

# NEWSLETTER



## MISSED APPOINTMENTS – OCTOBER UPDATE

In September, 73 patients did not attend their appointments at The Uplands Medical Practice.

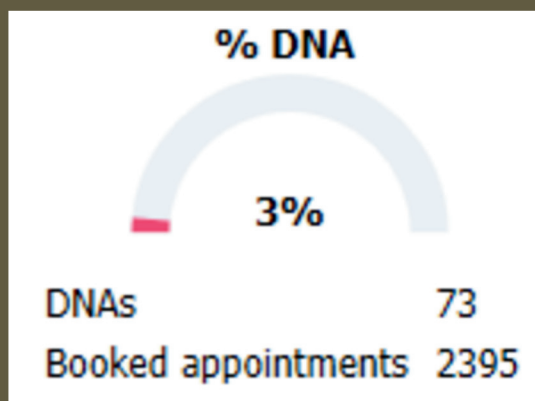
That's 3% of all booked appointments — time that could have been offered to someone else in need.

If you can't make your appointment, please remember to cancel as soon as possible by calling 0161 766 8221 or using the NHS App.

Every cancellation helps us care for more patients. Thank you for your understanding and support.

# THANKYOU

\*Did not attend' statistics for September 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.

## ♥ LOOK & FEEL EVERY MONTH – CHECK YOUR BREASTS REGULARLY

Most people survive breast cancer if it's found early. That's why it's important to check your breasts every month.

Look and feel for any changes — lumps, pain, skin changes, or nipple discharge. If you notice anything unusual, see your GP as soon as possible.

Early detection saves lives. Know your normal and check regularly.

Find out more: [www.nhs.uk/breast-cancer-symptoms](http://www.nhs.uk/breast-cancer-symptoms)

## Look & feel every month

Most people survive breast cancer if treated at an early stage.

Your GP wants to hear about any changes.



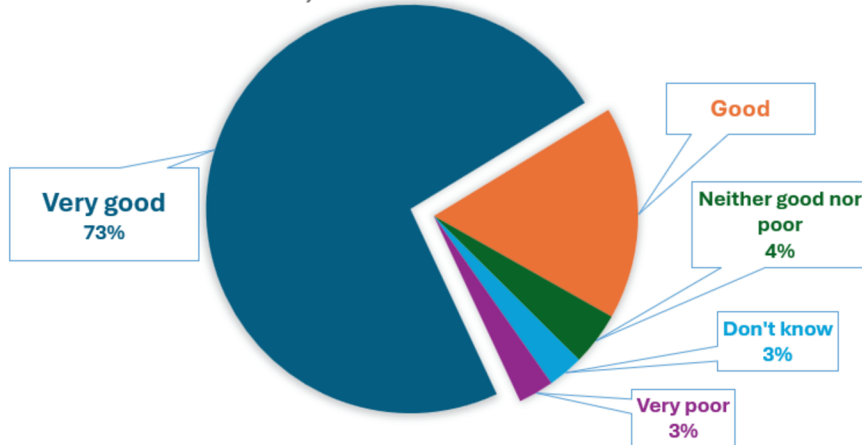


# Friends & Family Test Results – Sept 2025

## September

### Your Feedback Matters – September Friends & Family Survey Results

COUNT OF OVERALL, HOW WAS YOUR EXPERIENCE OF OUR SERVICE?



#### Friends & Family Feedback – September

Thank you to everyone who shared feedback last month! We're delighted that 73% of patients rated their experience with The Uplands Medical Practice as "very good", and a further 17% said it was "good".

Your comments help us understand what we're doing well and where we can improve. We really value your feedback – please continue to share your thoughts after your next visit or via the NHS Friends & Family Test on our website.

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

## Meet the Team

### DR MONEEB AFIZ

SALARIED GP



We're delighted to officially welcome Dr Moneeb Afiz as a salaried GP at The Uplands Medical Practice.

After over a year with us as a locum, his warmth, professionalism, and dedication have made a real impact – and it's clear from patient feedback he's the perfect fit for our team.

Originally from Greater Manchester, Dr Afiz studied medicine in Milan and trained in East Lancashire. He's passionate about getting to the root of every problem and providing thoughtful, patient-centred care.

Outside work, he's a proud dad of three and enjoys family time, fantasy novels, and cheering on Liverpool FC.

Dr Afiz says he chose to stay at Uplands for its strong community spirit – something we're very proud of too. We're thrilled to have him on board!



0161 766 8221



gmich-bu.uplandsmpr.nhs.uk



www.theuplandsmpr.nhs.uk

# Free Stop Smoking Support for Bury Residents

CONTACT  
Get in touch

Allen Carr's  
**Easyway**

SEARCH  
Enter your keyword

What can we help you with? ▾

The Easyway Method

Success Stories

Get Help

News & Articles

Get started ▾

> Bury Council DEMO NO FAQ & UNI...

