



**MARKET DRAYTON  
MARKET LTD**  
Market Drayton Market Report  
The Following Trade:



**MONDAY 1 JUNE 2026**  
**102 BARREN COWS, CULL BULLS &  
OVERAGE CLEAN CATTLE (Green Market)**  
Auctioneer : **Bernie Hutchinson (07778 164274)**

A reasonable seasonal entry forward and as always a big thank you for the support from both vendors near and far and all our buyers. Trade remains remarkably brisk for the time of year with demand for all weights, grades, breeds and nationalities.

Headline prices this week returned at 290p or £3,590.20 for bulls, 280p or £2,136.90 for dairy, 278p or £1,597.40 for overage clean and 275p or £2,139.50 for sucklers. The overall average returned at 224p or £1,384.38.

**74 Dairies** - Good demand throughout and trade pushed by further finishers especially for young and lean types. Topping the section a young black and white at 280p or £1,713.60 from M.& D. Batkin, Marchamley purchased by a further finisher. R.&R. Vernon & Sons, Burleydam saw their black and whites to 260p (£1,638.00), 254p (£1,417.32) etc, D.&P. Hollinshead, Smallwood cow to 250p (£1,170.00) and in the lump a regular Cheshire vendor saw their Norwegian Red to £2,136.90 and close behind Mr Jonathan Jackson & Family, Longpools cow to £2,118.20 to mention a few. The section average returned at 216p or £1,309.90.

**24 Sucklers** - Humble number and no real heavy weight super stars for export forward. Good commercial types peaked at 275p or £2,139.50 for Limousin from John & Olwyn Whittingham, Mucklestone and their Angus to 261p (£1,934.40). The Martin Family, Mucklestone Wood headed up the natives with Hereford at 268p (£1,881.36). The section average returned at 242p or £1,556.83.

**1 Bull** - Tremendous Limousin bull from Will & Jackie Forrester, Colehurst selling to 290p or £3,590.20.

**3 Overage Clean** - Light weight Hereford steers to 278p (£1,595.72) and 250p (£1,100.00) from Mr John Pritchard & Family, Habberley. Heifers to 245p (£1,597.40) for Hereford from Mr Barry Chittem, Worthen.

**- RED MARKETS -**

**Red Market Will Be The Second Monday of Every Month ... Monday 8 June/13 July, 3.30pm. For all cattle including T.B. restricted holdings with a movement licence from Animal Health.**

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**132 PIGS**

Auctioneer : **Ben Baggott (07791 791356)**

**13 Cull Sows** - good number of sows forward selling on a solid trade. Best sows at 60p to 70p topping at 80p on five occasions. Medium sows 50p plus.

**55 Fat Pigs** - Better numbers and again a solid trade for better end but heavy boars seeing little to no

demand. Best at 200p topping at 300p from Mr Nigel Turner, Cleobury Mortimer. The main run of pigs at 100p to 130p with others from 40p.

	Av.	Top	Top
60kg to 79kg	124p	145p	£111.65
80kg to 100kg	136p	300p	£240.00
101kgs Plus	72p	120p	£162.00
Sows	67p	80p	£216.00

**64 Stores & Weaners** - A very mixed show but good demand. Best weaners at £40 plus topping at £50 from Lees Dairy Farm, Adderley. Stores selling at around £30 to £40 topping at £50. Weaners averaged £34.03

**- NEXT PIG MARKETS -**

**Monday 15 June/6 & 20 July, 10.30am**  
**Cull Sows & Boars Followed by Prime Pigs**  
All enquires to **Ben 07791 791356.**

**138 DAIRY YOUNGSTOCK**

Auctioneers: **Jason Brown (07774 816384) & Jonty Cliffe (07595 453306)**

A truly outstanding dairy youngstock sale in terms of entry, quality and especially trade!! A total of 138 head went through the ring made up of 84 incalf heifers, 5 served heifers, 24 bulling heifers, 18 yearling heifers and 6 Pedigree Jerseys's.

Trade can only be described as fantastic on all stock except the older plainer types which were a little harder to sell but with a market average per life of £1,850 it was pleasure to sell today.

