

Monthly Newsletter September 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



Blood Pressure UK
Helping you to lower your blood pressure

Know Your Numbers Week

7-13 September 2026

Encouraging adults to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure

<https://www.bloodpressureuk.org/know-your-numbers/>



World Suicide Prevention Day

10 September 2026

Promoting worldwide commitment and action to prevent suicides

<https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day/>



World Sepsis Day

13 September 2026

Slurred speech or confusion

Extreme shivering or muscle pain
& fever

Passing no urine all day

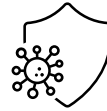
Severe breathlessness

It feels like you're going to die

Skin mottled or discoloured

<https://www.worldsepsisday.org/>

Swallownest Health Centre



Flu and Covid Winter Vaccinations



The NHS is once again offering free flu and COVID-19 vaccinations to those most at risk of serious illness. Getting vaccinated when invited is the best way to protect yourself, your family and our community during the winter months.

We will be sending our invites out once we have received our vaccine delivery.

Why is vaccination important?

Vaccination helps to

- Reduce your risk of becoming seriously ill from flu or COVID-19.
- Protect vulnerable family members, friends and carers.
- Reduce the spread of infection within the community.
- Help prevent hospital admissions and winter complications.

From 1 September 2026 (our delivery expected from 14/9)

Free **FLU** vaccines will be offered to:

- Pregnant women
- Children aged 2 and 3 years (on 31 August 2026)
- All school-aged children from Reception to Year 11
- Children aged 6 months to under 18 years in a clinical risk group

From 1 October 2026

Free **FLU** vaccines will be offered to:

- Adults aged 65 years and over
- Adults aged 18 to under 65 years in a clinical risk group
- Residents of long-stay care homes
- Carers and those receiving Carer's Allowance
- Close contacts of immunocompromised individuals



- Eligible frontline social care workers

The autumn **COVID-19** vaccination programme will also start 1 October 2026

Eligible groups include:

- Adults aged **75 years and over**
- Residents in a **care home for older adults**
- Individuals aged **6 months and over who are immunosuppressed**

The COVID-19 vaccine is usually offered around 6 months after your last COVID-19 vaccination, although it may be given sooner if clinically appropriate, provided there has been a minimum interval of **3 months** since the previous dose.

The adult flu and covid programmes start in October to provide the best protection during the peak flu season, which typically occurs between December and January.

RSV Vaccine Programme Update

The **RSV vaccine** is a safe injection that protects against Respiratory Syncytial Virus (RSV), a common bug that causes cold-like symptoms but can lead to severe lung infections, breathing trouble, and hospital stays in babies and older adults.

Who is Newly Eligible from 1st September?

If you are aged 65 to 74, from 1st September you will be offered a single-dose RSV vaccine if you have either of the following conditions;

1. **Chronic Respiratory Disease:** This includes adults living with poorly controlled asthma, chronic obstructive pulmonary disease (COPD), chronic bronchitis, emphysema, bronchiectasis, or cystic fibrosis.

2. **Immunosuppression:** This includes individuals with a weakened immune system caused by a disease (such as blood cancer) or by medical treatments (such as chemotherapy)

The new group joins our existing, ongoing RSV cohorts:

Older Adults: Anyone **aged 75 and over** (following the elimination of the upper age limit earlier this year).

Care Home Residents: All residents living in a care home for older adults.

Pregnant Women: Eligible from **28 weeks of pregnancy** to pass vital immunity directly to their newborn babies. *Your midwife will arrange this along side your other tests and vaccinations.*



DNA's Breakdown 205 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 – 93
- Nurse appointments & HCA (blood/BP /other clinics) – 106
- Other (minor ailments, paramedic, pharmacist etc)- 6

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 17th September 2026**