

NEWSLETTER

ISSUE 17
MARCH 2025

ATTENDING YOUR DOCTOR'S APPOINTMENT – WHY IT MATTERS

Missed appointments can have a significant impact on both the practice and other patients.

When appointments are not attended and not cancelled in advance, it prevents someone else from accessing much-needed care, increases waiting times, and wastes valuable NHS resources.

If you can't make your appointment, please let us know as soon as possible so we can offer it to another patient.

Your cooperation helps us provide better care for everyone!

THANK YOU

February 2025

% DNA



3.2%

| | |
|---------------------|------|
| DNAs | 73 |
| Booked appointments | 2312 |

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.

March Health Awareness Days

March is packed with important health awareness days, helping to highlight key issues and encourage positive lifestyle changes.

This month, we're supporting the following:-

No Smoking Day (13th March), raising awareness of the benefits of quitting smoking

World Sleep Day (15th March), promoting the importance of good sleep for overall health.

We're also recognising **Nutrition & Hydration Week** (11th-17th March), encouraging healthy eating and proper hydration.

Stay informed and take small steps towards a healthier you!



The British Medical Association (BMA) has announced a pause on GP collective action.

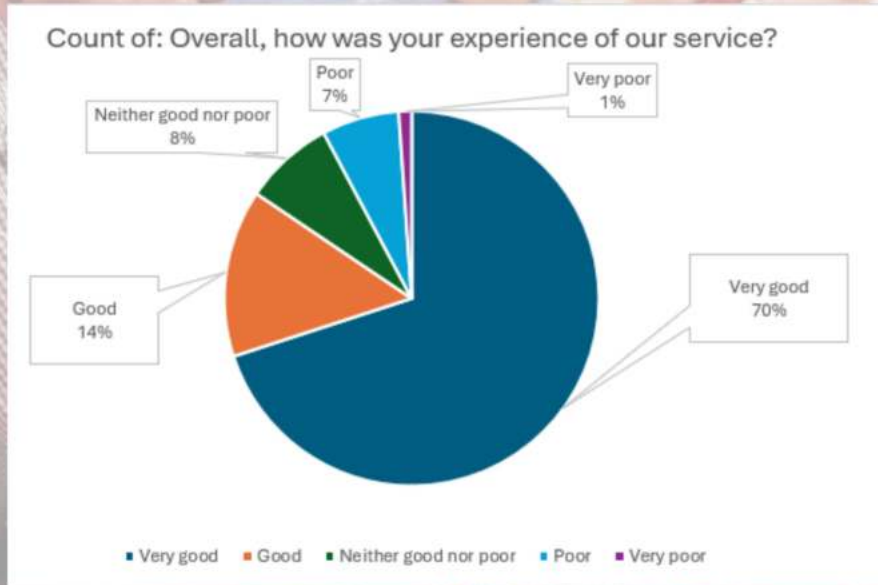
We are currently in discussions with the Local Medical Committee for Bury while awaiting further guidance. We will keep our patients informed of any updates as soon as more information becomes available.

Friends & Family Test Results – Feb 2025

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February

Overall, how was your experience of our service?



February Friends & Family Test Results

Thank you to all our patients who provided feedback in February's Friends & Family Test!

Your responses help us understand what we're doing well and where we can improve. We're committed to providing the best care possible, and your feedback plays a vital role in shaping our services.

If you haven't yet shared your experience, we encourage you to take part—your opinion matters! Ask at reception or visit our website to leave your feedback today.

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



Explore Our Updated Health Library!

Our Health Library at The Uplands Medical Practice has been updated with new books and resources to support your well-being. Whether you're looking for information on managing long-term conditions, healthy lifestyle tips, or mental health support, our library offers trusted and practical advice to help you stay informed.

Why Visit the Health Library?

- ✓ Access expert-reviewed health books
- ✓ Learn about nutrition, mental well-being, and chronic illness management
- ✓ Find practical tips for self-care and healthy living

Next time you're at the practice, take a look at what's available or ask a member of our team for recommendations!

