

NEWSLETTER

ISSUE 18
APRIL 2025

CAN'T MAKE IT? LET US KNOW!

Missed appointments affect everyone. When you don't attend and don't cancel, it means another patient misses out on care, and NHS time is wasted.

If you can't make it, please let us know as early as possible so we can offer your slot to someone else.

Thanks for helping us help more people!

Call us on 0161 766 8221 or cancel via the NHS App.

THANKYOU

March 2025

% DNA



DNAs 63
Booked appointments 2326

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.

April Health Awareness Days

This April, we're supporting several national health awareness campaigns to help our patients stay informed and healthy:

- **Stress Awareness Month** – We're sharing tips on managing stress and looking after your wellbeing.
- **Bowel Cancer Awareness** – Early detection saves lives. If you're eligible, please complete your bowel screening kit.
- **Parkinson's Awareness Week** (10–16 April) – Raising awareness and support for those living with Parkinson's.
- **World Immunisation Week** (24–30 April) – Keeping up to date with your vaccines is vital. If you're unsure what you or your child needs, give us a call. – 0161 766 8221

Follow us on Facebook for updates throughout the month:

<https://www.facebook.com/UplandsMedicalPractice>

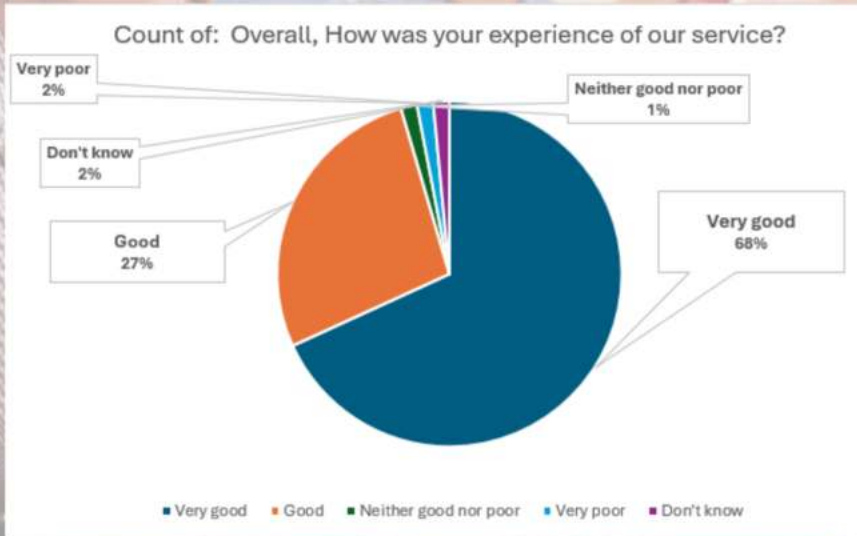


Friends & Family Test Results – March 2025

ISSUE 18
APRIL 2025

March

Overall, how was your experience of our service?



February Friends & Family Test – Thank You!

A big thank you to everyone who shared their feedback in February's Friends & Family Test.

Your comments help us celebrate what's working well and highlight where we can do better.

Haven't had your say yet? We'd love to hear from you!

Ask at reception or visit our website to leave your feedback.

Your voice helps shape our care. 🗣️

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

LET'S TALK BOOBS

Are you a woman with a learning disability?

Are you aged 49 - 70?

We are holding a workshop where you can learn about how to keep your boobs healthy!



If you would like to learn about breast health, please email

pcn-tr.healthinequalities@nhs.net with:

- Your name
- Contact telephone number
- The area of GM where you live

Funded by Prevent Breast Cancer. In partnership with Pennine Care, Pathways Associates CIC, Manchester FT, Bolton FT, Cheshire & Wirral Partnership, Wrightington, Wigan & Leigh FT and Northern Care Alliance, East Cheshire NHS Trust.

Let's Talk Boobs – Breast Health Workshop

Are you a woman aged 49–70 with a learning disability?

You're invited to take part in a friendly, supportive workshop all about breast health! This session is designed to help you learn how to look after your breasts and understand the importance of screening and early detection.

The workshop is being run by Prevent Breast Cancer in partnership with local NHS teams and learning disability organisations across Greater Manchester.

