

# NEWSLETTER

JUL 17

## MISSED APPOINTMENTS – HELP US HELP OTHERS

In May, 45 patients didn't attend their appointments – bringing the total to 300 missed appointments so far in 2025.

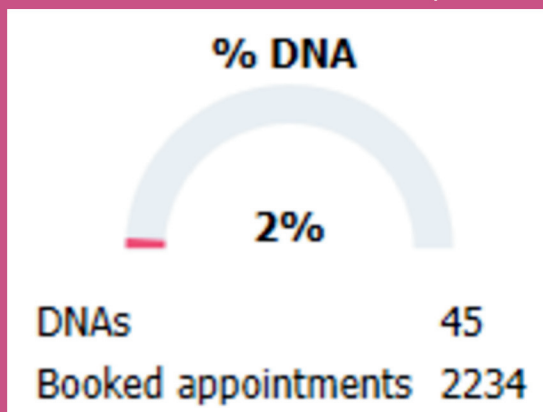
Every missed slot could have gone to someone who needed care. If you can't make it, please let us know.

Cancel easily via the [NHS App](#) or call us on 0161 766 8221.

Let's work together to reduce waiting times for everyone.

## THANKYOU

\*'Do not attend' statistics for May 2025



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.

## ♥ Cervical Screening Awareness Week 10–16 June 2025

**Cervical screening (smear tests)** helps prevent cervical cancer by detecting early cell changes – even before symptoms appear. It's quick, free, and could save your life.

If you're **aged 25–64 and have a cervix**, you'll be invited every 3–5 years. Yet many people delay due to fear or uncertainty. This week is a reminder that support is available and you're not alone.

[jostrust.org.uk](https://jostrust.org.uk)

### ♥ How to take part:-

- Book your smear test if you're due
- Talk to friends and family to encourage them too
- Visit Jo's Trust for tips, stories, and advice

Let's break the stigma and protect our health – together ♥

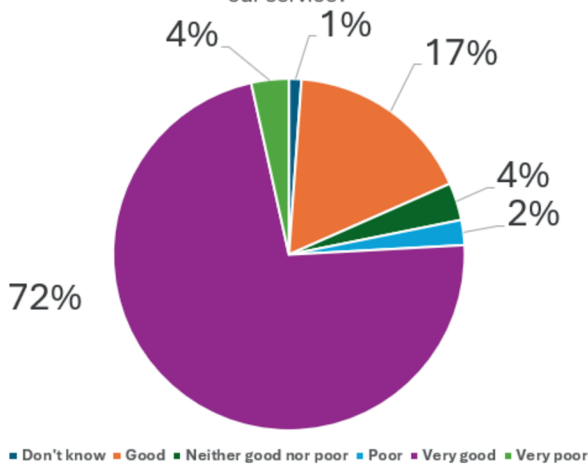
# Friends & Family Test Results – May 2025

ISSUE 20  
JUNE 2025



## Friends & Family Test – May 2025 Results

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



Each month, we ask our patients how likely they are to recommend The Uplands Medical Practice to friends and family if they needed similar care or treatment.

Your feedback helps us understand what we're doing well and where we can improve.

We're truly grateful for your kind words and continued support. Every comment is reviewed by our team and helps us improve our services for all patients.

... Got feedback to share?

Take the quick Friends & Family Test after your appointment or online here:

[Friends & Family Test – NHS](https://www.theuplandsmpr.nhs.uk/friends-family-test/)

Thank you for helping us deliver the best care possible. ❤️

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

## Meet the Team

**CHIRAG  
MAKADIA**

CLINICAL PHARMACIST



Charming Chirag has been a part of our practice for almost 2 years now and one of our most in demand clinicians to speak to.

Originally from London and Coventry he now calls Manchester home.

Out of work he loves to travel, most recently to Turkey with his wife and daughter who he loves to spend time with. This was his first holiday away as a father.

Chirag also holds some hidden talents, he can play the saxophone and can speak Gujarati but as we joked, not at the same time.

We are lucky to have him as a team member, as he holds a vast amount of knowledge regarding your medicine. Thanks Chirag.



0161 766 8221



[gmicb-bu.uplandsmedicalpractice@nhs.net](mailto:gmicb-bu.uplandsmedicalpractice@nhs.net)



[www.theuplandsmpr.nhs.uk](https://www.theuplandsmpr.nhs.uk)



# Explore Our Self-Referral Help Wall

We're always looking for ways to help our patients feel more supported—and that includes connecting you with the right services, fast.

That's why we've introduced our brand new Self-Referral & Community Help Wall, located in the practice waiting area. It's designed to make it easier than ever for you to access trusted local support without needing to see a GP first.

## 💡 How it works:-

Each poster on the wall has a QR code you can scan using your phone. Just hover your camera over the code, and you'll be instantly taken to a relevant service, support form, or information page. It's quick, confidential, and convenient.



- ❏ No app required—just your phone camera. Not sure how to scan? Ask our reception team, they'll be happy to help.

Whether you're looking for local services, practical help, or advice for yourself or someone you care for, our Self-Referral Wall is here to make support more accessible.

📍 Next time you visit the practice, take a look!

## Quick, Expert Help Without a GP Appointment

Did you know your local pharmacy can now treat a range of common conditions without needing to see a GP?

Pharmacy First is a new NHS service designed to give you fast, convenient access to expert advice and treatment from your local pharmacist — no appointment needed.

