



Dr Uddin & Dr Anwar Halliwell Surgery Practice Newsletter Spring 2025

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If you require urgent medical assistance when the surgery is closed and cannot wait until the surgery opens, please call the Out of Hours service on 0161 7638940.

Reception Opening Times:

Mon to Fri – 8.00am to 6.30pm

Your Health Bolton – Let's do it together

Your Health Bolton is a service that is supporting the Bolton people towards a happier and healthier life.

Stop Smoking Support – This is a free service that can massively boost your chances of quitting for good. They run a 12 week quit programme, run by expert advisors who can provide a range of proven methods to help quitting smoking. They can supply up to 12 weeks of free Nicotine Replacement Therapy. You can sign up online -

<https://yhbolton.co.uk/sign-up/>, or telephone 01204 570999 or email Yourhealth.bolton@nhs.net

Please be aware that you can also access stop smoking support at most local pharmacies too.

Weight Loss Support – A free service to provide support that adapts to your lifestyle, offering flexible advice on nutrition and fitness that is specially designed for you.

Eligible patients are aged 18 or over and have a BMI of over 25 up to 34.5 (or 23-34.5 BMI for members of ethnic communities)

You can sign up online - <https://yhbolton.co.uk/sign-up/>, or telephone 01204 570999 or email Yourhealth.bolton@nhs.net

First Steps to Wellness – online tools and resources to help improve your journey to wellness. Available online resources include recipes, workouts, podcasts, webinars and advice.

For more information, visit <https://yhbolton.co.uk/>

Diabetes Support

Greater Manchester Diabetes My Way is a free online service, which helps support people with diabetes to improve the way they self-manage the condition, thereby improving long term health outcomes. You can have access to online courses, which include resources for:

- Patients with Type 1 diabetes to help them understand the condition, carbohydrate counting, physical activity and living with or growing up with type 1 diabetes
- Patients with Type 2 diabetes to help them understand the condition and how to manage it. More information on type 2 diabetes remission and how people have achieved it
- Type 2 diabetes prevention aimed at anyone who has been identified as at risk of developing type 2 diabetes and how they can reduce this risk

For more information visit - <https://diabetesmyway.nhs.uk/>

Practice Facebook page

The practice has a Facebook page - <https://www.facebook.com/DrUddinAndDrAnwar/>

Stay connected and follow us on Facebook for health advice and practice updates.

Surgery Staff Update

We recently said goodbye to 2 of our GP trainees - Dr Zaman and Dr Egebara but we have welcomed 4 new GP trainees to the practice – Dr Bhadra, Dr Sharmin, Dr Jalil & Dr Limbada.

For our full staff list, please visit our website <https://www.halliwellssurgery.nhs.uk/staff>

COVID19 Spring/Summer Boosters

The COVID19 spring booster campaign starts in April and will run up to 17th June 2025. If you are eligible, you will receive an invitation either from NHS England or the practice.

The following groups of people are eligible for a Covid19 Spring booster vaccination:

- Anyone aged 75 and over
- Anyone aged 6 months and over with a weakened immune system
- Care home residents

There are mobile Covid vaccination clinics available in Bolton and eligible patients are welcome to pop-by whilst the mobile clinic out and about in the community. You can find out the dates and locations of all mobile clinics on the Bolton GP federation community webpage - <https://www.boltongpfed.co.uk/communityhealth/>

You can also find walk in vaccination clinics via the NHS website - <https://www.nhs.uk/nhs-services/vaccination-and-booking-services/find-a-walk-in-covid-19-vaccination-site/>

If you are unable to use the internet, eligible patients can contact 0161 9470770 or 0800 0924020 where the Care Gateway Team will be able to assist with locating walk in vaccination services.

Screening Programmes Nationally and Locally

There are 3 national cancer screening programmes that run nationally.

- **Cervical Screening** – offered to women, or people with a cervix, aged between 25 to 64 years old. Screening is offered every 3 years for those aged 25-49 years and every 5 years for those aged 50-64 years. The screening is to test for high risk Human Papillomavirus (HPV). HPV is the virus which causes nearly all cervical cancers. For more information visit - <https://www.nhs.uk/conditions/cervical-screening/>
When you receive your invitation, you can book in with one of our practice nurses. If you are unable to attend during our opening hours, please inform our reception team and they will look for availability in our evening & weekend service, held here at the surgery, or at the Health Hive in Bolton Market Place.
- **Bowel Screening** – This is a test you do at home that checks for signs of bowel cancer. It's offered to everyone aged 54 to 74 years old. You will receive a test kit from the Bowel Cancer Screening Programme and is really use to use and you return it via post. The test called a faecal immunochemical test (FIT) to look for blood in a sample of your poo. This could be a sign of bowel cancer. For more information visit - <https://www.nhs.uk/conditions/bowel-cancer-screening/>
- **Breast Screening** – This is offered to women aged between 50-71 years old. If you're a trans man, trans woman or are non-binary you may be invited automatically, or you may need to talk to your GP surgery or call the local breast screening service to ask for an appointment.

