

# VERY IMPORTANT INVITATION

Newsletter, Nov '24

As Storm Bert blows us into December, we reflect on a whirlwind month at The Very Important Invitation Project!

## NURSING TIMES AWARDS



With a record number of over 700 entries, we were honoured to be nominated for THREE Nursing Times Awards. It was incredible to attend the NTA's and share the event with inspiring nurses and hear of all the amazing work and initiatives being undertaken across the UK.



## EVENT HIGHLIGHTS

- Nurse, Hannah presented at the Lawrence Walker Awards
- Nurse, Natalie attended Women's Health & Menopause Events at Ipswich & Colchester Hospital
- Nurse, Lilith attended Braintree Institute with a Pop-Up

**NOV**

SAT 16 NOV: KESGRAVE

SAT 23 NOV: MILDENHALL

SAT 30 NOV: GREAT CORNARD

**DEC**

SAT 07 DEC: STOWMARKET

SAT 14 DEC: FELIXTOWE

SAT 21 DEC: BURY ST EDMUNDS

**parkrun SUFFOLK**

parkrun Junior parkrun

**JAN**

SAT 04 JAN: ALTON WATER

SAT 11 JAN: RENDLESHAM

SAT 18 JAN: SIZEWELL

SAT 25 JAN: IPSWICH

**FEB**

SAT 01 FEB: CLARE

SAT 08 FEB: HAVERHILL

SAT 15 FEB: BRANDON

SAT 22 FEB: FRAMLINGHAM

*I'm thrilled to share my personal mission to support Cervical Screening awareness. THE GOAL: Run EVERY park run in Suffolk! WHY: To spread awareness and encourage conversations about cervical screening. WHEN: Starting this month, I'll lace up my trainers every Saturday for a new Park Run.*

## CARA'S PARK RUN CHALLENGE

This month we have considered raising awareness in creative ways, which led to us being invited on BBC Look East!