

**Cambridge Central Mosque – Health Screening Day**  
**Saturday 21<sup>st</sup> October 2023**

**Women’s Wellness Day – Stall Holder List**

Organisation	Description
Bowel Cancer Screening Programme Cambridge University Hospital	Bowel cancer screening - NHS ( <a href="http://www.nhs.uk">www.nhs.uk</a> ) Find out about: <ul style="list-style-type: none"> <li>- benefits of Bowel Cancer Screening and the early detection of cancer</li> <li>- The Bowel Cancer Screening pathway</li> <li>- Bowel Cancer prevention</li> </ul>
Breast Awareness Cambridge and Huntingdon Breast Screening Service	<a href="http://www.cuh.nhs.uk/cambridge-breast-unit">www.cuh.nhs.uk/cambridge-breast-unit</a> The Cambridge Breast unit offers the Cambridge and Huntingdon Breast Screening service as well as providing referral clinics for patients with breast symptoms including multiple radiological assessment as part of the appointment. We will be able to provide information on what to expect at your breast screening appointment as well as offering plenty of literature and tips on how to remain Breast Aware at home. There will also be the opportunity for visitors to use our silicone breast model to help demonstrate how to self examine and the breast cancer signs and symptoms to look out for.
Cam Sight	<a href="http://www.camsight.org.uk">www.camsight.org.uk</a> Learn about different sight loss conditions. How to remain independent whilst experiencing sight loss. How to get help from Cam Sight and the services we offer including: equipment and technology support, Emotional Support, peer support groups, benefits advice and help to apply for eligible benefits, applications for concessions such as bus pass and blue badge as well as signposting to other organisations and referrals to relevant professionals where needed.
Cambridge Cancer Research Hospital	Cambridge NHS Foundation Trust Hospitals (Addenbrooke’s) <a href="https://www.cambridgecancer.org.uk/">https://www.cambridgecancer.org.uk/</a> More about the Cambridge Cancer Research Hospital, a new building project that will change the story of cancer. We would also like to hear from visitors to our stand about their experiences of accessing cancer and healthcare in general so we can include their experiences when designing the hospital.
Cambridge Hijama Healing (Cupping)	<a href="http://www.cambridgehijamahealing.com">www.cambridgehijamahealing.com</a> Learn about the ancient therapy of cupping for many health issues that are experienced by females. These include: Menstrual issues, Endometriosis, Menopausal symptoms, Reproductive issues, Fibromyalgia, & Iron deficiency. Learn how cupping affects the meridian lines, body systems and organs.
Cambridge Online	Provide leaflets and information about various digital health free apps, websites and ebooks.
Cambridge Rape Crisis	Cambridge Rape Crisis Centre (CRCC) <a href="https://cambridgerapecrisis.org.uk/about-us/">https://cambridgerapecrisis.org.uk/about-us/</a> The CRCC stall will have information about our support services for survivors of sexual violence and abuse. We will also have copies our Self-Help Guide and our Family and Friends Guide. We will also have information on how to get involved at CRCC as a volunteer. Come and chat to staff about what we do and can offer to anyone affected by sexual violence and abuse.
Cambridge Women’s Aid / Ask Me	Cambridge Women's Aid - Supporting women affected by domestic abuse Cambridge Women's Aid provides dedicated and specialist services to women and children affected by domestic abuse. ( <a href="http://cambridgewa.org.uk">cambridgewa.org.uk</a> ) About our services for women and children and about the Ask Me project, in

