

NEWSLETTER

ISSUE 12
OCTOBER 2024

HELP KEEP WAITING TIMES SHORT AND CANCEL UNWANTED APPOINTMENTS

☀️ Don't be a no-show! Did you know that missing doctor's appointments costs the healthcare system billions each year? 🤖 Let's show up for our health and make those check-ups count! 🍷 #StayHealthy

👉 Remember to mark your calendar, set a reminder, or ask a friend to help you remember your next appointment. Your health matters! 🏥💙



% DNA



2.4%

DNAs 51
Booked appointments 2096

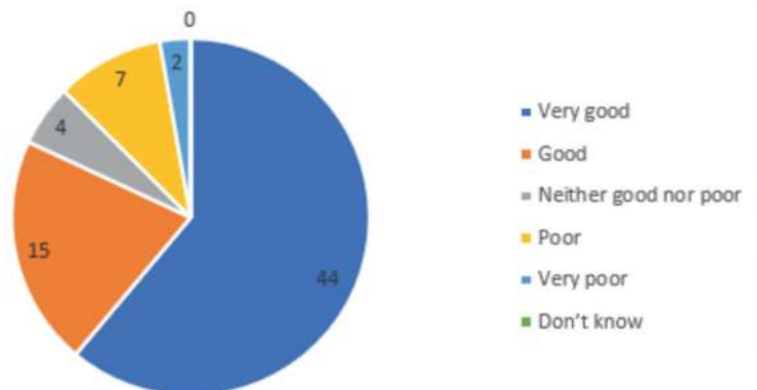
This newsletter is adapted from our online version available on our website. For any forms or information you can't see because they are links, please ask at Reception.

FRIENDS & FAMILY TEST RESULTS

September

Overall, how was your experience of our service?

Friends and Family Test Results : September 2024



Breast Cancer Awareness Month



Act to prevent breast cancer

October is Breast Cancer Awareness Month

Sadly, we all know someone touched by breast cancer. Play your part and help raise money to prevent future generations from hearing the words 'you have breast cancer'.

This October we want you to get active. Get active to raise money. Get active to reduce your risk of breast cancer. Studies show that by increasing your physical activity, you can significantly reduce your risk by as much as 20%.

So get active, reduce your risk and have fun raising money.

Fundraise to prevent breast cancer



Simply Donate

All donations will support the work to prevent breast cancer.



Order Your Fundraising Pack

Order and get the A to Z of fundraising ideas. We're here to support you.



Take Part

Still not sure what to do, check out the other activities you can take part in.

Find out more here - <https://www.breastcanceruk.org.uk/breast-cancer-awareness-month/>

NEW Uplands Health Library

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Welcome to the Uplands Health Library! This is YOUR library, and we're thrilled to have you here! ★

Dive into our collection to find something that sparks your interest or helps you out. The best part? The books are yours to keep! If you'd like to return them later, that's totally cool too.

If you can, please contribute what you can afford or feel is fair. Your contributions help us rotate the books, explore new subjects, and keep our shelves stocked.

A big shoutout to Books Cycle, the nonprofit that made this possible! Enjoy your reading adventure! Happy exploring! 📖★

Teen Mums Group

Every Thursday
11:30am - 1:30pm

@ Elizabethan Suite
Town Hall
Knowsley St
Bury
BL9 0SW

Connect with other teen mums and bring your little ones for nursery rhymes, sensory play, baby yoga, fun, advice, support, information and more

CONTACT
Cat Reynolds
cat.h.reynolds@bury.gov.uk



Bury
COUNCIL

Bonfire Night - 5th Nov

🔥 Bonfire Night is almost here! As you enjoy the festivities, let's keep safety first! Here are a few tips to stay safe:

1. Keep a safe distance from the bonfire and fireworks.
2. Wear appropriate clothing—no loose or flammable materials!
3. Have water or a bucket of sand nearby in case of emergencies.
4. Supervise children and pets at all times.

Let's celebrate safely and make some unforgettable memories! Enjoy the fireworks! 🎆★

The group will be every Thursday from 11.30am-1.30pm at the Elizabethan Suite in Bury Town Hall and is for mum's up to the age of 19 years old (or up to 25 years old for those who are care experienced or who have SEND).

Events happening at Uplands...



HERE TO HEAR MONTHLY DROP-IN SESSIONS



DROP-IN

TO ONE OF OUR FREE AND CONFIDENTIAL MONTHLY SESSIONS AND MEET THE SENIOR MANAGEMENT TEAM.

FEEDBACK

ABOUT YOUR RECENT EXPERIENCES OF NHS AND SOCIAL CARE SERVICES.

PICK UP

SOME INFORMATION ABOUT LOCAL SERVICES AND SUPPORT.

