

Know Your Numbers! Week 2025

8–14 September | Cheshire East

Do you know your blood pressure numbers?

High blood pressure often has no symptoms — but it can lead to heart attacks, strokes, and other serious conditions. The only way to know is to get checked!

Where to Get Checked in Cheshire East:

Local Pharmacies – Many offer free blood pressure checks. Just walk in and ask!

GP Surgeries – Book an appointment or ask during your next visit.

NHS Health Checks – Available for adults aged 40–74. Ask your GP or visit the NHS website.

Home Monitoring – Ask your pharmacy or GP about borrowing or buying a home monitor

Events during Know Your Numbers Week 2025:

Tuesday 9th September - The Bridgend Centre, 104 Palmerston St, Bollington, Macclesfield SK10 5PW, 10:00-12:00

Wednesday 10th September - Clay Coffee House, 22 Park Ln, Poynton, Stockport SK12 1RE – 11:00-13:00

Wednesday 10th September - Congleton Town Hall, High Street, Congleton, CW12 1BN – 13:00-15:00

Friday 12th September - Disley Community Centre, off Buxton Old Rd, Disley, Cheshire, Stockport SK12 2BB – 13:30-15:30

Saturday 13th September - Congleton Town Hall, High Street, Congleton - CW12 1BN, 10:00-14:00

Saturday 13th September - The Grosvenor Shopping Centre, 27-29 Market Pl, Macclesfield SK10 1DY – 11:00-14:00

Sunday 14th September - Picnic in the Park, St Helena's Field, Longridge, Knutsford – 12:00-16:00

The opportunity to check your blood pressure will be available on a self-screening blood pressure machine at:

-  Crewe Lifestyle Centre
-  Nantwich Leisure Centre
-  Knutsford Leisure Centre
-  Holmes Chapel Community Centre
-  Wilmslow Leisure Centre
-  Macclesfield Leisure Centre
-  Shavington Leisure Centre

Find out more about Know Your Numbers Week

<https://www.bloodpressureuk.org/know-your-numbers/know-your-numbers-week/>