

## SNORING: WHEN TO SEEK HELP

Do

- Don't

- See a GP if:**

- # March





# Meet our Practice Staff



**Sophie Worsley**  
**Senior Patient Care Supervisor**

My job involves a range of responsibilities ensuring good patient care is delivered by the rest of the team, supporting staff, staff scheduling and working closely with the practice manager.



**Julie Wallace**  
**Medical Secretary**

I am responsible for undertaking a wide range of secretarial and administrative duties including medical referrals.



**Lisa Shelley**  
**Quality Co-ordinator**

My job involves scanning and data entry of patient data onto their medical records, ensuring they are up to date and accurate and secure, recording and actioning of results, immunisations, and medical note summarising.



**Esther Baddoo**  
**Patient Care Advisor**

My job entails assisting with patient triage, scheduling patient appointments, working with clinicians, administrate all aspects of administrative service delivery.



**Gaynor Meppen-Walter**  
**Patient Care Advisor**

My job entails assisting with patient triage, scheduling patient appointments, working with clinicians, administrate all aspects of administrative service delivery.



**Emma Bridge-Doyle**  
**Patient Care Co-ordinator**

My job includes healthcare navigation, patient education about their health conditions ensuring patients are receiving the necessary treatments and services.



# Continued...



**Rachael Hadfield**  
**Patient Care Advisor**

My job entails assisting with patient triage, scheduling patient appointments, working with clinicians, administrate all aspects of administrative service delivery.



**Tracey Harte**  
**Patient Care Advisor**

My job entails assisting with patient triage, scheduling patient appointments, working with clinicians, administrate all aspects of administrative service delivery.



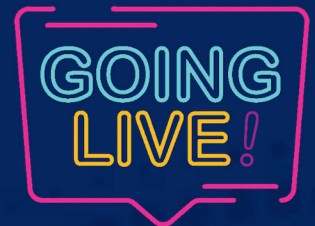
**Tracey Turner**  
**Patient Care Advisor**

My job entails assisting with patient triage, scheduling patient appointments, working with clinicians, administrate all aspects of administrative service delivery.

## Surgery Connect – going LIVE on 24th April 2024

**SURGERY CONNECT**

# Digital Transformation Made Easy



**Surgery Connect** is an award-winning healthcare phone system used by over 2,400 GP surgeries across the UK to transform their patient experience and deliver efficiencies at scale.

The future-proof solution improves patient communications and supports productive practice management across multiple sites.

- Patients will have call-back facilities
- Dedicated resources
- Informative voice message



0161 766 8221



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



# Events happening at Uplands...

ISSUE 6  
APRIL 2024

## My Mind & Me

10 May 2024  
1030-1200

**FREE!**

Patients of Uplands Medical Whitefield

**Session One**  
**Mental Wellbeing & Me**

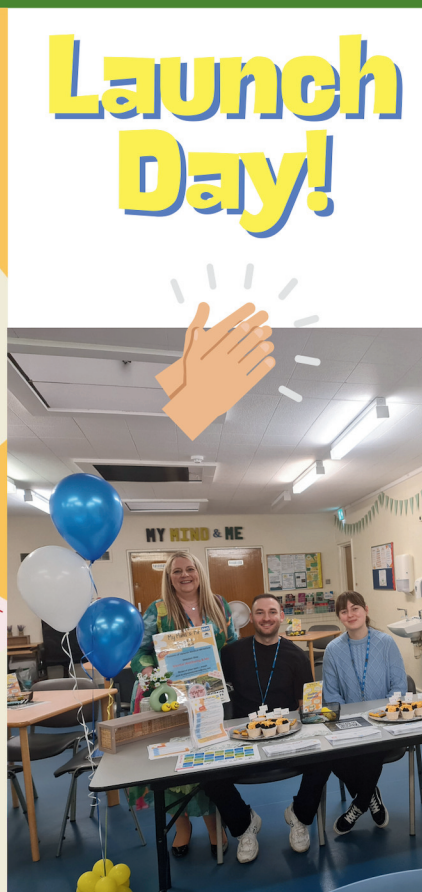
Reserve your spot - email  
[pcn-tr.mymindandme@nhs.net](mailto:pcn-tr.mymindandme@nhs.net)  
Places not guaranteed on the day

Venue - Uplands Surgery

Meet Myro, Sharing her mental health experiences. Whats helped her, what hasn't!

