

NEWSLETTER

ISSUE 5
MARCH 2024



It came to light that there was a technical issue with the NHS app that was not allowing patients to book appointments. This has now been resolved and thank you to the patients who took the time to feedback on this.

HELP KEEP WAITING TIMES SHORT AND CANCEL UNWANTED APPOINTMENTS

Team Uplands has resumed full operations after the holiday season, but the demand for NHS services remains high. To ensure that waiting lists for appointments stay short, it is important to cancel any appointments that are no longer needed promptly.

To cancel an appointment:

- Access your NHS account via the NHS website or NHS App.
- Simply reply with CANCEL to the appointment reminder text message.
- Call us at 0161 766 8221 during our opening hours.

Repeatedly missing appointments is not fair to other patients or our team, especially during this time when NHS services are under immense pressure. Patients who continue to miss appointments may be asked to register with a different practice.

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.

FRIENDS & FAMILY TEST RESULTS

February



Meet the Clinical Team!



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Dr Ifat Hussain **Managing GP Partner**



I have been a partner at the practice since 2017, with 15 years of experience as a GP. My role now focuses on leading the practice team, caring for patients at the care home, cancer and palliative care, leading multidisciplinary team meetings for complex cases, and teaching medical students. I also plan to introduce minor operations at the practice. In my free time, I enjoy nature walks and practicing French. I am proud to serve the Whitefield community.



Dr Nidhi Sharma **General Practitioner**

I am a newly qualified salaried GP and joined the Uplands Practice in September 2023. My areas of interest are dermatology and learning disabilities. I love getting to know the patients.



Dr Tolu Ogandopo **General Practitioner**

I am a newly qualified GP and joined Uplands in September. My special interests are geriatrics and women's health. I'm also the dementia lead for the practice and undertake baby checks and postnatal mother checks. I really enjoy using my knowledge to care for older patients.



Dr Fatik Bashir **General Practitioner**

I have been qualified as a GP for 2 years. I have joined the Uplands Practice this month as a part-time GP and look forward to getting to know the patients. My special interests are palliative care and cancer.



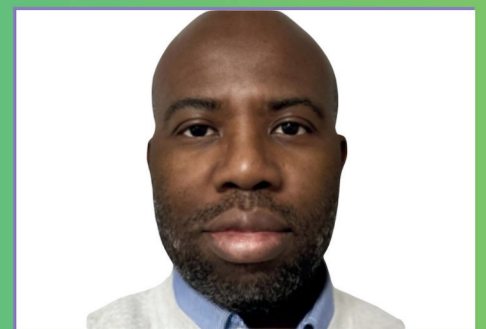
Dr Sheba Riaz **General Practitioner**

I am a sessional GP and have worked at the Uplands Practice for the last four years. I enjoy getting to know and follow up patients at the practice and currently work on Mondays.



Dr Ali Anjum **General Practitioner**

I am a sessional GP and have worked on and off at the Uplands Practice since 2018. I enjoy serving the patients of Whitefield.



Dr Mkpadi Uchenna **General Practitioner**

I am an experienced remote GP supporting the practice with calls in the evenings and emergencies. I enjoy spending time with family, activities and diverse GP interests.

Continued...



Chirag Makadia
Pharmacist

I am an experienced clinical pharmacist. I undertake a variety of medication reviews, manage blood tests and prescriptions and letters from hospitals. My hobbies including running and climbing.



James Butler
HCA

I am a health care assistant and have been working for Uplands for over a year. My role is to provide essential care to support healthcare professionals ensuring that patients receive the highest quality of care.



Malisha Fatima
Practice Manager

I have recently joined Uplands as Practice Manager. My role is to handle the day-to-day operations of the practice ensuring smooth and efficient management. I work closely with the team ensuring amazing care is delivered to our patients.

Hayfever



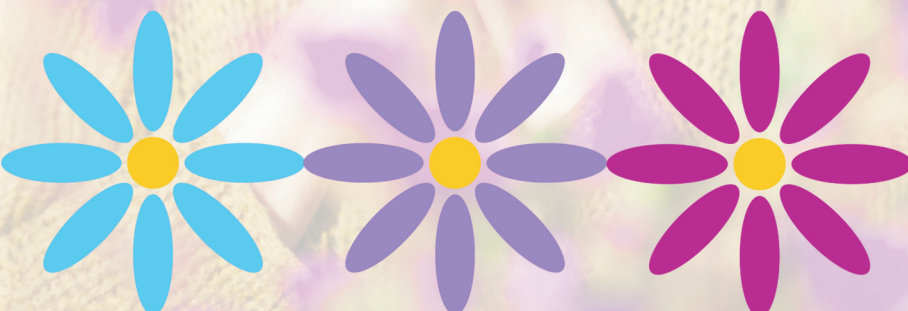
If you have hay fever, combat symptoms at home by:-

- Using Vaseline around your nostrils.
- Wearing sunglasses.
- Showering after being outside.
- Keeping windows and doors closed midday.
- Regularly cleaning to remove pollen.


Your pharmacist can recommend antihistamine remedies.

Consult a GP if symptoms persist after two weeks.

Visit the NHS UK website for more advice on hay fever.



