

January 26'

Very
Important
Invitation

VERY IMPORTANT INVITATION NEWSLETTER



Happy New Year and welcome to the first newsletter of **2026**. After a festive and joyful month we can now reflect on **December** as a whole and the **changes and events** the project has had.



We were part of the East Coast Council Health and Wellbeing Roadshow that took place at Port Health.



Nurse Hannah attended the Health Promotion event at West Suffolk Council Mildenhall - and managed to get a spot right next to the tree!



Nurse Hannah and Laura attended the Future Female Happiness Brunch Event. Where Hannah delivered a speech on the importance of screening, as well as having a sing song!



January 26

A FAREWELL

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In December the team said goodbye to **Hannah**. Our **Cervical Screening Health Educator, Assessor and Trainer**. Hannah will be greatly missed by the Very Important Invitation team, Suffolk GP Federation and the community. We wish Hannah all the best as she begins her **new adventure**.



*I have been part of the 'Very Important Invitation' cervical screening project for the past **3.5 years** and it has been and it has been an incredibly rewarding role. What I have loved most is knowing that the work directly supports earlier detection and has the potential to **genuinely save lives**.*

*The challenge of working with such an important and sensitive topic and finding ways to make it feel **approachable, respectful, and engaging**, has been both motivating and meaningful. Being able to work with underserved communities to **educate and inform people** about cervical screening, particularly where there are barriers to access or engagement, has been one of the **most fulfilling aspects of the role**.*

*A key strength of the project has been its strong user-centred approach. Putting the **recipient's perspective first** and shaping invitations that feel personal rather than clinical has been central to the work, I have valued being able to use this insight and feedback to influence how we deliver our **cytology training** to practice nurses undertaking their cervical screening training.*

*As I leave to undertake the Specialist Community Public Health Nurse PGDip, I do so with **a strong sense of pride in the work** and the difference the project continues to make.*

January 26

GENDER JUSTICE & INTERSECTIONAL PRACTICE CONFERENCE

Very Important Invitation



Laura and Elle were invited to attend '**Gender Justice & Intersectional Practice Conference**' The event was held 3rd Dec at The Hold, Suffolk Archives, University of Suffolk.

The event was opened by **Mollin Delve**, Chief Executive Officer and Founder of **P.H.O.E.B.E Centre** and brought together powerful voices to address the realities faced by **Black African women and migrant communities in the UK**. The event highlighted P.H.O.E.B.E.'s mission: **Promotion of Health, Opportunity, Equality, Benevolence and Empowerment**.



It was an educating and empowering day and incredibly hard hitting. Here are just some of the key highlights and emerging themes we found throughout conference...



Survivors of domestic abuse reminded us of the importance of moving from victimhood to thriving, with hope and resilience at the centre.

Stella Harris raised concerns about AI surveillance and deepfakes, linking technology to gender-based violence.

Sudanese women's voices detailed the impact of war, displacement, and domestic violence.

Healing through activism: Survivors reframed their journeys as pathways to empowerment.

Community-led solutions: "By and For" approaches ensure culturally sensitive and trauma-informed support.

Dr Mirna Guha and Dr Yemisi Sloane Anglia Ruskin University: presented research on coercive control, intimate partner violence, and the barriers created by immigration law.

Intersectionality in practice: Understanding how overlapping identities shape experiences of violence and exclusion.

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Why this matters for our project

The conference reinforced that health access is inseparable from **justice and equality**. Many women, especially those facing insecure immigration status or **cultural stigma, miss vital screenings**. We aim to highlight in our day-to-day work;

Equity in access:

