Choose well.

Your guide to health in Rotherham

www.rotherham.nhs.uk
Feeling unwell this winter?
There is a range of NHS services on your doorstep. Choosing the right one ensures you receive the best possible treatment, leaving emergency services to those who need them most.

Choose well.
www.nhs.uk
Welcome to Choose Well – a guide to how you can help yourself to stay well this winter and where to go should you need to access health services.

There are a range of services on your doorstep across Rotherham that can help you to stay well and healthy this winter. Knowing which service is the right one for you or your family can be difficult, especially when you are feeling poorly or are worried about the health of a loved one.

This booklet has been produced to tell you about the services that are available locally and advise how and when you should use them.

Winter can be a difficult time for everyone. Cold weather, bugs and viruses and festive excess can make people ill and cause accidents.

Using the right service will help us to ensure that services are available when you need them and that money and time is not wasted. Nationally the NHS costs the public more than £100 billion each year. Money is easily wasted when patients attend A&E for minor injuries, medicines are thrown away unused or if patients don’t turn up for an appointment.

HELP US TO HELP YOU BY USING THIS GUIDE TO CHOOSE WELL IN ROTHERHAM.
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We are a not-for-profit co-operative, owned and managed by our members, regulated by the Financial Services Authority.

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If you would like to assist us, by volunteering a couple of hours of your time each week, please contact us.

Check out our website for further information.

Units 9 & 10, The Old Town Hall, Rotherham S60 1QX

Telephone: 01709 836500
Email: enquiries@lasercu.org.uk
www.lasercu.org.uk
Each winter the NHS comes under increased pressure. More people fall ill or are injured than at other times of the year, so services are more in demand than ever.

Emergency services should only be used in very serious or life-threatening situations. Many patients attending A&E could be treated more appropriately and quickly at the Rotherham Walk In Centre, by their own GP, local pharmacist, by phoning the single point of contact Rotherham-based telephone helpline or simply by treating themselves with basic first aid.

This guide will help you to get the most appropriate treatment in the right place.

In Rotherham there are a range of different services providing medical care and attention when you need it.

When accessing any NHS service it is important you consider your condition or illness and make an appropriate judgement on which care you need. This may range from self-care at home to a visit to A&E, depending on your condition or symptoms.

FOR MORE INFORMATION ON WHEN AND WHICH SERVICES TO ACCESS VISIT OUR WEBSITE:
www.rotherham.nhs.uk/services
More people turn to us than any other Social Care Provider

We offer high quality personalised services for all ages, disabilities and conditions. We can help with:

- Practical Daily Living Support
- Maintaining Independence
- Social Outings
- Companionship
- Specialist Dementia Service

Delivered in your own home by highly trained staff at a time to suit you

For further information call:

Tel: 01709 360272

www.crossroadsrotherham.co.uk
Charity Registration Number: 1062664
Caring for yourself at home is the best choice to treat very minor illnesses, ailments and injuries. A range of common illnesses and complaints, such as coughs, colds, sore throats and upset stomachs and aches and pains can be treated with a well-stocked medicine cabinet and plenty of rest.

Some self-care essentials should include:

- Painkillers e.g. paracetamol/infant paracetamol, aspirin (not to be given to children under 16), or ibuprofen
- Cough medicine
- Anti-diarrhoeal medicines
- Re-hydration mixtures
- Indigestion remedies
- Plasters, bandages & sterile dressings
- Gauze dressings
- Safety pins
- Sterile gloves
- Tweezers & scissors
- Alcohol-free cleansing wipes
- Thermometer
- Cream to relieve insect bites & stings
- Antiseptic cream

Make sure medicines are safely stored and are within their use-by date. Keep medicine safe from children by locking it in a cabinet. Some medicines can be harmful to children, so be aware of the doses you are giving.

**FOR COUGHS, COLDS AND FLU,**
**OVER-THE-COUNTER REMEDIES COMBINED WITH REST AND DRINKING LOTS OF WATER CAN HELP YOU TO FEEL BETTER.**
SAVE THIS NUMBER NOW

It could save you a trip to A&E.