An outstanding entry from the dispersing herd of Messrs RD.&A. Rhodes, Southam started the day off with a bang with the first heifer selling at £2,500.

These heifers were well grown and the majority were either BS Cross, SR Cross or a combination of the two breeds on a HF. All were in calf to either sexed Dairy or Aberdeen Angus and due from August to November. It took no time at all to get the trade into top gear with the third and fourth lots making £2,650 and £2,800. Another heifer at £2,800 was Lot 930 this time a pure Holstein Friesian. In total seventy-two of the eighty-four warranted incalf heifers made over £2,000. The ringside was full with buyers looking to secure Autumn milk but many went home empty handed.

Following the incalf section were six Pedigree Jersey incalf heifers again from Messrs RD.&A. Rhodes. The heifers were calving at twenty-two months and were in the grading up herdbook and what a truly unexpected trade ranging from £1,500 to £2,050 to average £1,845.

**A huge thank you to both vendors and buyer for the support.**

84 Incalf Heifers	£2,270
6 Incalf Jersey Heifers	£1,845
5 Served Heifers	£1,545

24 Bulling Heifers £1,245  
 18 Young Heifers Cross Breds £720  
 138 Head £1,850

**The next youngstock sale is on Monday 6 July.  
 Please book entries early with Jason or Jonty.**

**266 WEANLINGS**

**Auctioneers : Ben Baggott (07791 791356) & Jonty Cliffe (07595 453306)**

Wow! Grass certainly breeds confidence, with an electric trade for weanlings that were several pounds dearer than the strong May sales. A smaller entry than anticipated only strengthened ringside competition, with buyers keen to secure stock. Today's sale averaged an impressive £938 per head.

A decent entry of bulls, with some really good quality on offer. Top spot went to a 10mo Charolais at £1,150 from A.&W. Piggott, Shocklach; 5 month Blues at £990 from W.&P. Benbow & Sons; 8 month Limousins at £990 from HS.&A. Callwood, Ollerton; 5 month Simmentals sold to £980 from Radwood Hall Farm Ltd, Baldwins Gate. Strong 7 month Friesian bulls to £770 from Mr M.P. Mason, Wolverhampton and 4 month Friesians to £515 from Mr A. Jones, Llansannan. All 53 bulls averaged £745.

The steer trade was fast paced with all ages in high demand whether for feeding or grazing, but credit to our vendors some real quality on offer today. Top call were 8 month Angus at £1,480 from N.&J. Marbury, Little Hay who sold others at £1,430. 12 month Charolais to £1,410 from J. Frizell Agri, Crewe. An excellent run of 8-10 month Angus steers from F.C. Price & Sons, Hereford topped at £1,290. Younger steers saw 4 month Simmentals to £980 from HA.&AL. Humphreys, Gwyned who also sold 4 month Limousins to £920. A group of 4 month Herefords from Mr M. Latham, Derby realised £830. All 77 steers averaged £1046.

Very much the same as the steers with a super trade for all types, with best heifers selling to a premium. Top spot went to Cherry Orchard Fms, Longdon Green who sold 11 month Herefords to £1,520 and £1,420. Next up were some super 8 month Blues from A. Preece & Son, Bridgnorth at £1,200 who sold others at £1,150 and £1,120. 9 month Angus from F.C. Price & Sons, Hereford sold for £1,060 with 7 month from the same home at £1,000. Younger types saw 5 month Blues from Mr M. Latham, Derby at £920 and 4 month Limousins at £870 from HA.&AL. Humphreys. All 96 heifers averaged £949.

**The next sale is on Monday 15 June 2026!  
 Please book entries early with Ben or Jonty.**

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**WEDNESDAY 3 JUNE 2026**

**253 CLEAN CATTLE & YOUNG BULLS**

**Auctioneer : Bernie Hutchinson (07778 164274)**

Cracking number forward with certainly something for everyone and everyone for something. Big thank you to all our vendors and buyers for your continued support and a cracking line up ring side with end users and further finishers keener to own stock. The only real caveat this week would be weight, especially in the clean with more buyers for 500 to 650 kilos but limited resource from 700 to 850 kilos!! Lets hope going forward the worm is turning and trade hardening!!

