



HASP NEWSLETTER

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

July 2023

Healthy Holidays Hull - What To Do This Summer

It's the start of the summer holidays and we know that it can be a really hard time for some families. With the cost of living crisis really biting this year it can be difficult to think of ways to keep the kids happy, entertained and with full bellies. Healthy Holidays Hull is funded by the Department of Education and aims to provide all children living in Hull - including those that are asylum seekers or refugees - with fun activities that can help them eat healthily and be active over the school holidays. Children who attend any of their activities will take part in engaging and enriching activities which support the development of resilience, character, and wellbeing along with their wider educational attainment as well as be safe and not to be socially isolated.

They also want to ensure that the families who participate in this programme develop their understanding of nutrition and food budgeting and are signposted towards other information and support, for example, health, employment, and education.

They're holding a lot of activities across the North, East and West Hull for children up to the age of 16. There's also lots of activities for SEND children in all areas.



Some activities across the city include:

- Sensory room sessions (SEND)
- Soft play (SEND)
- Street Dance (North)
- Acrobatics (North)
- Family Fun Night (North, East,
- Ballet and Performing Arts (North)
- Nature Day (East)
- Art in the Park (East)
- Pearson Park Summer Sports and Games Fest (West)
- Bubbles Workshops (West)

And many many more!

Please visit their website

www.healthyholidayshull.org for the full list of activities and how you and your children can take part.



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HASP Smashes Through It's a Knockout!

As you may know, some of the staff from the PCN as well as staff from all of our surgeries took part in It's a Knockout for Dove House Hospice this month. If you're not familiar with the event, teams all take part scaling various bouncy castle assault courses and using their throwing and catching skills to win as many points as possible. Our teams did incredibly well, despite the less than desirable weather and the green team came fourth overall out of twelve!



The total raised is still being tallied but we're just short of £2000 and counting - smashing our target of £1500. It's going to an incredible cause and we're so proud of all of our staff who took part. We'd like to say a huge thank you to everyone who donated to our Just Giving page and on the paper sponsor forms dotted around the surgeries. We're very grateful to each and every one of you.



The surgeries will be closed on Monday 28th August for the Summer Bank Holiday. Should you require medical assistance during this time please contact NHS 111

HASP's Hot Weather Tips

These are our favourite tips to enjoy the sun safely:

- Drink plenty of fluids, take a bottle of water if you're leaving the house
- Try to keep out of the sun during the hottest part of the day (11am-3pm)
- When outside, walk in the shade and apply sunscreen regularly
- Look out for those who are most at risk - elderly, young children and babies. Keep them hydrated
- Never leave anyone or any animal in a closed parked car
- Wear loose fitted clothing



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