

TORKARD HILL NEWSLETTER

May 2025
www.torkardhill.co.uk

Practice website

Have you visited our website? Take a look!

www.torkardhill.co.uk

- Access the NHS App and SystmOne Online
- Request prescriptions and sick notes
- Health information about a variety of conditions, including high blood pressure, COPD, asthma, vaccinations
- Self help information for common illness such as coughs, colds, gastroenteritis, rashes
- Self refer to local NHS services, such as counseling, physiotherapy, sexual health
- Up to date Practice and health news

We believe our Practice website is one of the best, relevant, and updated in Nottinghamshire, and we're really proud of it!

Research



Hundreds of our patients take part in research every year, and have a very positive experience. By doing so, you can

- improve treatments and quality of life, now and for future generations
- supporting health research for a particular condition or disease that you care about
- access to new treatments
- taking an active role in your own health and care

Find out more at www.bepartofresearch.uk

Hay fever

It's that time of year! Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms.

Start medicines early before the symptoms get worse. Medicines include antihistamine tablets, eye drops and nose sprays - speak to your pharmacist who can advise you on an appropriate combination.

Additional ways to help symptoms:

- put petroleum jelly (such as Vaseline) around your nostrils to trap pollen
- shower and change your clothes after you have been outside to wash pollen off
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- do not cut grass or walk on grass
- do not keep fresh flowers in the house
- do not smoke or be around smoke
- do not dry clothes outside – they can catch pollen

Did you know?



There were **12, 997** appointments at the Practice in March and April 2025!

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

Joint and muscle problems?

Aches and pains that won't go away? Joint problems?
Back Pain? Sciatica?

You can self refer to specialist musculoskeletal services without the need for a GP referral. Avoid the wait and self refer:

Nottingham Community Musculoskeletal Service
0115 784 2147
www.connecthealth.co.uk/services/nottingham/

They offer:

- Diagnosis
- Treatment
- Scans/imaging where appropriate
- Physiotherapy
- Surgery

Silver Line Helpline



The Silver Line Helpline run by Age UK is a free, confidential telephone service for older people. They provide friendship, conversation and support 24 hours a day, 7 days a week.

Call 0800 4 70 80 90 or visit www.thesilverline.org.uk

Mental Health Helpline

If you're worried about your mental health or in a mental health crisis then contact the helpline on 0808 196 3779. It's 24/7 & the team can help you get the right care.



A checklist for when you attend a hospital/specialist clinic

So you've waited ages for this appointment, so ensure you are well prepared!

1. The name of your Consultant
2. Issued you with any urgent prescriptions and sick notes
3. Issued any patient information leaflets to explain your diagnosis and treatment
4. Given you forms for any tests such as bloods and scans
5. Explained to you who at their clinic they should contact for results
6. If discharging you, explain why
7. If you have an "open appointment" ask when this expires
8. Expect a summary letter from them no later than 4 weeks

You can find out more at:

www.torkardhill.co.uk/referrals-1

Covid Spring 2025 Boosters



You can now book your spring COVID-19 booster if you're eligible. Vaccinations are offered to:

- adults aged 75 years and over (including those who will turn 75 by 17 June 2025)
- residents in a care home for older adults
- people aged 6 months and over who are immunosuppressed

You can book on NHS.uk, the NHS App, or by calling 119.