(calls cost no more than to an 01 number)

0333 321 8282

Lines are open 24 hours a day, 7 days a week.

The Rotherham-based health helpline is staffed by local doctors and nurses who will help you decide where is the best place to get treatment for your illness or injury and even fix you up with an appointment – if you need one.

You should only attend A&E with a life threatening or urgent medical condition or with an injury that needs immediate attention.

A quarter of people attending A&E could have been treated elsewhere.
62,000 people attended A&E last year - costing the NHS £21,000 per day.

www.rotherham.nhs.uk
NHS Rotherham is the Rotherham Primary Care Trust

care UK
Choose well.

NHS Rotherham
The Single Point of Contact is a telephone help and advice line to direct you to appropriate services to avoid you turning up at Accident and Emergency or the Walk in Centre for non-life threatening and non-urgent conditions.

Patients who need immediate health advice or reassurance, rather than waiting for an appointment with their GP, can ring and speak directly to a nurse or GP who will be able to advise the appropriate treatment, refer to other services or make an appointment direct with the Walk In Centre or out of hours GP service.

The Rotherham telephone service is for all Rotherham patients and is provided by Care UK and aims to reduce the number of patients who turn up both at Accident and Emergency and the Walk In Centre during the winter months with minor conditions such as coughs and colds.

For more information visit: www.rotherham.nhs.uk/spc

To speak to a GP or Nurse for immediate healthcare advice

Telephone 0333 321 8282
More from Aspire PC Ltd.
We also offer a range of social activities for adults, including walking clubs, cinema clubs, evenings out and craft workshops.
Clients have said ‘I have my life back with the support provided from Aspire. The things like going out and meeting new people I never thought I would do again. I am really enjoying getting to know new people’

Guaranteed Support
With more experienced staff from mental health/learning disabilities/elderly/community support and rehabilitation, our staff enjoy and care about what they do for a living and more importantly care about the clients and their goals. Staff have said ‘I love working at Aspire. Every day is different and every day shows different rewards, especially the challenges we overcome together’

CALL US TODAY ON 01142 456320 & QUOTE ASPE3 TO DISCUSS YOUR OPTIONS
Aspire Personal Care, Butterthwaite House, Jumble Lane, Ecclesfield, Sheffield S35 9XJ
Telephone: 01142 456320 / Email: lynne@aspirepc.co.uk / www.aspirepc.co.uk

We can create your support plan with you in three easy steps...
• Step 1: Email lynne@aspirepc.co.uk or phone to discuss your needs, whether this is discharge from hospital package, social inclusion needs, support with education / courses, cooking and household tasks or simply help with independent living.
• Step 2: Let’s meet with you to ensure we assign the right team with the right experience to achieve the goals in the care / support plan we design together.
• Step 3: Start working together with Aspire and leading your independent life the way you choose.

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Branches Throughout Yorkshire www.parkgatemobility.co.uk
NHS Choices is a dedicated website where you can find up-to-date and expert advice on a range of illnesses and complaints, as well as find your nearest NHS services, including GPs, dentists, pharmacists and walk-in centres.

www.nhs.uk

NHS Direct provides expert health advice and information at all times of the day and night.

With a click or a call to NHS Direct you can:

- Check your symptoms
- Get reassurance from a doctor or nurse
- Receive medicines advice
- Send a health enquiry about your long-term condition
- Find your nearest GP, pharmacist or dentist

Use NHS Direct and you might avoid a visit to your GP. If you have serious symptoms you will be advised about where you can get urgent care immediately.

TO FIND OUT MORE CALL: 0845 46 47 47 and speak to an advisor at any time of day or night. (Calls cost a maximum of 5p from a BT landline)

Submit a health enquiry or use the symptom checker at www.nhsdirect.uk
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Please contact us for an information pack or call in to see us at the address below
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1 High Street, Maltby, Rotherham S66 8LH • Tel: 01709 812158
www.bartholomewandsons.com

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01709 368103
On every high street, in many supermarkets and often in the evenings and at weekends, your pharmacist does more than dispensing medicines.

