



Leven & Beeford Medical Practice Newsletter

www.levenandbeefordmedicalpractice.nhs.uk

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

Bransholme Urgent Treatment Centre **Bransholme Health Centre, Bransholme**

Can see you for urgent illness or injury
24hrs a day, 365 days a year

Walk-ins available

If you contact 111 before attending you may be given a specific time

Story Street Walk-in Centre **Wilberforce Health Centre, Story Street, Hull** 8am - 8pm 365 days per year

Walk-ins available

In an emergency, dial 999

Helpful telephone numbers

Domestic Violence and Abuse
Support and advice: 01482 396368

East Riding Council

Fallen or dangerous trees: 01482 393939

Yorkshire Water

Emergency (including overflowing sewer): 0800 573553

Non-emergency: 0345 124 2424

National Grid

For power cuts: 150

Opening hours over Christmas & New Year

Surgery

23rd December	CLOSED
Christmas Eve	CLOSED
Christmas Day	CLOSED
Boxing Day	CLOSED
27th December	8.00-6.00PM
(Beeford closes at 12.30PM)	
28th December	8.00-8.00PM
29th December	8.00-6.00PM
30th December	CLOSED
New Years Eve	CLOSED
New Years Day	CLOSED
2nd January	8.00-6.00PM

Pharmacy

23rd December	8.30-12.00PM
Christmas Eve	CLOSED
Christmas Day	CLOSED
Boxing Day	CLOSED
27th December	8.30-6.00PM
28th December	8.30-6.00PM
29th December	8.30-6.00PM
30th December	8.30-12.00PM
New Years Eve	CLOSED
New Years Day	CLOSED
2nd January	8.30-6.00PM

Don't
Forget!

Please leave enough
time to
order your
repeat medication

Mental Health at Christmas



Christmas can affect our mental health in lots of different ways.

This could be if Christmas is part of your life, or if it's happening around you. It's a time of year that often puts extra pressure on us.

Christmas could affect your mental health if you:

- Wish you didn't have to deal with Christmas, or find it stressful because of other events in your life
- Feel alone or left out because everyone else seems happy when you're not
- Feel frustrated by other people's views of a 'perfect' Christmas, if these feel different to your experiences
- Have ideas about what Christmas should be like, feel as if you need to enjoy it or worry something will disrupt it
- Feel like Christmas gives you something to focus on and look forward to, and find it difficult when it's over
- Look back at difficult memories, regret things about the past, or worry about the coming new year
- Feel overlooked, for example if you celebrate other religious festivals or holidays that get less attention

How to get help in a crisis - If your life is at risk right now

If you feel like you might attempt suicide, or may have seriously harmed yourself, you need urgent medical help. Please:

- **Call 999** for an ambulance
Go straight to [A&E](#), if you can
Call your local crisis team - or 0800 138 0990

If you can't do this by yourself, ask someone to help you.

Mental health emergencies are serious. You're not wasting anyone's time.

Newly diagnosed with MS?



Check out the MS society website for lots of information;

www.mssociety.org.uk

PARKINSON'S^{UK}

Newly diagnosed with Parkinson's?

Check out Parkinson's UK website for lots of information;

www.parkinsons.org.uk

Can I get help with health costs?

Some people can get help with the costs of NHS prescriptions. This includes if you are aged 18 and under in full time education

Aged 60 and over

Get certain benefits

Have certain medical conditions

Being pregnant or having a baby in the past 12 months (certain conditions apply)

To find out if you are eligible, try the online checker at:

www.nhsbsa.nhs.uk/check-if-youre-eligible-help



*Wishing all of our patient's a very
Merry Christmas and Happy New Year*



Thank you to our Patient Group members for their contributions