	which we deliver education about Domestic Abuse and how to respond to disclosures within our community.
Cambridge Womens Health	Dr Susanna Unsworth <a href="https://cambridgewomenshealth.co.uk/">https://cambridgewomenshealth.co.uk/</a> Learn about HRT, supplements and services that can support women feel fantastic through menopause.
Cancer Research UK	If you've been diagnosed with cancer, or know someone who has, we provide practical information on everything from symptoms and screening, to coping after treatment.
Chai & Chat	Find out about the chai and chat project at Cambridge Central Mosque in c collaboration with the Lantern Initiative
Citizens Advice Bureau	Find out about local citizens advice bureau services including digital exclusion
Community Artist	Create portraits of yourselves. Participate in art to create some wonderful drawings.
Cost of living table	Find out about local support for cost of living issues supported by the city council. You will find out about organisations such as <ul style="list-style-type: none"> <li>- A Class Care</li> <li>- Cambridge Ethnic Forum</li> <li>- Cambridge Sustainable foods</li> <li>- Cambridge Water</li> <li>- Care Network (leaflets)</li> <li>- WEA – Adult learning within reach</li> </ul>
Diabetes UK	Learn about local diabetes services
Fitness Rush Community CIC	<a href="http://www.fitnessrush.co.uk">www.fitnessrush.co.uk</a> How exercise can help improve physical and mental health alongside trying fun and effective fitness Join us outside the Mosque!
Healthwatch Cambridgeshire and Peterborough	Learn about Healthwatch, (who we are and what we do) also there will be opportunity to share your experience with us. Here is who we are and what we do: Healthwatch Cambridgeshire and Peterborough is the local statutory Healthwatch provider. We are the independent champion for people who use health and social care services in Cambridgeshire and Peterborough. Our job is to make sure that those who run local health and care services understand and act on what really matters to people. We listen to what people like about services and what could be improved. We share what people tell us with those with the power to make change happen. We encourage services to involve people in decisions that affect them. We also help people find the information they need about services in their area.
Karim foundation	<a href="http://www.karimfoundation.co.uk">www.karimfoundation.co.uk</a> The Karim Foundation supports struggling families & individuals within the city of Cambridge, by providing food vouchers and fuel support. We are the only organisation in Cambridge that provides culturally appropriate food. People can find out about the help and support we can provide.
Kids activities	Join your kids in some activities to have some fun with some art and crafts in the Mosque café!
Kooth / Qwell	<a href="http://www.kooth.com">www.kooth.com</a> and <a href="http://www.qwell.io">www.qwell.io</a> We offer free, safe and anonymous mental health support for children and young people aged 11 - 18 at kooth.com and adults aged 18+ at qwell.io. There are self-help tools, community discussion boards and text-based counselling available every day. There are also articles and mini-activities which ensures that wellbeing and mental health support is available in many different ways to suit the needs of everyone. The service is accredited by the British Association of Counselling and Psychotherapy.

Macmillan Cancer Support	<a href="https://www.macmillan.org.uk/">https://www.macmillan.org.uk/</a> The Macmillan Support Line offers confidential support to people living with cancer and their loved ones. If you need to talk, we'll listen.
NEW CHAPTER – NEW YOU	NEW CHAPTER NUTRITION with Babita Paul and David Manning <a href="https://ncmenopause.com/">https://ncmenopause.com/</a> Chat about natural ways to improve diet which will improve symptoms overall not just for menopause but diabetes, heart and mental health. Take away some sample sachets or homemade snacks
NHS Health checks	In collaboration with Healthy You, health checks will be available as a pre booked appointment or appointments on the day to have a healthy check for a healthier you. <a href="http://www.healthyyou.org.uk">www.healthyyou.org.uk</a> You can also find out about all the types of services we offer across Cambridge and Peterborough, how we work with service users and how people can access our services quickly. All patients (booked or opportunistic) are signposted directly to the Healthy You tables where a list will be held, and patients can be checked in, and told which practitioner they will be seeing.
Rosie Maternity Hospital and Rosie Maternity & Neonatal Voices Partnership	Rosie Maternity & Neonatal Voices Partnership <a href="https://rosiemnvp.org/">https://rosiemnvp.org/</a> <a href="https://www.cuh.nhs.uk/rosie-hospital/">https://www.cuh.nhs.uk/rosie-hospital/</a> Learn about: 1. How to take care of your pelvic floor 2. Ppportunity to feedback about your maternity experience and get support
Social Prescribers	Find out about the local services available by the local Social Prescribers.
Sun network	The SUN Network with a focus on perinatal care. The SUN Network enables people with lived experience of mental illness or addiction to influence health policy, practice and services. Website <a href="http://www.sunnetwork.org.uk">www.sunnetwork.org.uk</a>

And visit our local neighbours at the Edge cafe for some further stalls:

#### EDGE CAFE

Organisation	Description
Change Grow Live (Bex)	Change Grow Live/ Cambridgeshire Recovery Service Will be sharing Drug and Alcohol information, harm reduction and information about local recovery communities for long term sustained recovery from addiction. <a href="https://www.changegrowlive.org/drug-alcohol-service-cambridgeshire/cambridge">https://www.changegrowlive.org/drug-alcohol-service-cambridgeshire/cambridge</a> <a href="https://www.cambsrecoverysevice.co.uk/">https://www.cambsrecoverysevice.co.uk/</a>
Crafts with Laura (Laura)	Making felt softie hearts Learn how to make a stuffed felt heart shape decoration, using different hand stitches and take home what you make.
Edgy women create and chat (Gail)	The EDGE Cafe <a href="https://www.theedgecafecambridge.org/">https://www.theedgecafecambridge.org/</a> Come and join us for arts and craft. We are all about community, compassion, laughter, we are not anti-men just pro-women, we have more in common than we think.