If you need advice about common complaints such as colds, coughs, aches and pains, skin conditions, allergies, or need emergency contraception or want to make changes to your lifestyle, such as eating healthily or giving up smoking, speak to your pharmacist.

You can talk in confidence and you do not need to make an appointment. You may find that your pharmacist can save you having to wait for an appointment at your GP practice.

A number of Rotherham pharmacies have signed up to the Pharmacy First Scheme which allows you to obtain medication for a range of conditions without a prescription. If you don’t normally pay for your prescriptions any medicine supplied under the scheme will be FREE. If you do pay for prescriptions, then the cost should be less than that of a current prescription charge. More than 20 conditions are covered by the scheme including:

- Hay fever
- Constipation
- Head lice
- Diarrhoea
- Indigestion
- Cold sores
- Fever in children
- Colic
- Nappy rash
- Conjunctivitis

**WASTED MEDICINES WASTE MONEY.**
Unused medicines cannot be recycled – only order what you need.
Find your nearest local pharmacy at [www.nhs.uk](http://www.nhs.uk) or text ‘pharmacy’ to 64746 to receive three free texts with details of your nearest pharmacies.
Patient Advice & Liaison Service

...always here to help!

We are here to help when you need advice, have concerns or don’t know where to turn.

Contact us for...

- Issues relating to primary care services
- On the spot help to sort out problems quickly on your behalf
- Someone to listen to your concerns, suggestions or queries
- Advice and support for you, your families and carers
- Information on a wide range of health matters

Contact information

Phone lines are open 10am-4pm Monday to Friday (except Bank Holidays) with an answerphone in operation out of hours and at busy times. Please leave a message and a PALS officer will return your call as soon as possible.

01709 423030

You can also write to

NHS Rotherham PALS, Oak House, Moorhead Way, Bramley, Rotherham S66 1YY

For concerns or queries about mental health services in Rotherham contact Rotherham, Doncaster and South Humber NHS Foundation Trust, PALS on 0800 015 4334.

For concerns or queries about services at Rotherham Hospital contact Rotherham Hospital Patient Services on 01709 424461.

Please note

PALS is unable to give medical advice. Should you require this, we suggest that you contact your family doctor, or alternatively, contact the Rotherham Single Point of Access on 0333 321 8282 or call NHS Direct on 0845 4647 or visit their website www.nhsdirect.nhs.uk
Choose your GP…

for ear pain, vomiting, back ache, viral infections, long-term conditions, on-going skin complaints

If you have an illness or injury that will not go away, contact your GP practice to make an appointment.

Your GP can help you to manage a long-term condition such as diabetes or heart disease. They can provide screening tests, immunisations, examinations, prescriptions and general medical advice. You will only receive a prescription or a referral to a specialist at the hospital when you need it for clinical reasons.

You do not always need to see a doctor. You may be able to see a practice nurse or another member of the team so it is helpful if you can tell the receptionist why you would like an appointment. When absolutely essential, GPs can also provide home visits.

Find your nearest GP at: www.nhs.uk

Call the Patient Advice & Liaison Service on 01709 423030 or email: health.enquiries@rotherham.nhs.uk for advice about registering with a GP.
Care Link

Door 2 Door Community Transport
*here to help you get out and about*

Regular Social Care Journeys  |  Dial-a-Ride
Shoppa Bus  |  Hospital Link

**Booking Centre: Rotherham 517100**

[www.rotherhamct.org.uk](http://www.rotherhamct.org.uk)

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**WANT TO STOP?**

Rotherham Stop Smoking Service
01709 422444

You're up to 4 times more likely to stop with our help

Free nicotine patches and gum.
Free confidential support.
Day time and evening sessions across Rotherham.
Drop-in Centres at 16 Bridgegate and Rotherham Hospital.
Friendly advice and tips to help you quit.

