

NEWSLETTER

ISSUE 16
FEBRUARY 2025

H E L L O

F E B R U A R Y

JANUARY 2025

'DID NOT ATTEND' RESULTS

Missed and last-minute cancelled appointments have a significant impact on our practice and other patients in need of care.

In January 2025, we recorded 61 missed or late-cancelled appointments, which could have been used by someone else requiring medical attention.

If you can't attend your appointment, please let us know as soon as possible. Cancelling too late or not attending at all means another patient misses out on the care they need. Help us reduce waiting times and keep our services running smoothly.

THANKYOU

January 2025

% DNA



DNAs 61
Booked appointments 2176

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.

February Health Awareness Days

Children's Mental Health Week (3rd – 9th February) 🧠💙

This year's theme is "Your Voice Matters", highlighting the importance of supporting young people's mental well-being. If your child is struggling with their mental health, our GPs and nurses are here to help. You can also visit www.youngminds.org.uk for more resources.

World Cancer Day (4th February) 🧡

This global initiative raises awareness about cancer prevention, early detection, and treatment. If you have any concerns, please book an appointment for a check-up. Early detection saves lives!

Heart Health Month ❤️

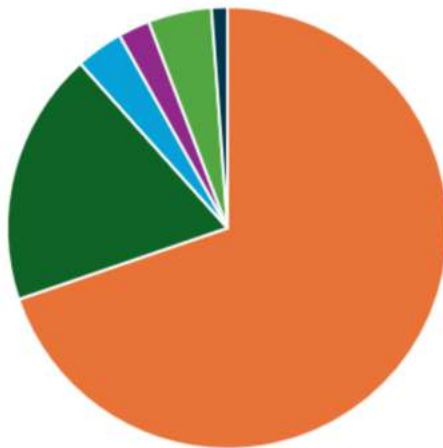
February is all about looking after your heart! Reduce your risk of heart disease by eating a balanced diet, staying active, and avoiding smoking. If you need support with lifestyle changes, our nurses are available for health check-ups and advice.

Friends & Family Test Results – Jan 2025

January

Overall, how was your experience of our service?

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



Our latest Friends & Family Test results are in!

Your feedback is essential in helping us improve our services at The Uplands Medical Practice. By sharing your experience, you help us understand what we're doing well and where we can make improvements.

We truly appreciate your input—it allows us to provide the best possible care for our community.

Thank you for taking the time to share your thoughts! Keep an eye out for next month's results.

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



NHS App Support Session

Need help setting up or navigating the NHS App?

Join us for a drop-in session at Uplands Medical Practice on **Tuesday, 18th February, from 2:00 to 4:30 pm.**

Our team will be on hand to guide you through setting up the app and answer any general questions you may have.

The NHS App makes it easier to book appointments, order prescriptions, and access your health records—let us help you get started!

No need to book, just drop in!

For more information, visit <https://www.nhs.uk/nhs-app/>

Cold & Flu Season – Stay Healthy!



- ◆ Wash your hands regularly to prevent the spread of viruses.
- ◆ Stay hydrated and eat plenty of fruit and vegetables to boost your immune system.
- ◆ Get enough rest – sleep is vital for recovery if you're feeling unwell.
- ◆ Know when to see a doctor – if symptoms persist for more than 10 days or worsen, seek medical advice.

For minor ailments, your local pharmacist can provide guidance and over-the-counter treatments.

Winter Vaccinations – Flu & COVID-19 Boosters

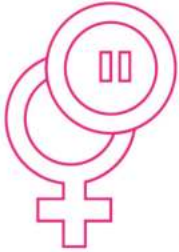
If you haven't yet had your flu jab or COVID-19 booster, there's still time!

These vaccines are especially important for those over 65, people with underlying health conditions, pregnant women, and carers.

Contact reception to book your appointment.

 Call us on 0161 7668221 to check your eligibility and schedule your jab.

Events happening at Uplands...



