

NEWSLETTER

MISSED APPOINTMENTS IN AUGUST

In August, 55 patients missed their appointment at Uplands, which is 2.9% of 1,877 booked appointments.

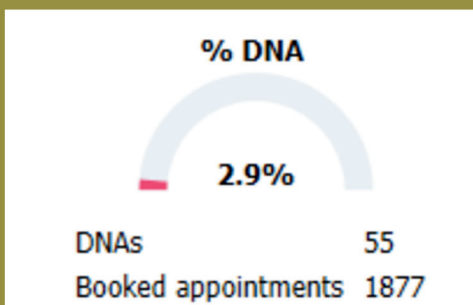
Every missed slot is time that could have been used to help another patient.

If you can't make your appointment, please cancel by phone or via the NHS App so we can offer it to someone else.

Thank you for helping us make every appointment count.

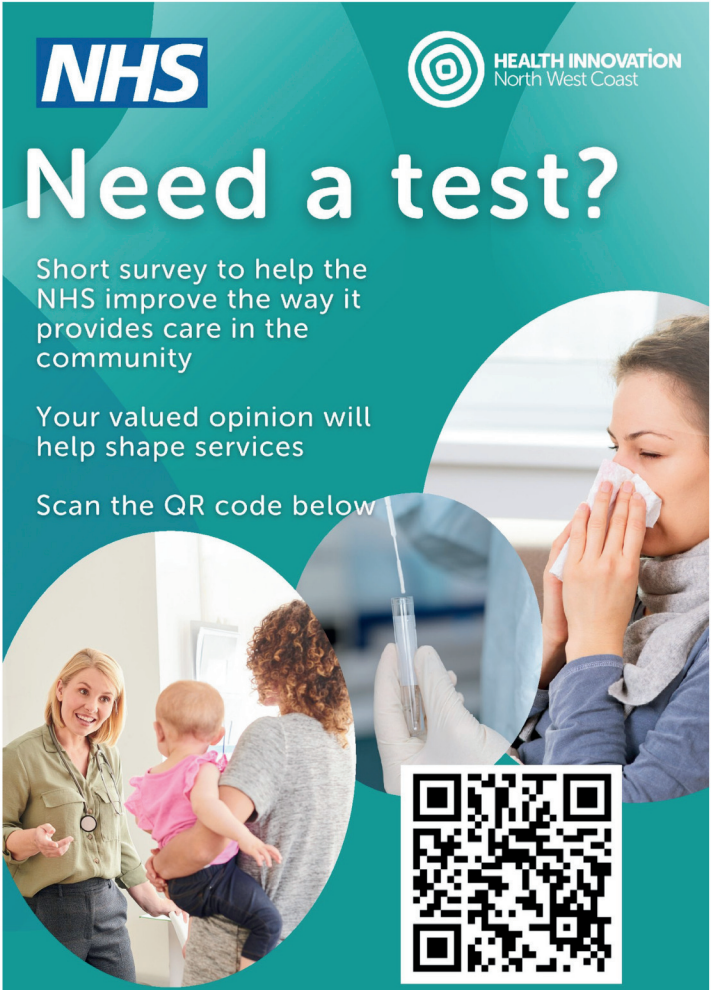
THANKYOU


*'Did not attend' statistics for August 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.

Point of Care Testing Survey




NHS  **HEALTH INNOVATION**
North West Coast

Need a test?

Short survey to help the NHS improve the way it provides care in the community

Your valued opinion will help shape services

Scan the QR code below

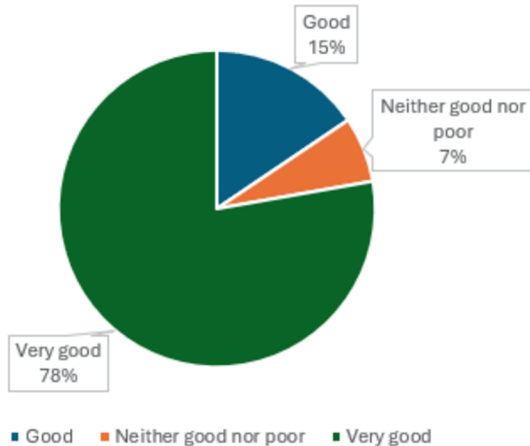


Friends & Family Test Results – August 2025

August

Your Feedback Matters – August Friends & Family Survey Results

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



We're delighted to share our Friends and Family Test results for August. For the first time, we received no negative feedback at all.

