

Leven & Beeford Medical Practice Newsletter

Flu Season



It's that time of the year again and we are now vaccinating patients.

It's very important if you are aged 65 or over or if you have a chronic illness that you have a flu vaccination.

Getting A Flu Vaccination

Bookable flu clinic

Saturday 14th October **Leven** 8am – 12pm

Please telephone to book an appointment, or if you can't make this date, ask for an alternative.

Eligibility for the flu vaccination

The flu vaccine is given free on the NHS to adults who:

- are 65 and over (including those who will be 65 by 31 March 2024)
- have certain health conditions
- are pregnant
- are in long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick



Healthy Pumpkin Muffin Recipe

Ingredients

- vegetable oil, for the tin
- 200g [coarsely grated pumpkin](#) or butternut squash
- 2 tsp [ground cinnamon](#)
- 1 tsp ground mixed spice
- ½ tsp [ground ginger](#)
- 175g Greek-style oat yogurt
- 2 [eggs](#)
- 125ml oat milk
- 1 tbsp [maple syrup](#)
- 175g wholemeal spelt flour
- 100g raisins
- 1½ tsp [baking powder](#)
- 25g [pecans](#), chopped

Method

STEP 1

Heat the oven to 200C/180C fan/gas 6 and line a muffin tin with 10-11 cases and very lightly oil them (otherwise the fat-free mixture tends to stick to the paper). Alternatively, use silicone cases. Put the pumpkin in a bowl, partially cover so steam can escape, then [microwave](#) on full power for 5 mins. Mash the cooked pumpkin with the spices until smooth. Allow to cool.

STEP 2

Beat the yogurt, eggs, oat milk and maple syrup into the pumpkin, then fold in the flour, raisins and baking powder until well mixed. Add a drop more milk if required. Scoop into the muffin cases and sprinkle over the pecans. Bake for 20-25 mins until risen and firm. Leave to cool and serve. *Will keep chilled for up to three days in an airtight container.*



Taken from: <https://www.bbcgoodfood.com/recipes/healthy-pumpkin-muffins>

Happy To Chat bench

Have you tried our Happy to Chat benches? We have one available outside each of the surgeries. These have been welcomed by our patients over the last few years and they tell us that they often enjoy having a chat with either a familiar or a new face.



Mappleton/Hornsea Circular Walk

Join the Active Coast Team on this spectacular circular walk from Mappleton to Hornsea.

There is a small car park that is free to use. More on street car parking can be found on the next street. Toilets sit behind the car park.

Bring a packed lunch.

Meet: Mappleton Beach Car Park, 4 Cliff Lane, Mappleton, Hornsea, HU18 1XX

Time: 10am-2pm

Duration: Please give 5 hours for this walk to accommodate the speed of the group and stopping to discuss interest points.

Cost: Free

16+

Details

Date

06 October 2023

Time

10am

Cost

Free, booking essential

Type

ActiveCoast

Thank you to our Patient Group members for their contributions