

# TORKARD HILL NEWSLETTER

January 2026  
[www.torkardhill.co.uk](http://www.torkardhill.co.uk)



To our patients, families and community - thank you for your continued support, kindness, patience, and trust. It is a privilege to care for you, and your understanding and encouragement mean more to us than you know.

To our incredible practice team - thank you for your dedication, professionalism, and tireless hard work. Your advocacy for patients, commitment to high-quality care, and support for one another are at the heart of everything we do. We are deeply grateful for the compassion and excellence you bring to our community every day.

We are proud to serve such a supportive community and to work alongside such an outstanding team.

Wishing everyone good health, happiness, and peace as we look ahead to the year to come

## New Year - a healthier you!

The New Year often brings fresh motivation to focus on your health and wellbeing, whether you want to:

- Lose weight
- Eat healthier
- Stop smoking
- Cut down on alcohol

You don't have to do it alone! Your Health Nottinghamshire offers FREE support to help you make positive lifestyle changes that last. Self-refer today: <https://yourhealthnotts.co.uk> or call: 0115 772 2515

## Coughs and colds

Most coughs and colds are caused by viruses and usually get better on their own within 1–3 weeks.

Here's how you can help manage symptoms at home:

- Rest & fluids – drink plenty of water and get enough rest
- Warm drinks – can soothe a cough (not for children under 1 year)
- Paracetamol or ibuprofen – help with fever, aches, and sore throat (follow instructions)
- Steam or saline sprays – may help relieve a blocked nose
- Good hygiene – wash hands regularly and cover coughs and sneezes

Be patient! Antibiotics don't help with viral coughs and colds. Taking care of yourself helps you recover and keeps appointments free for those who need them most



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](https://www.facebook.com/OfficialTorkardHill)

## Avoid cotton buds

Cotton ear buds do more harm than good - and they don't even clean the ears! Here's what you should know:

- Your ears are self-cleaning. Earwax naturally moves outward on its own. In most cases, you don't need to remove it at all.
- Instead of removing wax, cotton buds push it further inside, causing damage.
- Using cotton buds can lead to: pain, perforate the ear drum, tinnitus, dizziness, hearing loss, bleeding, infection.
- Let the ear's natural cleaning process work. You can also use olive oil to soften the wax.

## Little Orange Book



Do you have, or care for, babies or young children? Get expert advice to help when little ones are feeling poorly. The Little Orange Book is packed with trusted tips and guidance for parents and carers. From common childhood illnesses to signs of more serious conditions, this handy guide helps you know what to do and when to seek help.

Download: [www.torkardhill.co.uk/child-health-advice](http://www.torkardhill.co.uk/child-health-advice)

## Update about test results

Due to ongoing issues with test result processing at Nottingham hospital laboratories (6 months and counting!), we kindly ask patients to check their results via the NHS App or their online record whenever possible. We appreciate your understanding and patience during this time.



## Be part of something that makes a difference!

Did you know we have a proud history of active participation in research, and have hundreds of Torkard patients participate in projects over several years!

Find out how you can take part at:

<https://beapartofresearch.nihr.ac.uk>

Because when we all play a part, we all benefit!

## Childcare costs

Are you looking for a childcare provider? Not sure where to start? Look no further, Notts Help Yourself is a directory of providers in Nottinghamshire.

Whether you're looking for Wraparound childcare, Preschool, Childminder or Day Nursery, Notts Help Yourself is here to make the search a lot easier.

Information and services, all in ONE place

Visit the link below to find the childcare provider for you.  
[www.nottshelpyourself.org.uk/childcare](http://www.nottshelpyourself.org.uk/childcare)

## The Silver Line Helpline

Everyone needs someone to talk to sometimes. We need connection whatever our age – especially if we live alone or further away from family. Age UK's Silver Line Helpline gives anyone aged 55 or over the opportunity to exchange a friendly word, access support, or enjoy a long enriching conversation.

Call free on 0800 4 70 80 90

Find out more at [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

### How do I request an appointment?

- NHS App
- Our website [www.torkardhill.co.uk](http://www.torkardhill.co.uk)
- Call/pop in and speak to a receptionist

