

NEWSLETTER

ISSUE 21
JULY 2025

JUNE 'DID NOT ATTEND' APPOINTMENTS

In June, we unfortunately had 72 missed appointments where patients did not attend and did not let us know.

Missed appointments can have a big impact – they waste valuable time that could have been offered to someone else in need. If you can't make your appointment, please remember to call us or cancel via the NHS App. A quick cancellation helps us keep our services running smoothly and allows us to offer that time to another patient.

Thank you for your understanding and support!

*'Did not attend' statistics for June 2025

% DNA

3.1%

DNAs	72
Booked appointments	2343

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.

National Schizophrenia Awareness Day – 25th July 2025

National Schizophrenia Awareness Day is recognised on 25th July and is an important time to challenge stigma, raise understanding, and show support for people living with schizophrenia.

Schizophrenia is a serious but treatable mental health condition that affects the way a person thinks, feels, and behaves.

Despite common misconceptions, many people with schizophrenia can lead fulfilling lives with the right support and treatment.

This awareness day encourages open conversations about mental health and reminds us to be kind, compassionate, and non-judgemental. Early help and understanding can make a huge difference.

If you, or someone you know, are struggling with your mental health, please speak to us.

We are here to help and can guide you towards support services.

For more information, visit: <https://www.rethink.org/>

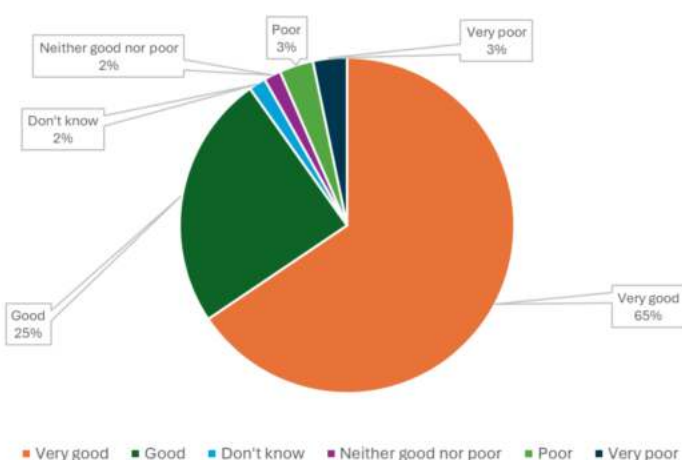
Friends & Family Test Results – June 2025

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JUNE

Your Feedback Matters – June Friends & Family Survey Results

Overall, how was your experience of our service?



When taking into consideration both “Good” and “Very good” scores, 90% of our patients had a positive experience of their appointment. It's great to hear that many of you feel positive about the care and support you receive from our team.

We're also listening closely to your suggestions. Whether it's about appointment availability, communication, or how we can make your experience better, your comments help us make real improvements.

Please keep sharing your thoughts with us – your voice helps shape the future of our practice. You can complete the Friends & Family survey any time when you visit the practice or online via our website.

Thank you for being part of our community.

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

Meet the Team

**GAYNOR
MEPPEN-WALTER**

ADMINISTRATOR/RECEPTIONIST



What Gaynor loves most about her role is the chance to really engage with our patients, getting to know them and understanding their individual needs.

Outside of work, Gaynor is a super mum to seven children and proud grandma to three – all passionate Manchester City supporters! When life isn't revolving around football, she loves listening to Rick Astley and Craig David, often dreaming of her favourite place in the world – Turkey – where she recently enjoyed a family holiday.

Fun fact: Gaynor was once such a talented netball player that she almost made it onto the national team!

Thank you, Gaynor, for your kindness, energy, and the many smiles you bring to our patients, especially when they need it most.



SUN SAFETY



COVER UP

Wear clothing that covers your skin.



APPLY SUNSCREEN

SPF 30 or higher, 20 minutes before sun exposure. Reapply every 2 hours.



