

# NEWSLETTER

ISSUE 2  
DECEMBER 2023



## NEW WEBSITE COMING NEXT MONTH

We are very excited to announce that our **NEW WEBSITE** will be going live this month.

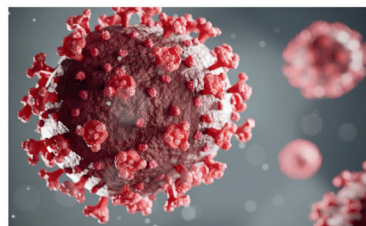


### HELP WITH MENTAL HEALTH

Struggling with mental health issues?


Speak to a member of our team.

Come and see our board created by our mental health practitioner and social prescriber.



### FLU & COVID VACCINE CLINIC

Please contact the surgery if you are eligible and still want your flu/covid vaccine.

 0161 766 8221

## PATIENT FEEDBACK

### ☀ COFFEE MORNING FEEDBACK ☀



#### ADDITIONAL COMMENTS

"Found the group very welcoming and friendly and gained lots of information regarding other activities and groups to attend."

#### ADDITIONAL COMMENTS

"Found this to be a very friendly and open group. Helpful comments, interesting and useful. Enjoyed the meeting and hope it continues."

#### ADDITIONAL COMMENTS

"Everybody was very friendly and we all had different stories to tell."



THANK YOU FOR YOUR TIME AND FEEDBACK

## Important information

You can action the following on the NHS App:

<https://www.nhs.uk/nhs-app/>

- Book routine appointments two weeks in advance.
- Book urgent appointments from 07.45 am.
- Request repeat prescriptions.
- Review blood results.

**Menopause**  
Educational, Support & Awareness Sessions

**TOPICS COVERED:**

- HRT
- Bone Health
- Nutrition for the menopause
- Sleep and Coping Strategies

① TUESDAY 21ST NOVEMBER 2023 12:30AM-1:30PM

② TUESDAY 12TH DECEMBER 2023 7PM-8:30PM

③ SATURDAY 13TH JANUARY 2024 1:30PM-3PM

④ TUESDAY 6TH FEBRUARY 2024 12:30PM-1:30PM

⑤ TUESDAY 27TH FEBRUARY 2024 7PM-8:30PM

⑥ SATURDAY 16TH MARCH 2024 1:30PM-3:00PM

@ CASTLE LEISURE CENTRE, BURY (ROOM D)

NO NEED TO BOOK, JUST TURN UP AND WE WILL LOOK FORWARD TO SEEING YOU

IF YOU NEED ANY FURTHER INFORMATION OR HAVE ANY QUESTIONS ON THE SESSIONS PLEASE CONTACT:  
LIVEWELL@BURY.GOV.UK 0161 253 7575

## MENOPAUSE

### EDUCATIONAL, SUPPORT & AWARENESS SESSIONS

No need to book, just turn up and we will look forward to seeing you.

If you need any further information or have any further questions on the sessions please contact:

[LIVEWELL@BURY.GOV.UK](mailto:LIVEWELL@BURY.GOV.UK)

0161 253 7575



### MANAGER FEEDBACK CLINICS

Coming back first Wednesday of each month starting 3rd January.

### PRACTICE LTI MEETINGS

Every 1st Tuesday of each month 1pm to 3.30pm.

## WHAT YOU SAID...

**TheUplands**  
MEDICAL PRACTICE

**FLU/COVID CLINIC**  
WHAT YOU SAID...

"Convenient for people who work during week days"

"quick and fast service"

"quick, simple and didn't impact on my work schedule"

"drop-in, no queue, sorted, thanks"

"I came for a flu jab and got seen to right away, brilliant service"

"I was in and out in ten minutes"

"straight forward, no fuss, seen to and attended to promptly"

Thank you for all your feedback about the Saturday walk-in flu/covid clinic.  
I really appreciate patients taking the time to leave a review.  
Kirsty Howe - Operations Manager

[www.theuplandsmpr.nhs.uk](http://www.theuplandsmpr.nhs.uk)

## MEN'S COFFEE MORNINGS

Seeking male patient who can give up an afternoon a week and enjoys coffee and chatting. Contact Kirsty Howe, Operations Manager, on 0161 766 8221.

### Practice Opening Hours

Monday	8am – 6.30pm
Tuesday	8am – 6.30pm
Wednesday	8am – 6.30pm
Thursday	8am – 6.30pm
Friday	8am – 6.30pm
Saturday	Closed
Sunday	Closed

From Monday 16th October 2023 our doors are being shut until 8.30am and closing early at 18.00pm.

The phone lines are still open between 8.00am - 18.30pm.