

December '25

VERY IMPORTANT INVITATION NEWSLETTER

Very
Important
Invitation



The festive season is finally here, and before we reflect on the year as a whole lets look back over a **fulfilling November**. As we continued to help **break down the barriers** towards cervical screening we attended a range of events where we met an abundance of other **health practitioners** and the general public.



The Walton Community event that helped bring awareness and education to the importance of screening.

Laura, our Cervical Screening Community nurse spent a lot of November out and about meeting with public.



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A REFLECTION ON THE YEAR



As 2025 draws to a close, it is a perfect moment to reflect. This year, through the VII project, many people have taken **proactive steps for their health**, attending screenings for the first time, returning after a gap, or simply asking questions to feel more confident. Cervical screening is about **prevention**, not just detection, helping identify cell changes or high-risk HPV before they become serious.



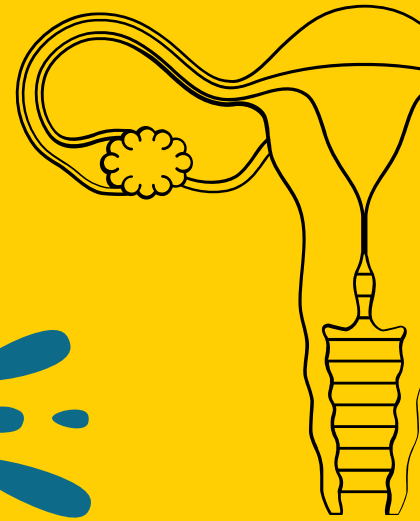
The VII team has had an incredible year engaging with our community. Highlights include attending Latitude Festival for three days, showcasing cervical screening at the Suffolk Show, giving presentations at schools and universities, providing health inequalities sessions and spending time supporting our local community. The team also offered 1-to-1 support for those needing extra guidance. Their dedication has been recognised too, with six Nursing Times award nominations, being runner-up and commended at the Can Do Awards and ongoing efforts to make screening more accessible and welcoming for everyone.

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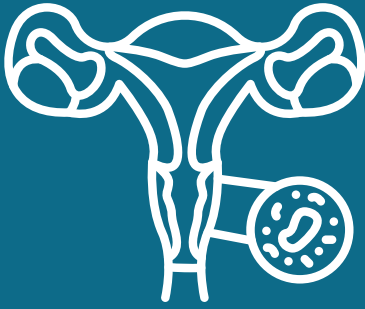
This year has also brought positive developments, including more personalised screening intervals based on improved testing. When high-risk HPV isn't found, people can safely wait longer between screenings, reducing unnecessary appointments while ensuring that those who need closer follow-up continue to receive it. At the same time, digital reminders and communications have made it easier to keep track of invitations, results, and next steps, a welcome support during busy lives.



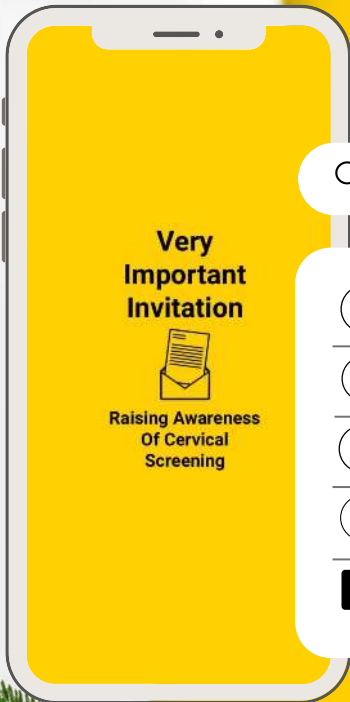
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As the festive season fills our calendars with celebrations and gatherings, one of the best gifts you can give yourself is peace of mind. Booking a cervical screening is a straightforward act of self-care that allows you to enter the new year with confidence and reassurance about your health.





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If you are due a screening, now is a wonderful time to plan ahead. A few minutes today is a gift that keeps giving all year round.

