

Leven & Beeford Medical Practice Newsletter



Flu Season

It's that time of the year again and we will soon be starting our Flu 2018 campaign.

It's very important if you are aged 65 or over or if you have a chronic illness (diabetes, heart disease, COPD - see our website for full list of

conditions)

Changes to the flu vaccination

For this year there are 2 different types of flu available for adults: One type for those aged 18-65 (Quadrivalent) and a different type for all those patients over 65 (Trivalent).

When you come to the surgery to be given your flu vaccination we will ask you your age to ensure we give you the correct vaccination.

Dates of flu clinics

29th September
(Leven)

20th October
(Beeford)

10th November
(Leven)

**IF YOUR SURNAME BEGINS
WITH A - L**

**PLEASE COME BETWEEN
9am – 10.30am**

**IF YOUR SURNAME BEGINS
WITH M - Z**

**PLEASE COME BETWEEN
10.30 – 12 Noon**



**CAN'T GET TO ONE OF
OUR CLINICS?**

**Don't worry, phone
reception and they will book
you an appointment**

KEEP WELL THIS AUTUMN

Autumn Vegetable Soup with Cheesy Toasts recipe



(courtesy of BBC Good Food)

Ingredients

- 1 leek, chopped quite small
- 2 carrots, chopped quite small
- 1 garlic clove, finely chopped
- 1 potato, chopped quite small
- 1 tbsp finely chopped fresh rosemary
- ½ tsp sugar
- 410g can chickpea, drained and rinsed
- 3 tbsp chopped fresh parsley

Method

1. Put the vegetables into a large saucepan with the garlic, rosemary, stock and sugar. Season well, stir, bring to a simmer and cover. Cook gently for 15 minutes or until the vegetables are just tender.
2. Preheat the grill to high. Whizz the tomatoes in a food processor or blender until smooth, then tip into the vegetables with the chickpeas and parsley. Gently heat through, stirring now and then.
3. For the toasts: rub both sides of the bread with the garlic. Grill on one side until golden, turn the bread over, cover with edam and grill until it's bubbling. Serve at once with the piping hot soup.

Fancy a walk?

Summary

Walk Name Leven Canal Walk

Ref E59

Walk as far as you like on this route along a canal towpath.

Details

Circular Walk Yes

Grade Moderate

Ordnance Survey Explorer Map 295

Car Parking Facility Roadside parking in Leven

Refreshments Pub in Leven

Distance

Distance (Miles) 1

Distance (Kilometres) 1.6

Description

From the traffic lights on South Street walk a few steps to the footpath sign by the pub.

Pass through the grounds of a house to reach the canal head.

After about another 200 yards your path joins the towpath.

From this point the path continues for three miles to the river Hull, so you decide how far to walk.



Thank you to our Patient Group members for their contributions