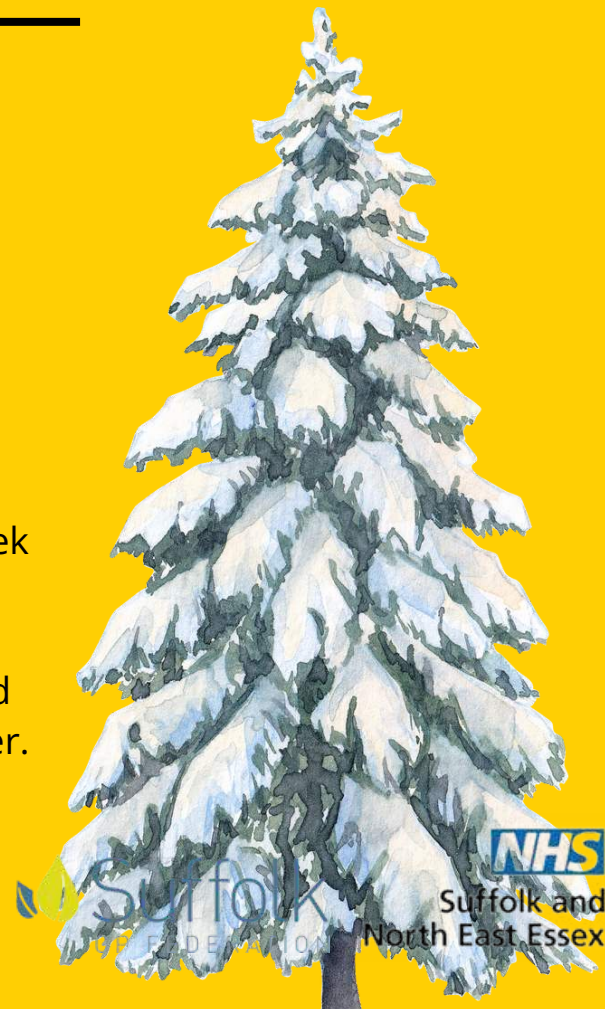
Screening made available and encouraged for all women, regardless of background.

Trauma-informed care: recognising the lived experiences of survivors.

Community outreach: we'll continue to collaborate with networks like P.H.O.E.B.E to bridge gaps in awareness and uptake.

UPCOMING EVENTS:

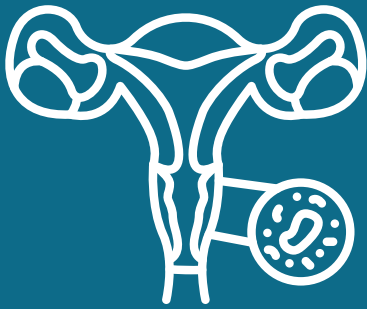
- **Cervical Cancer Awareness Month**
- **Cervical Cancer Prevention Week w/c 19th**
- **HPV Prevention Week - w/c 26th**
- **22nd Jan** – 9am-1pm, Stanway Library Pop-up
- **TBC 23rd Jan** - Women's Cancer Awareness Workshop, Clacton.
- **28th Jan** - Under-screened
- **26-30th** January 2026 - 8th Annual Us vs. HPV Week
- **30th Jan** – times, Greenstead, Colchester Food Bank Pop-up
- **31st January** - Women's Health Community Based Training Event – RCCG Stillwater Centre, Colchester.



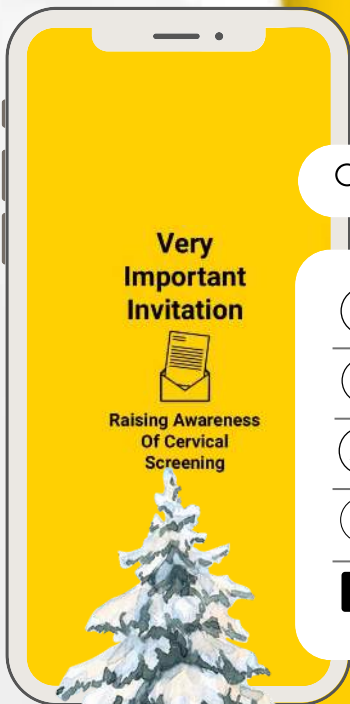
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As we step into 2026, we're carrying forward the spirit of the conference: empowerment, healing, and justice. Ensuring that women and people with a cervix have the chance to protect their health and thrive. We look forward to another year of supporting you on your Screening Journey.



Follow us!

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If you are due your screening today, why not add 'putting my health first' to your list of new years resolutions and get it booked in!

Suffolk
FEDERATION


Suffolk and
North East Essex