

# VERY IMPORTANT INVITATION PROJECT



April 2024 Newsletter

Written by Natalie - Cervical Screening Community Outreach Nurse

## This month is Stress Awareness month!

With April being Stress Awareness Month, we wanted to recognise the impact it has on our day-to-day lives and recommend some tips to help. Stress Management Society have set a theme for this year, #LittleByLittle which highlights the importance of breaking things down and emphasises on taking small steps towards self-care and stress reduction. At the VII Project, we understand that cervical screening can cause stress for some of our patients too. We have put together a few recommendations to help to relieve some of your stress and help you tackle your day...and your cervical screening.

- 1) Square breathing technique – This slow and mindful breathing technique can help to calm down the central nervous system and relieve stress. By inhaling through the nose for the count of 4, holding the breath for a count of 4, gently exhaling for a count of 4, and pausing for the count of 4, before repeating for as many cycles as you need.
- 2) Connect with people – “A problem shared is a problem halved.” Ensuring you have a good social network around you can help to ease your troubles and allow you to talk through any problems. Guaranteed that whatever you’re going through, someone around you has felt the same and by opening up and realising that you are not alone, hopefully the problem won’t feel so big.
- 3) Meditation or visualisation – creating a vision board focusing on goals or things that you want your life to include. Or spending a few minutes a day meditating on goals or visualising your day and positive things in it to be grateful for. Sometimes we just need to shift our focus and try to look at things another way.

For further help and support managing your stress, check out [Stress.org.uk](https://www.stress.org.uk) or MIND

### Our newest team member

We have recently welcome to the team, Natalie who is our new Cervical Screening Community Outreach Nurse. Natalie has a background in primary and emergency care. She is passionate about holistic care and empowering people to be in control of their own health. Natalie is keen to support patients and service users to access individualised and personalised care.

When she is not at work, Natalie enjoys keeping fit and travelling in her camper van and in a previous life, she used to teach Zumba and Bellydancing classes.

As we have expanded into NEE this month, Natalie has been reaching out and making new contacts in the area and filling up our diary with events for us to attend. Look out for us in the summer at Colchester Food and Drink Festival, Tendering Airshow and Boxted Village Festival, to name a few.



### What are we up to at The Very Important Invitation Project

Here are some of the events that the team has been working at or at due to attend this month.

- Maddy attended the Be Well Bus in Hadleigh and the University of Suffolk
- Natalie has attended the Pushchair Pitstop with Ashleigh in Felixstowe.
- Natalie and Ashleigh also attended Rural Coffee Caravan in Buxhall.
- Maddy did some filming with ACE Anglia.
- Hannah delivered ‘Health Inequalities in Cervical Screening’ training session in Ipswich.



@veryimportantinvitation @veryimportantinvitation  
 Very Important Invitation @InvitationVery

[sgpfed.veryimportantinvitation@suffolkfed.org.uk](mailto:sgpfed.veryimportantinvitation@suffolkfed.org.uk)

Book cervical screening!

## VERY IMPORTANT INVITATION PROJECT

### ARE YOU OVER DUE YOUR CERVICAL SCREENING?

SCAN HERE TO REQUEST AN APPOINTMENT

