



# HASP NEWSLETTER

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

September 2023

## It's Back to School Time - Tips to Keep it Calm

Children can often worry before heading back to school for the new term. This increase in anxiety can be so overwhelming for some that ChildLine has reported a big increase in calls to them from apprehensive young people.

ChildLine have reported that they delivered almost 8000 counselling sessions about school and education worries last year.

Some children have spoken about back to school worries including making friends, getting lost, workload and upcoming exams, recurrence of bullying and friendship issues. This can be worrying for the parents as well as children but there's a few things you can do to make the transition a little easier all round.

**1. Writing feelings down.** Parents can ask children to write down both what they're looking forward to and what's worrying them about going back to school. You can then chat through their concerns and focus on the positives.

**2. Listening and understanding their worries is key and try to discuss practical solutions.**

If they're worried about homework, show them how to break it down each night and suggest talking to their teacher if they feel overwhelmed.

**3. Make time for things they enjoy.** This can help ease feelings of anxiety and give children something to look forward to after the school day. It can be simple things like playing with



siblings, reading a book, playing football in the garden or helping in the kitchen.

**4. Get back into the usual routine.** If possible, try to make time to eat a healthy meal altogether in the evening, this is a good time to talk to your children about the positive things that happened during the day and discuss anything that worried them. Try to put away digital devices an hour before bedtime, encouraging your children to read before bed has been shown to improve sleep quality.

If your child is particularly anxious about school and it seems to be affecting their school life, you can visit [youngminds.org.uk](https://www.youngminds.org.uk) for advice, or your GP.



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## COVID-19 and Flu Campaign Coming Soon



As autumn approaches, we're really starting to gear up for the COVID-19 and Flu vaccine campaign. We will be running clinics across most of our sites from mid September with patients having the opportunity to book in themselves at a convenient time.

The risk of flu increases from autumn and into winter and can really peak in the colder months, which is why it's important that those patients who are more vulnerable get their COVID-19 and flu vaccines. While flu can be nasty for some people, for those with certain health conditions it can be dangerous, or in a small number of cases - life threatening.

The vaccine is safe and effective, however if you're currently unwell with a high temperature it's best to wait until you're feeling better before booking your appointment.

Anyone can get the flu vaccine, but those with certain conditions or over certain ages can have it free on the NHS. Conditions such

The surgeries will be closed on Wednesday 20th September from 12:30 for staff training. Should you require medical assistance during this time please contact NHS 111

as asthma, diabetes, Parkinson's disease, MS, those with a weakened immune system due to chemotherapy and many more are eligible to receive their vaccine from us this year. The COVID-19 booster will be offered to people aged 65 and over, older care home residents, those aged 6 months to 64 who are in a clinical risk group, those aged 12 to 64 who live with someone who is immunosuppressed and/or are carers and those who work on the frontline in health and social care. You will be contacted by your surgery when you are able to book your appointment and we encourage all those who are eligible to attend.

We will be contacting any of our housebound patients in due course to arrange a time to visit them too.

Both vaccines are important and we look forward to seeing lots of you in the clinics, so keep your eyes peeled in the surgeries, on our Facebook pages and for text messages for information on the dates of the clinics and how you can book in.

Childhood Cancer Awareness Month  
Urology Awareness Month  
Gynaecological Cancer Awareness Month  
World Alzheimer's Month  
**5th-11th** Blood Pressure: Know your Numbers Week  
**5th-12th** Migraine Awareness Week  
**10th** World Suicide Prevention Day  
**12th-17th** Rheumatoid Arthritis Awareness Week  
**12th-18th** National Eczema Week  
**13th** World Sepsis Day  
**15th** World Lymphoma Day  
**18th** Jeans for Genes Day  
**19th** Youth Mental Health Day  
**19th-25th** Organ Donation Week  
**21st** World Alzheimer's Day  
**26th** World Contraception Day  
**29th** World Heart Day



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