

TORKARD HILL NEWSLETTER

July 2025
www.torkardhill.co.uk

Track prescriptions

You can easily track your prescriptions via the NHS App. Instead of phoning up, you can log on to the NHS App to see if your prescription has been issued. Even better, some pharmacies can also now update the status with “ready to collect” or “dispatched by pharmacy”!

The NHS App is free, secure, and easy to use - download it at www.nhs.uk/nhs-app



Think pharmacy first!

Community pharmacies can now offer treatment including some prescription medicines for:

- ▶ earache
- ▶ impetigo
- ▶ infected insect bites
- ▶ shingles
- ▶ sinusitis
- ▶ sore throat
- ▶ urinary tract infections (UTIs)

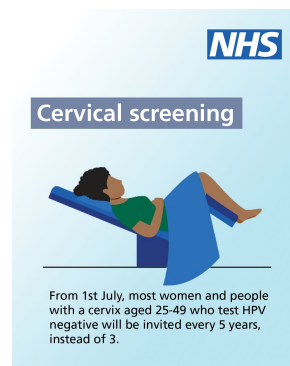
You can also get the contraception pill and blood pressure checks

Changes to Cervical Screening

The NHS screening service will change from July; women aged 25 to 49, who test negative for HPV, meaning they are at very low risk of cervical cancer over the next 10 years, will now be invited at 5-year intervals rather than 3.

Those whose sample indicates the presence of HPV or who have a recent history of HPV (which causes nearly all cervical cancers), will continue to be invited for more frequent screenings to check HPV has cleared and if not, if any cell changes have developed.

If you use the NHS App, the screening service will invite you via message to arrange your test.



Are you a young carer?

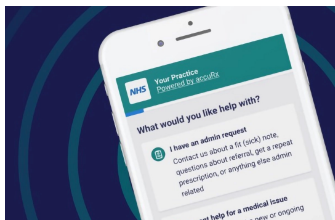
Young carers can travel on the bus and tram with a free travel card - find out more at www.youngcarersnotts.co.uk/travelcards

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

Send us a message

You can send us non-urgent medical and admin messages via our website or NHS App. Admin messages can include updates on referrals, and sick note requests.

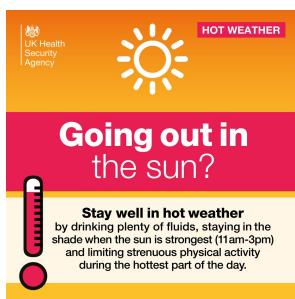
It is the quickest and easiest way to get in touch. Visit: www.torkardhill.co.uk or log on to your NHS App



Keeping well in hot weather

Most of us enjoy sunny weather, but when it's too hot for too long, there are health risks! Stay healthy and well with some simple advice:

- Keep out of the heat if you can, and especially between 11am and 3pm
- If you have to go outside, stay in the shade
- Wear sunscreen, a hat and light clothes
- Avoid strenuous exercise or activity that makes you hotter
- Cool yourself down; have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower
- Keep your living space cool - close windows and curtains during the day and open them at night when the temperature outside has gone down.
- Do look out for those who may struggle to keep themselves cool and hydrated. Older people, those with underlying conditions and those who live alone, are particularly at risk.



Weight loss injections

For the next 1 year, GPs can now refer patients to a new local weight loss service, to receive tirzepatide (Mounjaro), which is now available on the NHS.

You **MUST** meet the following criteria to be eligible.

Body mass index of 40 or more, PLUS 4 of 5 of the following health conditions:

- type 2 diabetes mellitus
- high blood pressure
- heart disease
- obstructive sleep apnoea
- dyslipidaemia (abnormal blood fats)

You can find out more at:

<https://notts.icb.nhs.uk/healthy-weight/>

If you do not meet the above criteria, you can still access specialist NHS weight services (but not injections) by Your Health Notts. You can find out more and self refer at: <https://yourhealthnotts.co.uk/weight-loss> or call 0115 772 2515

NHS Counselling



Self refer to Nottingham and Nottinghamshire Talking Therapies - a free and confidential NHS service designed to help with common mental health problems such as stress, anxiety, low mood and depression.

They offer a number of different types of treatment, including cognitive behavioural therapy (CBT), tailored to your needs. Visit <https://notts-talk.co.uk> or call 0333 188 1060