

# PRACTICE UPDATE

**WINTER 2011      ISSUE 52**



**FERRYBRIDGE  
MEDICAL CENTRE**  
*Over 75 years of care*

## MERRY CHRISTMAS AND A HAPPY NEW YEAR

The partners and staff would like to wish all our patients a  
Happy Christmas and a healthy New Year



### CHRISTMAS AND NEW YEAR OPENING TIMES

**CHRISTMAS DAY - CLOSED**

**BOXING DAY - CLOSED**

**TUESDAY 27th DECEMBER - CLOSED**

**WEDNESDAY 29th to FRIDAY 30 DECEMBER - OPEN  
AS NORMAL**

**NEW YEARS DAY - CLOSED**

**MONDAY 2nd JANUARY - CLOSED**

**TUESDAY 3rd JANUARY - OPEN AS NORMAL**

Please ensure you have sufficient regular medication to last you over the  
holiday period.

If you require an emergency doctor over the holiday period please  
contact 0345 605 9999

Beauforth House Clinic  
Station Lane  
Ferrybridge  
WF11 8NJ

The Medical Centre  
8-10 High Street  
Ferrybridge  
WF11 8NQ

Byram Surgery  
St Edward's Close  
Byram  
WF11 9NT

The Health Centre  
Welbeck Street  
Castleford  
WF10 1DP

*Correspondence address  
all sites*  
Ferrybridge Medical Centre  
The Medical Centre  
8-10 High Street  
Ferrybridge  
WF11 8NQ

Tel: 01977 631623  
Fax: 01977 635032

Dr C.A. Pinder  
Dr A.D. Mone  
Dr P. Earnshaw  
Dr P. Wynn  
Dr C Phipps-Jones



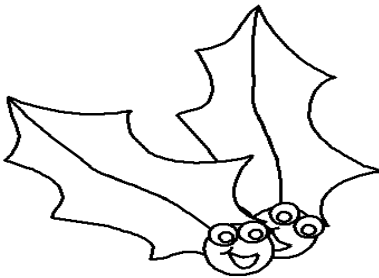
**Awarded for excellence**

[www.ferrybridgemedicalcentre.com](http://www.ferrybridgemedicalcentre.com)

## INDIGESTION OVER CHRISTMAS

# Christmas Word Search

O B E A Y H A R E E S P G L R T  
 F R Q N G L E T O B A R N R V I  
 C W N I A I I T N Y M E I U S N  
 M O E A N C E M E A T S F D T S  
 Y L O D M L Y N A U S E F O H E  
 S L E K T E M D R F I N U L G L  
 O E L S I I N K N U R T T P I C  
 R U I O H E E T T A H S S H L A  
 F M H C H Y S S T O C K I N G S  
 S E I R R E B N A R C S E V L E



candycane	ornament
chimney	presents
Christmas	reindeer
cookies	Rudolph
cranberries	Santa
elves	sleigh
family	stockings
holly	stuffing
lights	tinsel
mistletoe	turkey

Indigestion or heartburn is so common that most of us will suffer at some point and Christmas is often a difficult time for sufferers.

Symptoms are burning pain behind the breastbone that may be accompanied by a bitter acidic taste in the mouth, bloated or gassy stomach, burping and stomach discomfort, feeling full and/or sick.

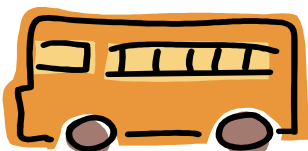
To avoid indigestion eat sensibly and avoid spicy, fatty or rich foods, especially just before bed time. Try to eat slowly and chew well. Try to cut down on alcohol. Try not to get stressed as this could trigger indigestion and become active as it helps your digestion.

Ask your pharmacist to advise you on the range of indigestion remedies available to treat symptoms.

## AGE CONCERN

Are you aware of the **FREE shuttle bus service** from Pontefract Hospital to Pinderfields and Dewsbury Hospitals?

The bus runs in conjunction with visitor opening times and leaves Pontefract hourly from 13.15 until 19.15 returning an hour later. The collection points are:  
 Pontefract - opposite the main entrance:  
 Pinderfields - Metro bus stop, main entrance, new hospital: Dewsbury - Bus stop by the Ridings entrance opposite the Priestly Unit. Timetables are displayed in all the Reception areas on leaflets which are available to patients



Age Concern Befriending service for older lonely old people. Self referral via Jan Young on **01977 552114**

It may be advisable for you to have indigestion remedies, Paracetamol and Calpol to hand in case any of these are needed over the Christmas and New Year period.

## Patient Participation Group

Are you interested in finding out how to get involved in your practice?

We are expanding our Patient Participation Group and are looking for patients from all age groups, social and cultural backgrounds to join us.

If your time is tight you may be interested in being a virtual member, who we can contact for your opinion on services.

If you would like more information please contact the surgery or speak to one of the receptionists. Alternatively enter your details below and hand in at reception:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact tel: \_\_\_\_\_



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## TIPS ON TURKEY DEFROSTING, COOKING AND LEFTOVERS

### The Main Points to Remember:

- Keep raw poultry away from ready-to-eat foods.
- Always store raw foods below ready-to-eat or cooked foods in the fridge.
- Store poultry carefully to prevent food poisoning bacteria from growing and spreading.
- Always wash and dry your hands thoroughly, with hot water and soap, after handling raw poultry.
- After preparing poultry, clean all utensils and worktops thoroughly - Always use separate chopping boards for raw poultry and meat.
- Always make sure poultry is properly cooked before serving (above 75°C) and that the juices run clear.
- Don't re-heat poultry more than once

### Defrosting a Turkey:

If using a frozen turkey, ensure it's properly defrosted before you cook it. If it's still partially frozen the recommended cooking times won't be long enough so food poisoning bacteria could survive the cooking process. Before you start cooking ensure there are no ice crystals within the cavity and test the thicker parts of the turkey with a fork which will indicate whether the meat is still frozen.

It's important to work out defrosting time in advance - it can take at least a couple of days for a large turkey to thaw. Check the packaging for defrosting instructions.

### Cooking a Turkey:

There are the three main ways to tell if a turkey is cooked:

- the meat should be piping hot all the way through,
- when the thickest part of the meat is cut none of the meat should be pink,
- the juices that run out when you pierce the turkey or press the thigh, should run clear.



Planning your cooking time in advance is very important, to ensure the turkey goes in the oven early enough to cook it thoroughly. A large turkey can take several hours to cook properly.

Often cooking advice is included on the turkey's packaging but as a general guide:



**Allow 18-20 minutes per 450g (1lb) at 190°C, 375°F, Gas Mark 5 (after the oven has heated).**

**pre-**

These cooking times are based on an un-stuffed turkey. It's better to cook your stuffing in a roasting tin separately, rather than inside the turkey. This enables the turkey to cook thoroughly and cooking guidelines will be more accurate. (Stuffing inside the turkey will cause it to cook more slowly.)

After cooking, any leftover turkey should be cooled quickly (in no more than 1½ hours) and then covered or placed in a sealed container and put it in the fridge. Make sure you keep all ready-to-eat foods, including cooked poultry, away from raw meat

### Turkey Leftovers:

- Keep cooked meat and poultry in the fridge - at room temperature, food poisoning bacteria can grow and multiply.
- Try to take out only as much as you are going to use and leave the rest in the fridge.
- If re-heating, always make sure it's piping hot all the way through before you eat it (above 75°C).
- Don't re-heat turkey more than once.