

TORKARD HILL NEWSLETTER

January 2025
www.torkardhill.co.uk

New Year, New You!

We hope you had a wonderful Christmas and New Year! This time of year brings the opportunity to make lifestyle changes – to get fitter, lose weight and stop smoking! There is plenty of help and support to help you achieve your goals. So what are you waiting for? Self refer to Your Health Notts:

Call 0115 772 2515

Online <https://yourhealthnotts.co.uk/sign-up>



NHS App

Unlock NHS services with ease: access your NHS record, send an admin enquiry, check your symptoms, and request repeat prescriptions.

Download the NHS App at www.nhs.uk/nhs-app

87,107
Appointments
with clinicians
at our Practice
in 2024

Your Prostate

Prostate problems are common, particularly in men aged over 50. Signs of a prostate problem include:

- difficulty starting or stopping urinating
- a weak flow
- blood in the urine
- feeling like you're not able to fully empty your bladder
- prolonged dribbling after you've finished peeing
- needing to pee more frequently or more suddenly
- waking up during the night to pee

You should make an appointment with a doctor if you have any of these symptoms.



Bestwood Village 5km parkrun

parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. It can help with a number of health problems including diabetes, heart disease and depression. Why not give it a go!

Saturdays at 9am at Bestwood Country Park
www.parkrun.org.uk/bestwoodvillage

To keep up to date with Practice news, local NHS updates, and health advice, please visit, like and follow our Facebook page - www.facebook.com/OfficialTorkardHill

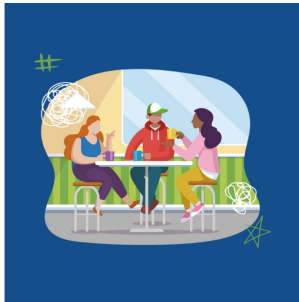
Brand new mental health resource!

It's OK not to feel OK.

NottAlone

Mental health support & advice
For adults & carers

nottalone.org.uk



NottAlone is a brand new NHS website with local mental health advice and help for young people and adults in Nottingham and Nottinghamshire - all in one place.

Visit <https://nottalone.org.uk>

The Nottinghamshire Mental Health helpline 0808 196 3779 and available 24/7 to anyone struggling with their mental health.

**PHARMACY
FIRST** >>>

Pharmacy First

You can now go to the pharmacy for assessment and treatment (including prescription-only medicines such as antibiotics) for seven common conditions without a GP appointment:

- Urinary tract infection (water infection) in women aged 16-64 years
- Impetigo (skin infection) in those aged over 1 year
- Infected Insect bite in those aged over 1 year
- Sore throat in those aged 5 years and over
- Sinusitis in those aged 12 years and over
- Shingles in those 18 years and over
- Earache in children 1-17 years

Hospital waiting times

If you're waiting for a hospital appointment or treatment, you can use the My Planned Care website to check the waiting times at your hospital. Visit www.myplannedcare.nhs.uk

Please note, we have no influence over waiting times. If you would like to update the hospital should there be a change of symptoms, please complete a form www.torkardhill.co.uk/referrals-1



Are your
**CONTACT
DETAILS**
up to date?

Up to date contact details

Please ensure you update us with any changes to your details, including your address, telephone numbers and email.

Cervical Cancer Screening

Cervical screening (also called a smear test), is a test to check the health of the cervix and help prevent cervical cancer. It's offered to women and people with a cervix aged 25 to 64. You will be automatically called up.

Finding pre-cancerous changes early means you can be monitored and treated to reduce the chance of developing cancer.

Find out more at

www.nhs.uk/conditions/cervical-screening/