**Step into Spring**

It’s Spring. The day lasts longer, and the weather is getting better. When possible, why not make walking a regular part of your day? Take an outdoor stroll and enjoy your local area. If you live close enough, consider walking to work. Swap commuting for walking whenever possible. The positive effects won’t be immediate, but they’ll creep up on you quickly. Soon, you’ll find you have more energy and can walk longer and faster with little effort.

There are many local walking groups offering guided walks, such as the Wenlock Walkers who meet on a Monday at the Square in Wenlock.

**Much Wenlock & Cressage Patients' Voice**

The Annual General Meeting for the Patients' Voice is being held on the 4 March at Cressage Medical Practice from 5.30 pm.

All patients are welcome to attend and find out more about the group; how to volunteer and ask our questions.

**Practice Closures**

The practice will be closed for staff training on Thursday 13th March 2025 from 12.:00 to 18:00hrs.

Should you need urgent care during this time, please contact 111.

**Missed Appointments**

In January 2025 184 appointments were not attended at the Practice. Whilst there are sometimes valid reasons for patients failing to attend appointments, the impact on the service we are able to provide is considerable.  184 appointments is equivalent to 5 days of clinician time.

Please help us optimise the service we provide by letting us know in advance if you are unable to attend an appointment for whatever reason. We can then allocate that appointment to another patient and avoid wasting valuable resources.

Thank you.