## Get free support to stop smoking in Bury

★★★★★ Overall client rating | 9,510 reviews  
4.8

THIS IS A TEST PAGE

If you live, work, or are registered to a GP in Bury, you can attend an Allen Carr's Easyway to stop smoking seminar for free. You're eligible if you currently smoke & are aged 18 or over.

Allen Carr's Easyway has been helping people to stop smoking for over 40 years.

Our seminars normally cost £379 but smokers who live, work, or are registered to a GP in Bury can attend for free.

Places are limited so **BOOK NOW!!**

**Book Now** (code auto added)



**Thinking about quitting smoking?** Bury Council has partnered with Allen Carr's Easyway to offer free stop smoking seminars for local residents – both online and in person.

Allen Carr's Easyway (ACE) is a NICE-approved, evidence-based programme that helps people quit smoking without the use of medication, nicotine replacements, or e-cigarettes. Instead, it focuses on behavioural change and understanding addiction, helping smokers break free from the habit for good.

### 🕒 What to expect:

The seminar is delivered in a single six-hour session – either online or at a one-off in-person event (once enough people have registered). Optional follow-up calls and refresher sessions are also available.

### 📊 Proven results:

Recent studies have found Allen Carr's Easyway to be as effective as national stop smoking services, with up to 50% of participants still smoke-free after 12 months.

### 💻 How to join:

All support is completely free for Bury residents.

Simply visit: **[www.allencarr.com/location/bury-council](http://www.allencarr.com/location/bury-council)** to learn more and sign up.

If you or someone you know is ready to quit, this could be the perfect opportunity to start your smoke-free journey.



0161 766 8221



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



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



Staying connected and getting involved in local activities can make a big difference to your health and wellbeing.

Our social prescribing team works closely with local partners to offer a range of groups, classes, and events — from coffee mornings and art sessions to walking groups and community meet-ups.

There's something for everyone, so why not take a look and get involved?

## ★ Skills for Independent Living & Learning

Bury Adult Learning Service is offering a fantastic range of free courses designed to help people with additional learning needs build confidence, learn new skills, and enjoy social connection.

Courses include:

- 🎨 Therapeutic and Relaxing Art
- 🍳 Cooking, Baking & Food Safety
- 💻 ICT Skills and Digital Media

These friendly, supportive classes are perfect for anyone with learning disabilities, sensory impairments, mental health needs, or neurodiverse conditions.

📍 Bury Adult Learning Centre, 18 Haymarket Street, Bury, BL9 0AQ  
📞 Call 0161 253 5772 for more information or visit [www.bury.gov.uk/adultlearning](http://www.bury.gov.uk/adultlearning).

Learn new skills, meet new people, and have fun while doing it!



**BURY**  
ADULT LEARNING SERVICE  
LEARNING FOR LIFE & WORK  
LET'S DO IT!

## Skills For Independent Living & Learning

We offer a range of courses designed to give learning opportunities to people with additional learning needs, such as learning disabilities and/or difficulties, sensory impairment, mental health and neuro diverse conditions.

**Courses starting soon!**

- Therapeutic Art (Beginners)
- Therapeutic Art (Intermediate)
- Relaxing Art For Pleasure
- Introduction to a Healthier Way to Cook
- Basic Food Safety
- Pastries, Bakes & Cakes
- Introduction to ICT Skills (Entry 3)
- Introduction to Digital Media

**Venue**

Bury Adult Learning Centre,  
18 Haymarket Street,  
Bury, BL9 0AQ.

**Call us on 0161 253 5772 for more information.**  
[www.bury.gov.uk/adultlearning](http://www.bury.gov.uk/adultlearning)

BURY GMCA matric Department for Education Bury Council

## 🗨️ Bluebell Social Night – Join In!

Looking to meet new people and enjoy a friendly night out?

Whitefield Social Prescribing and The Bluebell Pub are launching a new Bluebell Social Night, starting Tuesday 23rd September 2025, from 7pm to 9pm.

Come along for a relaxed evening of conversation, laughter, and community spirit — a great way to connect with others locally.

📍 The Bluebell Pub, Manchester Road, Whitefield, BL9 8DW

🕒 Every Tuesday, 7–9pm

For more information, email [rebecca.martin67@nhs.net](mailto:rebecca.martin67@nhs.net) or call 07572 396531.



Whitefield social prescribing and the Bluebell pub presents....

