



## Wishing a Very Happy Easter to all our Patients

### Easter Opening Hours

We will be closed on Friday 7<sup>th</sup> and Monday 10<sup>th</sup> April. Please order ANY medication due between 7<sup>th</sup> and 12<sup>th</sup> April no later than Tuesday 4<sup>th</sup> April

### May Bank Holiday Opening Hours

**We will be closed on Monday 8<sup>th</sup>, 15<sup>th</sup> & 29<sup>th</sup> May**

If you need medical assistance whilst we are closed please call the practice number and you will be diverted to NHS 111. Alternatively, you can dial 111 or go online to 111.nhs.uk where you have access to urgent medical advice.

**PLEASE ONLY GO TO A&E IF YOU HAVE AN ACCIDENT OR SERIOUS / LIFE-THREATENING CONDITION**

**In a genuine, life-threatening emergency you should call 999. Chest pains and / or shortness of breath constitute an emergency. Call 999 when someone is seriously ill or injured and their life is at risk.**

For your pharmacy opening times please follow this link

<https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>

## April is Bowel Cancer Awareness Month

Everyone aged 60–74 will receive a bowel cancer screening kit through the post and we would like to remind you of the importance of collecting and returning a sample.



**A third of people  
who were sent a bowel  
cancer screening kit last  
year did not complete it**



The NHS bowel cancer screening kit detects signs of cancer before you notice anything is wrong.

Watch the latest NHS Bowel Cancer Awareness advert [here](#)



**Taking time for yourself, getting out in the fresh air & meeting new people are all fantastic ways to improve your mental health & state of mind. Here are just a few groups you can join in Stockport. There are many more to be found at <https://www.stockport.gov.uk/events>**



72 - 74 Prince's Street  
Stockport  
Greater Manchester  
SK1 1RJ

**IS ONE OF YOUR GOALS FOR 2023 TO SPEND TIME ON YOU?**

**Then join our new exciting weekend programme  
at Open Door, starting Saturday 4 March at 2PM**

**SATURDAYS**

**Guided Art Group  
2 - 3PM**

**SUNDAYS**

**Themed Wellbeing Group  
2 - 3PM**

**A great opportunity to come and meet new people, as well as  
learn new skills to improve your wellbeing.**

**Just drop in. There's no need to book but if you wish you can  
contact us beforehand on either:**

**[opendoorstockport@makingspace.co.uk](mailto:opendoorstockport@makingspace.co.uk)**

**0161 549 9717**





### Start the week: mental health social lunch group

£ £2.50

🕒 Monday 10 April at 12:30pm

📍 St Matthew's Church House, 99 Chatham Street, Edgeley, SK3 9EG



### Stockport Mind Choir

£ Free

🕒 Friday 07 April at 2:00pm

📍 St Peter's Parish Church, St Petersgate, Stockport, SK1 1NZ



### Mooch and Mingle

£ Free

🕒 Thursday 06 April at 12:30pm

📍 Alexandra Park, 79 Cheadle Old Road, Edgeley, Stockport, SK3 9RH



### Walk to Fitness

Join Briony for our Walk to Fitness sessions. Improve your fitness and meet other carers.

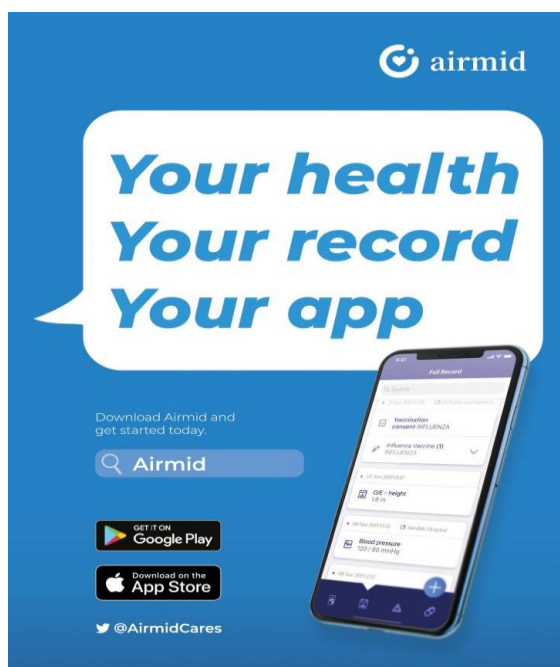
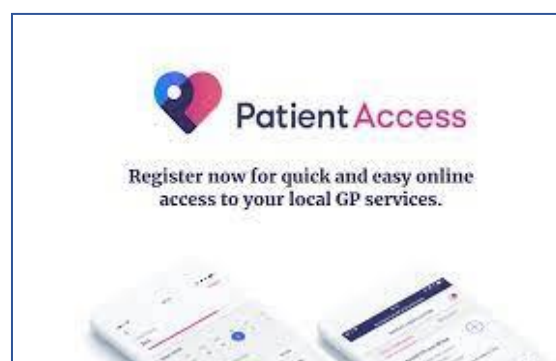
Next meet up is in High Lane on Monday 13th March - book your place at [www.signpostforcarers.org.uk/events](http://www.signpostforcarers.org.uk/events)

**SignPost**  
STOCKPORT FOR CARERS

## Did you know that you can book appointments and request medication online?

There are a number of apps/websites you can register with to do this.

Here are a few of the most popular.



All apps are accessible using your NHS login, which can be created via the NHS App or website.