- 78% of patients rated their experience as "Very Good"
- 15% said "Good"
- 7% said "Neither good nor poor"
- 0% gave a negative response

It's wonderful to see such positive feedback from our patients, and we'd like to thank everyone who took the time to share their views.

Your feedback helps us continue to improve the care and service we provide.

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

Meet the Team

ESTHER BADDOO

RECEPTIONIST & ADMINISTRATOR



Esther has been part of The Uplands Medical Practice team for over two years, working as a receptionist and administrator. She grew up in Lower Broughton and now lives near Trafford.

Outside of work, Esther is busy growing her new bakery business – and we can confirm from first-hand experience that her bakes are delicious! She also speaks an impressive six languages, including French, Lingala and Swahili.

Esther's talents don't stop there. She sings in the church choir, The Royal Priesthood, and is a proud mum of four children aged 4–11. She loves family time, hosting dinner parties, enjoying leisure activities with her children, and writing music inspired by artists such as Cece Winans and Dunsin Oyekan.

We'd like to say a huge thank you to Esther for her warmth, hard work and dedication. She is a vital part of our team, and her efforts make a real difference to both staff and patients.

Welcome to Dr Afiz Moneeb



We're delighted to announce that **Dr Afiz Moneeb will be joining** The Uplands Medical Practice as a salaried GP.

Many of you may already know Dr Moneeb, as he has been working with us as a locum doctor on Wednesdays. From this month, he will be with us more regularly, working on Wednesdays, Thursdays and Fridays.

We're really pleased to have Dr Moneeb as part of the team and look forward to sharing more about him in next month's newsletter.

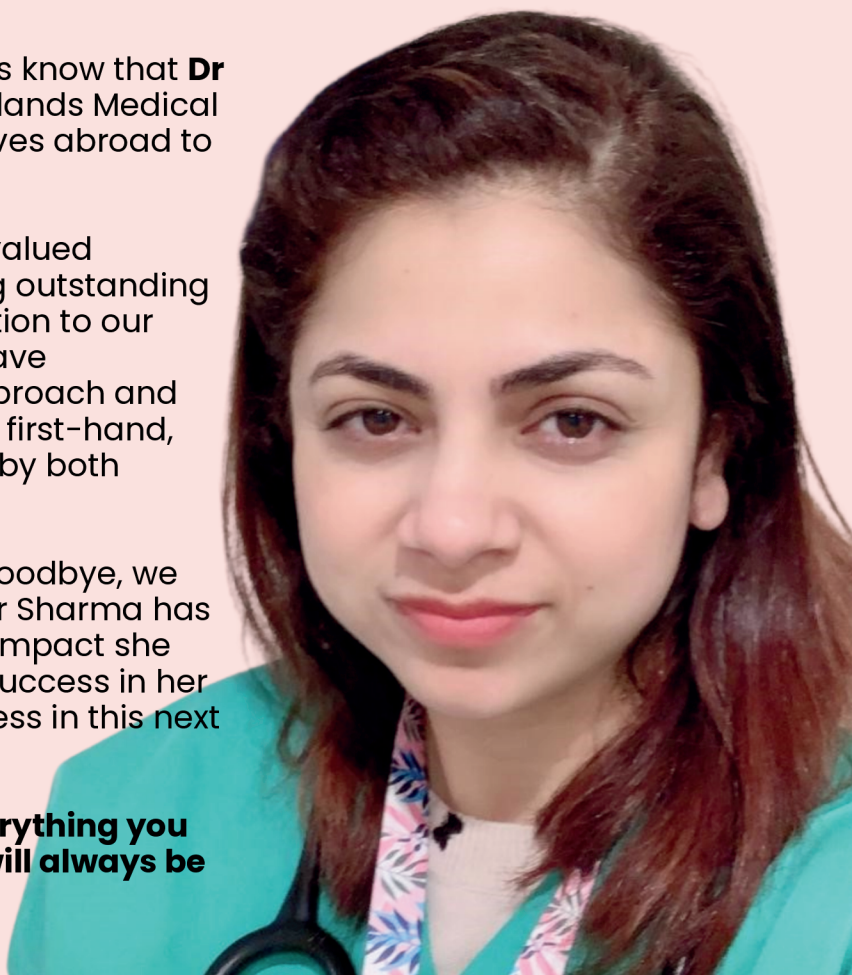
Farewell to Dr Nidhi Sharma

We would like to let our patients know that **Dr Sharma will be leaving** The Uplands Medical Practice this month as she moves abroad to begin an exciting new chapter.