To register your interest, simply email:

pcn-tr.healthinequalities@nhs.net

Please include:

- Your name
- Contact telephone number
- The area of Greater Manchester where you live

Let's work together to raise awareness and keep each other healthy! 🤝



NHS App Drop-In Session!

ISSUE 18
APRIL 2025

📱❤️ Another Successful NHS App Drop-In Session! ❤️📱

We're thrilled to share that our recent NHS App Drop-In Session was a great success—thank you to everyone who popped in!

Our team was on hand to help patients get started with the NHS App, answer questions, and show just how easy it is to manage your health from your phone.



TheUplands
MEDICAL PRACTICE

NHS APP DROP-IN SESSION

Get Set Up & Start Using It Today!

Did you know you can manage your healthcare from your phone with the NHS App?

Join us for a drop-in session at Uplands to get set up, ask questions, and learn how to make the most of it.

Our team will be on hand to guide you through the process.

What can you do with the NHS App?

- 📅 **BOOK AND MANAGE APPOINTMENTS**
- 📄 **ORDER REPEAT PRESCRIPTIONS**
- 📄 **VIEW YOUR MEDICAL RECORDS SECURELY**
- 👤 **GET HEALTH ADVICE TAILORED TO YOU**
- 📞 **ACCESS NHS 111 ONLINE FOR URGENT MEDICAL HELP**
- 💉 **CHECK YOUR VACCINATION STATUS**

24hr
COMING SOON
CONTACT US 📞 www.uplandsmpr.nhs.uk

Whether it was booking appointments, ordering repeat prescriptions, or accessing medical records, lots of patients left feeling more confident and connected to their care. ✅🌞

Missed out? Don't worry! We'll be holding more drop-in sessions soon, so keep an eye on our website, Facebook page and notice boards for the next date.

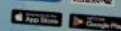
📍 The Uplands Medical Practice, Bury
☎️ 0161 766 8221

Do more with the NHS App!

- 📄 Order repeat prescriptions
- 📞 Use NHS 111 online
- 📄 Find NHS services
- 👤 View your GP health record
- 📅 Book appointments
- 📄 Get reminders and messages
- And much more...

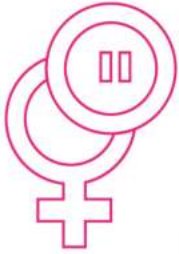
Need help?
Get support in the app or visit nhs.uk/nhs-app

You can also use these services by logging in through the NHS website



Events happening at Uplands...

ISSUE 18
APRIL 2025



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

COFFEE MORNING




Date: **25th April at 10.30am**

Topic: **Selfcare - Managing stress**

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

Where: **The Uplands**
 Whitefield Health Centre, Bury New Road, Whitefield, Manchester, M45 8GH.

Contact Us:
 Phone: 07539 825740
 Email: ummumar92@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**
 Ribblesdale Drive, Whitefield M45 8DA (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.mortimer7@nhs.uk 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 on Free Ln, Whitefield, Bury BL9 6JL.
 Second Wednesday of the month
 10am or 11am
 Walk through Rousaybank Park and surrounding area.

Wander in the Parks
 Meet on-site at Uplands Medical Practice
 Whitefield Health Centre, Free Ln, Whitefield, Bury BL9 6JL.
 Fourth Wednesday of the month
 Meet at 10am
 Check-in at Uplands Medical Practice and Rousaybank Park.

Please wear suitable outdoor walking appropriate comfortable footwear and weather appropriate clothing. We'll have a map on hand to assist!

For more information or to book please email rebecca.mortimer7@nhs.uk or rebecca.mortimer7@nhs.uk or call 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.mortimer7@nhs.uk or call 07572 396531 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 new people, learn new gardening skills and improve physical & mental health.

Meet outside Unsworth Medical Centre, 80 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).
 • **NOO! WEATHER-RESISTANT!** Raincoat and hat will be provided!

Registering interest is essential. To register interest, please email rebecca.mortimer7@nhs.uk or rebecca.mortimer7@nhs.uk or call Rebecca on 07572 396531.