The screening is every 3 years. Breast screening uses X-rays called mammograms to check your breasts for signs of cancer.

Breast screening saves around 1,300 lives each year in the UK. Finding cancer early can make it:

- more likely that treatment will be successful
- less likely you'll need to have a breast removed (mastectomy)
- more likely you'll be cured

For more information visit - <https://www.nhs.uk/conditions/breast-screening-mammogram/>

Other screening programmes or checks take place to target other conditions. Please follow our Facebook page or visit our website to see what is happening in the local area for our patients.

Some recent past and upcoming events have been

- **Targeted Lung Health Checks** – This programme took place in January and February and was a service to check lung health and spot any potential problems early when treatment can be much more successful. This was for patients aged 55-74 years old who smokes or ex-smoker. This group of patients were sent an appointment to attend screening. Patients identified as being at high risk of lung cancer were offered a CT scan the same day to identify any lung cancers or other respiratory illnesses.
190 patients from our practice attended this screening.
- **This Van Can – Ovarian Cancer Awareness Roadshow** – The van was in Bolton on 10th to 12th March at various locations in Bolton. This was to raise awareness about the key symptoms of ovarian cancer, learn about ovaries, information leaflets and chat to the team.
- **Abdominal Aortic Aneurysm (AAA) screening** - There is an event arranged at Bolton Wanderers Toughsheet Community stadium for men aged 64-66 who have not yet had an Abdominal Aortic Aneurysm (AAA) screening. AAA is when the wall of the aorta in the abdomen becomes weak. If you have an aneurysm you will not usually notice any symptoms. Eligible patients can call and book a scan, the scan service will be on **Wednesday 2nd April 2025** between 9.30am and 4.30pm. Contact 0161 291 5716 to book an appointment.
There will be opportunities of tours of the stadium, free tickets to Bolton's match on Saturday 18th April against Wycombe Wanderers and free refreshments.

Friends and Family Results

Jan 2025 results

- Very Good – 83%
- Good – 10%
- Neither good nor poor – 2%
- Poor – 2%
- Very Poor 2%

Feb 2025 results

- Very Good – 89%
- Good – 2%
- Neither good nor poor – 4%
- Poor – 0%
- Very Poor 4%

Some comments sent in:

- “Got an appointment straight away after being so ill and they told me what was wrong.”
- “Dr Uddin's surgery treated me always with respect and helped me with all my issues. They listen very careful to your problems and discuss the solution.”
- “Appointments are fast and efficient. Also flexible allowing me to attend outside my work schedule.”
- “The practice was able to accommodate my needs and squeezed me in for an appointment at a time that worked best for me. I felt prioritised, and the level of care and attention I received was very good. Thank you for making it so convenient and accommodating.”
- “Phone answered quickly, helpful staff, called back in under 10min to be given an appointment that morning, doctor was brill, listened and dealt with the issue.”
- “From booking the appointment to seeing the Dr the appointment ran smoothly and I received a thorough check up with further appointments booked for my ongoing treatment. The receptionists are always very helpful and welcoming. Thank you for a great service.”
- “Overall got seen to really fast same day didn't have to wait for an appointment to become free.”
- “I have not got anything bad to say The level of care and all the staff are very helpful and supportive I can't find words any higher but I can't fault the service.”

- “Excellent practice. Brilliant staff friendly. Best GP in town.”
- “From the moment I arrived, the receptionist greeted me with a warm, welcoming smile. She displayed genuine empathy and took a personal interest in my well-being as a registered patient. The physician was calm and had excellent listening skills. He asked thoughtful questions and took his time to explain my medical situation compassionately, ensuring that I could understand everything. By the end of my session, I felt much happier.”
- “My surgery is the best because of the kindness they have shown me since I got cancer. My GP rang me many times just to see how I was and asked me was there anything they could do to help me while I was on chemo. They are so professional and listen to me. I am so lucky, thank you all.”

You can visit our practice website for quarterly Family & Friend feedback reports.

Please visit our practice website as we do update this regularly with news and any updates in practice - <https://www.halliwellsurgery.nhs.uk/>