

HASP NEWSLETTER

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



October 2023

Busy Day for HASP on National Fitness Day

You may be aware that on Wednesday 20th September, it was National Fitness Day. To celebrate this, HASP decided to have our Open Day on the same day, orchestrated by our fantastic Health and Wellbeing Coaches, Michelle and Charlotte. You may have seen them around the practices in the last few months and it was their idea to share their expertise and knowledge with patients on National Fitness Day, to encourage patients to get moving or try another form of exercise that they wouldn't have previously thought of.



Held at Ennerdale Leisure Centre, we had a lovely Nurse Associate, Kady taking blood pressure and BMI measurements as well as the wellbeing teams from both Hull KR and Hull FC Rugby League teams chatting to people. MoveHumber, Home from Hospitals, ParkRun, FitMums, Health in Harmony and Alcoholics Anonymous were also in attendance offering their encouragement and guidance for people looking to increase their activity level and

Improve their general health. Lots of people came through the door, patients and those registered elsewhere looking to increase their daily activity.

HASP hold our Open Days to demonstrate to the public the services that can be offered through our practices as well as those available across the city for various issues they may be facing. As more and more people are needing basic health checks for long term conditions and their overall health, we like to offer them on a drop in basis to save patients as well as the surgeries time.

Our last Open Day of the year will be held this month, so keep your eyes peeled for the posters in the surgery and on Facebook for all the information and who will be there.



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How Can Your Family Stay Safe This Spooky Season?

Now that we're deep into the throes of Autumn and October is upon us, Halloween will soon be here. Halloween is an exciting time, especially for children with the idea of dressing up, pumpkin carving and trick or treating after dark all high on the agenda.

While Halloween is meant to be ghostly and fun, there are some frights that families will want to avoid this spooky season, so we've shared some quick tips from **The Child Accident Prevention Trust** on how to stay safe while enjoying the festivities. There are lots more ways to stay safe this Halloween but still join in all the fun and excitement with your family.



Please remember to use 999 in an emergency. If you'd like to see the tips from CAPT in full, please visit <https://capt.org.uk/halloween/>.

- 🎃 Halloween costumes are highly flammable, teach children to Stop, Drop and Roll
- 🧛 Try to buy costumes from a reputable store or website and check labels for a UKCA or CE mark
- 👻 Encourage children to layer up
- 🕷️ Keep candles well out of the path of trick or treaters or switch to LED candles
- 👑 Be visible, think about fluorescent strips or glow sticks as part of the costume
- 👤 Stay safe near roads. Masks reduce visibility so maybe try face paint instead.
- 🍬 Carve pumpkins carefully or find a no-carve design on Pinterest.
- 🦇 Watch out for treats that might be a choking hazard for young children such as hard sweets, lollipops and mini eggs as well as button batteries.

If you are eligible for a COVID Booster and have not yet booked your appointment, you can visit <https://www.nhs.uk/> to book an appointment online that is most convenient to you. Please be aware, you cannot currently book an appointment through your surgery.

The surgeries will be closed on Tuesday 24th October from 12:30 for staff training. Should you require medical assistance during this time please contact NHS 111

Lupus Awareness Month
National Cholesterol Month
Go Sober for October
ADHD Awareness Month
Breast Cancer Awareness Month
1st World Vegetarian Day
2nd - 8th National Hygiene Week
3rd Child Health Day
3rd - 7th Back Care Week
6th World Dyslexia Awareness Day
8th World Hospice Palliative Care Day
10th World Mental Health Day
10th - 16th Sexual Health Week
15th Global Hand Washing Day
15th Pregnancy and Infant Loss Remembrance Day
29th Psoriasis Awareness Day
31st Halloween



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