

NEWSLETTER

ISSUE 8
JUNE 2024



HELP KEEP WAITING TIMES SHORT AND CANCEL UNWANTED APPOINTMENTS

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.

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

May

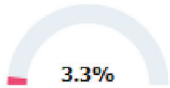
388 responses submitted

Overall, how was your experience of our service?



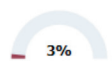
MAY 2024 STATISTICS

% DNA



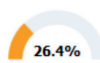
DNAs 69
Booked appointments 2118

Patients with multiple DNAs



Patients with multiple DNAs 2
Total number of patients who DNA 66

Patients with multiple cancellations



Patients with multiple cancellations 105
Total number of patients who cancelled 397

GPs are on your side

If you have lost your family doctor, you are not alone. Over 10,000 GPs and 1000 practices have been lost over the last decade in England. General Practice is broken. Help us fix it.



You have probably noticed that something is wrong. Look at the difficulty you have in getting an appointment at your local surgery. When you do get through, it may not be an appointment with a GP at all. Have you lost your regular family doctor? You are not alone. Over 10,000 GPs and over 1,000 practices have been lost in the past decade in England.

General Practice is collapsing. Every practice across England is struggling to keep its doors open.

We value our patients. We know that most patients value us too, especially when they need us regularly. You know we can deal with most of your health problems, keep you out of hospital, and have your best interests at heart. The problem is with the mismanagement of the NHS.

Your GP is an expert in general medical practice – trained over 10 years to deal with complex problems, spot serious symptoms, and decide when you need specialist help at the hospital.

But did you know that Uplands receives just £107.57 per year for each patient, whatever their health needs. That's less than the cost of an annual TV licence.

It's just 30p a day for every patient registered with us – less than the cost of an apple.

We believe general practice deserves a bigger slice of NHS funding so we can train and hire more GPs, deliver the services you require and make it easier for you and your loved ones to get appointments to see your GP and practice team.

GPs want the same things that you do. We believe nobody should struggle to see their family doctor.

General Practice should be as it once was – a familiar family doctor, offering continuity of care in a surgery full of friendly familiar faces within a safe building where you knew you would get the care you needed.

Continued...



How can you support your family doctor?

Talk to any election candidate who you come across

When candidates from the political parties come knocking on your door, ask them what they will do to save general practice. What will they do so you can see a GP in a modern local surgery?

Join the patient participation group at your local practice

Uplands have a patient participation group (PPG), which you could join to support the practice and influence the way we deliver local services.

Ask a receptionist for further information about the existing group or details on how you might start one up.

The [National Association for Patient Participation](#) has useful information, too.

General Practice has been broken. Help us fix it.

GPs Are On Your Side

Did you know?



Compared to ten years ago:

- 1,000 surgeries have closed.
- Over 10,000 GPs have retired or left the NHS.
- These GPs have not been replaced.



This is why you struggle to see your GP

General Practice is being broken. We know you deserve better than this. GPs Are On Your Side.

Did you know?



GPs and their teams are exhausted and losing morale.

No matter how many hours we work, we still can't see all the patients that need our care.



This is why you struggle to see your GP

General Practice is being broken. We know you deserve better than this. GPs Are On Your Side.

Did you know?



Patients should be able to call us, send an email, or walk in to make an appointment and get the care they need.

But our contract makes it too complicated



This is why you struggle to see your GP

General Practice is being broken. We know you deserve better than this. GPs Are On Your Side.



Events happening at Uplands...

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Great Whitefield & Prestwich BAKE-OFF



28th June - 12.30-2pm

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

- FREE to enter.
- Bring your entries into the practice between 11.30am and 12.30pm.
- For residents across Whitefield & Prestwich.
- Categories: best healthy bake, best staff bake.
- Cakes, pies, cookies, cupcakes, breads, brownies, cookie bars, muffins, puddings.
- Tasters are also welcome.
- Any ages can participate.
- Judging and refreshments provided.
- Prizes for the winners!
- FREE Health checks will be available on the day for patients registered at the practice.



Bring your baked goods to compete or come and sample some yummy stuff!

For further information, please email Malisha Fatima at gmicb-bu.uplandsmedicalpractice@nhs.net or call the practice on 0161 766 8221.

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 Centre, 59 Parr Ln, Usworth, Bury BL9 4JR.
- Social Wednesday of the month
- Meet at 10:00am
- Walk through Sunnybank Park and surrounding areas.

Wander in the Parks

- Meet on outside Uplands Medical Practice, Whitefield Health Centre, Mos Hill
- Social Wednesday of the month
- Meet at 10:00am
- Gentle stroll around Whitefield Park and Handforth 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 cdesmond@lancswt.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 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 - shoes and cake will be provided!

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

Menopause

Educational, Support & Awareness Sessions

TOPICS COVERED:

- 1 TUESDAY 5TH APRIL 2024 12:30PM-1:30PM
- 2 TUESDAY 10TH APRIL 2024 7PM-8:30PM
- 3 SATURDAY 1ST AUGUST 2024 10:30AM-12:30PM
- 4 TUESDAY 2ND JULY 2024 12:30PM-1:30PM
- 5 TUESDAY 16TH JULY 2024 7PM-8:30PM
- 6 SATURDAY 21ST AUGUST 2024 10:30AM-12:30PM

© CASTLE LEISURE CENTRE, BURY (ROOM 01)

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 LIVERWELLBURY.GOV.UK 0161 253 7573

July Events:

UNSWORTH COMMUNITY GARDEN - 2nd, 16th July

COMMUNITY SOCIAL DROP-IN - 3rd, 10th, 17th, 24th, 31st July

CHIT CHAT SOCIAL GROUP - 5th, 12th, 19th, 26th July

WALK FOR WELLBEING - 10th July

MY MIND & ME - 12th July

WOMEN'S ZONE (COFFEE MORNING) - 16th July

WANDER IN THE PARKS - 24th July

MENOPAUSE - Educational, Support & Awareness - 2nd, 30th July

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

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

Cervical Screening Awareness Week

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19th–24th June 2024

Cervical Screening Awareness Week is an annual event which will run from the 19th to the 24th of June 2024. The week aims to highlight the importance of regular cervical screening for women's health.

Cervical Screening Awareness week aims to encourage all women to have regular cervical screening as well as to provide information and reassurance around any fears or embarrassment that women may have concerning taking the test.

During the week there will be information stands at GP surgeries, workplaces and sports centres, fundraising events and a social media campaign where women are urged to tell their stories relating to cervical cancer and cervical screening.

More information about Cervical Screening Awareness Week and information about cervical cancer and cervical screening itself can be found on the Jo's Trust website www.jostrust.org.uk or ask at Reception.

Jo's cervical
cancer trust

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.