MENOPAUSE SUPPORT SESSIONS 
EDUCATIONAL - SUPPORT - AWARENESS
CASTLE LEISURE CENTRE, BURY (ROOM D)
2025 SESSIONS

Get support and advice on topics such as:
HRT - Bone health - Nutrition - Sleep & Coping Strategies

Friday 14 February - 12.30pm to 1.30pm
Wednesday 12 March - 7.00pm to 8.00pm
Thursday 17 April - 12.30pm to 1.30pm
Wednesday 30 April - 7.00pm to 8.00pm
Thursday 15 May - 12.30pm to 1.30pm

NO NEED TO BOOK - JUST DROP IN!
livewell@bury.gov.uk

WOMEN'S ZONE

NEXT DATE:
14th February 2025
10.30am
'Aromatherapy Oils'

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

Where

 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

Brew & Chat

Get involved in community projects

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.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 Practice, Uplands, Bury, BL9 6JL.
- Second Wednesday of the month
- 10am-11am
- Walk through Sunnybank Park and surrounding area.

Wander in the Parks

- Meet in outside Uplands Medical Practice
- Uplands Health Centre, Macmillan
- 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. Not to be used for dog walking.

For more information or to book please email rebecca.martindale@nhs.net or rebecca.martindale@nhs.net 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.net or call 07572 296531 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 local people, learn new gardening skills and improve yourself in mental health.

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

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).
- NOOT INDISPENSIBLY: Gloves and tools will be provided!

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

Menopause
 Educational, Support & Awareness Sessions

TOPICS COVERED:

1. HORMONAL CHANGES
2. PHYSICAL AND MENTAL HEALTH
3. TREATMENT OPTIONS
4. LIFESTYLE CHANGES
5. SUPPORT AND RESOURCES

WE NEED TO BOOK, BUT DON'T WORRY WE WILL LOOK FORWARD TO SEEING YOU!

IF YOU NEED ANY FURTHER INFORMATION OR HAVE ANY QUESTIONS, PLEASE CONTACT livewell@bury.gov.uk OR 0161 252 7952

February 2025 Events:

UNSWORTH COMMUNITY GARDEN - 18th February, 4th March 2025.

COMMUNITY SOCIAL DROP-IN - 5th, 12th, 19th, 26th February 2025.

MENOPAUSE SUPPORT SESSIONS - 14th February 2025.

WALK FOR WELLBEING - 12th February 2025.

MY MIND & ME - 14th March 2025.

WOMEN'S ZONE (COFFEE MORNING) - 14th February 2025.

WANDER IN THE PARKS - 26th February 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/>

GP Collective Action – patient information

By the end of this month, Uplands Medical Practice will begin taking steps as part of GP Collective Action. This means that while our practice remains open and our team continues to care for patients, there may be changes in how we manage certain requests.

Patients may receive the below stamped letter explaining why specific requests cannot be actioned as part of this initiative. For more information on GP collective action and what it means for you, please visit the NHS website or speak to a member of our team.

<https://www.england.nhs.uk/long-read/gp-collective-action-patient-information/>




GP Collective Action

Following the imposition of a GP contract by the government, the British Medical Association has provided guidance to GP surgeries across the country on action they can take to cease providing unfunded activity in general practice.

Following a review of unfunded services across the boroughs of Rochdale and Bury, you have requested the below which is no longer provided by your GP surgery from **Monday 6th January 2025**. Please follow the advice below (tick the correct section):

1. Advised by hospital to have blood test or other diagnostic test arranged by GP – This is no longer offered and you will need to discuss the request with your hospital specialist for them to arrange the required test. This also includes the hospital including A&E and UTC arranging tests and asking the GP to chase and action results, this request will be refused as it's the responsibility of the requestor to review and action results.	
2. You have been advised by a community service* to requests tests or a prescription from your GP – This is no longer offered and your community service needs to arrange the test or issue a prescription. Any test arranged by community services have been forwarded to the relevant service to review and where necessary discuss with the patient	
3. The following test need to be arranged which are no longer offered by the GP surgery: <ul style="list-style-type: none"> • ECG (heart trace) • Spirometry (breathing test) • Ambulatory blood pressure You will be referred to the local hospital by your GP to request these test(s)	
4. Your hospital specialist has requested a referral to another hospital specialist within the same hospital trust. This does not require a referral by the GP and can be undertaken by the specialist requesting the onward referral	
5. Your private specialist has requested a referral to a NHS hospital specialist. This can be undertaken by your private specialist and does not require a GP referral	

