Monthly Newsletter
November 2026

Swallownest Health Centre

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



An NHS selective single-dose MMRV catch-up programme starts on 1 November 2026 for children under 6 years old who have not yet had chickenpox or two doses of the varicella vaccine

Children born between 1 January 2020 and 31 August 2022 who have no history of chickenpox or prior varicella vaccination

An MMRV catch-up dose is *not* needed if a child has already had two MMR vaccines *and* either a documented history of chickenpox or two doses of the chickenpox vaccine.

This is a limited time offer running from 1st November 2026 to 31st March 2027 so when you get a message please book in as we will not be able to accommodate you after this date.

The vaccine provided by NHS England is a combined vaccine and cannot be given separately to the MMR.

What is Strep Group A and how do you catch it?

Group A streptococci (GAS), also referred to as 'strep A', is a common bacteria type.

It is carried in the throat and on the skin but doesn’t always result in illness.

The most common infections you will have heard of are

- **Strep Throat**
- **Impetigo**
- **Tonsilitis**

While these can be unpleasant, they can be treated with antibiotics.

If you have sore throat or skin infection symptoms please contact your local Pharmacist for fast convenient treatment.

It is spread by close contact with an infected person and can be passed on through coughs and sneezes, or from a wound.

In rare cases it can result in more serious illness. Particularly children who have had chickenpox very recently (last 2 weeks) can be more prone to developing more serious symptoms.

More serious symptoms are

- Persistent high fever
- Cellulitis
- Painful swelling of the joints

Please contact the surgery if you have any of these more serious symptoms.



Pancreatic Cancer Awareness month

Signs and symptoms of pancreatic cancer

The main signs and symptoms of pancreatic cancer include

- Indigestion
- Pain in your tummy or back
- Changes to your poo
- Losing weight without meaning to
- Jaundice

If you have Jaundice, go to your GP or A&E straight away. If you have any of the other symptoms and you don't already know why you have them, go to your GP or contact NHS 111.
https://www.pancreaticcancer.org.uk/information-and-support/signs-and-symptoms-of-pancreatic-cancer/

It's Ask Your Pharmacist Week (2-9 November).

You might be surprised at the range of health services offered by your local pharmacy. Please make the most of the NHS and private services available on your doorstep - from flu vaccinations, blood pressure checks, contraception, medicines consultations and convenient treatment for minor ailments.
More pharmacists than ever are prescribers – meaning you can often get more of the help you need in one place, conveniently and without having to go to your doctor first.
#AskYourPharmacist



DNA's Breakdown 252 patients did not attend their appointments last month That' 3% of appointments.

Here is the Breakdown of some appointments that were missed.

- **GP appointments – 103**
- **Nurse appointments & HCA (blood/BP /other clinics) – 136**
- **Other (minor ailments, paramedic, pharmacist etc)- 13**

Flu appointment DNA's
(kept separate from main figures)

Flu /Covid and Flu total - 3311
Flu/Covid and Flu DNA - 437

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 sycb-rotherham.swallownestnoreply@nhs.net

Our next closed afternoon for training is Thursday 12th November 2026