

Leven & Beeford Medical Practice Newsletter



Easter Break

Just a reminder to order your repeat prescriptions earlier to allow time for Easter. The pharmacy get very busy during Bank Holiday periods and extra time should be allowed.

Training Days

The practice will be closed from 12.30pm on the following days:
Wednesday 26th April
Thursday 18th May
Wednesday 21st June

Both surgeries will be closed:
GOOD FRIDAY (7th April)
EASTER MONDAY (10th April)
We will be open as normal on Tuesday 11th April

Leven Pharmacy will be closed Good Friday and Easter Monday but will open on Saturday 8th

Mental Health & Wellbeing Coach

We now have someone who can help with things like:

Stress

Feeling Lonely

Worry / Panic

Sadness

Low level anxiety

Depression / Low Mood

Low self-esteem

Bereavement /
Loss and Grief

Sleep Hygiene



Patient Participation Group

If you are interested to find out more about the practice or are interested in the service it provides, why not join our patient group. We meet approximately every 8 weeks and alternate between the Leven and Beeford sites. Alternatively, become a 'Virtual' member and receive our minutes (and future newsletters) via email. Please ask a receptionist for details or email our Business Manager, Terri Wardell: terriwardell@nhs.net

Relationship Challenges affecting mood

Ask a member of staff about the service

Chocolate Easter egg nest cakes

Ingredients

225g/8oz plain chocolate, broken into pieces

2 tbsp [golden syrup](#)

50g/2oz [butter](#)

75g/2³/₄oz cornflakes

36 mini [chocolate](#) eggs



Method

1. Line a 12-hole fairy cake tin with paper cases.
2. Melt the chocolate, golden syrup and butter in a bowl set over a saucepan of gently simmering water (do not let the base of the bowl touch the water). Stir the mixture until smooth.
3. Remove the bowl from the heat and gently stir in the cornflakes until all of the

cereal is coated in the chocolate.

4. Divide the mixture between the paper cases and press 3 chocolate eggs into the centre of each nest. Chill in the fridge for 1 hour, or until completely set.

Courtesy of
https://www.bbc.co.uk/food/recipes/easteregg nests_93841

Put a SPRING in your step.

Bulbs are brightening the gardens. Days are lengthening. Spring is here. Time to get out and about.

Think about getting FITTER.

No need for Gym membership - Just WALK

WHY???

1 Simple

2 Free

3 .One of easiest ways to get more active, lose weight, become healthier

But how?

Walk to shops.

Walk the dog (Borrow the neighbour's if needs be and do a good deed.)

Use stairs not lift.

For short journeys –walk–don't drive.

Walk the children to school.

Organise regular walks with friends.

Take a stroll after dinner.

Listen to music as you walk. Rhythm helps increase pace.

Use appropriate apps.

Join local walking group.

Check possible subject related leaflets at the Practice.

Check NHS sites for advice and possible programs.

Always check with your doctor before starting any exercise program. if you have any health problems.



HAPPY WALKING!