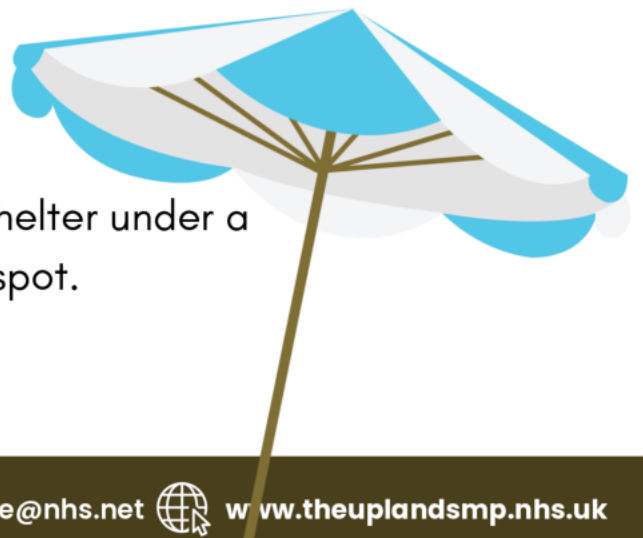
WEAR A HAT & SUNGLASSES

Broad-brimmed hats provide better protection.



SEEK SHADE

Reduce UV radiation by taking shelter under a tree, umbrella or another shady spot.



Changes to Public Health

Cervical Screening



From 1st July 2025, the cervical screening (smear test) recall process is changing.

What's changing?

Women and people with a cervix who have a negative cervical screening result from this date will now be invited for their next screening every 5 years instead of every 3 years.

This update is based on national guidelines showing that cervical cancer develops very slowly. A negative result now gives greater long-term reassurance, meaning it's safe to extend the time between screenings.

What does this mean for me?

- If your last cervical screening result was negative before 1st July 2025, you will still be recalled in 3 years.
- If your result is negative on or after 1st July 2025, your next invite will be in 5 years.

Cervical screening remains the best protection against cervical cancer. If you notice unusual symptoms like bleeding between periods, after sex, or after menopause, please contact the practice – don't wait for your next screening.

👉 <https://www.nhs.uk/tests-and-treatments/cervical-screening/>

Thank you for helping us keep you well.

Child Immunisations



From 1st July 2025, the national child immunisation schedule is changing for children born on or after 1st July 2024.

These updates have been introduced to ensure children continue to receive the best possible protection against serious illnesses at the right time.

The updated schedule may involve changes to the timing and spacing of some vaccines to make the process more efficient and effective. Rest assured, our experienced practice nurse will talk you through the new schedule when you attend your child's immunisation appointments and answer any questions you may have.

Staying up to date with your child's immunisations is one of the most important ways to keep them safe from potentially life-threatening diseases.

For further details about the changes, you can visit the NHS website:

👉 <https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>

If you have any questions or concerns, please don't hesitate to contact the practice – we're here to help.

Events happening at Uplands...

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MENOPAUSE SUPPORT SESSIONS
EDUCATIONAL - SUPPORT - AWARENESS
Bury Live Well

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

COFFEE MORNING

Date: 18th July at 10.30-12pm

Topic: **Self-care 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: ummur99@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

Bible 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.martindale@theuplandsmp.nhs.uk or call 07572 396533 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 at Post Ln, Whitefield, Bury BL9 6JH.
- Second Wednesday of the month
- Free or voluntary
- Walk through Rosebank Park and surrounding areas

Wander in the Parks

- Meet on outside Uplands Medical Centre at Post Ln, Whitefield Health Centre, M45 8DA
- Fourth Wednesday of the month
- Meet at 10am
- Check in at 10am at Whitefield Park and Rosebank Park

Please note: walkers are advised to wear appropriate footwear and weather appropriate clothing. Not for use on bad weather

For more information or to book please email rebecca.martindale@theuplandsmp.nhs.uk or call 07572 396533

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.martindale@theuplandsmp.nhs.uk or call 07572 396533 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, 84 Post Ln, Unsworth, Bury BL9 6JH.

