

# NEWSLETTER

ISSUE 7  
MAY 2024



## HIGH BLOOD PRESSURE: WHEN TO SEEK HELP

High blood pressure usually has no symptoms, but your pharmacist can detect it. They can check your blood pressure for free, and you don't need to see a GP.

Find a pharmacy that offers free blood pressure checks near you:

**Find a pharmacy that offers free blood pressure checks**  
<https://www.nhs.uk/nhs-services/pharmacies/find-a-pharmacy-that-offers-free-blood-pressure-checks/>



**Find a pharmacy that offers free blood pressure checks**

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

# April

Overall, how was your experience of our service?



# Meet our Practice Staff

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**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.



**Zeshan Saba**  
**Pharmacist**

Zeshan's main responsibilities involve conducting "Structured Medication Reviews" for priority patients to optimise their medication usage. Outside of work, he enjoys watching football, hiking with friends, and baking, with a specialty in lemon drizzle cake.



**Nafisha Mamu**  
**Pharmacist**

Nafisha is primarily involved in conducting structured medication reviews as well as working on other diverse PCN workstreams. Outside of work, Nafisha loves to travel spend time with family and friends.



**Lydia Fairclough**  
**Paramedic**

Lydia is a trainee Advanced Clinical Paramedic Practitioner. Her role entails working with the primary care networks (PCN).



**Matthew Roberts**  
**Physiotherapy Practitioner**

I specialise in joint and soft tissue pains post trauma or without trauma. I deal with most nerve related problems such as sciatica.



**David Smale**  
**Physiotherapy Practitioner**

My work involves assessing and helping support patients with muscle, bone and nerve related issues. If needed, I can refer you for further investigation such as blood tests and imaging to help understand your issue better.



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www.theuplandsm.nhs.uk

# Events happening at Uplands...

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**My Mind & Me**   
**14 June 2024**  
**1030-1200**  
**Session Two**  
**Mindfulness & Me**  
 Reserve your spot - email  
[pcn-tr.mymindandme@nhs.net](mailto:pcn-tr.mymindandme@nhs.net)  
 Places not guaranteed on the day  
 Venue - Uplands Medical M45 8GH  
 Open to patients registered with a Prestwich or Whitefield GP

**FREE!**

WITH SPECIAL GUEST

Introducing  
**Therapeutic DOODLING**



Paper and pens provided, feel free to bring your own pads



**COMMUNITY SOCIAL DROP-IN**

Come and join us every Wednesday 12:30pm-3pm at St. Andrew's Church

Ribble drive, Whitefield, M45 8NA (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.martin67@nhs.net](mailto:rebecca.martin67@nhs.net)  
 or call 07572 296531 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 Centre (at Post Ln, Unsworth, Bury BL4 6JL)
- Starts Wednesday of the month
- Meet at 10:30am
- Walk through Turfey Park and surrounding areas

**Wander in the Parks**

- Meet at Uplands Medical Practice, Whitefield Health Centre, Max 10:30
- Starts Wednesday of the month
- Meet at 10:30am
- Get into and around Whitefield Park and Horseshoe Park

These walks are advised to wear appropriate comfortable footwear and weather appropriate clothing. We'll be happy to help with water!

For more information or to book please email  
[rebecca.martin67@nhs.net](mailto:rebecca.martin67@nhs.net) or [cdonson@lancet.org.uk](mailto:cdonson@lancet.org.uk) or  
 Ring Rebecca on 07572 296531

**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.martin67@nhs.net](mailto:rebecca.martin67@nhs.net)  
 or call 07572 296531 for more info

**Help Us Create UNSWORTH COMMUNITY GARDEN**

Help us to develop Unsworth Medical Centre gardens into a vibrant haven for our local community and wildlife.

Meet new people, learn new gardening skills and improve physical & mental health.

Meet outside Unsworth Medical Centre, 23 Post Ln, Unsworth, Bury BL4 6JL

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 (we open tool shed).
- MOST IMPORTANTLY** - dress and cake will be provided!

Registering interest is essential. To register interest, please email:  
[rebecca.martin67@nhs.net](mailto:rebecca.martin67@nhs.net) or [cdonson@lancet.org.uk](mailto:cdonson@lancet.org.uk)  
 or call Rebecca on 07572 296531.

**Great Whitefield & Prestwich BAKE-OFF**

28th June - 12:30-2pm

Take part in our Community Bake-off with friends and family

- Bring your own ingredients
- Bring your own recipe (must be a sweet recipe)
- Bring your own decoration (must be a sweet recipe)
- Bring your own cake
- Bring your own decoration (must be a sweet recipe)
- Bring your own cake
- Bring your own decoration (must be a sweet recipe)
- Bring your own cake

Bring your baked goods to the competition or come and judge some yummy stuff!

For further information, please email Rebecca Martin or call the practice on 07572 296531.

## June Events:

UNSWORTH COMMUNITY GARDEN - 4th, 18th June 1-2.30pm

COMMUNITY SOCIAL DROP-IN - 5th, 12th, 19th, 26th June 12.30-3pm

CHIT CHAT SOCIAL GROUP - 7th, 14th, 21st, 28th June 1-2.30pm

WALK FOR WELLBEING - 12th June 10.30am-12.30pm

MY MIND & ME - 14th June 10.30am-12pm

WOMEN'S ZONE (COFFEE MORNING) - 2nd July 10.30am-12pm

WANDER IN THE PARKS - 26th June 10.30am-12.30pm

MENOPAUSE - Educational, Support & Awareness - 1st June 1.30-3pm

COMMUNITY BAKE-OFF - 28th June 12.30-2pm

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

# Inflammatory bowel disease (IBD)

Inflammatory bowel disease (IBD) describes conditions that cause severe tummy pain and diarrhoea. It's not the same as irritable bowel syndrome (IBS), even though some of the symptoms may be similar.

The main types of IBD are Crohn's disease and ulcerative colitis. Both are long-term conditions, but there are treatments that can help with your symptoms.

## Inflammatory bowel disease (IBD)



Inflammatory bowel disease can cause severe tummy pain and diarrhoea. See a GP if you have:



Diarrhoea that lasts more than 7 days



Tummy pain or bloating that will not go away or keeps coming back



Blood or mucus in your poo



Lost a lot of weight without trying

The main types of IBD are Crohn's disease and ulcerative colitis. IBD is not the same as irritable bowel syndrome (IBS), but some symptoms are similar.

Learn more: <https://www.nhs.uk/conditions/inflammatory-bowel-disease/>

## Hayfever

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help.

### Check if you have hay fever

Symptoms of hay fever include:

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears
- loss of smell
- pain around the sides of your head and your forehead
- headache
- feeling tired

## Hay fever



Visit [nhs.uk](https://www.nhs.uk) for things you can do to ease your symptoms when the pollen count is high.

Speak to a pharmacist if you have hay fever. They can give you advice and suggest the best treatments to help with symptoms.

# Mental Health Awareness

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Every year, 1 in 4 of us will experience a mental health problem.

But too many of us aren't getting the help we need.

Over 2 million people are waiting for NHS mental health services, and since 2017 the number of young people struggling with their mental health has nearly doubled.

People tell us they feel overwhelmed and hopeless. They need support right now.

With your help we can build a better future, where mental health is handled right.

Get information and support here - <https://www.mind.org.uk/get-involved/mental-health-awareness-week/#info>

**No mind is left behind**

## 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

**Monday 27th May 2024**

 **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.**