Show stoppers this week raced away to 452p or £2,747.04 for heifers, 432p or £2,776.80 for steers and

390p or £2,933.84 for bulls. The overall market average returned at 330p or £2,041.36.

**69 Bulls** - Bulls a little harder to place this week and very few suckler types in the ranks. Trade peaked at 390p or £2,129.40 for a Limousin from FS.&MJ. Heath, Pipe Gate. Great to see Mr Richard Reynolds, Woodhouse Eaves back with a Blue to 382p (£2,398.96) and The Leese Family, Uttoxeter Simmental to 368p (£2,392.00). In the lump PJ.& E.J. Beecroft & Partners, Westbury Limousin grossed £2,933.84. Natives saw Angus to 340p (£2,114.80) from The Sidebottom Family, Marple Bridge. Drayton specials saw black and whites to a very creditable 333p (£1,658.34) from The Proudlove Family, Baddiley. The section average returned at 325p or £1,982.22.

**91 Steers** - An entry to boast a lot of weight and power in the ranks with over half the entry over 700 kilos or over thirty months. Smart hardy weight steers very easy to place selling to 432p or £2,548.80 for Limousin from Mr Brian Owen, Market Drayton further Limousin to 428p (£2,568.00), The Holdcroft Family, Audley saw 409p (£2,486.72) for their Limousin and 375p (£2,602.50) etc, Mr Darren Young, Balterley 392p (£2,500.96) for his Limousin and Mr Emyr Roberts, Llanfighangel Continentals to 378p (£2,222.64) and 352p (£2,407.68). Natives sold to 364p (£2,548.00) for Shorthorn from The Holdcroft Family, Audley. The section average returned at 325p or £2,177.89.

**93 Heifers** - Cracking sample of heifers forward with superstars topping out at 452p or £2,232.88 from Jonny Warner & Family, Stoke Heath. Regular Cheshire vendor saw 448p (£2,464.00) for their Limousin. The Heath Family, Pipe Gate 446p (£2,167.56) for their Limousin and distant supporter Mr Emyr Roberts & Family, Llanfighangel Charolais to 432p (£2,592.00). The Holdcroft Family, Audley Limousin to 400p (£2,504.00), 384p (£2,549.76) etc. In the lump a further distant supporter JM.&BJ. Langford, Tregyon saw their Limousin realise £2,747.04. Natives sold to 371p (£1,862.42) for Angus from Jonny Warner & Family, Stoke Heath to mention a few. The section average returned at 341p or £2,068.73.

**48 DAIRY CATTLE**

**Auctioneers: Gwilym Richards (07768 020393) & Jason Brown (07774 816384)**

**£3,400 TOP HEIFER – THREE OVER £3,000**

A better trade with all sold to a top price of £3,400 for heifers with the quality of the cows not as good as last week.

Top price was £3,400 for a heifer from RA Harrison Farms, Wem. Two other heifers each made £3,100, one was from AC Hocknell & Sons, Whitchurch and the other from RT & EB Townsend, Gloucestershire.

£2,820 was achieved twice for heifers from HS & A Callwood, Knutsford and RN Thompson, Ashbourne.

Heifers from LF Horton & Sons, Northwich sold at £2,800 and Hilltop Farming Company, Aston-by-Budworth at £2,700.

Cows sold to £2,750 with the section leader being a third calver from JA & JM Insall, Southam.

In calf heifers sold to £1,950 and heifer calves to £250.

## Averages:

Top 10 Milkers	£2,874
Heifers	£2,288
Cows	£2,171

## 225 STORE CATTLE

### Auctioneer : Ben Baggott (07791 791356)

Back up to numbers this week and a strong trade throughout. Plenty of buyers today and some returning seasonal buyers back to "top up" while they have grass.