Dr Sharma has been a much-valued member of our team, providing outstanding care, compassion, and dedication to our community. Many of you will have experienced her thoughtful approach and commitment to your wellbeing first-hand, and she will be greatly missed by both patients and colleagues.

While it is always hard to say goodbye, we are truly grateful for the time Dr Sharma has spent with us and the positive impact she has made. We wish her every success in her new role overseas and happiness in this next stage of her life.

Thank you, Dr Sharma, for everything you have given to Uplands – you will always be part of our story.



farewell

Social Prescribing Services in Bury

Did you know that your health and wellbeing can be supported in many ways beyond medicine? That's where social prescribing comes in.

Social prescribing connects you to local services and activities that can help improve your overall wellbeing. Instead of only focusing on medication, it looks at the bigger picture and supports things that might be affecting your health, such as stress, loneliness, or lifestyle challenges.

What support is available?

Through social prescribing, you can be linked to:

- Community groups and activities
- Help with housing, benefits, or financial advice
- Exercise and healthy lifestyle support
- Befriending and peer support groups
- Emotional wellbeing and mental health resources



How does it work?

Your GP, nurse, or another member of the practice team can refer you to a social prescribing link worker. They will spend time with you to understand your needs and connect you to the right local support.

Why it matters

Sometimes, non-medical issues play a big role in how we feel. Social prescribing helps tackle those challenges, giving you practical support to feel healthier and happier.

➡ To learn more, visit www.burygpfederation.com/services



Bury Suicide Prevention Day Vigil 2025

This year our annual vigil in memory of those lives we have lost to suicide will take place on **Wednesday 10th September**
6pm - 7:30pm

The memory walk will start at 6pm from Kay Gardens and finish at the Memorial Stone in front of Castle Leisure Centre where flowers will be laid.
Music and drums are provided by Bury Fire Choir and Blocco Ashe

For further information please contact Rebecca Jackson at The Big Fandango on: info@thebigfandango.com



SAMARITANS

Bury
COUNCIL

Bury Suicide Prevention Day Vigil 2025

As part of **World Suicide Prevention Day on Wednesday 10th September**, a special vigil will take place in Bury to remember the lives lost to suicide.

The event will run from 6pm – 7:30pm, beginning with a memory walk from Kay Gardens to the Memorial Stone outside Castle Leisure Centre, where flowers will be laid.

The evening will also include music and drumming, kindly provided by Bury Fire Choir and Blocco Ashe.

This annual vigil is a chance for our community to come together in reflection and remembrance, while also raising awareness of suicide prevention and the support available.

For more information, please contact Rebecca Jackson at The Big Fandango: info@thebigfandango.com

Events happening at Uplands...



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: 26th September at 10.30-12pm
Topic: Self care with Aromatherapy

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
Website: www.theuplandsmp.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 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, MacGill
Fourth Wednesday of the month
Meet at 10am
Walk through Sunnybank Park and surrounding areas

Wander in the Parks
Meet outside Uplands Medical Practice, Whitefield Health Centre, MacGill
Fourth Wednesday of the month
Meet at 10am
Gentle stroll around Whitefield Park and Hardison Park

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

For more information or to book please email: rebecca.martin67@nhs.net or 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 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).
- HOOT INDISPENSABLY: Buns and cake will be provided!

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

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livewell@bury.gov.uk

September 2025 Events:

UNSWORTH COMMUNITY GARDEN - 7th October 2025.

COMMUNITY SOCIAL DROP-IN - 10th, 17th, 24th September 2025.

MENOPAUSE SUPPORT SESSIONS - 18th September 2025 (7-8pm)

WALK FOR WELLBEING - 24th September 2025.