Pharmacists can now assess symptoms and offer prescription medicines (if appropriate) for the following conditions:

**Impetigo (age 1+)**

**Infected insect bites (age 1+)**

**Earache (ages 1–17)**

**Sore throat (age 5+)**

**Sinusitis (age 12+)**

**Urinary tract infections (UTIs) in women aged 16–64**

**Shingles (age 18+)**

### How to access the service:

**Walk-in or call** a participating local pharmacy directly  
**Online consultation** (where available)

**Referral** from your GP, NHS 111, or another healthcare professional

This is a great way to get the care you need quickly, freeing up GP appointments for more complex issues.

 To find out which pharmacies are taking part, visit:  
**[www.nhs.uk/pharmacyfirst](http://www.nhs.uk/pharmacyfirst)**

## Community Coffee Morning – Friday 20th June, 10:30–12pm

Join us in the waiting area for a relaxed cuppa and chat on self-care and managing stress.

Our Health & Wellbeing Coach will give a short talk, followed by an open discussion.

No need to book – just drop in! Everyone's welcome, and we'll have tea, coffee, and biscuits waiting.

Let's connect, share, and support each other.

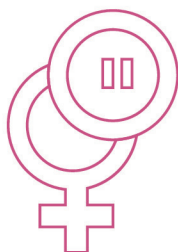
**Topic: Gratitude & self-care**





# Events happening at Uplands...

ISSUE 20  
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**MENOPAUSE SUPPORT SESSIONS** Bury Live Well  
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

Thursday 15 May - 12.30pm to 1.30pm  
Tuesday 17 June - 7pm to 8pm  
Thursday 24 July - 1pm to 2pm  
Wednesday 13 August - 7pm to 8pm  
Thursday 18 September - 1pm to 2pm  
Wednesday 15 October - 7pm to 8pm  
Thursday 20 November - 1pm to 2pm  
Wednesday 17 December - 7pm to 8pm

**NO NEED TO BOOK - JUST DROP IN!**  
[livewell@bury.gov.uk](mailto:livewell@bury.gov.uk)

**COFFEE MORNING**

Date  
20th June at 10.30-12pm

Topic  
**Gratitude & Selfcare**

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 [ummumar99@hotmail.co.uk](mailto:ummumar99@hotmail.co.uk)  
Website [www.theuplandsmpr.nhs.uk](http://www.theuplandsmpr.nhs.uk)

**COMMUNITY SOCIAL DROP-IN**

Come and join us every Wednesday 12:30pm-3pm at St. Andrew's Church  
Ribble drive, Whitefield, M45 8NA (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.martin67@nhs.net](mailto:rebecca.martin67@nhs.net) 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 Practice, Whitefield Health Centre, M45 8GH  
• Second Wednesday of the month  
• Meet at 10am  
• Walk through Sunnyside Park and surrounding areas

**Wander in the Parks**  
• Meet outside Uplands Medical Practice, Whitefield Health Centre, M45 8GH  
• Fourth Wednesday of the month  
• Meet at 10am  
• Gentle stroll around Whitefield Park and Harbottle Park

Please note: walkers are advised to wear appropriate comfortable footwear and weather appropriate clothing. Well behaved dogs on leads welcomed!

For more information or to book please email [rebecca.martin67@nhs.net](mailto:rebecca.martin67@nhs.net) or [cdiamond@lancet.org.uk](mailto:cdiamond@lancet.org.uk) or ring Rebecca on 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.martin67@nhs.net](mailto:rebecca.martin67@nhs.net) or call 07572 396531 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 new people, learn new gardening skills and improve physical & mental health

Meet outside Unsworth Medical Centre, 30 Park Ln, Unsworth, Bury BL9 6JL

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).
- HOT! INDISPENSABLY! Drinks and cake will be provided!

Registering interest is essential. To register interest, please email: [rebecca.martin67@nhs.net](mailto:rebecca.martin67@nhs.net) or [cdiamond@lancet.org.uk](mailto:cdiamond@lancet.org.uk) or call Rebecca on 07572 396531.

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**NO NEED TO BOOK - JUST DROP IN!**  
[livewell@bury.gov.uk](mailto:livewell@bury.gov.uk)

## June 2025 Events:

UNSWORTH COMMUNITY GARDEN - 1<sup>st</sup> July 2025.

COMMUNITY SOCIAL DROP-IN - 11th, 18th, 25th June 2025.

MENOPAUSE SUPPORT SESSIONS - 17th June 2025 7-8pm

WALK FOR WELLBEING - 11th June 2025.

MY MIND & ME - occurs on the first Friday of every month.

WOMEN'S COFFEE MORNING - 20th June @ 10.30am.

WANDER IN THE PARKS - 25th June 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/>



# Staff Training – New Monthly Closure Time

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To help our team stay up to date with essential training and continue providing the best care possible, we close the practice once a month for staff development.

Please note that we now close on the third Tuesday of each month, rather than the first Tuesday as previously.

 The practice will be closed on Tuesday 17th June from 1:00pm to 3:30pm.

This time will remain the same for all future monthly closures.

 During these times, if you need medical assistance, you can still access the out-of-hours GP service by calling the practice number as usual.

Thank you for your understanding and continued support.

## 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](https://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**



0161 766 8221



[gmicb-bu.uplandsmedicalpractice@nhs.net](mailto:gmicb-bu.uplandsmedicalpractice@nhs.net)



[www.theuplandsmp.nhs.uk](https://www.theuplandsmp.nhs.uk)