

NEWSLETTER

ISSUE 4
FEBRUARY 2024

HAVE YOU SEEN OUR **NEW** COMMUNITY QR BAR?

Did you know you can self-refer to the following services?

A GP appointment is not required for self-referral and gets you seen quicker by the appropriate healthcare provider.

Simply scan the QR code using your phone camera and click the link.

This newsletter is adapted from our online version available on our website. For any forms or information you can't see because they are links, please ask at Reception.



Do more with the NHS App!



What to do if you do not have photo ID

Each GP surgery creates an online account for patients on their local computer system.

You can use the following details from that account to prove who you are:

- the ODS code of your GP surgery
- the account ID
- a linkage key or a passphrase

Your GP surgery should give these details to you in a 'PIN document'. The linkage key or passphrase will expire 2 weeks after it is printed.

When you have the PIN document, follow these steps in the NHS App:

1. Select **How to prove who you are without photo ID**
2. Select **Yes - I use online services**
3. Select **Yes - I have all 3 details**
4. Enter your ODS code, account ID, and linkage key or passphrase
5. Enter your full name and date of birth

Logging in to the NHS App

1. Enter your email address and select **Continue**.
2. Enter the password you created when you registered on the app.

What is the NHS App?

The NHS App is owned and run by the NHS. It can be accessed by anyone aged 13 and over registered with an NHS GP surgery in England or Isle of Man.

Once you have verified your identity in the app, you will have easy, 24/7 access to a growing range of health services and information.

It doesn't replace existing services. You can still contact your GP surgery in the usual ways.

What does the NHS App do?

Your health

- **view your GP health record**
view your medical history, test results, allergies, and medicines
- **register your organ donation decision**
choose to donate some or all of your organs and check your registered decision
- **take part in health research**
register with Be Part of Research to help us provide better care and treatment

Prescriptions

- **order repeat prescriptions**
request repeat prescriptions without having to contact your GP surgery
- **nominate a pharmacy**
choose a pharmacy where your prescriptions will be sent to

Appointments

- **book appointments with your GP Surgery**
book, view and cancel appointments
- **book and manage hospital appointments in one place**
you can choose your treatment provider from a list provided by your GP/referrer, and see information on most of them, including who to contact, waiting times, distance and booking details
- **manage vaccination appointments**
book, amend or cancel vaccination appointments

Send and receive messages

- **contact your GP surgery**
request care from your GP surgery using an online form
- **receive messages and notifications**
view messages from your GP surgery and get notifications through your phone or tablet

Help someone else

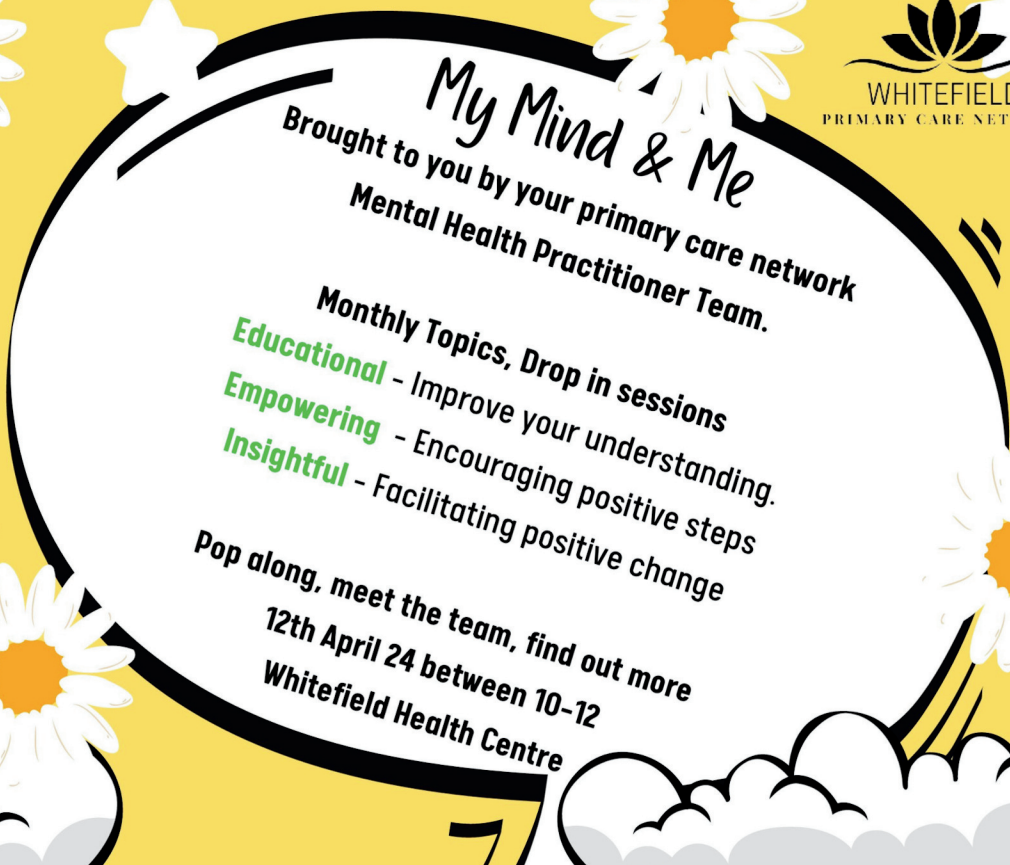
- **linked profiles**
access the health records, appointments and prescriptions of people you care for (including children) – or get help from someone you trust

