

VERY IMPORTANT INVITATION

Newsletter, Feb '25

With February shining a spotlight on love, we at the VII are championing the importance of self-love and acceptance.

Caring for yourself is not a luxury; it is essential. A key part of this is prioritising your health, including cervical screening. Regular screenings can detect early signs of cervical cancer, potentially saving your life. By taking charge of your well-being, you are not only protecting yourself but also reinforcing the message that health and self-care should never be overlooked.

CERVICAL CANCER PREVENTION WEEK

We had numerous interactions with local businesses regarding Cervical Cancer Prevention week and asked them to display our posters in their establishment. The response from business owners was positive. As a result, we did an interview with Bury Press online and BBC Radio Suffolk.

During this week, we also had a pop-up stand at Ipswich & Colchester Hospital.

FEBRUARY EVENT HIGHLIGHTS:

- Suffolk Refugee support
- Delivering presentations at Summerhill & East Bergholt School
- SOS Bus at Brightlingsea and Mersea
- Wellbeing Event at The Mix
- Ace Anglia Presentation
- Stour Valley PHSE day
- Queer Health Matters event at The Hold
- Podcast with Cancer Support Suffolk



Self-Care Tips:

- ✓ Prioritise Your Health -



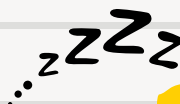
Be aware of your own body and what is normal for you. Attend your appointments/ check-ups, including cervical screenings.

- ✓ Stay Active -



Move your body in ways you enjoy, whether it's walking, yoga, dancing, or strength training.

- ✓ Get Quality Sleep -



Aim for 7-9 hours of rest each night.

TEACHING AT UNIVERSITY OF SUFFOLK

Hannah and Olivia visited UOS to deliver an informative session on cervical cancer, cervical screening and the anatomy and physiology involved.

The day was highly productive, featuring group activities that focused on public health planning, tackling health inequalities, and exploring the barriers different groups face in accessing care.