BANK HOLIDAY

 **Don't forget to check your repeat prescription before the Easter Bank Holiday weekend.**

Send your request this week through the NHS App or our website to ensure timely approval and delivery to your pharmacy.



Events happening at Uplands...

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Coming
Soon



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

Launch Day
12/04/2024



COMMUNITY SOCIAL DROP-IN

Come and join us every Wednesday 12:30pm-3pm at St. Andrew's Church
Ribble drive, Whitefield, M45 6NA (Please use side entrance)

Get involved in community projects
Brew & Chat
Advice and support to access services and organisations
Connect with others And much more...

Come along or email your Whitefield Social Prescriber
rebecca.martin7@nhs.net
or call 07572 396531 for more info

Whitefield Wellbeing Walks

Get outdoors to enjoy nature, meet new people and do some gentle exercise!

Walk for Wellbeing
Meet outside Uplands Medical Practice, Whitefield Health Centre, 59 Parr Ln, Usworth, Bury BL9 4JR.
Social Wednesday of the month
Meet at 10:30am
Walk through Suroybank Park and surrounding area.

Wander in the Parks
Meet on outside Uplands Medical Practice, Whitefield Health Centre, 59 Parr Ln, Usworth, Bury BL9 4JR.
Social Wednesday of the month
Meet at 10:30am
Gentle stroll around Whitefield Park and Hamilton Park.
Please note: walkers are advised to wear appropriate comfortable footwear and weather appropriate clothing. Well behaved dogs on leads welcome!

For more information or to book please email
rebecca.martin7@nhs.net or cdeemond@lancswt.org.uk or ring Rebecca on 07572 396531

CHIT-CHAT

Come and join your Whitefield Social Prescriber for our weekly chat social group to connect and socialise with others.

Fridays
1pm-2:30pm
at The Blue Bell
840 Manchester Road, Bury, BL9 8DW

Come along or email your Whitefield Social Prescriber
rebecca.martin7@nhs.net
or call 07572 396531 for more info

Help Us Create UNSWORTH COMMUNITY GARDEN

Help us to develop Usworth Medical Centre gardens into a urban haven for our local community and wildlife.
Meet new people, learn new gardening skills and improve physical & mental health.

Meet outside Usworth Medical Centre, 59 Parr Ln, Usworth, Bury BL9 4JR.
First and Third Tuesday of the month at 1pm-2:30pm

- No previous gardening knowledge or skills required.
- Please wear sturdy footwear and appropriate clothing for the weather (no open toed shoes).
- MOST IMPORTANTLY** - Shovels and cake will be provided!

Registering interest is essential. To register interest, please email:
rebecca.martin7@nhs.net or cdeemond@lancswt.org.uk or call Rebecca on 07572 396531.

Menopause
Educational, Support & Awareness Sessions

TOPICS COVERED:

- TUESDAY 9TH APRIL 2024 12:30PM-1:30PM
- TUESDAY 23RD APRIL 2024 7PM-8:30PM
- SATURDAY 1ST JUNE 2024 1:30PM-3PM
- TUESDAY 2ND JULY 2024 10:30AM-11:30AM
- TUESDAY 30TH JULY 2024 7PM-8:30PM
- SATURDAY 13TH AUGUST 2024 1:30PM-3PM

© 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



April Events:

- UNSWORTH COMMUNITY GARDEN - 2nd, 16th April 1-2.30pm
- COMMUNITY SOCIAL DROP-IN - 3rd, 10th, 17th, 24th April 12.30-3pm
- CHIT CHAT SOCIAL GROUP - 5th, 12th, 19th, 26th April 1-2.30pm
- WALK FOR WELLBEING - 10th April 10.30am-12.30pm
- MY MIND & ME - 12th April 10am-12pm
- WOMEN'S ZONE (COFFEE MORNING) - 23rd April 10.30am-12pm
- WANDER IN THE PARKS - 24th April 10.30am-12.30pm
- MENOPAUSE SESSIONS - 9th April 12.30-1.30pm, 30th April 7-8.30pm

For full details on all our forthcoming events please visit our website here - <https://www.theuplandsmp.nhs.uk/events/>

Ovarian Cancer Awareness Month



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- Ovarian cancer affects the ovaries. It mostly affects women over the age of 50.
- It can affect anyone who has ovaries.
- The ovaries are 2 small organs that store the eggs needed to make babies.
- Sometimes ovarian cancer runs in families.
- The symptoms of ovarian cancer, such as bloating, are not always obvious.
- Ovarian cancer is often diagnosed late, but early diagnosis can mean it is more treatable.
- You can still get ovarian cancer if you've had your ovaries removed because it can also affect your fallopian tubes, or the lining inside your tummy (peritoneum).

Get your symptoms checked

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.



Suspect Shingles?

Pharmacy First: what you need to know

Patients can now get treatment for seven common conditions directly from their local pharmacy, without the need for a GP appointment or prescription.

What are the seven common conditions?

- Sinusitis
- Sore throat
- Earache
- Infected insect bite
- Impetigo (a bacterial skin infection)
- Shingles
- Uncomplicated urinary tract infections in women.

Simply pop along to your local pharmacy for advice and a consultation – no appointment needed!



0161 766 8221



gmicb-bu.uplandsmedicalpractice@nhs.net



www.theuplandsmp.nhs.uk