



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



Missed Cervical Screening?

Keep an eye out for your message from NHS England with how to order an at home test kit.

Please do not contact the GP surgery regarding this we have no access to kits or eligibility criteria at present.



What is Salmonella and what can you do to avoid catching it?

Salmonella is the group of bacteria behind one of the most common types of food poisoning in the UK, and while for most people it means a few unpleasant days at home, for others it can lead to serious illness.

The UKHSA is currently helping to investigate a national outbreak that may be linked to eggs imported from outside of the UK.

What is Salmonella?

Salmonella refers to a large group of bacteria that lives naturally in the guts of many animals. The type most commonly responsible for making people ill in England is Salmonella Enteritidis.

Most people become infected through eating contaminated food. Salmonella can be found in foods such as eggs, chicken, pork and dairy products. Fruit and vegetables can also carry the bacteria if they've been in contact with livestock, manure or untreated water.

Good hygiene is vital. Wash your hands thoroughly after using the toilet and before preparing or handling food, wash utensils and chopping boards with hot water and cook food thoroughly. If you have symptoms yourself, avoid preparing food for others where you can.

Most people can manage Salmonella infection without needing to see a doctor.

The key things to do are:

- stay at home and rest
- drink plenty of clear fluids, add electrolytes, taking small sips if you feel sick
- if your baby is showing symptoms, continue breast or bottle feeding, offering smaller feeds more often if they're being sick
- eat when you feel able to, avoiding fatty or spicy foods



- take paracetamol if you're in discomfort, checking the leaflet first if giving it to a child
- Don't drink fruit juice or fizzy drinks, as these can make diarrhoea worse.

A pharmacist can help with over-the-counter medication if you or your child show signs of dehydration.

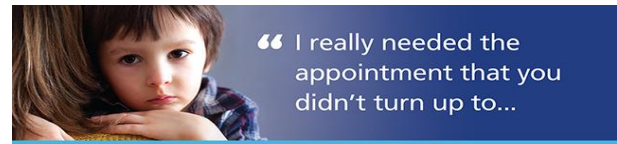
You should call NHS 111 if you or your child has signs of dehydration that;

- don't improve with rehydration sachets
- can't keep fluids down
- have bloody diarrhoea
- have diarrhoea that is not reducing in 3 days.
- If you're worried about a baby under 12 months
- or a child under 5 shows signs of dehydration

Call 999 or go to A&E for more serious symptoms, such as vomiting blood, a sudden severe headache or tummy ache, breathing difficulties, confusion, or blue, grey, pale or blotchy skin.



<https://ukhsa.blog.gov.uk/2026/08/24/what-is-salmonella-and-what-can-you-do-to-avoid-catching-it/>



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

CANCEL IT!

DNA's Breakdown 323 patients did not attend their appointments last month That' 4% of appointments.

Here is the Breakdown of some appointments that were missed.

- GP appointments – 129
- Nurse appointments & HCA (blood/BP /other clinics) – 177
- Other (minor ailments, paramedic, pharmacist etc)- 17

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

Thankyou to everyone who attended our Flu weekend on Sat 3rd October and making it a great success.

Our next closed afternoon for training is Thursday 15th October 2026

There is a medicines shortage for Ramipril (all doses) which is predicted to last until the end of October, if you have enough medication in stock please hold on ordering more unnecessarily.