Advice and information

- **search symptoms, conditions, and treatments**
use the health A-Z to check symptoms and treatments, and get advice on what to do next
- **get health advice through 111 online**
check if you need urgent help and find out what to do next
- **find NHS services**
search for services near you
- **check your NHS number**
check your NHS number and manage your contact details within the NHS App

Coming Soon

**Launch Day
12/04/2024**



My Mind & Me
Brought to you by your primary care network
Mental Health Practitioner Team.

Monthly Topics, Drop in sessions

- Educational** - Improve your understanding.
- Empowering** - Encouraging positive steps
- Insightful** - Facilitating positive change

Pop along, meet the team, find out more
12th April 24 between 10-12
Whitefield Health Centre

! Important Information On Measles !

The number of young people catching measles has risen.

We'd like to remind you that Measles is an infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it.

Measles symptoms include: high fever, sore, red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after initial symptoms.

If you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. Stay away from GP surgeries and A&E departments.

Stay off nursery, school, or work for at least 4 days from when the rash first appears.

It's never too late to be vaccinated.

You need two doses of the MMR vaccine to be fully protected against measles, mumps and rubella.

For more information visit:

<https://www.nhs.uk/conditions/measles/>
<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>



NHS

Do you know the symptoms of measles?

- Fever
- Cough
- Runny nose
- Red Rash



Rx PRESCRIPTION

We are no longer taking prescription requests by email. Please order via our website, link below.

<https://www.theuplandsmp.nhs.uk/health-information/prescriptions/>

Cancer Care Support



You are not alone, get the support you need.

Bury Cancer Support Centre
The Bury centre is for people who are living with cancer, their loved ones and carers. The centre offers practical, emotional and social support including complementary therapies, a drop in support group, counselling, a walking group, health money advice and bereavement support.
Email: support@burycancer.org.uk
Tel: 0161 764 8079
Address: 40-42 Bolton Road, Bury, BL8 2JX

Bereavement Service
The Bereavement Service is a support service that connects people to specialist support services provided, run by local voluntary organisations, community and faith groups and charities in Bury. It helps people express their mental health and wellbeing, become active physically, feel less lonely and be more in control of their own health including long term health conditions. Remote and face to face support are available.
People 18+ years of age and over who are registered with a Bury GP, self-referred, GP referred, social referral, MFT referral or adopted.
Website: www.burycancer.org.uk
Tel: 0161 764 8200 / 0161 764 8079 / 0161 764 8079
Email: bereavement@burycancer.org.uk
Address: 43-45a, The Road, Bury, BL8 2JX

MacMillan Cancer Support
Cancer information and support services for people living with and beyond cancer and their loved ones and carers. It operates via two centres and offers emotional and practical support including counselling, support groups, financial support, welfare benefits advice and more. Call ahead before visiting either centre.
Two centres - Salford Royal at The Hope Building and The Centre at Salford Royal, Radiotherapy Centre
Website: www.macmillan.org.uk
Tel: 0161 275 2200 / 0161 275 2200 / 0161 275 2200
Email: salford@macmillan.org.uk
Address: 3rd Floor, Hope Building, The Road, Bury, BL8 2JX