First and Third Tuesday of the month at 1pm-2pm

- No previous gardening knowledge or skills required
- Please wear sturdy footwear and appropriate clothing for the weather (see open road above)
- A HOT DRINK/CATERING - Buns and cake will be provided!

Registering interest is essential. To register interest, please email rebecca.martindale@theuplandsmp.nhs.uk or call 07572 396533

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livewell@bury.gov.uk

July 2025 Events:

UNSWORTH COMMUNITY GARDEN - 5th August 2025.

COMMUNITY SOCIAL DROP-IN - 9th, 16th, 23rd, 30th July 2025.

MENOPAUSE SUPPORT SESSIONS - 24th July 2025 (1-2pm).

WALK FOR WELLBEING - 9th July 2025.

MY MIND & ME - 1st August 2025 (occurs on the first Friday of every month).

WOMEN'S COFFEE MORNING - 18th July (10am-12pm).

WANDER IN THE PARKS - 23rd July 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/>

Stay Connected – Follow Us on Facebook!

Did you know The Uplands Medical Practice is on Facebook? Following our page is a great way to stay up to date with what's happening at the practice and in the local community.

Why follow us?

- Practice Updates: Be the first to hear about important announcements, changes to opening hours, and new services.
- Health Tips & Advice: We regularly share trusted health information, seasonal advice, and NHS campaigns to help you stay well.
- Community News: Find out about local events, support groups, and health initiatives in Bury and beyond.
- Get Involved: Have your say! We often post surveys and welcome feedback to help us improve our services.
- It's a quick and easy way to stay informed and connected.

Give us a follow at <https://www.facebook.com/TheUplandsMedicalPractice/>

Thank you for being part of our community!

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.



MOUNJARO FOR WEIGHT LOSS

- DO NOT BOOK A GP APPOINTMENT
- YOUR GP CAN NOT PRESCRIBE MOUNJARO FOR WEIGHT LOSS – THIS IS ACROSS GREATER MANCHESTER
- IF YOU ARE ELIGIBLE, YOUR GP WILL CONTACT YOU – DO NOT CONTACT THE SURGERY

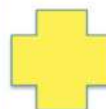
HEALTH BOARD ACROSS GREATER MANCHESTER HAS CLARIFIED THAT **YOUR GP's WILL NOT PRESCRIBE MOUNJARO FOR WEIGHT LOSS**, BUT SPECIFIC PROVIDERS WILL BE CHOSEN IN EACH AREA TO DELIVER THE SERVICE INCLUDING PRESCRIBING OF MOUNJARO OVER THE FIRST 2 YEARS.

THE SERVICE IN THIS AREA WILL COMMENCE IN AUGUST 2025 – NO SERVICE AT PRESENT, YOUR GP CANNOT DO ANYTHING!

WHO WILL BE ELIGIBLE TO BE REFERRED INTO THE WEIGHT LOSS SERVICE?

ELIGIBLE GROUP:

BMI OVER
50



4 OF THE FOLLOWING CONDITIONS:

- HIGH BLOOD PRESSURE
- ABNORMAL LIPIDS
- SLEEP APNOEA
- CARDIOVASCULAR DISEASE
- TYPE 2 DIABETES

- IF THE ABOVE DOES NOT APPLY – YOU DON'T QUALIFY
- **YOUR GP CANNOT DO ANYTHING IF YOU'RE NOT ELIGIBLE**

HEALTH BOARD IN GREATER MANCHESTER WILL IDENTIFY THE ELIGIBLE GROUP **NOT YOUR GP** – YOUR GP WILL CONTACT YOU ONCE A LIST OF PATIENTS HAS BEEN PROVIDED TO THE SURGERY

MORE INFORMATION:

<https://gmintegratedcare.org.uk/weight-management-in-greater-manchester/>