Just a single cow and calf today from CHADS, Rugeley at £1,780 while bulls topped at £1,680 for a Friesian from PG.&RG. Brown, Admaston bulls averaged £1,353 or 360p/kg. Just a handful of Friesian steers in today with the majority at £1,400 to £1,500 topping at £1,710 from The Small Family, Ludlow or 300p to 330p/kg topping at 333p from Hollinshead Farms, Bentley. More needed please to meet demand.

Yarding cattle taking a slight upturn today with best at £1,900 to £2,100 topping at £2,110 for Shorthorn heifers from Pasture Fields Livestock, Weston. Great demand for cattle at £1,600 to £1,700 with top end at 380p to 400p with most averaging around 350p to 360p/kg mark. Best of the native heifers £1,600 to £1,800 and averaging £1,400 to £1,500 or 340p to 350p/kg.

Younger cattle finding plenty of interest with a lovely run of Blues and Charolais at eight to nine months selling from £1,100 to £1,300 topping at £1,360 for Charolais steer.

Steers averaged £1,553 or 357p  
Heifers averaged £1,410 or 355p

200 plus stores needed every week please - all store enquiries to Ben 07791 791356.

## Steers

Breed	Price	Weight	Vendor
Friesian	£1,710.00	520kg	DL.EF.&S. Small
Friesian	£1,530.00	459kg	Hollinshead Farms
Friesian	£1,430.00	454kg	Newbold Partners
Blonde	£1,830.00	523kg	Mr D.J. Egerton
British Blue	£1,900.00	507kg	R.W. Adams & Son
British Blue	£1,770.00	462kg	CL.&B. Richardson
British Blue	£1,180.00	320kg	F.C. Price & Sons
Shorthorn	£1,960.00	487kg	G.W. Brock & Sons
Angus	£2,000.00	576kg	D. & M. Leech&Sons
Angus	£1,865.00	486kg	Verna Hancock
Angus	£1,800.00	489kg	Mr R.W. Burgoyne
Angus	£1,730.00	470kg	Mr R.W. Burgoyne
Angus	£1,605.00	446kg	Mr R.W. Burgoyne
Swedish R.	£1,530.00	459kg	Hollinshead Farms
Bazadaise	£1,140.00	328kg	Newbold Partners
Hereford	£1,965.00	527kg	Mrs V.E. Lloyd
Hereford	£1,850.00	530kg	D.&M. Leech&Sons
Hereford	£1,780.00	510kg	DL.EF.&S. Small
Hereford	£1,380.00	385kg	J.&E.&E. Heler
Charolais	£1,965.00	527kg	Mrs V.E. Lloyd
Charolais	£1,865.00	504kg	JH&MR.Rushton&Sons
Charolais	£1,360.00	370kg	F.C. Price & Sons
Simmental	£1,640.00	475kg	Mrs Dawn Phillips
Limousin	£2,100.00	582kg	D.&M. Leech&Sons
Limousin	£1,800.00	464kg	DL.EF.&S. Small

## Heifers

Breed	Price	Weight	Vendor
Blonde	£1,800.00	538kg	Mr D.J. Egerton
Blonde	£1,595.00	448kg	DL.EF.&S. Small
British Blue	£1,760.00	486kg	DL.EF.&S. Small
British Blue	£1,570.00	429kg	CL.&B. Richardson
British Blue	£1,500.00	448kg	DL.EF.&S. Small

British Blue	£1,140.00	316kg	F.C. Price & Sons
Shorthorn	£2,110.00	536kg	Pasture Fields Livestock
Angus	£1,815.00	518kg	D.&M. Leech & Sons
Angus	£1,800.00	529kg	O.C.Whittaker&Sons
Angus	£1,550.00	450kg	Verna Hancock
Angus	£1,410.00	381kg	SD.&NJ. Bourne
Devon	£1,675.00	462kg	DL.EF.&S. Small
Devon	£1,570.00	440kg	Verna Hancock
Longhorn	£1,550.00	460kg	DL.EF.&S. Small
Hereford	£1,765.00	496kg	DL.EF.&S. Small
Hereford	£1,680.00	490kg	O.C.Whittaker&Sons
Hereford	£1,600.00	479kg	DL.EF.&S. Small
Hereford	£1,560.00	472kg	A.&K. Thompson
Charolais	£1,570.00	430kg	DL.EF.&S. Small
Simmental	£1,570.00	430kg	DL.EF.&S. Small
Limousin	£1,845.00	521kg	JH&MR.Rushton&Sons
Limousin	£1,830.00	534kg	D.&M. Leech & Sons

## 1,966 PRIME LAMBS

### Auctioneer : Mark Jones (07813 625787)

A lot more lambs forward selling to a slightly easier trade to return an overall market average of 455p.