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**PERSONALISED SUPPORT**

Rotherham and Barnsley Mind offers a bespoke personalised support service aimed to assist people with mental health issues on the road to recovery.

Support plans are reviewed regularly and qualified support staff work with clients on a one-to-one basis, accompanying them in the activities of their choice in the community.

We are happy to deal with clients directly, via a personal budget or an indirect payment.

For further details please contact us:

**Telephone:** 01709 367648
**Email:** contactus@rbmind.co.uk
[www.rbmind.co.uk](http://www.rbmind.co.uk)
Rotherham and Barnsley Mind, Arcadia House, 72 Market Street, Barnsley S70 1SN
Companies House: 3516496  Charity Commission: 1147749
Out of hours services...

for ear pain, vomiting, back ache, viral infections, long-term conditions, on-going skin complaints

Out of Hours GP Services

The out of hours GP service provides urgent medical care from 6.30pm to 8am on weekdays and round the clock at weekends and on bank holidays. It can help if you, for example, if you have a fever or sickness but don’t need to go to A&E.

It should not be used because you do not want to wait for a GP appointment or because you need a prescription. Plan ahead for bank holidays such as Christmas and New Year. Do not wait until you run out of medication and then contact the out-of-hours service.

If you need a GP out-of-hours:

1. Call your usual GP practice
2. You will be diverted to the GP out-of-hours service or given its contact details.
3. A GP or a member of the medical staff will speak to you about your symptoms over the phone.
4. They will give you advice or ask you to attend a primary care centre.
5. They will only visit you at home if you are housebound, very elderly or too sick to leave home.
The Corner House
A Building Futures service

Step down support for men with a learning disability and complex needs.

The Corner House is a Building Futures stepdown facility in Rotherham, for men leaving secure services. It has capacity for 12 men with a primary diagnosis of a learning disability and associated complex needs, both mental and physical.

Through the provision of a high support service within an Independent Hospital, The Corner House enables individuals with complex needs to take a step forward towards independent living in a risk managed environment.

‘I am happier here’
- Resident of The Corner House

Delivering support

The Corner House has a team of 39 staff made of of nurses and support staff as well as an occupational therapist and social worker, user involvement worker, activity co-ordinator and discharge planning coordinator who support both community and house-based activities. The service also has a psychologist, psychiatrist and doctor, who support the ongoing clinical care of the residents.

All staff use a person-centred approach based on a recovery model.

Each resident has a dedicated team of staff who provide continuity of care, guiding them through their transition from secure care and throughout their stay at The Corner House through to their discharge into community living.

Service users are involved not only in their own support but also in every aspect of the running of The Corner House. Through daily and monthly meetings individuals make decisions on the care and support they receive, the food they eat and the activities they take part in. The Corner House is an innovative service that has been designed to support residents in all aspects of their development.

For more information or to arrange a visit please contact:
The Corner House, 136 Moorgate Road, Rotherham, South Yorkshire S60 3AZ
Telephone: 01709 379583 • Email: thecornerhouse@turning-point.co.uk
You can find out more at: www.turning-point.co.uk
NHS Rotherham Diagnostic Centre

Your health, your choice, why wait?

We offer the following diagnostic services:
• X-rays
• Ultrasound
• Echocardiogram
• DXA (Bone Density Scanning)

Ask your GP for more details or call the relevant centre on:

Tel: 01709 374996
www.rotherham-diagnostics.co.uk

Rotherham NHS Walk-in Centre

Need to see a GP or nurse?

We treat a range of minor injuries and illnesses
• Open every day 8am – 9pm
• No appointment necessary

Accepting new patient registrations at Chantry Bridge Medical Practice co-located with the Walk-in Centre.
Open every day 8am – 8pm, including all Bank Holidays (excluding Christmas Day)

Tel: 0333 321 8282
www.rotherhamwalkincentre.co.uk

Rotherham Community Health Centre, Greasbrough Road, Rotherham S60 1RY
Free Parking available
Smile!