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

WOMEN'S COFFEE MORNING - 26th September 2025 (10.30am-12noon)

WANDER IN THE PARKS - 24th September 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/>

Simple swaps make tasty changes



If you have or are at risk of having **type 2 diabetes**, lifestyle changes like a healthy diet, exercise, trying to lose weight and stopping smoking can help lower your blood glucose (sugar) levels.

nhs.uk/conditions/type-2-diabetes/food-and-keeping-active/



Living with asthma?

Want advice on managing your condition?

Search 'NHS asthma' to take you to the NHS.uk website

Living with asthma?

Get help and advice here:
nhs.uk/conditions/asthma/living-with/

M
E
X
H

Anonymous Drama

(RECOVERY GROUP)

Like 'drama-therapy' for people who usually have no interest in drama

FEATURING 'FIND YOUR MENTOR'

EVERY THURSDAY, 11:00 AM - 01:00 PM
THE MET, MARKET STREET, BURY BL9 0BW
RSVP > Email your name and mobile to info@4umtheatre.org

4UM Theatre is an England and Wales registered charitable organization with charity number 1208878.

We're Accepting NEW Patients

Know someone looking for a new GP? We're currently welcoming new patients and aiming for a list size of 10,000 – we're nearly there!

Uplands is proud to offer accessible, friendly care to our local community. Once registered, patients can access appointments, prescriptions, health checks, referrals and more – including online services. We also have multilingual staff and a team who truly care.

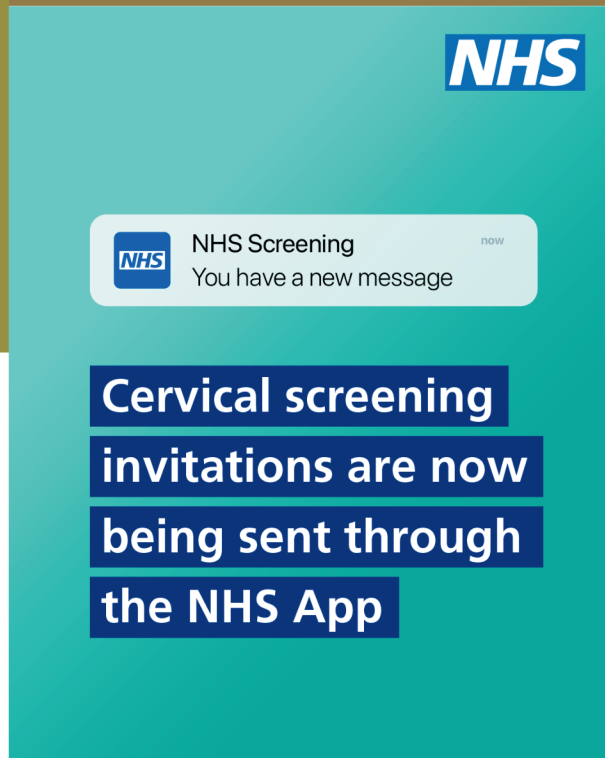
Registering is easy:-

Visit theuplandsmpr.nhs.uk, click "Register as a New Patient," and complete the form online or in person. ID and proof of address are needed – but we're here to help if you're unsure.

Please spread the word to friends, neighbours or family.

The more we grow, the more we can offer – thank you for your continued support!

Cervical Screening Results – Now on the NHS App



NHS

NHS Screening
You have a new message

Cervical screening invitations are now being sent through the NHS App

From September 2025, cervical screening results will be available digitally:

- Negative results will be sent via the NHS App
- If the message isn't read within 72 hours, a letter will follow by post
- Results needing follow-up will still be sent by letter

What this means for you?

At your screening appointment, you'll be told that results may come through the NHS App. This is a quicker, secure way to get your results.

👉 **Download the NHS App** and turn on notifications so you don't miss important updates: www.nhs.uk/nhs-app

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.

Pharmacy First – Get the Right Care Quickly

You don't always need to see a GP for certain common conditions.

Under the Pharmacy First scheme, your local pharmacist can assess you and, if appropriate, provide antibiotics or other treatments.

Our practice can also refer you directly.

Pharmacists can now help with:-

- Sinusitis (age 12+)
- Sore throat (age 5+)
- Earache – acute otitis media (ages 1–17)
- Infected insect bites (age 1+)
- Impetigo (age 1+)
- Shingles (age 18+)
- Uncomplicated urinary tract infections – women aged 16–64

Pharmacy First means faster treatment, less waiting, and more convenient care for you.