Lights sold to 460p for 31.8kgs to gross £146.28 for E.J.&S.J.&E.J. Ashley, Craigllwyn.

Standards topped at 521p for 38.6kgs to realise £201.11 for R.W.&J.E. James & Son, Meaford.

Mediums hit 532p for 44kgs to gross £234.08 for Mr D. Gater, Cold Hatton. Other highlight prices as follows:- 41.6kgs (530p) £220.48 Done & Son, 39.1kgs (525p) £205.28 EA.&DM. Stubbs, 40.6kgs (520p) £211.12 B. Lawton & Son, 41kgs (520p) £213.70 B. Lawton & Son, 41.6kgs (508p) £211.33 B. Lawton & Son and 43kgs (500p) £215.00 Messrs H.F. James.

Heavies peaked at 500p for 47.2kgs to gross £236.00 for G,E, Latham & M. Williams, Tern Hill. Top price in the lump was £305.30 for 71kgs from Mr C. Morris, Peplow. More required next week please.

	Sold	Av.
Premium	289	489p
Prime	1,478	457p
Other	199	439p

**Lambs Graded:-** Lights 460p (£146.28) average 448p (£141.32). Standards 521p (£201.11) average 454p (£167.03). Mediums 532p (£234.08) average 457p (£192.99). Heavies 500p (£305.30) average 450p (£212.52).

## 1,041 PRIME HOGGETS

### Auctioneer : Mark Jones (07813 625787)

Still finding a few hogs with a lot of end of run hogs on offer. Best meated hogs a real trade and keenly sort after with lighter leaner sorts less money. A total clearance reported and an overall market average was returned at 391p.

Lights to 370p for 30.3kgs to return £112.11 for Mr A.J. Gibbon, Marston.

Standards sold to 440p for 37kgs to gross £162.80 for Mr J.L. Donlan, Hatherton.

Mediums hit 450p for 43.5kgs to accumulate £195.75 for North Shropshire Lambs Ltd, Whixall. Coming a close second was CWA.&S.J. Baldwin, Baddington with a pen of 43.7kgs achieving 440p to realise £192.28.

Heavies in strong demand with the best to 440p for 47kgs to return £206.80 for Mr J.L. Donlan, Hatherton. Top headage was £260.00 for 65kgs from North Shropshire Lamb Ltd, Whixall.

## 599 BUTCHERS EWES

**Auctioneer : Mark Jones (07813 625787)**

Ewes sold to a decent trade with the best to £295.00 for big Texel ewes from Mr J.N. Ellis, Kenley. Lights ewes sold from £70 to £90, plain ewes £100 to £120, cutting ewes were £130 to £160 and heavy ewes £170 to £200. An overall average was returned at £175.59.

## 21 STORE SHEEP

**Auctioneer : Mark Jones (07813 625787)**

Hogs and lambs sold to £302.00 for Suffolk hogs with single lambs from J.H. Hockenhull & Sons, Baddiley.

## 536 REARING CALVES

**Auctioneers : Jonty Cliffe (07595 453306) & Ben Baggott (07791 791356)**

Wow, oh wow – what a trade! Buyer demand was ringside in force, creating an electric atmosphere from start to finish and driving a record average of £539 per head. The quality on offer just kept coming from our vendors, with both the best and medium calves up another gear on last week. An impressive 208 calves sold in excess of £600, highlighting the strength and depth of demand across all classes. We simply need more numbers to satisfy buyers, with demand far outstripping supply. With confidence high and purchasers keen to secure stock, there is no sign of this remarkable trade slowing down anytime soon.