FIND US AT:
UPLANDS MEDICAL PRACTICE
WHITEFIELD HEALTH CENTRE
BURY NEW ROAD
WHITEFIELD
MANCHESTER
M45 8GH

CALL: 0161 766 8221
CONTACT: MALISHA FATIMA

THE FIRST SESSION WILL BE ON 31ST JULY 2024 - 10AM-11AM
THEN THE LAST WEDNESDAY OF EVERY MONTH - 10AM-11AM.

We look forward to seeing you!

WOMEN'S ZONE

NEXT DATE:
22nd Oct at 10.30am
Topic: Different types of Magnesium and benefit

19th March at 10.30

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: umumar29@hotmail.co.uk
Website: www.theuplandsmpr.nhs.uk



COMMUNITY SOCIAL DROP-IN

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

88/89a, Whitefield, M45 9JX (Please see 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.martindale@nhs.uk 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, 88 Park Ln, Whitefield, Bury BL9 2JX.
- Second Wednesday of the month
- 10am-11am
- Walk through Everybank Park and surrounding area.

Wander in the Parks

- Meet in outside Uplands Medical Practice
- Whitefield Health Centre, 88 Park Ln
- Fourth Wednesday of the month
- 10am-11am
- Check in at Everybank Park and surrounding area.

Please note: walkers are advised to wear appropriate comfortable footwear and weather appropriate clothing. Not to be held open on health grounds.

For more information or to book please email rebecca.martindale@nhs.uk or rebecca.martindale@nhs.uk or call 07572 296531 for more info

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.martindale@nhs.uk or call 07572 296531 for more info

Help Us Create UNSWORTH COMMUNITY GARDEN

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

Meet local people, learn new gardening skills and improve yourself in social health.

Meet outside Unsworth Medical Centre, 88 Park Ln, Unsworth, Bury BL9 2JX.

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).
- NOOT INDICATEDLY: Stoves and tools will be provided!

Registering interest is essential. To register interest, please email: rebecca.martindale@nhs.uk or rebecca.martindale@nhs.uk or call Rebecca on 07572 296531.

Menopause Educational, Support & Awareness Sessions

TOPICS COVERED:

1. UNDERSTANDING YOUR HORMONES
2. UNDERSTANDING YOUR SYMPTOMS
3. UNDERSTANDING YOUR HEALTHY LIFESTYLE
4. UNDERSTANDING YOUR MENTAL HEALTH
5. UNDERSTANDING YOUR SEXUAL HEALTH

8 CASTLE GARDEN CENTRE, BURY (M45 9JX)

WE NEED TO BOOK, THAT'S WHY WE ASK YOU TO BOOK FORWARDS TO SECURE YOUR PLACE.

IF YOU NEED ANY FINANCIAL ASSISTANCE OR HAVE ANY QUESTIONS AND THE READER PLEASE CONTACT: rebecca.martindale@nhs.uk OR 07572 296531



October/November 2024 Events:

- UNSWORTH COMMUNITY GARDEN - 15th, October, 5th, 19th November.
- COMMUNITY SOCIAL DROP-IN - 16th, 23rd, 30th October, 6th, 13th November.
- CHIT CHAT SOCIAL GROUP - 18th, 25th October, 1st, 8th, 15th, 22nd November.
- WALK FOR WELLBEING - 13th November.
- MY MIND & ME - 8th November.
- WOMEN'S ZONE (COFFEE MORNING) - 22nd October.
- WANDER IN THE PARKS - 23rd October & 27th November.
- WOMEN'S HEALTH - 27th October (Implants and coil fitting) in Prestwich.
- HERE TO HEAR (MONTHLY DROP-IN SESSIONS) - 6th November.

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

Get your Flu & Covid Jabs



★ Did you know that getting your flu jab can significantly reduce your risk of catching the flu? Not only that, but it also lowers your chances of becoming seriously unwell if you do get it!

Flu season is just around the corner, and staying protected is the best way to keep yourself and those around you healthy. ❤️

So, if you haven't already, make sure to book your appointment for the flu jab! Let's keep our community safe and healthy together! 🤝



★ Are you at high risk for severe illness? If so, have you had your COVID jab yet?

Getting vaccinated is crucial for protecting yourself and reducing the risk of severe illness. It's a simple step that can make a BIG difference in your health and well-being!

If you haven't gotten your jab, now's the perfect time to do it! Let's stay safe and healthy together! ❤️

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

PLEASE NOTE:

Our practice doors are not opened until 8.30am and will close at 18.00pm.

However, 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.



Staff Training Afternoon

Our practice will be closed on 5th November 1-3pm for protected staff training time.

For urgent medical advice during this time please call NHS 111.

Your local pharmacy can offer advice on minor ailments and provide over the counter medicine.

