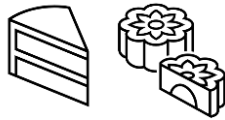




Please "Be kind" to our staff. A simple thank you, or a positive review could make the world of difference.
Send any comments and feedback to
email: roccg.swallownestcarecoordinators@nhs.net



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



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



World breastfeeding
Awareness week

1-7 August 2026



Cycle to Work Day

6 August 2026

Common BBQ blunders and how to avoid them

This simple advice from the FSA will help you avoid the grilling gaffes and common mistakes which could make it a memorable summer for all the wrong reasons.

1. The "it looks done" gamble

The biggest BBQ risk is undercooked meat, especially chicken and burgers - the outside can look done while the inside remains raw. Always cook meat all the way through, and when you think it's done check the juices run clear, with no pink remaining. A meat thermometer should read at least 75°C at the thickest part. However, [red meat such as steaks](#) can be served pink or rare and will be safe to eat as long as the surface has been adequately seared.

2. Don't be a tool - use more than one utensil

Take the peril out of your poultry by keeping raw meat away from cooked and ready-to-eat food, always use separate tongs, knives and chopping boards for raw food and cooked food, always remember to wash your hands after handling raw meat.

3. The sunny side risk

Don't let your food sunbathe as bacteria can multiply quickly when it gets hotter. Keep food in a cool bag with ice packs, out of direct sunlight, and don't leave it out in warm weather for more than two hours.

4. Avoid risky food roulette

Take extra care with cooked chicken, egg dishes, and prepared salads such as rice salad, potato salad and coleslaw, as these carry the highest risk if they warm up.

<https://www.gov.uk/government/news/it-looks-done-common-bbq-blunders-and-how-to-avoid-them>



Don't forget to book your child's Pre-school booster!

The 4-in-1 Pre-School Booster: Give Your Child the Best Start Before September

As you pack their first school bag and buy their new uniform, there is one more essential item for your child's back-to-school checklist: **the 4-in-1 pre-school booster.**

This single, routine injection is usually given when your child turns 3 years and 4 months. It boosts their existing protection against four serious, highly contagious illnesses just as they prepare to mix with large groups of children at school:

- Diphtheria
- Tetanus
- Whooping cough (Pertussis)
- Polio

Its never too late to get your MMR vaccine!

All people in England are entitled to two doses of the Measles, Mumps and Rubella vaccine from the age of 12 months up. There is no upper age limit so if you have missed one please get in touch.



How to watch the solar eclipse safely this summer! 12th August

Looking directly at the sun, even during an eclipse, can cause permanent, painless eye damage. Cloud cover doesn't make it safe, and ordinary sunglasses offer no protection. Safe options include:

- a pinhole viewer, which you can easily make at home
- viewing the Sun's image projected through a colander or the gaps between tree leaves

- projecting the Sun's image onto a sheet of paper using a simple pinhole projector

<https://ukhsa.blog.gov.uk/2026/07/23/how-to-watch-the-solar-eclipse-safely-this-summer/>



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

CANCEL IT!

DNA's Breakdown 256 patients did not attend their appointments last month That' 3% of appointments.

Here is the Breakdown of some appointments that were missed.

- GP appointments – 60
- Nurse appointments & HCA (blood/BP /other clinics) – 184
- Other (minor ailments, paramedic, pharmacist etc)- 12

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 20th August 2026

We will be closed Bank Holiday Monday 31st August