

## Enfield Saheli Mental Health Project

Quarterly Newsletter

Website: [www.enfieldsaheli.org](http://www.enfieldsaheli.org)

Email : [info@enfield-saheli.org.uk](mailto:info@enfield-saheli.org.uk)

### Cervical Screening can save your life: What you need to know

The NHS Cervical Screening Programme started in January 1988. Cervical Screening is a method of preventing cancer by detecting, and treating early abnormalities which if left untreated could develop into cancer in a women's cervix. It saves thousands of lives every year. The programme aims to reduce the number of women who develop invasive cervical cancer and the number of women who die from it. Since the programme has started it has led to a marked reduction in deaths from cervical cancer.

**Risk factors** can include smoking, unprotected sex, multiple sexual partners and sexual intercourse at an early stage.

First invitation is at age 25 years, a 3 yearly invitation for 25-49 years, a 5 yearly invitation for 50-64 years and 65 and over can have screening on request.

Smear test can be done at your GP Surgery, local family planning clinic or a special clinic e.g. well woman clinic, smear clinic. the results come out as negative, inadequate and abnormal which mean.....

**Negative:** the laboratory has not detected abnormalities in the sample.

**Inadequate:** the laboratory is unable to report the result and the smear test must be repeated.

**Abnormal:** the laboratory has identified some cell changes which need further investigation.

Barriers to cervical screening are

- Misplaced fear
- Language barriers/communication problems
- Disabilities
- Lack of information
- Pain / discomfort.

On every **Wednesday** afternoon (12.45—3.00pm) there is a walk in clinic (no appointment is necessary) which is available aged 25-64 at **Forest Primary Care Centre 308a Hertford Road Edmonton N9 7HD.**

### DUE TO THE POPULAR DEMAND.....

We have now organised Arts and Crafts classes once again within the Mental Health Drop-ins. You will have an opportunity to learn new skills and produce excellent pieces of work.

The tutor will bring her wealth of knowledge, expertise and experience in various activities related to art therapy.

ALSO..... an exercise session has been introduced which will be held at 10am on every Friday in the drop-in. For further details contact Sabah/Hasu on 020 8373 6220.



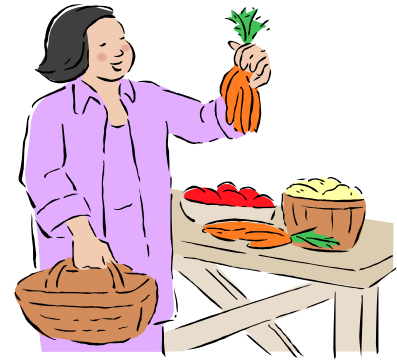
# Free Healthy Living Day

Monday 11th September 2006

10.30 am—3.00 pm

Southbury Leisure Centre

192 Southbury Road Enfield EN1 1YP



An informative day for everyone!

- Blood Pressure and Weight checks
- Free Refreshments
- Free Prize Draw

There will be tours around Southbury Leisure Centre Gym and sessions for the chair based exercises, Tai Chi, Line Dancing and more.

Free lunch will be provided.

I hope that you are able to participate. Please complete the registration form below by 31st July and return to Sylvia Kramer, Enfield PCT, Holbrook House, Cockfosters Road, Herts EN4 0DR (Tel No: 020 8272 5735) or contact Sabah/Hasu on 020 8373 6220.

Title (Dr, Mr, Mrs, Ms etc) ..... First Name.....  
Last Name .....Address.....  
.....Post  
Code ..... Telephone Number.....

## Dates for your diary

**Friday 25th August 2006**

**1.30 pm - 3.30 pm**

Judy from Citizen Advice Bureaux

**Friday 29th September 2006**

**1.30 pm - 3.30 pm**

Yet to be decided.

**Tuesday 19th September 2006**

**Enfield Saheli's AGM**

**6.00 pm - 9.00 pm**

The above events will be held at  
Community House.

Refreshments are available at all our Drop-ins

**Many thanks to our users, supporters, friends and Enfield  
NHS Primary Care Trust**

Registered Charity Number: 1045236