

TORKARD HILL NEWSLETTER

March 2025
www.torkardhill.co.uk

Self Refer

There are a number of NHS services that you can refer yourself to, without needing an appointment with a clinician. By self-referring, you are helping us prioritise appointments for issues that do need a clinician.

Services include:

- Musculoskeletal and Physiotherapy
- Counselling
- Child mental health
- Sexual health
- Smoking, weight, alcohol and drug support

You can find details at:

<https://notts.icb.nhs.uk/self-referral-services/>

Prescriptions

If you take medicine regularly, you'll usually have a repeat prescription. Order a repeat prescription:

- NHS App
- SystemOne online
- In writing/repeat prescription form

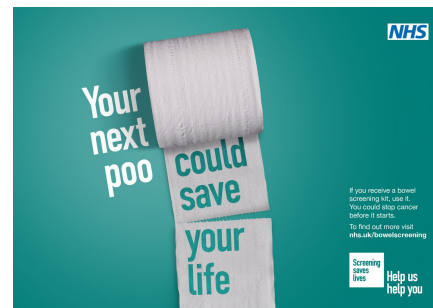


Bowel Cancer & Screening

Bowel cancer is the 4th most cancer in the UK. To improve rates of early diagnosis rate and cure, there is a national screening programme.

Currently, everyone aged 54 to 74 is sent a stool sample test, every 2 years, that is used to detect microscopic blood in the stool. If this test is abnormal, you are then invited for further tests. It will soon be offered to everyone aged 50 to 74.

Please don't ignore your bowel test invite - it's quick, easy, and could save you life!



Did you know?



There are more than **1.2 million appointments** in General Practice in England every day.

That's **13 times** more than the number who attend A&E/Walk in centres, and **5 times** more than those who attend specialist clinics!

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

Telephone appointments

We offer face to face and telephone appointments with the majority of our clinicians. Please ask for a face to face appointment if you prefer one. A telephone appointment is usually appropriate for:

- follow up of an issue already seen
- problems that do not require an examination
- discussion of results

If in doubt, make a face to face appointment!

Are you a Carer?



A carer is someone who provides unpaid care and support to a family member, friend, or neighbour. Carers can be of any age, including children.

The Carers Hub Service is a free and confidential service that supports unpaid Carers living in Nottinghamshire. It provides an opportunity to meet other Carers through support groups, helping them to reduce isolation and loneliness, and to access the help and support they need.

Nottinghamshire Adult Carer Support Hub

<https://carershub.carersfederation.co.uk>

Call 0808 802 1777

WhatsApp or Text 07814678460

Young Carers Notts service (aged 17 and under)

www.youngcarersnotts.co.uk

0115 8248 824

Do more with the NHS App!

- Order repeat prescriptions
- Book appointments
- View your records

And much more...



Sleep

Sleep is essential for our overall physical and mental health. If you don't have enough good quality sleep, it can severely impact on day-to-day functioning! How to improve sleep:

1. Have a routine - have a set bed time and do the same things each night
2. Prepare the environment - noise, light, temperature, mattress/duvet
3. Avoid caffeine (coffee/ tea/energy drinks), hot drinks, and don't eat late
4. Put the smartphone away!

You can find more advice and tips at www.nhs.uk/every-mind-matters



Walk In Centres

For assessment and treatment of urgent but non life threatening problems, such as: infections, sprains, burns, fractures, you should visit:

- Primary Care 24 at Kings Mill Hospital
Mansfield Road, Sutton-In-Ashfield NG17 4JL
- Nottingham Urgent Treatment Centre
Seaton House, London Road, Nottingham NG17 4LA
- Newark Hospital
Boundary Road, Newark NG24 4DE
- Ilkeston Urgent Treatment Centre
Heanor Road, Ilkeston DE7 78LN

WOW!



In January & February 2025, there were over **14,000** appointments with clinicians at our Practice!