



# Leven & Beeford Medical Practice Newsletter

## Poorly when the surgery isn't open?

If you fall ill over Christmas, there are different places you can go to seek medical attention:

**Beverley Urgent Treatment Centre**  
Swinemoor Lane, Beverley  
Can see you for urgent illness or injury  
7am—11pm 7 days a week  
**Telephone: 111 before attending**

**Drifffield 8-8 Centre**  
Alfred Bean Hospital, Drifffield  
For non-urgent minor injuries  
8am—8pm 7 days a week  
**Telephone: 111 before attending**  
**THIS SERVICE IS FOR APPOINTMENTS ONLY**

**Bransholme Urgent Treatment**  
Goodhart Road, Hull  
For less serious injuries  
24hrs a day 7 days a week



Please leave enough  
time to  
order your  
repeat medication



## Need the flu vaccination?

It's that time of the year again when we start thinking of Christmas and putting the tree up and wrapping presents. We know that it can become a very busy time for people, but if you're eligible, please don't forget to have your flu vaccination.

Telephone a receptionist who will be happy to book you an appointment with one of our nursing team.

## Opening hours over Christmas & New Year

### Surgery

Christmas Eve	CLOSED
Christmas Day	CLOSED
Boxing Day	CLOSED
27th December	CLOSED
28th December	8.00-6.00PM (Beeford closes at 12.30PM)
29th December	8.00-8.00PM
30th December	8.00-6.00PM
New Years Eve	CLOSED
New Years Day	CLOSED
2nd January	CLOSED

### Pharmacy

Christmas Eve	8.30-12.00PM
Christmas Day	CLOSED
Boxing Day	CLOSED
27th December	CLOSED
28th December	8.30-6.00PM
29th December	8.30-6.00PM
30th December	8.30-6.00PM
New Years Eve	8.30-12.00PM
New Years Day	CLOSED
2nd January	CLOSED

## Christmas Gingerbread Recipe



### Method

1. Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the bowl of a food processor. Add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.
2. Lightly beat the egg and golden syrup together, add to the food processor and pulse until the mixture clumps together. Tip the dough out, knead briefly until smooth, wrap in clingfilm and leave to chill in the fridge for 15 minutes.
3. Preheat the oven to 180C/350F/Gas 4. Line two baking trays with greaseproof paper.
4. Roll the dough out to a 0.5cm/1/4in thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes and place on the baking tray, leaving a gap between them. For decorations, use a skewer to make a small hole in the top of each biscuit.
5. Bake for 12-15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations.

### Ingredients

350g/12oz plain flour, plus extra for rolling out  
1 tsp bicarbonate of soda  
2 tsp ground ginger  
1 tsp ground cinnamon  
125g/4½oz butter  
175g/6oz light soft brown sugar  
1 free-range egg  
4 tbsp golden syrup

[https://www.bbc.co.uk/food/recipes/christmas\\_gingerbread\\_84244](https://www.bbc.co.uk/food/recipes/christmas_gingerbread_84244)

## Keep warm and get help with heating

Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression. Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition. It's best to keep your bedroom windows closed at night.

Make sure you're getting all the help that you're entitled to. There are grants, benefits and advice available to make your home more energy efficient, improve your heating or help with bills.

**Find Ways to Save Energy in Your Home** (from gov.co.uk)

Telephone: 0800 444 202

Monday to Friday, 8am to 6pm

Saturday and Sunday, 9am to 5pm

## Get advice if you feel unwell

If you're 65 or over, or in one of the other at-risk groups, it's important to get medical help as soon as you feel unwell. You can get help and advice from:

- a pharmacy – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
- Urgent treatment centres (see details overleaf)
- NHS 111 – go to [111.nhs.uk](https://111.nhs.uk) or call 111 if you have an urgent medical problem and you are not sure what to do. The sooner you get advice, the sooner you're likely to get better.

**In an emergency, go to A&E immediately or call 999.**

*We would like to wish all of our patients and their families a  
Merry Christmas and Happy New Year*

**Thank you to our Patient Group members for their contributions**