

NEWSLETTER

ISSUE 15
JANUARY 2025

THE IMPORTANCE OF CANCELLING UNWANTED APPOINTMENTS

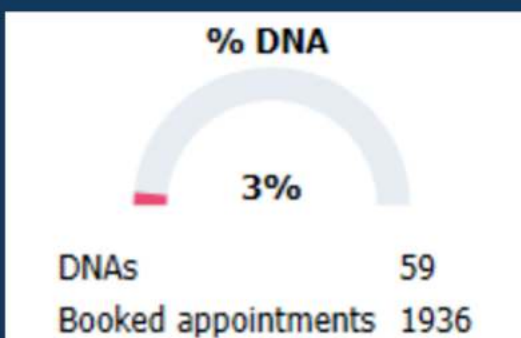
At The Uplands Medical Practice, missed appointments can affect others' access to care. If you can't attend, please cancel in advance to:

1. Free Up Slots: Allow another patient to be seen sooner.
2. Save Resources: Prevent wasted time and planning.
3. Enhance Service: Help us manage schedules better for everyone.

Your cooperation ensures we can provide timely care for all.

Thank you!

December 2024



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.

Health Awareness Campaigns

Cervical Cancer Prevention Week
(22-28 January):



This week is dedicated to raising awareness about the importance of cervical screening. Regular screenings can help detect early signs of cervical cancer.

Contact us to book your screening appointment and take a proactive step towards your health.

<https://www.nhs.uk/conditions/cervical-cancer/>

Dry January:

Thinking about reducing your alcohol intake?

Dry January is a great opportunity to experience the benefits of cutting back. Improved sleep, better focus, and overall health are just a few of the perks.

Join the challenge and see the difference for yourself!

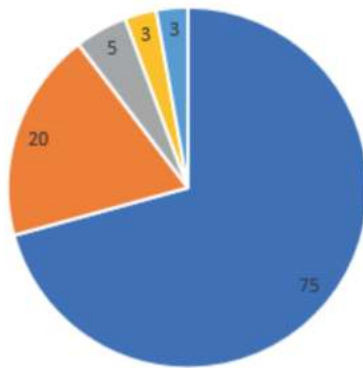
<https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january>

Friends & Family Test Results – Dec 2024

December

Overall, how was your experience of our service?

Count of: Overall, how was your experience of our service?



■ Very good ■ Good ■ Neither good nor poor ■ Poor ■ Very poor

Our Friends & Family Test results for December 2024 are in! Your feedback is invaluable in helping us improve our services at The Uplands Medical Practice. By sharing your experience, you enable us to understand what we're doing well and where we can make changes. We appreciate your input as it helps us deliver the best possible care for our community. Thank you for taking the time to leave your feedback!

<https://www.theuplandsmpr.nhs.uk/friends-family-test/>

New Year Health Resolutions Tips for a Healthier Year:

Set Realistic Goals:

Start small and build up gradually. Aim for consistent exercise, like a 30-minute walk five times a week, and celebrate each milestone you achieve.

Balanced Diet Choices:

Focus on incorporating more fruits, vegetables, whole grains, and lean proteins into your meals. Make small, sustainable changes that you can maintain throughout the year.

Prioritise Mental Health:

Practice mindfulness, get enough sleep, and take time for activities that bring you joy. Remember, mental health is as important as physical health for overall well-being.

Events happening at Uplands...

MENOPAUSE AWARENESS SESSION

Wednesday, 29th January
6-7pm
at Healthwatch Bury's office
56-58 Bolton Street, BL9 0LL



Struggling with the menopause or just want support & advice?

Join this free awareness session to get help with:

HRT
Bone Health
Nutrition
Sleep & Coping Strategies



WOMEN'S ZONE

NEXT DATE:
21st January 2025

Starting on 19th March at 10.30am-12pm

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 ummumar29@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

58/60 Ave, Whitefield, M45 9NA (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 Practice, Uplands, Bury, BL9 0LL.
- Second Wednesday of the month
- 10am-11am
- Walk through Sunnybank Park and surrounding area.

Wander in the Parks

- Meet at Uplands Uplands Medical Practice
- Uplands Health Centre, M45 8GH
- Fourth Wednesday of the month
- 10am-11am
- Circle walk around Whitefield Park and Hathershaw Park.

Please note: walkers are advised to wear appropriate comfortable footwear and weather appropriate clothing. Walk takes place on a public footpath.

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

CHIT-CHAT

Come and join your Whitefield Social Prescriber for our weekly chat 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 Uplands Medical Centre garden into a urban haven for our local community and wildlife.

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

Meet outside Unsworth Medical Centre, 84 Park Ln, Unsworth, Bury, BL9 6LH.

First and Third Tuesday of the month at 10am-11am

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

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

Menopause Educational, Support & Awareness Sessions

TOPICS COVERED:

1. HORMONAL CHANGES AND SYMPTOMS
2. LIFESTYLE AND NUTRITION
3. MENTAL HEALTH AND WELLBEING
4. HORMONAL THERAPY
5. BONE HEALTH AND PREVENTION
6. SKIN AND HAIR CHANGES

WE NEED TO BOOK, THAT'S WHY WE ASK YOU TO BOOK IN ADVANCE!
IF YOU NEED ANY FURTHER INFORMATION OR HAVE ANY QUESTIONS, PLEASE CONTACT:
LIVEMORE@BURY.NHS.UK 0161 252 7952




JANUARY 2025 Events:

- UNSWORTH COMMUNITY GARDEN - 22nd January 2025.
- COMMUNITY SOCIAL DROP-IN - 15th, 22nd, 29th January 2025.
- MENOPAUSE AWARENESS SESSION - 29th January 2025.
- WALK FOR WELLBEING - 12th February 2025.
- MY MIND & ME - 14th March 2025.
- WOMEN'S ZONE (COFFEE MORNING) - 21st January 2025.
- WANDER IN THE PARKS - 22nd January 2025.
- WOMEN'S HEALTH - every Sunday from Prestwich Health Centre.
- HERE TO HEAR (MONTHLY DROP-IN SESSIONS) - coming soon!

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

Women's Health Hub Service



The Women's Health Hub Service will now be available on Sundays at Prestwich Health Centre.

This dedicated service offers support for various women's health concerns.

To access the service, patients must first have a telephone consultation with one of our WHH GPs, who will then schedule any necessary face-to-face appointments.

This ensures personalised and timely care for all patients.

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 9.30am and will close at 18.00pm.

However, the phone lines are still open between 9.00am - 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.

Carpark Repairs



Starting **Monday, 13th January**, work will commence to repair the subsiding wall and fence in the closed car park.

The project is expected to take approximately six weeks, after which the car park will reopen for use.

Thank you for your patience and understanding as we make these necessary improvements.