



# HASP NEWSLETTER

HASP is your local Primary Care Network working together for Kingston Health, Orchard 2000, Goodheart Surgery, Dr Raut Partnership and Laurbel Surgery

June 2023

## HASP and Cervical Screening Awareness Month

Every month, NHS organisations all across the country get involved in awareness days, but it's not just for the NHS. Supermarkets, councils and even TV channels get involved - we're sure you'll have heard about Comic Relief and Stand Up to Cancer - BBC and Channel 4 respectively.

This June, there are a lot of awareness days that we're getting involved in.

One that we are really passionate about is Cervical Screening Awareness Week. Running from the 19th of June until the 24th, we will have promotion in each of our practices and lots of posts on social media to encourage our female patients to book their cervical screening. We'll also be sending some texts to ladies who are overdue to motivate them to book in with their surgery for a test.

On average, there are 3200 new cases of cervical cancer each year with a 10 year survival rate of 51% - however, a whopping 99.8% of cases are preventable. Ensuring you have your smear test is one of the best ways of protecting yourself from cervical cancer.



If you're not sure whether you want to come for a test or what to expect if you do, then we have gathered some helpful smear test tips from Jo's Trust to help your appointment run smoothly.

- Ask to book a longer appointment if you think you may need more time
- Take someone you trust with you, to wait with you or be in the room
- Tell your nurse if you are anxious or if there is anything that makes the test difficult for you.
- Wearing a skirt or dress may help you feel more covered.
- Ask for a smaller speculum if you find the standard size uncomfortable.

Read more tips at [jostrust.org.uk/smeartest](https://jostrust.org.uk/smeartest)



@HASP.PCN

@KingstonHealthHullGP

@LaurbelSurgery

@GoodheartSurgery

@DrRautPartnership

@Orchard2000GP



## May's Open Day a Success



Hopefully you'll be aware by now that HASP are holding lots of Healthcare Open Days for our patients and our most recent event in May held at St Columba's Church Hall off Holderness Road was a big success. The organisations that we invited - AgeUK and the Carers Information Support Service - were both very busy all day chatting to some of our patients asking for support as well as our own staff getting lots of referrals for their services. We also took lots of blood pressure readings and checked a good deal BMIs too. This is something we will be offering at each event going forward. Our next event will be in July so keep your eyes peeled for updates on the Facebook pages and the next issue of the newsletter.



Patients queuing for BP checks and visiting the stands

The surgeries will be closed from 12:30 on Wednesday 21st June and will reopen again at 8am the following morning. Should you require any medical assistance during these times you can call NHS 111. However, if the situation is life threatening please call 999 or attend A&E. You can also see your local pharmacist for minor issues such as coughs, colds, sore throats, stomach troubles and minor aches and pains as well as the GP out of hours services at the Wilberforce Centre and Bransholme Health Centre.

## June Awareness Days

 **Cancer Survivors Day**   
5th June

 **Carer's Week**   
6th - 12th June

 **Loneliness Awareness Week**   
12th - 18th June

 **Men's Health Week**   
13th - 19th June

 **World Blood Donor Day**   
14th June

 **World Refugee Day**   
20th June

 **Learning Disability Week**   
20th - 26th June

 **World Wellbeing Week**   
26th - 30th June



@HASP.PCN

@KingstonHealthHullGP

@LaurbelSurgery

@GoodheartSurgery

@DrRautPartnership

@Orchard2000GP