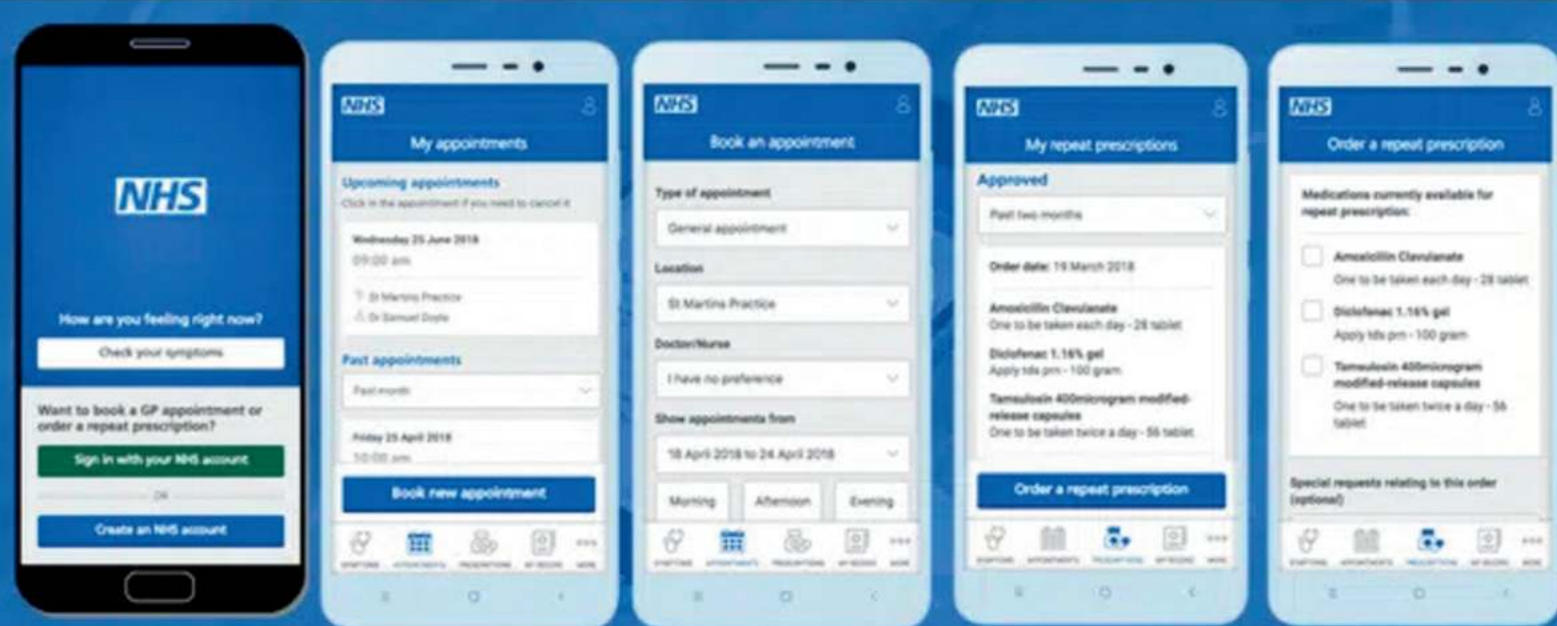
NHS App Drop-In: A Successful Event!



On Tuesday 18th February, we hosted an NHS App drop-in session, inviting patients to receive hands-on support with setting up and using the app. The event was a great success, with many patients attending to learn how to book appointments, order repeat prescriptions, and access their medical records more easily.

Due to the positive response, we're planning to hold another session soon—keep an eye on our website and noticeboards for updates!

In the meantime, if you need help with the NHS App, our team is happy to assist.



Great News – Our Car Park is Now Open!

We're pleased to announce that the practice car park is now open again for patient use!

This has been one of the most common concerns raised in our patient surveys, and we appreciate your patience while the necessary work was completed.

We know how important convenient parking is for our patients, and we're delighted to be able to provide this facility once more.

Thank you for your feedback—it helps us improve the services we offer.

PRIVATE CAR PARK
Parking for Public attending the
Health Centre only
Unauthorised parking will
lead to prosecution



This Van Can



Raising Awareness in Your Community This March!

We're pleased to share that **This Van Can**, a mobile awareness service, will be visiting the local area this month to provide valuable information on ovarian cancer, heartburn health checks, and bowel cancer awareness.

These free drop-in sessions offer an opportunity to learn about key health conditions, symptoms to look out for, and how to access care.

Upcoming Visits & Locations:

Ovarian Cancer Awareness Van

 13th March 2025

 Morrisons Whitefield, 5 Stanley Road, M45 8QH

 What's Included?

Information on ovarian cancer symptoms, available tests, and when to see your GP.

 More info: Google 'This Van Can – Ovarian Cancer'

Heartburn Health Check Van (Barrett's Oesophagus Case Finding)

 31st March – 2nd April 2025

 Bury FC, Gigg Lane, Bury

 Who is it for?

Free heartburn health checks for people aged 55-65 with chronic acid reflux, identified via GP invitation.

 More info: Google 'This Van Can – Heartburn Health Check'

Bowel Cancer Awareness Van (LGI This Van Can)

 W/C 17th & 24th March 2025

 Various locations including:

-  20th & 27th March – Morrisons Ramsbottom
-  21st & 29th March – ASDA Radcliffe
-  22nd & 28th March – Tesco Central Bury

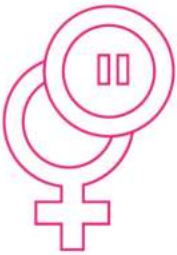
 What's Included?
Information on FIT tests, bowel cancer screening, and recognising symptoms.