Menopause Educational, Support & Awareness Sessions

TOPICS COVERED:

1. HRT
2. Bone health
3. Nutrition for the menopause
4. Sleep and coping strategies
5. Managing stress
6. Menopause and your health
7. Menopause and your skin
8. Menopause and your hair
9. Menopause and your eyes
10. Menopause and your heart

WE NEED IN DEMAND. THAT'S WHY WE'VE MADE THESE SESSIONS SO POPULAR!
 IF YOU NEED ANY FURTHER INFORMATION OR HAVE ANY QUESTIONS, PLEASE CONTACT US ON 07572 396531.



April 2025 Events:

UNSWORTH COMMUNITY GARDEN - 6th May 2025.

COMMUNITY SOCIAL DROP-IN - 9th, 16th, 23rd April 2025.

MENOPAUSE SUPPORT SESSIONS - 17th April 2025.

WALK FOR WELLBEING - 9th April 2025.

MY MIND & ME - 4th April & 2nd May 2025.

WOMEN'S COFFEE MORNING - 25th April @ 10.30am.

WANDER IN THE PARKS - 23rd April 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/>

My Mind & Me

ISSUE 18
APRIL 2025

Your local mental health practitioner service



My Mind & Me

Understanding Emotions

02/05/25

1030 - 1200

Reserve your spot or any queries - email

pcn-tr.mymindandme@nhs.net

Places not guaranteed on the day

Venue - Uplands Medical M45 8GH



My Mind & Me

Empowering mindsets

All sessions 1030 - 1200
Uplands Medical M45 8GH

Queries, bookings email pcn-tr.mymindandme@nhs.net

04 April
2025

Motivation & positive change.

Joined by special guest Javeno Maclean

02 May
2025

Understanding Emotions

Delivered by your practitioner team

06 June
2025

Self Esteem

Delivered by your practitioner team

04 July
2025

Anxiety & Mindfulness

Delivered by your practitioner team

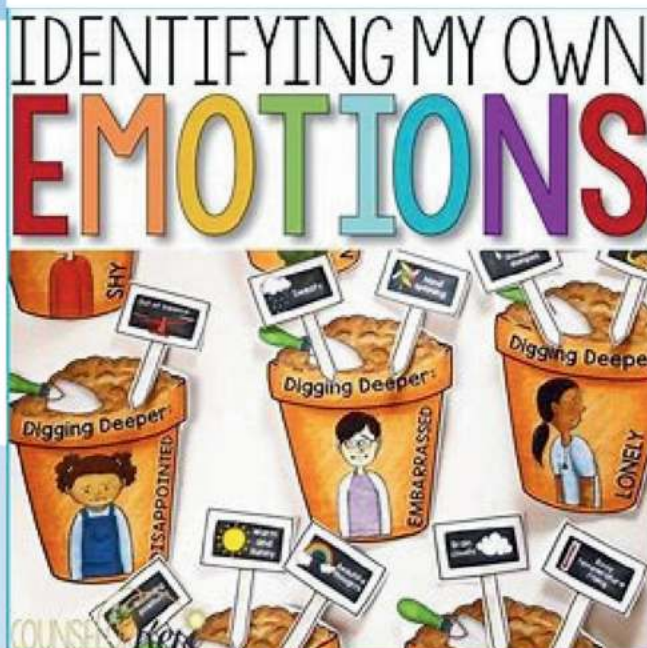
01 Aug
2025

Menopause & Mental Health

Joined by Bury Live Well Service

Brought to you by your local mental health practitioner service

Free to attend



0161 766 8221



gmicb-bu.uplandsmedicalpractice@nhs.net



www.theuplandsmp.nhs.uk

As Soon As You're Pregnant

ISSUE 18
APRIL 2025

Whether this is your first pregnancy or not, we're here to support you every step of the way and make sure you have all the information you need about early pregnancy in Greater Manchester.

There is a lot to consider when getting ready for your baby's birth. From booking your first midwife appointment to understanding the different tests available, you can find all the information you need on this website to help you make informed decisions about you and your baby.

On the below website, you'll find all the information you need about the choices you have available to you including:

- Early pregnancy care.
- Booking your first midwife appointment.
- Essential prenatal screenings and tests.

<https://www.asapgm.co.uk/>

Our goal is to give you the knowledge and support you need to ensure a happy, healthy pregnancy. **Let's begin this exciting journey 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.



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**