Finding a dentist
A number of Rotherham NHS dentists are accepting new patients. You will find this list on NHS Rotherham website www.rotherham.nhs.uk - Just type ‘finding a dentist’ in the search bar.
You can also ring 01709 422108 and leave your contact details for a list of NHS dentists to be sent to you in the post.

Need an emergency dentist?
Contact your regular dentist for an emergency appointment.
If you do not have a regular dentist, or it is outside normal working hours, call the Dental Access Centre on 0845 155 0845.
The Dental Access Centre is open Monday to Friday from 9am to 9.30am and on weekends and Bank Holidays between 12.30pm and 5pm, by telephone only.
Choose your Dentist…

………… register yourself and family members with a regular dentist to ensure you receive regular check-ups.

A number of Rotherham dentists are accepting new patients on to their lists.

If you do not have a regular dentist you are strongly advised to ensure you and your family are on a dentist’s list and receive regular check-ups and treatment.

Regular visits to a dentist can help to prevent dental pain and trauma and reduce the demand placed on the emergency dental service.

A list of practices currently accepting new patients is available at: www.rotherham.nhs.uk or by telephoning 01709 423030.

Emergency Dental Treatment

If you are a Rotherham resident and need advice or treatment for a dental emergency such as persistent bleeding, swelling, trauma or pain that cannot be controlled, such as a broken tooth:

• Contact your regular dentist in the first instance for an emergency appointment.
• If you do not have a regular dentist, call the Dental Access Centre.
• If you require emergency dental treatment outside normal working hours please call the Dental Access Centre.

You will still need to pay for your treatment out-of-hours, unless you would normally be exempt. For information about dental charges visit: www.nhs.uk and search for ‘dental charges’.

THE DENTAL ACCESS CENTRE IS OPEN
MONDAY TO FRIDAY FROM 9AM TO 9.30PM AND ON WEEKENDS AND BANK HOLIDAYS BETWEEN 12.30PM AND 5PM, BY TELEPHONE ONLY 0845 155 0845
Recovery in Rotherham from Drug or Alcohol Addiction

A growing number of people in Rotherham are breaking free from their dependence on drugs or alcohol.

Drug and alcohol service users are forming groups for support to take them on their next steps towards this recovery. Recovery means different things to different people but for most it’s a freedom from the difficulties with finances, relationships, work and leisure time that problem drug or alcohol use bring.

Do you have a problem with your drug or alcohol use?
Do you want to take the first steps on your Journey to Recovery?
Do you need some advice about which direction to go in or some practical help with accessing:
* Activities to fill your time?
* Contact with like minded people who are on their way to Recovery?
* Access to 1:1 support and medical treatment if needed.

Call us on 01709 447210 and we can arrange an appointment with one of our team or advise you about the services and support groups available in the Rotherham area.

ROtherham Community Drug & Alcohol Services

We offer a free and confidential service providing advice, information and support for adults (18+) living in the Rotherham district concerned about their alcohol use and looking to make positive changes in their lives.

WE OFFER

Open Access: Drop-in to meet staff, volunteers and other people who have experience of coping with alcohol problems.

One-To-One Support: Confidentially discuss any concerns and issues to build a plan that will help you recover your life from alcohol, including relapse prevention, referral for detox, rehab and other medical support.

SMART Recovery Groups: An abstinence based support group aimed at those who wish to abstain from any addictive behaviour including drink and drugs. SMART uses evidence based approaches and is non-faith based.

Group Recovery Programme: Including abstinence and recovery, life skills, confidence building and anger management.

Signposting, Support & Referral: For detox, rehab, access to mutual aid (AA, SMART) and physical health nurses.

Family Support: For family members and concerned others.

Alternative Activities: Computer access and programme of activities.

