



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

A Busy July for HASP...

This month, HASP are really busy gearing up for some of our events. Our **Healthcare Open Day** is back on **Friday 21st July** at Edinburgh Street Community Centre, Woodcock Street, HU3 3SP between 11am and 2pm and will see our usual offerings of **blood pressure checks, BMI checks** as well as our friendly **Social Prescriber** and **Mental Health Support** worker on hand to offer their assistance. We also have **SmokeFree Hull** in attendance for anyone looking to gain support in quitting smoking, **Alcoholics Anonymous** offering help to anyone who may be struggling with alcohol consumption and **Menopaus'ull** - a fantastic local charity supporting women through the menopause. We've got some great info packs from Healthy Start for ideas on how to get kids active this summer too, so please feel free to pop down.

We're also taking part in **It's a Knockout**, a charity event raising money for the terrific Dove House Hospice. Paying homage to the legendary 70's gameshow, we have three teams of ten staff competing in the race over the inflatable



course, through foam, water and some strategic challenges all to drum up donations for DHH and the wonderful work that they do. The event is taking place on **Saturday 22nd July at the Hospice grounds on Chamberlain Road** and there will be a few of us there cheering our staff on. We're looking to raise **£1500** for Dove House and if you'd like to donate we have a number of ways. There are staff from **KingstonHealth, Orchard 2000 and Goodheart Surgery** taking part, you can donate to the staff directly on their sponsor forms or you can donate online through our Just Giving page - justgiving.com/page/hasp-pcn



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Cervical Screening Week - How Did We Do?

You may be aware that the 19th - 24th June was Cervical Screening Awareness Week across the UK and HASP were getting involved. We put up displays in all of the practices which you may have seen as well as lots of posts on the Facebook pages across the PCN. We also sent text messages to our patients that were overdue their cervical screening - those who hadn't had their screening within the three or five years dependant on age - and those ladies who

have never had their screening, to try and encourage them to book in. We held extra clinics in our extended access service at Bransholme Health Centre as well as one held at Laurbel Surgery.

This week we have checked what the average number of cervical screenings is across all the surgeries and extended access and it totals at 28. This week, with the extras clinics that we made available, HASP have done a total of 62 smears tests. That's more than double the usual weekly average! A big well done to all of our staff involved in Cervical Screening Week across the PCN.

Cervical screening is the first step in preventing cervical cancer and can be prevented by a simple screening test. If you are due for your smear test, please contact the surgery and you can be booked in with them or into Extended Access.



The surgeries will be closed from 12:30 on Thursday 20th July 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.

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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