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National Walking Month

National Walking Month takes place every May, providing the perfect opportunity to step into the great outdoors and embrace the joys of walking. Unlike some awareness days, this event remains fixed in the calendar, giving you ample time to plan your walking adventures each year.

Walking isn't just about getting from A to B – it's a chance to connect with nature, improve your health, and enjoy some much-needed time away from screens. Whether you're strolling through the countryside, pounding the pavement in the city, or hiking up a hill, every step counts towards a healthier, happier you.

For more information visit the Living Streets website at <https://www.livingstreets.org.uk/get-involved/national-walking-month/>

Enhanced Access Clinics

Enhanced Access clinics are being held at the following locations in May:

3rd – Rowhedge Surgery

10th – Tiptree Medical Centre

17th – Walton Medical Centre

24th – Colne Medical Centre

31st – Wivenhoe Surgery

Telephone appointments are also available every weekday evening from 6.30-8pm.

Please contact reception to book an appointment in any of these clinics.

Thank you for reading.

Katie Pirie

Practice Manager