

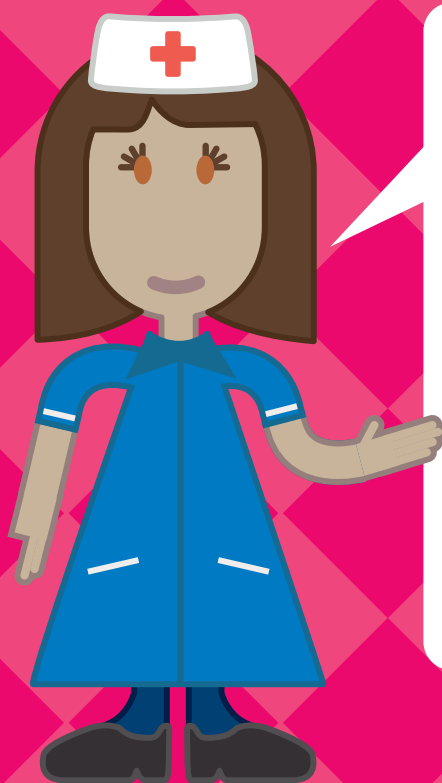
# Is your GP a NO FEAR service?

A number of GP practices across the region are now signed up as No Fear services, promoting the things they offer to make cervical screening less daunting for women.







This includes things like being able to request a female to carry out the test, taking a friend along for support, and booking a back-to-back buddy appointment so you can go along with a friend to share childcare or transport.

As an alternative to GP practices, local sexual health and contraception services also offer cervical screening appointments and are signed up as No Fear services.

So if it's your first time attending a cervical screening or you just haven't been for a while, there's nothing to worry about and it will be over and done within minutes, giving you peace of mind and plenty of time to enjoy the fun things in life.



**We know attending for a smear test can seem unpleasant. We offer:**

-  Bring a friend for support
-  Get results within 14 days
-  Back to back "buddy" appointments available
-  Request a female to carry out the test
-  Fully trained clinical staff
-  Text message appointment reminders

**Tell your friends and family too and help us to pass on an important message - #screeningsaveslives**



reduceyourrisk



reduce\_your\_risk



**Cervical screening saves lives**

**Don't be the one missing out...**



For more information see your GP or visit [screeningsaveslives.co.uk](http://screeningsaveslives.co.uk)