Volunteer & Peer Mentor Programme: Access training, gain new skills and experience and support.

For further information or to speak to someone please contact us

Telephone: 01709 364804

The Milton House Project
77 Sheffield Road
Rotherham S60 1DA
If you need immediate attention for a minor illness or injury when your GP practice is closed or you are unable to get an immediate appointment simply turn up at the Rotherham Walk In Centre.

The facility is staffed by local GPs, nurse practitioners and community nurses and offers treatment, advice and information on a range of minor illnesses and injuries. These may include:

- Coughs, colds and flu-like symptoms
- Stomach ache, constipation, vomiting and diarrhoea
- Eye and ear problems
- Cuts, wounds, bites, stings
- Childhood illnesses and fever
- Muscle and joint injuries – sprains and strains
- Skin complaints and minor burns
- Emergency contraception – also available at most pharmacies
- Women’s health problems – thrush, cystitis, menstrual advice
- Plus any other problem that you would normally attend your GP practice for.

Rotherham Walk In Centre is open between 8am and 9pm, 7 days a week, including all bank holidays (with the exception of Christmas Day). You do not need to be registered and can see a GP or a nurse without an appointment.

The Rotherham NHS Walk-in Centre is run on behalf of NHS Rotherham by Care UK.

Contact the Rotherham NHS Walk-in Centre by telephone: 0333 2004054
Or visit the website: www.rotherhamwalkincentre.co.uk

NHS Rotherham Community Health Centre
Greasbrough Road, Rotherham S60 1RY
Good Measure Pharmacy

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Unit 18 Alexandra Centre, Parkgate, Rotherham, S62 6JE
Fax. 01709 780955

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To book an appointment please call or visit us at:
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5 Hastings Court, Wickersley - Tel: 01709 533143
Partners: T English, Mrs C English, NMJ English, Mrs CL Wild
Choose to call 999 or visit A&E ... for emergency and life-threatening conditions.

A&E departments and the 999 ambulance service should only be used in a critical or life-threatening situation. Dialling 999 and stating an emergency situation will result in a response vehicle being sent to your location.

**Dialling 999 can be a lifeline in a crisis.**
**Dial 999 if someone suffers:**

- Chest pain
- Unconsciousness
- Severe burns or scalds
- Fitting for concussion
- Severe allergic reaction
- Difficulty in breathing
- Severe loss of blood
- Choking
- Drowning
- Broken bones

**Did you know?**

- One out of every four people who go to A&E could have been treated elsewhere in the community, or could have self-treated.
- More than 62,000 people attended Rotherham Hospital A&E Department last year, costing up to £21,000 a day to the local NHS.
- Every time someone goes to A&E and is discharged without needing further treatment, the cost to the NHS can be as much as £124.
- Remember, A&E and 999 services are for life-threatening and emergency conditions only.
Help and Support
When you need it

Staying Independent Services
- Gardening Service
- Handyperson Service
- Domestic Service
- St Anns Social Centre

Advice Information and Advocacy

Hospital Aftercare

Befriending and Linkline

Insurance Services
- Home and Contents
- Travel
- Motor

For more information please call:
(01709) 835214
Or email us on:
Info@ageukrotherham.org
Staying warm during winter is really important to your health and wellbeing. Every year, winter is the busiest season for GPs and hospitals.

Being snug and cosy in your home will help protect your health; being too cold can cause serious problems for your breathing and lead to bad chests. Sitting for long periods of time in a cold home puts pressure on your heart and blood circulation too. This can lead to very serious problems such as heart attacks and strokes.

Last year in Rotherham it is estimated that 188 people died from illness caused by being too cold in their own home. Older people who may be frail or have existing health conditions are particularly at risk.

