



# 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 before attending

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



**Please leave  
 enough time to  
 order your  
 repeat medication**

## 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	CLOSED
30th 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	8.30-12.00
29th December	CLOSED
30th December	8.30-6.00
New Years Eve	8.30-6.00
New Years Day	CLOSED

# Christmas Biscuits Recipe



## Ingredients

100g/3½oz unsalted butter, softened at room temperature

100g/3½oz caster sugar

1 free-range egg, lightly beaten

1 tsp vanilla extract

275g/10oz plain flour

To decorate

400g/14oz icing sugar

3-4 tbsp water

2-3 drops food colourings

Edible glitter

Courtesy of [www.GoodFood.com](http://www.GoodFood.com)

## Method

1. Preheat the oven to 190C/375F/Gas 5. Line a baking tray with greaseproof paper.
2. Cream the butter and sugar together in a bowl until pale, light and fluffy.
3. Beat in the egg and vanilla extract, a little at a time, until well combined.
4. Stir in the flour until the mixture comes together as a dough.
5. Roll the dough out on a lightly floured work surface to a thickness of 1cm/½in.
6. Using biscuit cutters or a glass, cut biscuits out of the dough and carefully place onto the baking tray. To make into Christmas tree decorations, carefully make a hole in the top of the biscuit using a straw.
7. Bake the biscuits for 8-10 minutes, or until pale golden-brown. Set aside to harden for 5 minutes, then cool on a wire rack.
8. For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food colouring.
9. Carefully spread the icing onto the biscuits using a knife and sprinkle over the glitter. Set aside until the icing hardens.

## How to stay well in winter

<https://www.nhs.uk/live-well/healthy-body/keep-warm-keep-well/?tabname=seasonal-health>

**Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.**

### Get advice if you feel unwell

If you are 65 or over, or in one of the other at-risk groups, see a pharmacist as soon as you feel unwell, even if it's just a cough or a cold.

Pharmacists can give you treatment advice for a range of minor illnesses. They will also tell you if you need to see a doctor.

The sooner you get advice, the sooner you are likely to get better.

### Keep your home warm

Follow these tips to keep you and your family warm and well at home:

- if you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C
- keep your bedroom at 18C all night if you can – and keep the bedroom window closed
- if you're under 65, healthy and active, you can safely have your home cooler than 18C, as long as you're comfortable
- use a hot water bottle or electric blanket to keep warm in bed – but do not use both at the same time
- have at least 1 hot meal a day – eating regularly helps keep you warm

*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**