

# Bollington Medical Centre



## The Bridgend Centre Walks for Health

The Bridgend Centre runs a programme of short, easy walks in and around Bollington every year. The walks are designed to encourage new walkers as well as those looking to get back into the habit of taking some regular exercise. Walking is a great way of feeling happier and healthier and has been described by some as the perfect exercise. The walks are every Monday evening at 6pm during the summer months (April to October). All walks are less than 2 miles- no stiles and have just a few gentle slopes. There is no need to book, just turn up wearing comfortable shoes and you may like to bring a drink. There is no charge and there are different start points in and around Bollington. You can download full details by logging on to:

<https://bridgendcentre.org.uk/home/our-services/walking-trails> or pick up a leaflet from the Bridgend Centre - Bollington Town Hall - libraries and other locations. For more information contact the Bridgend Centre on 01625 576311 or email [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)



## August 2019 Newsletter

### HEADLINES

- Staff updates
- Flu clinics
- Bridgend Centre
- Bollington Walking Festival
- Training Days

### Staff Updates

We would like to welcome our new Reception Lead, Tina Thoresen to the practice. Tina joined us in June having previously worked as a Reception Lead in Macclesfield. Prior to that, she worked as a lead dispenser in a pharmacy. She will be managing the reception team on a day to day basis and also be on the phones/desk during peak times.

### Flu clinics 2019

This year we will be offering timed appointments for flu vaccines. We will be receiving our stock slightly later than in previous years so we do not anticipate the first clinics starting until mid-October. Eligible patients will be contacted via SMS or letter during September inviting them to book via a dedicated booking line.



### Bollington Walking Festival

Clare Needham (one of the reception team will be leading a 'Walking is the best medicine' walk for the Bollington Walking Festival. Starting from the Adlington Road Carpark on Sunday 22nd September at 10.00am. This will be an easy walk of 2.5miles on terrain to suit all abilities. Well behaved dogs and children welcome.

### Training days for 2019

The surgery will close from 1pm on training days and re-open 8am the next day

**4th September**

**2nd October**

**6th November**

**4th December**