Top 10 tips to keep snug, warm and well this winter:
1. Check the weather forecast and be ready for cold weather.
2. Make sure you have always got food in the house – especially hot meals.
3. Have plenty of hot drinks like tea, coffee or hot water.
4. Make sure you have enough of your prescription medicines.
5. Have your FREE flu jab.
6. Check the temperature in your living room and bedroom – living rooms should be 21C and bedrooms 18C.
7. Wear a few layers of thin clothing rather than one thick layer.
8. Cover yourself with a blanket or shawl if you are sitting for long periods and keep your feet up if you can.
9. Tuck curtains behind radiators to keep the heat in the room.
10. Keep moving if you can, this will help keep you warm.

Information on keeping warm and well can be found at:
http://www.rotherham.nhs.uk/health/Winter-advice.htm
Are you flu safe?
Get the jab!

“Flu can be a serious illness... are you at risk?”

Getting a flu jab can protect you all winter. It's free if you are pregnant, over 65, or have a health condition such as severe asthma, diabetes, a chest, heart, liver or kidney complaint, or lowered immunity.

It's quick, safe and free. To book your jab, speak to your GP practice today.

Flu can be a serious illness... are you at risk?

Sitting or sleeping in a cold room is not good for you; it increases the risk of heart attacks, stroke, breathing problems and bad chests.

Be prepared, check the weather forecast and be ready for the cold and make sure you:

- Eat hot meals and have plenty of hot drinks.
- Have enough of your prescription medicines.
- Have your flu jab.
- Check the temperature in your living room and bedroom – it should be between 18 and 20 degrees.
- Wear a few layers of thin clothing rather than one thick layer. Socks and hats are great too!
- Cover yourself with a blanket or shawl if you are sitting for long periods.
- Tuck curtains behind radiators to keep the heat in the room.
- Keep moving. Try not to sit for more than 1 hour – get up and walk around, make a hot drink and spread housework throughout the day. If walking is a problem try moving your arms and legs whilst sitting or wiggling your fingers and toes.
Flu symptoms hit you suddenly and severely. They usually include fever, chills, headaches and aching muscles, and you can often get a cough and sore throat at the same time.

Every year, people die from complications caused by getting flu and some of these deaths could be prevented by simply having the flu jab. Because flu is caused by viruses and not bacteria, antibiotics won’t treat it.

If you are eligible for a FREE flu jab please ensure you take it up to protect yourself against flu and avoid the nasty effects and potentially serious complications of flu.

The jab is offered by GPs, practice nurses and pharmacists. You should have one if you:

- Are aged over 65.
- Are pregnant.
- Have a long-term health condition such as heart disease, diabetes, asthma, multiple sclerosis, serious kidney, neurological and liver disease.
- Live in a residential or nursing home.
- Are the main carer of an older or disabled person.

For your flu jab to be most effective you should have your jab as early as possible – ideally in October, but you can have the jab throughout the whole winter season.

Because the flu virus is able to change itself, the flu jab only protects you for the year those particular strains are around. So even if you’ve already had a flu jab in previous years, you need another one this year.
We have a dedicated telephone line with EXPERIENCED STAFF to talk to you

Telephone 01709 424542
If you do get a bout of flu, follow these simple steps to help you feel better:

- Rest and stay in bed if you need to
- Drink plenty of non-alcoholic drinks
- Take paracetemol, ibuprofen or aspirin, making sure you follow the instructions (do not give aspirin to children under 16)
- Keep the bedroom warm but airy
- Sponge children with luke warm water if their temperature is high
- Stay at home for a couple of days after the symptoms have gone

FOR MORE INFORMATION VISIT: www.rotherham.nhs.uk/health/Seasonal-advice.htm

If your symptoms do not improve within 3-5 days or you are really concerned telephone NHS Direct on 0845 46 47
Kinetic Nursing Services deliver much more than the basic level of care and support within your home. We provide a range of personal requirements, offering you choice and control.

Our friendly team of carers aim to meet your highest expectations rather than just your basic requirements - we understand that your needs are unique to you, so we are at your service to provide what you need when you need it.

Established in 1996 in Rotherham, we have a long and proven history of reliable and professional local care.