 More info: Google 'This Van Can – Bowel Cancer'



Events happening at Uplands...

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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:
April TBC

Starting on 19th March at 10.30am-12pm

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.theuplandsmp.nhs.uk



COMMUNITY SOCIAL DROP-IN

Come and join us every Wednesday 12.30pm-3pm at St. Andrew's Church

55/56 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 6JL
- Second Wednesday of the month
- 10am-12pm
- Walk through Sainsbury Park and surrounding area

Wander in the Parks

- Meet in outside Uplands Medical Practice
- Uplands Health Centre, Macmillan Centre, Bury, BL9 6JL
- Fourth Wednesday of the month
- 10am-12pm
- Check in at Sainsbury Park and surrounding area

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.uk or 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 Unsworth 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 6JL

First and Third Tuesday of the month at 10am-12pm

- No previous gardening knowledge or skills required.
- Please wear sturdy footwear and appropriate clothing for the weather (no open toes allowed).
- NOOT INDISPENSIBLY: Gloves 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. HORMONAL CHANGES AND SYMPTOMS
2. LIFESTYLE CHANGES AND WELLBEING
3. MENOPAUSE AND MENTAL HEALTH
4. MENOPAUSE AND SEXUAL HEALTH
5. MENOPAUSE AND SKIN CARE
6. MENOPAUSE AND BONE HEALTH

W CASTLE LEISURE CENTRE, BURY (ROOM D)

WE NEED TO BOOK, THAT'S WHY WE'VE GOT THIS FORM TO FILL IN

IF YOU NEED ANY FURTHER INFORMATION OR HAVE ANY QUESTIONS, PLEASE CONTACT livewell@bury.gov.uk OR 07572 296531



March 2025 Events:

UNSWORTH COMMUNITY GARDEN - 14th March, 1st April 2025.

COMMUNITY SOCIAL DROP-IN - 5th, 12th, 19th, 26th March, 2nd April 2025.

MENOPAUSE SUPPORT SESSIONS - 12th March 2025.

WALK FOR WELLBEING - 12th March, 9th April 2025.

MY MIND & ME - 14th March 2025.

WOMEN'S ZONE (COFFEE MORNING) - no coffee morning in March.

WANDER IN THE PARKS - 26th March 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.theuplandsmp.nhs.uk/events/>

Your Pregnancy Vaccines Timeline

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UK Health Security Agency | Royal College of Midwives | NHS

Your pregnancy vaccines timeline

Routine vaccines and when to have them

Speak to your maternity team about vaccines

1st trimester
0-12 weeks

2nd trimester
13-27 weeks

3rd trimester
28-40+ weeks

16-32 weeks
Whooping cough - Usually around your 20 week mid-pregnancy scan*

From 28 weeks
RSV - Usually given around your 28 week appointment

*can be given from 16 weeks, and ideally before 32 weeks

Seasonal vaccines offered in pregnancy

During autumn and winter, you will also be offered the flu vaccine. You can have it at any stage of pregnancy, the sooner the better

Following this schedule will provide the best protection for you and your baby

Stick this timeline up as a useful reminder

- vaccines in pregnancy help protect babies against different diseases as the protection you develop passes through the placenta to the baby
- this protection from birth is important as babies are more likely to be very ill and to need hospital care if they catch these diseases in their first weeks and months of life
- it is important to have your vaccines at the right time in every pregnancy to give you and your baby the best protection, but you can have your vaccines up until you give birth
- pregnant women and young babies are at higher risk of becoming seriously ill if they catch flu. Getting vaccinated helps protect you and your baby during your pregnancy and continues to protect your baby after they are born
- these vaccines are offered free by the NHS and are thoroughly tested to assess how safe and effective they are
- common side effects of vaccines don't usually last long and are mild, including an aching arm, feeling tired and a headache

Speak with your midwife, GP or trusted health professional for more information

Search: NHS vaccinations in pregnancy to find out more

PWVT-2024
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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.

TheUplands MEDICAL PRACTICE

FOLLOW US ON FACEBOOK!

The Uplands Medical Practice is now on Facebook!

Stay updated with health tips, important practice news, and key updates - all in one place!

- Find out about the latest health campaigns
- Get important practice updates
- Learn about services available to you

📍 Like & Follow Us Today:
www.facebook.com/TheUplandsMedicalPractice

♥ Engage with us & stay informed about your healthcare!

THE UPLANDS MEDICAL PRACTICE PROVIDING QUALITY CARE FOR OUR COMMUNITY IN BURY, MANCHESTER