

The Practice said a sad farewell to Dr Barbara Murray who retired from General Practice on the 31st March after 17 years with the Practice.



From both the clinical and admin team it has been a privilege to work beside her, her devotion to her patients, passion, enthusiasm and sense of humour has been a huge part of the practice these past few years. She will be missed but the time is right for her and may the next phase of her life bring her all she seeks and more.

Hillgate improvements underway

Building work has now started at our Hillgate site to extend the premises and create an improved reception area. Stockport council are also expected to start major roadworks in the area soon including the redevelopment of Ardern Grove by the side of the surgery.

Come and join the fun at **Independent Options** children's and family centre this Easter on Sunday 23rd April 11-4. There will be an Easter Egg hunt, face painting, bouncy castle, refreshments and an appearance by the Easter bunny himself!

67 Chester Rd, Hazel Grove, SK7 5PE

Tell us what you think. We are keen to hear your opinion about us and the services we provide. Please take a few minutes and complete our current access survey at:

<https://www.surveymonkey.co.uk/r/LKBMMSQ>

Spring is in the air! Help yourself to better health using these free apps.



Active 10 quickly and simply shows you how many brisk 10 minute walks you're doing and how to fit more into your day. Download it today to see how many Active 10s you've done.



The Couch to 5K app has been designed to get you off the couch and running in just 9 weeks. Grab your trainers, download the app and follow the step-bystep instructions.



The One You Days Off app is a simple and easy way to track the days you drink alcohol and the days you don't.



This free Easy Meals app is a great way to eat foods that are healthier for you. You'll find delicious, easy meal ideas to help get you going if you're ever short of inspiration.

Stockport Pharmacies opening hours Easter and May Bank Holidays 2017

Pharmacy	Good Friday 14 th April	Easter Sunday 16 th April	Easter Monday 17 th April	May Day 1 st May	Spring Bank 29 th May
Heald Green Pharmacy 208 Finney Lane Heald Green SK8 3QA	08:00 – 18:00	08:00 – 18:00	08:00 – 18:00	08:00 – 18:00	08:00 – 18:00
Cheadle Pharmacy 7 Ashfield Crescent Cheadle SK8 1BH	08:30 – 19:00	08:30 – 19:00	08:30 – 19:00	08:30 – 19:00	08:30 – 19:00
Lloyds 236 Wellington Road Sth SK2 6NW	10:00 – 22:00	10:00 – 22:00	10:00 – 22:00	10:00 – 22:00	10:00 – 22:00
Lloyds London Road Hazel Grove SK7 4AW	09:00 – 17:00	Closed	09:00 – 17:00	09:00 – 17:00	09:00 – 17:00
Asda Warren Street Stockport SK1 1UA	09:00 – 18:00	Closed	09:00 – 18:00	09:00 – 18:00	09:00 – 18:00
Boots 47-49 Mersey Way Stockport SK1 1PU	09:30 – 17:00	Closed	09:30 – 17:00	09:30 – 17:00	09:30 – 17:00
Boots 9 Market Street Marple SK6 7AA	10:00- 16:00	Closed	Closed	Closed	Closed
Boots 56-58 Heaton Moor Rd SK4 4NZ	10:00 – 16:00	Closed	Closed	Closed	Closed
Superdrug 4-6 Mersey Square Stockport SK1 1RA0	8:30 – 17:30	Closed	Closed	Closed	Closed

April is Bowel Cancer Awareness Month

Bowel cancer screening saves lives but at the moment in some areas of the UK only a third of those who receive a test in the post complete it. Thousands of people are missing out on the best way to detect bowel cancer early when it is easier to treat and there is the greatest chance of survival.

We can all raise awareness of bowel cancer screening this Bowel Cancer Awareness Month.

- **Over 60?- take the test when you receive it in the post.**
- **If you are younger, tell the people over 60 in your life, to take the test.**

<https://www.bowelcanceruk.org.uk/about-us/bowel-cancer-awareness-month/>