## BLUEBELL SOCIAL NIGHT

Come along to socialise and meet new people

**EVERY TUESDAY 7PM-9PM**  
\*STARTING ON 23<sup>RD</sup> SEPTEMBER 2025

The Bluebell Pub, Manchester road,  
Whitefield, BL9 8DW

For more information, please email [rebecca.martin67@nhs.net](mailto:rebecca.martin67@nhs.net) or call Rebecca on 07572 396531



# Events & Social Prescribing continued...

**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

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**

Acupressure Points

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 8QH.

Contact Us  
Phone 07939 825740  
Email [uplandsm@nhs.uk](mailto:uplandsm@nhs.uk)  
Website [www.theuplandsm.nhs.uk](http://www.theuplandsm.nhs.uk)



**My Mind & Me**  
Empowering mindsets  
All sessions 1030 - 1200  
Uplands Medical M45 8QH

Queries, bookings email [pon-tr.mymindandme@nhs.net](mailto:pon-tr.mymindandme@nhs.net)

05 Sept 2025 **Myro Doodles**  
My Journey & Therapeutic Doodling

03 Oct 2025 **Negative Thinking & Thought Challenging**  
Delivered by your practitioner team

07 Nov 2025 **Pain & Mental Health**  
Joined by Bury pain service.

05 Dec 2025 **One Stop Shop**  
Joined by Calico, Social Prescribing, Live well & older peoples staying well service

THAT'S A WRAP FOR 2025  
MY | MIND | & | ME

Brought to you by your local mental health practitioner service

**Live Well Service**

*Health & Well-being drop-in*  
in conjunction with Whitefield Bowling Club  
Every Thursday 1pm-3pm  
\*Starting Thursday 18th October  
At Whitefield Bowling Club

Come along for a brew and chat about the following:

- Stop smoking / Swap to stop (Free Vape and Pods)
- Height, weight, BMI, Blood pressure and health chats
- Relaxation and better breathing
- Adult mindful colouring
- Menopause and cancer awareness
- Physical activities and guest speakers

Live well - 0161 253 7575 option 3  
[livewell@bury.gov.uk](mailto:livewell@bury.gov.uk)

Whitefield Bowling Club  
Church Lane, Whitefield, M45 7NF

Bury Live Well Service  
0161 253 7575 Press option 3  
[livewell@bury.gov.uk](mailto:livewell@bury.gov.uk)

Twitter: @RebeccaM2351 Facebook: [www.facebook.com/PrestwichWhitefieldPCN](https://www.facebook.com/PrestwichWhitefieldPCN)

**What Social Prescribing means to the community**

It really has changed my life. I have found new friends whom I meet up with weekly.  
C. from Whitefield

The social drop-in is fab. It's a place to come in for a brew, chat and even get advice. I hardly spoke to anyone because I was too afraid, but the drop-in has built my confidence up to speak to new people.  
S. from Unsworth

The support has been incredible. Not just for me but the person I care for. It has made me feel like a person, not just a carer, being able to concentrate on my own mental wellbeing.  
P. from Whitefield

What a difference a couple of weeks can make. My situation is so much better. I can't thank you enough. Your service has been instrumental in turning my life around.  
R. from Whitefield

Twitter: @RebeccaM2351 Facebook: [www.facebook.com/PrestwichWhitefieldPCN](https://www.facebook.com/PrestwichWhitefieldPCN)

**BEFRIENDING SERVICES**

If you are housebound, lonely or isolated, Befriending services are great to connect you to people.

**Age UK Bury**  
Telephone befriending for the over 60's  
Call 0161 763 9030 to join

**Silverline befriending**  
Telephone befriending service for older people.  
Offering friendship, conversation and support 24 hours a day, 7 days a week. 0800 470 8090

**British Red Cross**  
Get help with loneliness at [www.redcross.org.uk/get-help](http://www.redcross.org.uk/get-help)

**Chatterbox**  
Free telephone befriending service for all ages for socially isolated and lonely people.  
To join, please email [chatterbox@omega.uga.net](mailto:chatterbox@omega.uga.net) or call 01743 245 088

Twitter: @RebeccaM2351 Facebook: [www.facebook.com/PrestwichWhitefieldPCN](https://www.facebook.com/PrestwichWhitefieldPCN)

**MENTAL HEALTH AND WELLBEING**

**NHS Urgent Mental Health Helpline**  
0800 014 9995  
Open 24 hours, 7 days a week

**Bury Getting Helpline**  
Call 0161 464 3679 for a confidential chat about your mental well-being. Open 8am-8pm, 6 days a week

**Shout**  
Confidential text service for mental health  
Text SHOUT to 85258

**Samaritans**  
Call 116 123 (Free from any phone) if you are struggling to cope.

**Greater Manchester Bereavement service**  
Call 0161 983 0902 if you have been bereaved or affected by suicide, support is available.