**Friesian Bulls** – More forward and an unreal trade, averaging £243! Top price £425 from W&K Turner Ltd, Eccleshall. Best: £300–£400 | Mediums: £175–£275 | Smalls: £75–£150.

**Native Bulls** – A super trade especially the Angus with 44 over £600! Top price £740 for an Angus from Mr E.J. Leese, Fradswell. Best: £600–£650 | Mediums: £500–£575 | Smalls: £350–£475.

**Continental Bulls** – Wow just on fire!! The quality kept on coming and this led to a crazy average of £647! Top price £810 for a Charolais from J.&AJ. Weatherby, Sandbach. Best: £700–£800 | Mediums: £575–£675 | Smalls: £450–£550.

**Native Heifers** – The trade of the day! 69 Angus average £512!! The demand just never let up for all shapes and sizes! Top price £590 for an Angus from Baddiley Hulse Ltd, Baddiley. Best: £500–£600 | Mediums: £375–£475 | Smalls: £250–£350.

**Continental Heifers** – Just like everything else they'd been sensational with a fantastic show of quality heifers leading to the section average of £568!! Top price £760 for a Blue from SJ. Walker & J. Hargreaves, Rolleston. Best: £625–£750 | Mediums: £475–£600 | Smalls: £300–£400.

## BULL CALVES

**FRIESIAN/HOLSTEIN**

(45 - AV.£243.13)

£425 W. & K. Turner Ltd

£385 W. & K. Turner Ltd

**BEEF SHORTHORN**

(7 - AV.£506.44)

£555 Mr Mark Whitehurst

£540 Mr P.D.T. Lokier

**HEREFORD**

(49 - AV.£530.20)

£655 Mr M.D. Berrisford

£640 Furnival Shropshire Ltd

**BRITISH BLUE**

(104 - AV.£644.09)

£785 Walker & Hargreaves

£775PRF&EA.Stone&Sons

**ABERDEEN ANGUS**

(68 - AV.£583.40)

£740 Mr Edward Leese

£680 JA.&MH. Wright

**CHAROALIS**

(4 - AV.£666.20)

£810 J.&AJ.Weatherby

£710 D&HE.Colclough

**SIMMENTAL**

(11 - AV.£701.80)

£765 Mr James Oulton

£760 DV&DA.Cliffe&Sons

## HEIFER CALVES

**BRITISH BLUE**

(76 - AV.£548.80)

£760 Walker & Hargreaves

£720 TS.&AE. Hartley

**HEREFORD**

(54 - AV.£446.50)

£560 AJ.&ME. Minshall Ltd

£550 G. Thomasson & Son

**SIMMENTAL**

(12 - AV.£625.40)

£685 Moors Covert Farm x 2

£660 Mr S.R. Nash

**LIMOUSIN**

(7 - AV.£582.13)

£710 C.P. Wardle & Son

£680 Manor Farming Co.

**ABERDEEN ANGUS**

(69 - AV.£512.90)

£590 Baddiley Hulse Ltd

£550 PA.JE.&J, Vaughan

**CHAROLAIS**

(12 - AV.£593.30)

£720 Mr W.J. Holdcroft

£710D&HE.Colclough&Son

**LIMOUSIN**

(6 - AV.£559.13)

£660 C.P. Wardle & Son

£655 Manor Farming Co.



## FOR RENT

**55 Acres of Sheep Keep  
Newport Area Contact 07968 225805.**

# barbersRURAL

## CAPITAL GRANTS REOPENING NEXT MONTH

Applications for Capital Grants will re open in July 2026, with £225 million available for practical environmental improvements on farm. From hedgerows and tree planting to water quality and natural flood management, these grants can deliver long-term benefits for both your business and the environment.

Demand is expected to be high, so early preparation is key.

