

# Leven & Beeford Medical Practice Newsletter

## Flu Season



It's that time of the year again and we will soon be starting our Flu 2019 campaign.

It's very important if you are aged 65 or over or if you have a chronic illness (see our website for full list of conditions), that you have a flu vaccination.

## Dates of flu clinics

### LEVEN AND BEEFORD MEDICAL PRACTICE 2019 WALK IN FLU CLINICS

Saturday 21<sup>st</sup> September, **Leven** 9am – 12pm; **over 65's only**.  
 Saturday 12<sup>th</sup> October, **Beeford** 9am – 12pm; all patients.  
 Saturday 2<sup>nd</sup> November, **Leven** 9am – 12pm; all patients.

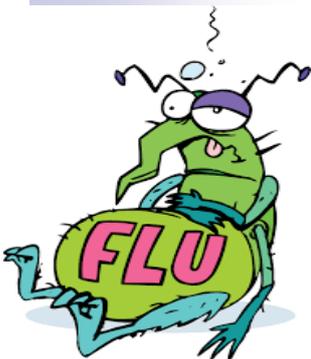
Please note if you are **under 65** and attend the first clinic, you may be turned away due to a shortage on vaccines.

No appointment necessary. Thank-you.

## Eligibility for the flu vaccination

- Over 65's
- Patients aged 6mths - 65 years with the following conditions:
  - Diabetes, Heart Disease, COPD, chronic liver disease, neurological conditions such as Motor Neurone Disease, Parkinson's Disease.

For other criteria, please speak to a Nurse or Doctor



# Parkin *(courtesy of BBC Good Food)*

## A little autumn baking.....

### Ingredients

225g/8oz [self-raising flour](#)  
115g/4oz soft [brown sugar](#)  
1 tsp [ground ginger](#)  
1 tsp [bicarbonate of soda](#)  
pinch [salt](#)  
55g/2oz [butter](#)  
115g/4oz [golden syrup](#)  
1 free-range [egg](#)

### Method

1. Preheat the oven to 150C/300F/Gas 2. Line a 20cm/8in cake tin.
2. Sieve the flour into a large bowl and add the sugar, ginger, bicarbonate of soda and salt.
3. Place the butter and golden syrup in a pan and heat until the butter has melted.
4. Put the egg and milk into a jug and beat together.
5. Gradually pour the butter and syrup into the flour and stir, then add the egg and milk mixture and stir until smooth. Pour into the lined tin.
6. Bake in the oven for one hour or until a skewer comes out clean when pieced in the centre of the parkin.

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## Happy To Chat bench

Look out for our 'Happy To Chat' benches which will soon be arriving - one for outside Leven Pharmacy and one for outside Beeford surgery.

These are designed to allow lonely members of the community a chance to come along and talk to others or for anyone else wanting to stop and say hello.



SUNDAY, 6 OCTOBER



### 56 ACTIVE COAST CHILDREN IN NEED RAMBLE

Join Active Coast for a family fun ramble around Sewerby Cliffs, Danes Dyke and South Landing as part of Countryfile's Children in Need Ramble. Stop off on the way and help draw a message in the sand before returning to Sewerby Hall and Garden's fantastic grounds.

Meet: Sewerby Hall, Church Lane, Sewerby, Bridlington YO15 1EA. OS Explorer Map 295, grid ref: TA 202 691.



Time: 10am - 3pm

Length: Choose a 1, 3 or 5 mile route

Booking: Further info at [ActiveCoast.org](http://ActiveCoast.org)

Cost: Free event