**Happy Me Happy Woman**  
Well-being support group for women living with long term medical conditions.  
Wednesdays 12:30pm - 2:30pm  
at Whitefield bowling Club, Whitefield, M45 7NF  
Contact Donna: 07939 229324 or Tik 07785 451 805  
[happywomengroup@gmail.com](mailto:happywomengroup@gmail.com)

**AA Support group**  
Peer led support group  
Wednesdays & Fridays 7:30pm-9pm  
St. Michael's Hall, Ribbles Drive

**Andy's Man Club**  
Talking group for men to help you through the storm  
Every Monday at 7pm  
Sedgley Park Rugby Club, M45 7DZ and Bury Sports Club, Radcliffe Road, BL9 9JX  
[info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)  
[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

**FOOD BANKS AND PANTRIES**

**St. Andrew's Pantry - Mersey Drive, M45 8LA**  
Wednesdays 12:30pm-3pm, £3.00 per shop.  
'Good as new' shop Monday & Wednesdays 10am-12pm  
Please contact 0161 796 8007, [foodpantryhillcock@gmail.com](mailto:foodpantryhillcock@gmail.com) to enquire about availability spaces and more information

**Heaton Park Pantry - Heaton Park Methodist church hall, M25 1HX**  
Tuesdays 3pm-5pm & Thursdays 9am-11am, £3.00 per shop.  
Alongside the pantry, a 'pay as you can' cafe will be serving light refreshments for you to stay and chat.  
Please contact 0161 759 1751, [heatonparkmethodist@gmail.com](mailto:heatonparkmethodist@gmail.com) to enquire about availability spaces and more information

**Trust House - Metro Christian Centre, Bury, BL9 9AU**  
Mondays, Tuesdays, Thursdays & Fridays 10am-2pm  
Free to all offering free support, advice and guidance to those in need.  
Please contact Katie 014944653, [info@trustrousebury.org](mailto:info@trustrousebury.org) to enquire about availability spaces and more information

Twitter: @RebeccaM2351 Facebook: [www.facebook.com/PrestwichWhitefieldPCN](https://www.facebook.com/PrestwichWhitefieldPCN)

**HOBBIES & FUN ACTIVITIES**

**Manc Art Class**  
Mondays 2:15pm  
at Stand Unitarian Chapel. M45 7JL  
Contact Jean 07737 604 938

**Whitefield Painting Club**  
Mon 10am & Weds 10:30am  
at All Saints church hall

**Creative Writing Class**  
Tuesdays 1:15pm  
at Stand Unitarian Chapel. M45 7JL  
Contact Shelia 07895 323055

**Friendly Flowers group**  
Tuesday 2pm-4pm at St. Michael's Hall.  
To book your place please contact Christine [chidgate0001@btinternet.com](mailto:chidgate0001@btinternet.com)

**Drum 4 Fun**  
Fridays 10am & 5pm £5 per session  
at St. Bernadette's social centre

**Art Class**  
Weds 11:30am & Fridays 10am  
at St. Michael's Hall

**Folk Club**  
Mondays 8pm  
Welcome Inn, Bury old Road

**BLUEBELL SOCIAL**

Evening social night to meet new people  
Start Tuesday 23<sup>rd</sup> Sept 7pm-9pm  
at the Bluebell Pub, Manchester Road, BL9 8DW  
If you are interested or for more information, please contact Rebecca at [rebecca.martin67@nhs.net](mailto:rebecca.martin67@nhs.net)

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# Winter Vaccinations – Protect You & Your Loved Ones

As the colder months arrive, it's more important than ever to protect yourself against seasonal illnesses. This winter, we're offering vaccinations against **flu, COVID-19, RSV, and shingles** – all designed to keep our community healthy and well.

📞 Book your vaccination appointments today by calling **0161 766 8221** or through the **NHS App**.

## 🦠 Flu:

Flu can make even healthy people feel very unwell and can be serious for older adults, pregnant women, and those with long-term conditions. The flu vaccine is the best way to protect yourself and those around you.

## 🦠 COVID-19:

Protection from COVID-19 can fade over time. Boosters help reduce your risk of severe illness and hospitalisation, especially over winter. If you're eligible, please make sure you're up to date.

## 🦠 RSV:

Respiratory Syncytial Virus (RSV) can cause serious breathing problems in babies and young children. A new RSV vaccine is now available for eligible infants and expectant mothers to help protect babies from birth.

## ❤️ Shingles:

If you're aged 65 or over, or have certain long-term health conditions, you may be eligible for the shingles vaccine. Shingles can cause severe pain and long-term nerve issues – the vaccine offers excellent protection.

## 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.



0161 766 8221



gmicb-bu.uplandsmedicalpractice@nhs.net



www.theuplandsmp.nhs.uk