**CONTACT THE TEAM TO FIND OUT MORE AND REGISTER YOUR INTEREST ON 01630 692 500**

**NEW PRICE**

**FOR SALE**

**LAND & STABLES**

**FOR SALE**



**Prees, Nr Whitchurch**

**3 BEDROOM HOUSE IN NEED OF MODERNISATION WITH EXTENSIVE RANGE OF FARM BUILDINGS**

**1.04 ACRES (0.42 HA)**

spacious family living | large yard with parking  
scope for commercial/light industrial use  
(subject to PP) | easy access to A49 & A41 | EPC E

**O.I.E.O £495,000**



**Eaton upon Tern, Nr Market Drayton**

**LAND WITH STABLES AND A NATURAL STREAM ON THE EDGE OF SOUGHT-AFTER VILLAGE**

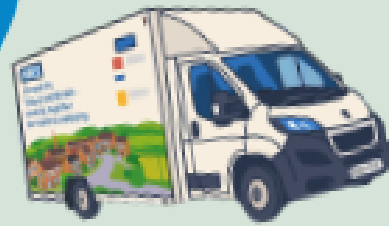
**7.4 ACRES (2.99 HA)**

timber stable block with 3 stables  
hay store and yard | 4 well-fenced paddocks  
ideal for equestrian, hobby farming or lifestyle use

**Guide Price £115,000**

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# WELLBEING DROP-IN

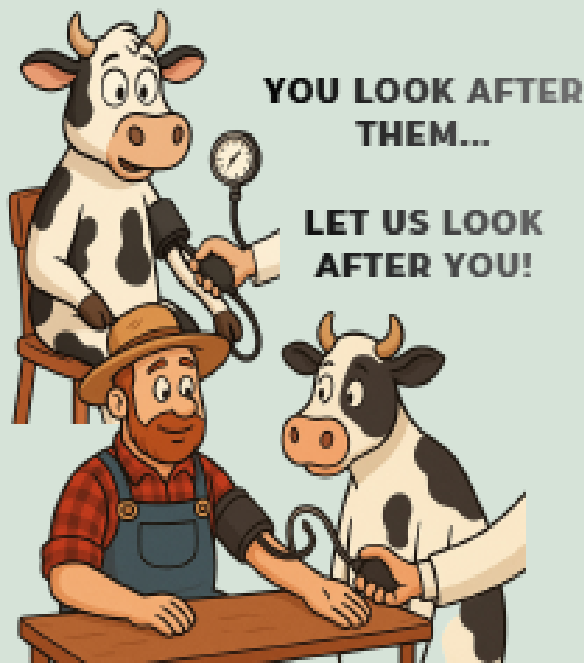
FULL AND MINI HEALTH CHECKS ARE BACK!

## 2026 DATES:

## MARKET DRAYTON LIVESTOCK MARKET:

1<sup>ST</sup> WEDNESDAY OF THE  
MONTH: 10AM - 2PM

7 <sup>TH</sup> JAN	8 <sup>TH</sup> JUL
4 <sup>TH</sup> FEB	5 <sup>TH</sup> AUG
4 <sup>TH</sup> MAR	2 <sup>ND</sup> SEPT
8 <sup>TH</sup> APR	7 <sup>TH</sup> OCT
6 <sup>TH</sup> MAY	4 <sup>TH</sup> NOV
3 <sup>RD</sup> JUN	2 <sup>ND</sup> DEC



- MINI HEALTH CHECK:**
- BODY MASS INDEX (HEIGHT, WEIGHT, AND WAIST MEASUREMENTS)
  - BLOOD PRESSURE/PULSE
  - ALCOHOL AUDIT
  - PHYSICAL ACTIVITY ASSESSMENT
  - Q RISK/HEART AGE
  - SIGNPOST/REFERRAL TO APPROPRIATE LIFESTYLE SUPPORT

- FULL HEALTH CHECK:**
- CHOLESTEROL CHECK
  - DIABETES CHECK
  - BODY MASS INDEX (HEIGHT, WEIGHT, AND WAIST MEASUREMENTS)
  - BLOOD PRESSURE/PULSE
  - ALCOHOL AUDIT
  - PHYSICAL ACTIVITY ASSESSMENT
  - Q RISK/HEART AGE
  - SIGNPOST/REFERRAL TO APPROPRIATE LIFESTYLE SUPPORT