We will appoint you with experienced care workers that we select specifically to match your personal needs and individual personality.

**The services we can offer:**

- Personal Services
- Meal Preparation
- Home Help
- Days & Evenings Out
- Holiday Accompaniment
- Telephone Checking Service
- Hospital Visits

Call one of the team today to discuss the options available for you.

**Telephone:** 01709 839395

**Email:** supportingyou@kinetic-nursing.co.uk

Visit www.kinetic-nursing.co.uk to find out more

Mary likes her tea with two sugars and a biscuit. We know that... because we know Mary.
We are a user-led organisation committed to raising aspirations and confidence amongst Disabled people. We provide information, advocacy and training to promote increased choice and control in living an independent life. www.activeindependence.org 01302 768646

A voice for older people in Rotherham

Older People’s Forum

Working in partnership with organisations and service providers to ensure the needs and views of older people from all Rotherham’s communities are listened to. For more information contact Age UK Rotherham’s Information service 01709 835214 or find us online at www.ageuk.org.uk/Rotherham/ROPF

active independence

We are a user-led organisation committed to raising aspirations and confidence amongst Disabled people. We provide information, advocacy and training to promote increased choice and control in living an independent life.

Web www.activeindependence.org
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FOR A PROMPT, RELIABLE SERVICE
Cancer is an illness that affects the whole family on a daily basis - everyone is “living with it”. Many patients experience ongoing difficulties and find it difficult to cope physically, practically and psychologically. Patients and their families often require some support to reach a point where there is an acceptance of their diagnosis and the impact it has had on themselves and those close to them. They also need to be able to take control of their situation again and to improve the quality of their life.

The range of reactions to a diagnosis of cancer is massive. Some patients just ‘want to get on with it’, seem to sail through the treatments and resume a normal life. Others find the diagnosis of a life threatening illness more difficult. Their immediate needs are both physical and psychological. As well as the physical effects of the illness and treatments, the psychological reaction to the diagnosis can affect coping ability.

It is in this scenario, where people are at their most vulnerable, but do not know where to turn, that Rotherham Cancer Care offers an open door and support.

What is Rotherham Cancer Care Centre?
Rotherham Cancer Care Centre is a unique charitable organisation offering confidential supportive care to people who have been diagnosed with cancer. The Centre provides a relaxed non-hospital environment. Our care and support provides assessment, to establish concerns and issues that a person may not be able to address elsewhere, and may include complementary therapies and/or counselling.

What does Rotherham Cancer Care Centre do?
We offer free supportive care to anyone with a diagnosis of cancer and to their main carer, at any stage of their disease and to those ‘living with cancer,’ however long afterwards. Our experienced staff understand the effects of cancer on people’s lives, and are experienced at working with people at all stages of their illness with the aim of improving their quality of life.

How can we help you?

Your First Step:
You do not need to be referred. Ring to make an appointment or for further information on:
01709 375729 / 07939 483779

Your Second Step:
On arrival you will spend up to an hour with your assessor, a dedicated professional, who will listen to your concerns and help you to sort out your thoughts and find the best way to support you. Together you can choose the most suitable complementary therapy for you or arrange for you to talk to one of our Counsellors.

Your Third Step:
When you have finished your therapy sessions your assessor will review your situation with you and we hope you will be able to move on independently. Our door is always open for you to return in the future if you feel you are dealing with new challenges and difficulties.

Rotherham Cancer Care Centre
Registered Charity Number 1147653
93 Badsley Moor Lane, Clifton, Rotherham S65 2PS
Assessment Direct

When you need to reach out for help, we are always there...

Our Assessment Direct Service offers help and advice regarding

Social Care Assessments •
Occupational Health Assessments
Residential and Nursing Care
Domiciliary Care •
Safeguarding Concerns •

assessmentdirect@rotherham.gov.uk

Complete an online enquiry form by visiting
www.rotherham.gov.uk

Telephone
01709 822330

www.rotherham.gov.uk