SNOMED CODE: 916011000006101 Referral rejected – inappropriate team



6. You have been advised to collect medication from the hospital pharmacy. You have been provided an inadequate quantity of treatment and need to return to the hospital pharmacy to request the remaining treatment	
7. You are currently under a hospital specialist or recently discharged from the hospital with advice to obtain a sick note from your GP. The hospital can issue a sicknote for the duration they feel you need to take time off work. Return to the hospital to ask them to issue an appropriate sick note for the required duration	
8. You are under shared care between your specialist and GP for your prescribed therapy. Either your dose of treatment needs to be reviewed or your current medication is not available requiring a suitable alternative. you will need to contact your hospital specialist to seek guidance on the next steps for your treatment. This will require your new therapy dose or new medication to be started and monitored by your specialist until stable before your GP will take over prescribing the new medication	

* Community services include district nurses, health visitors, midwives, podiatrist, community respiratory clinic, heart failure service, community diabetic team, palliative care team and other clinicians providing community services outside the GP surgery.

GP Advice:

Date:

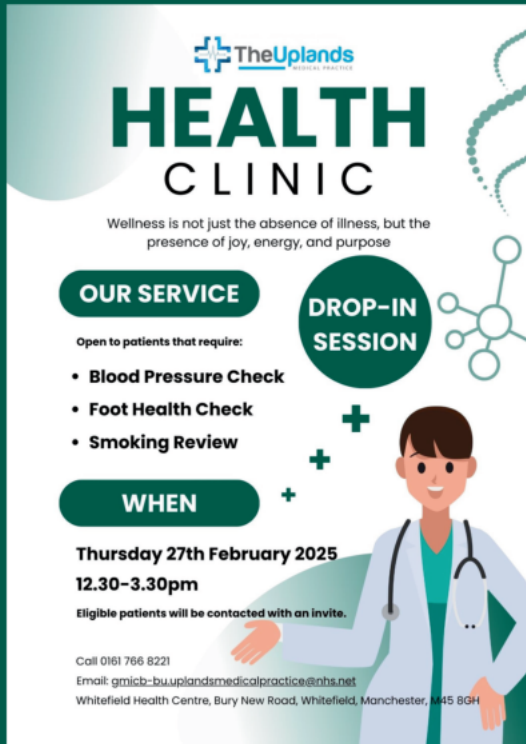
Surgery Stamp:

SNOMED CODE: 916011000006101 Referral rejected – inappropriate team

Understanding GP Collective Action

In August 2024, the British Medical Association (BMA) initiated a form of protest known as "collective action" among General Practitioners (GPs) in England. Unlike traditional strikes, during collective action, GP practices remain open, and doctors continue to see patients. However, GPs may modify certain aspects of their work to address concerns about workload and patient safety. For instance, they might limit the number of daily patient consultations to recommended safe levels or redirect patients to alternative local healthcare services once capacity is reached. Patients are encouraged to attend their appointments as scheduled unless advised otherwise and to consult with their GP practice for specific guidance during this period.

Health Clinic Open Day



TheUplands
MEDICAL PRACTICE

HEALTH CLINIC

Wellness is not just the absence of illness, but the presence of joy, energy, and purpose

OUR SERVICE

Open to patients that require:

- Blood Pressure Check
- Foot Health Check
- Smoking Review

DROP-IN SESSION

WHEN

Thursday 27th February 2025
12.30-3.30pm

Eligible patients will be contacted with an invite.

Call 0161 766 8221
Email: gmjcb-bu.uplandsmedicalpractice@nhs.net
Whitefield Health Centre, Bury New Road, Whitefield, Manchester, M45 8GH

Health Clinic Drop-In Session – 27th February 2025

We're hosting a Health Clinic Drop-In Session at The Uplands Medical Practice on Thursday 27th February 2025, from 12:30 to 3:30 pm.

This session is open to eligible patients who require a blood pressure check, foot health check, or smoking review.

Maintaining good health is essential, and this is a great opportunity to get checked and receive professional advice.

Invites will be sent to eligible patients, so keep an eye out!

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.

Local Support & Resources

Bury Community Hub:

Provides support for those in need, including food banks, mental health services, and social care assistance. Visit www.bury.gov.uk/communityhub for details.

Mental Health Support:

If you're feeling low or anxious, you're not alone. Call Samaritans (116 123) or contact Bury Talking Therapies for professional help.

Wellbeing Walks in Bury:

Join a local walking group to stay active and meet others in your community. Visit www.walkingforhealth.org.uk to find a group near you.