

VERY IMPORTANT INVITATION PROJECT



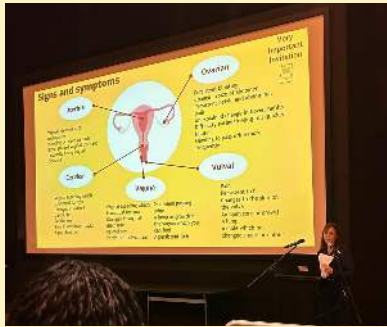
November 2023 Newsletter

Written by Ashleigh Cervical Screening Admin Assistant

Lawrence Walker Celebrations & Cancer Awareness

Nurse health educator Hannah and student nurse Caitlin, were honoured to be invited to The Lawrence Walker Celebrations & Cancer Awareness Event at Firstsite Colchester on Tuesday 17th October.

The event was dedicated to honoring the achievements of individuals and for the education of cancer. It served as a platform to raise awareness about cancer and its prevention. Various informative sessions, engaging activities, and interactive discussions took place, providing valuable insights into cancer prevention, early detection, and available support systems.



What are the team up to this month



- We are working with Survivors In Transition to run a clinic to support survivors to access this very important aspect of health care and help it to feel like a safe space. It will be held on Wednesday 15th November and you can drop in in person or via Zoom anytime between 11:30-14:15. Email for Survivors In Transition on Support@survivorsintransition.com or call their main support line on 07765 052282 for further information, to let us know you are coming and for access to the link.
- 8th of November we will be attending the Afro-Caribbean drop in session. Location: Baptist Church Pier Road Harwich. Time: 5pm till 7pm
- Saturday 4th November we will be at the Bethel Community Cancer prevention sessions in Ipswich

Here are some of our cervical screening top tips!

- Try to give yourself plenty of time to get to your appointment. This is so that you can take a breath when you get to the surgery and practice some relaxation breathing if you are a little nervous.
- When you arrive use the bathroom, there is nothing worse than having a speculum examination with a full bladder. Your nurse will wait for you to finish.
- If you have any concerns or triggers, write these down and ask the receptionist to give to the nurse before you are called in, this is a great way of communicating with the nurse without having to verbalise if that is hard for you to do. This can be in advance of your screening or when you arrive on the day.
- If you know what size speculum was needed last time, you can request that size again.
- During your examination, if you are finding things uncomfortable, then speak up tell the nurse to stop, and use a smaller size.

5000 lives are saved by cervical screening every year!



Contact us to book your appointment here:

<https://linktr.ee/veryimportantinvitation>

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