Got a question for Myro, submit these via the email above. Questions can be asked anonymously on the day by facilitator.

**WITH SPECIAL GUEST**



## My Mind & Me

**YOUR MINDSET MATTERS**

*You're Invited!*

Delivering practitioner led mental wellbeing sessions aimed to empower, normalise, motivate, understand, develop & grow at the heart of your community.

"Helping you to live well whilst building a happier & kinder community together."

Brought to you by your Whitefield primary care network mental health practitioner team  
[pcn-tr.mymindandme@nhs.net](mailto:pcn-tr.mymindandme@nhs.net)

### 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](mailto: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, M45 6NA
- Second Wednesday of the month
- Meet at 10:30am
- Walk through Scurry Park and surrounding areas

**Wander in the Parks**

- Meet outside Uplands Medical Practice, Whitefield Health Centre, M45 6NA
- Fourth Wednesday of the month
- Meet at 10:30am
- Gentle stroll around Whitefield Park and Harrier Park

Please note: walkers are advised to wear appropriate comfortable footwear and weather appropriate clothing. We'll be happy to help on the day!

For more information or to book please email  
[rebecca.martin7@nhs.net](mailto:rebecca.martin7@nhs.net) or [cdemond@glancswt.org.uk](mailto:cdemond@glancswt.org.uk)  
or ring Rebecca on 07572 396531

### CHIT-CHAT

Come and join your Whitefield Social Prescriber for our weekly chit 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](mailto:rebecca.martin7@nhs.net)  
or call 07572 396531 for more info

### Help Us Create UNSWORTH COMMUNITY GARDEN

Help us to develop Unsworth 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 Unsworth Medical Centre, 59 Parr Ln, Unsworth, Bury BL9 6JR

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 toes).
- MOST IMPORTANTLY - dress and cake will be provided!

Registering interest is essential. To register interest, please email:  
[rebecca.martin7@nhs.net](mailto:rebecca.martin7@nhs.net) or [cdemond@glancswt.org.uk](mailto:cdemond@glancswt.org.uk)  
or call Rebecca on 07572 396531.

### WOMEN'S ZONE

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

Starting on 19th March at 10:30am-12pm

Where: Whitefield Health Centre, Bury New Road, Whitefield, Manchester, M45 6NA

Contact us:  
Phone: 07572 396540  
Email: [unsworth@nhs.uk](mailto:unsworth@nhs.uk)  
Website: [www.theuplandsmp.nhs.uk](http://www.theuplandsmp.nhs.uk)

## May Events:

UNSWORTH COMMUNITY GARDEN - 7th, 21st May 1-2.30pm

COMMUNITY SOCIAL DROP-IN - 1st, 8th, 15th, 22nd, 29th May 12.30-3pm

CHIT CHAT SOCIAL GROUP - 3rd, 10th, 17th, 24th, 31st May 1-2.30pm

WALK FOR WELLBEING - 8th May 10.30am-12.30pm

MY MIND & ME - 10th May 10.30am-12pm

WOMEN'S ZONE (COFFEE MORNING) - 21st May 10.30am-12pm

WANDER IN THE PARKS - 22nd May 10.30am-12.30pm

COMMUNITY BAKE-OFF - COMING SOON!

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



# IBS Awareness Month



ISSUE 6  
APRIL 2024



- IBS is the most common disorder of the digestive system, with up to one third of the UK population experiencing symptoms.
- IBS is thought to be caused by the gut and brain over-communicating. In other words, talking to one another too much.
- Symptoms can include: Constipation, diarrhoea or a mixture of the two, Abdominal pain, Abnormal bowel habits, Wind, bloating and distension (a widening of the firth of the abdomen), Pooing mucus, 1/3 of IBS patients have bouts of constipation. Another 1/3 have bouts of diarrhoea. The final 1/3 don't fall into a single pattern. Feeling tired, Nausea (feeling sick), Backache, Bladder symptoms.

**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.

## BANK HOLIDAY

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

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



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