

Leven & Beeford Medical Practice Newsletter

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.

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

Driffield 8-8 Centre
Alfred Bean Hospital
 For non-urgent minor injuries
 8am—8pm 7 days a week
 Telephone: 111

Opening hours over Christmas & New Year

Surgery

Christmas Eve	8.00-6.00
Christmas Day	CLOSED
Boxing Day	CLOSED
27th December	8.00-6.00
28th December	8.00-6.00
New Years Eve	8.00-6.00
New Years Day	CLOSED

Pharmacy

Christmas Eve	8.30-6.00
Christmas Day	CLOSED
Boxing Day	CLOSED
27th December	8.30-6.00
28th December	8.30-6.00
29th December	8.30-12.00
New Years Eve	8.30-6.00
New Years Day	CLOSED



Please leave enough
time to order your
repeat medication





Cheese wheatmeal biscuits

Method

1. Heat the oven to 180C/160C fan/gas 4. Put the flours and oatmeal into a bowl and rub in the butter. Stir in the cheese. Add the egg yolk and mix in using a fork. When the mixture starts to clump together, use your hands to knead to a smooth dough.

2. Place the dough between two sheets of baking parchment and roll out thinly to about 1/2cm. Cut out desired shapes and lift them using a palette knife onto a non-stick baking sheet. Reroll any trimmings and cut out more shapes. Bake in the oven for 12–14 mins until golden brown. Leave on the tray for a few minutes to firm up before removing to a cooling rack.

3. Alternatively, take walnut-sized pieces of dough, roll into balls and place on the baking tray. Flatten slightly with a fork and bake as before.

Ingredients

100g wholemeal flour

50g self-raising flour

25g medium oatmeal

100g butter

100g cheddar cheese, finely grated

1 large egg yolk

Courtesy of www.GoodFood.com

Local Christmas events:

16.12.2018 7pm - **St Leonard's Church, Beeford Carol service**

23.12.2018 2.30pm - **Carol Service & Afternoon Tea 4pm, Beeford Methodist Chapel**

23.12.2018 4pm - **Holy Trinity Church, Leven Crib Service**

24.12.2018 8pm - **Holy Communion, St Leonards Church**



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