Being There
Local branch of Being There charity for people living with life limiting conditions and their loved ones and carers. It offers emotional and practical support including counselling, peer support, social support groups, and a transport service. People living with life limiting conditions and their loved ones and carers.
Website: www.beingthere.org.uk
Tel: 0161 764 1111
Email: info@beingthere.org.uk

Chai Cancer Care
Charity for people of the Jewish community affected by cancer. The North Manchester centre offers advisory services, complementary therapies, counselling, group activities, bereavement support, physiotherapy, and support groups. Some services are virtual.
Website: www.chaicancer.org.uk
Tel: 0161 275 2200
Email: info@chaicancer.org.uk

Child Bereavement
Charity providing support to children and young people and families who have been bereaved and anyone affected by the death of a child of any age. It offers support such as face-to-face, one-to-one, family bereavement, online groups, video calls, telephone and internet messaging.
Young people under 25 who have been bereaved and anyone affected by the death of a child for whom they have cared for.
Website: www.childbereavement.org.uk
Tel: 0800 11 999 41 / 0161 764 8079
Email: info@childbereavement.org.uk

Bury Hospice
Hospice for adults living with life-limiting conditions. It offers palliative and end of life care including in people's homes as well as bereavement and family support, and complementary therapies. People living with life-limiting conditions, their carers and loved ones. Referrals are by a health or social care professional.
Website: www.buryhospice.org.uk
Tel: 0161 754 9800
Email: info@buryhospice.org.uk
Address: Frodsham Close Road, Bury, BL8 2JX

Look Good Feel Better
Look good feel better is a National Charity that runs face workshops for young adults, women, and men across the UK, either virtually, at cancer care centres and in hospitals.
Our workshops are led by trained volunteers in the beauty industry and provide practical advice about changes to skin, eyebrows, eyelashes, hair, nails, and body confidence. Volunteers in the health industry also lead our wellbeing focused workshops covering meditation, breathwork and gentle exercise to help reduce feelings of isolation and anxiety.
The best thing about them? Every single one offers an invaluable opportunity to meet others going through a similar situation.
Website: www.lookgoodfeelbetter.org.uk
Tel: 0117 247 500
Email: info@lookgoodfeelbetter.org.uk

MacMillan Free Phone Line
Anything you need to ask, big or small, MacMillan Support Line offers confidential support to people living with cancer and their loved ones. If you are worried about money, work or treatment, or you just want to speak about whatever matters to you, they will listen and support you.
Tel: 0161 764 8079 / 0161 764 8079 / 0161 764 8079
Open 24 hours a week, 365 days a year. Opening times may vary for different specialist teams.

Citizen Advice Bury Macmillan Welfare Benefits Service
They can advise on and support with: Income Maximisation, challenging benefit decisions, completing benefit forms, applying for Macmillan Grants and Extra Budget, assistance and referrals for other issues including: Money advice, energy, housing, management and community care.
In person: 40-42 Bolton Road, Bury, BL8 2JX
Tel: 0161 764 8079
Telephone: 0161 764 8079 / 0161 764 8079

Helping Hands
Every Thursday patients can engage with people and experts to help them with financial advice, health advice and much more.

Helping Hands!
Helping you manage your health and wellbeing.
Come along and join us every Thursday 10.30am - 12.30pm from 29th Oct 2023 to The Care, 10-12 The Care, Whitefield Lane, Prestwich continues to be the site of the church and through the church.



You are not alone, get the support you need

Extended Hours
Access

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.

Available Monday to Friday 4-8pm and Saturday and Sunday 9-5pm.

At sites in **Prestwich** and **Bury** which are offered on behalf of the practice.

Great for working people or those needing flexibility or 'on the day' appointments.

Appointments with a GP, nurse, health care worker and pharmacist are available.

Book by submitting an online consultation on our website or ring on the day speak to reception.

WOMEN'S ZONE



Join us for a chat on women's self-care, health and well-being.

Where
TheUplands
Whitefield Health Centre, Bury New Road, Whitefield, Manchester, M45 8GH.

Contact Us
Phone 07539 825740
Email ummumar99@hotmail.co.uk
Website www.theuplandsmpr.nhs.uk

