



HASP NEWSLETTER

HASP is your local Primary Care Network working together for Kingston Health, Goodheart Surgery, Dr Raut Partnership and Laurbel Surgery

March 2023

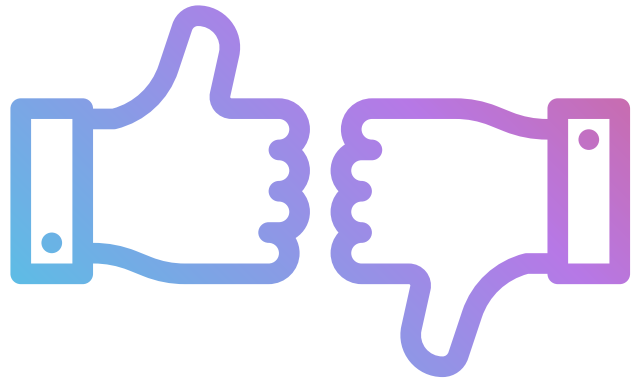
Open Days - You Asked, We Listened

Recently, you may have received a text message from your practice asking you to complete a short survey about the PCN Open Days. We asked for our patient's opinions on what they would like to have available to them at the events and what they would like to get out of attending.

We had a fantastic response, so thank you if you did take the time to complete the survey. We asked what you would be most interested in attending an Open Day for and the vast majority would like to have lifestyle advice including weight loss and diet support, mental health advice and annual checks including blood pressure and BMI.

We also asked if patients could have external organisations attend, what kind of things would be the most beneficial to them. Most people answered cost of living and benefits advice, as well as some support for those suffering with menopause.

We are holding more Open Days this year that will be specifically geared towards these



issues patients have asked for help with, health calendar awareness such as Breast Cancer Awareness Month and Men's Health Week. The PCN will be holding events across the city to make it more accessible for all of our patients with venues TBC.

Keep an eye out in the surgeries and on Facebook for all of our events details. We really hope to see you there.

The surgeries will be closed on Thursday 23rd March from 12:30pm for staff training. We will reopen from 8am the following morning. If you require medical assistance during this time please call NHS 111



@HASP.PCN

@KingstonHealthHullGP

@LaurbelSurgery

@GoodheartSurgery

@DrRautPartnership



Welcome to our Health and Wellbeing Coaches



patients to spread the word about their service. To help us share the news, and be in with a chance of winning a fresh fruit basket in the process, visit your surgery's Facebook page and find the pinned post above. Like the post, comment your favourite fruit and also give the HASP PCN page a like to enter. Contest closes at 5pm on Monday 27th March and a winner will be drawn at random on Tuesday 28th March.

We'd like to offer a big, warm welcome to our two new Health and Wellbeing Coaches - Michelle and Charlotte. who are both now working in practice. Their appointments work in the same way as our Social Prescribers and Mental Health Support Worker - just ask your clinician or at reception to be referred if you're struggling with weight, lifestyle, exercise or pre-diabetes. To celebrate their arrival we'd love for our

"Fruit is nature's candy"



You must complete all the actions above and be a registered patient at one of the PCN's practices to enter. All entrants must be aged 18 or over at the time of entry and the winner will be notified by direct contact from the practice they're registered with as well as a tag on Facebook. Good luck!

Paediatric Hubs a Big Success This Winter

The practices have responded to an enormous increase in demand for appointments for children this winter due to the widely reported individual cases of Strep A before Christmas as well as the usual winter bugs and viruses that we see rise this time of year. The Paediatric Hubs that HASP have held have been readily available to all of our younger patients that needed to be seen. We have been able to offer hundreds of same day

appointments for unwell children within the PCN and have therefore alleviated some of the extra strain of winter pressures within each surgery. If you are worried about your child's health, please contact your GP surgery or 999 for an emergency.



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