

# VERY IMPORTANT INVITATION

Newsletter, Jan '25

Welcome to the first edition of our newsletter for 2025! As we step into the new year, now is the perfect time to prioritise your health and well-being. January is **Cervical Screening Awareness Month**, and from January 21st, there is additional focus on **Cervical Cancer Prevention Week**. This is a crucial time to raise awareness about cervical cancer and the importance of early detection, vaccination and screening in saving lives.



## To Do in 2025: Book Your Cervical Screening Appointment!

As part of your health resolutions for the year, we encourage you to add attending your cervical screening appointment to your 2025 to do list. If you are struggling to find an appointment to suit your schedule, we offer weekday evenings and weekend appointments for eligible practices in Suffolk.

## JANUARY EVENT HIGHLIGHTS:

- Colchester Foodbank (Stanway)
- SOS Bus (Walton)
- Education Sessions at Thurston School, Clacton Coastal Academy and University of Suffolk
- Pop-Up at Ipswich and Colchester Hospital
- Support stand at Ipswich county Library



## PARK RUN CHALLENGE

## TOP TIPS:



WHEN YOU ARE **BETWEEN 25 AND 49** YOU WILL BE INVITED EVERY **3 YEARS**

WHEN YOU ARE **BETWEEN 50 AND 64** YOU WILL BE INVITED EVERY **5 YEARS**

WHEN YOU ARE **AGED 65 OR OLDER**, YOU WILL ONLY BE INVITED IF 1 OF YOUR LAST 3 TESTS GAVE AN **ABNORMAL RESULT**.



You will receive a letter when you are due to attend cervical screening however, if you have any symptoms that are abnormal for you, please speak to your GP.