

MUSCULOSKELETAL COMMUNITY APPOINTMENT DAYS

Whether you're living with a health condition, caring for a loved one, or simply want to improve your health and well-being – we're here to help you access the right support.

- Thursday 13th November 2025, Brailsford Centre, Bangor
- Tuesday 9th December 2025, Porthmadog Leisure Centre

10-3pm

Visit our Health & Community Partners

No appointment required.

These include:

- Health Checks
- Ageing Well
- Mental Health Support
- Falls Prevention
- Pelvic floor / continence
- Care & Repair (home adaptations)

Learn about
local community
support teams
and services

- Versus Arthritis
- Exercise Referral
- Healthy eating and bone health
- Citizens Advice
- Carers Outreach
- Smoking cessation

DROP IN

Everyone
welcome

And more.....



Community Appointment Days are an opportunity for patients on our physiotherapy and podiatry **MSK waiting lists** to be seen sooner, without typical NHS time constraints, to access a range of musculoskeletal services, health promotion, community and voluntary sector support under one roof on the same day. This section is for **pre-booked appointments only**.

(Self-referral drop-in may be available for physiotherapy advice and support, depending on capacity).