

VERY IMPORTANT INVITATION PROJECT



August 2024 Newsletter

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Latitude

We were lucky to attend Latitude over the weekend. The sun shone and spirits were high as many sequined festival goers descended upon the beautiful Henham park. We were situated in the village with the NHS Be Well Bus. Over the four days it was great to be situated with other healthcare professionals promoting and raising awareness on a range of topics. We had some really good interactions with people and were able to answer questions, alleviate concerns and encourage people to book their cervical screening. Thanks for having us Latitude and we hope to be back next year!



World Head and Neck Day

World Head and Neck day was on 27th July. With 500,00 cases and 200,000 head and neck cancer related deaths globally a year it is important to be aware of some of the signs to look out for:

- Ulcers for more than 3 weeks
- Lumps, swelling, pain or discomfort in jaw or neck
- Bleeding from mouth/ throat
- Red/ white patches in your mouth
- Teeth that become loose
- Unexplained weight loss



If you experience any of these please contact your gp

Here is what the project has been up to in July:

- Latitude Festival
- Clacton PCN Health and Wellbeing Event (Thorpe)
- Sisters Circle with CVS Tendering Clacton
- Colchester United Family Day
- Wednesdays with Wellbeing Roadshow
- Tendering Hundred Show
- Menopause talk in Manningtree/Ardleigh area
- Health stand at Creffield Medical Centre
- Race For Life Colchester
- Farlingaye Minifest
- ESNEFT Health Inequalities Community Engagement - SOS Bus



Self- sampling

As we know 3 in 10 people do not take up the offer of screening. Currently the cervical screening programme prevents around 70% of deaths, but if everyone took up the offer of screening it could be as many as 83%.

The results from the Youscreen Trial have shown that if self-sampling is introduced it could enable 1 million more people to be screened. The Youscreen trial was the largest of its kind in the UK and was the first to offer HPV self-sampling. Another trial called HPVvalidate is currently underway in the UK and in its final stages of investigating how accurate self-sampling HPV is vs the standard screening carried out in healthcare settings. For the Youscreen trial, which was trialed in five London boroughs, if the self sampling detected HPV, patients are then invited into the surgery for a follow up test with a clinician. On the basis of the evidence so far, NHS England and UK National Screening committee are exploring how HPV self-screening could be rolled out.

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Book cervical screening!

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ARE YOU OVER DUE YOUR CERVICAL SCREENING?

SCAN HERE TO REQUEST AN APPOINTMENT

