



metro assist

MEDIA RELEASE

At a time when COVID-19 is foremost in our minds and we are all doing our part by taking extra precautions, don't ignore other regular health check-ups and potentially life-saving screening appointments.

Cervical screening is critical in preventing cervical cancer, and this is one reason why Australia has one of the lowest rates of cervical cancer in the world. However cervical screening is lower in many culturally and linguistically diverse communities.

With the support of the Cancer Institute NSW, the *'Let's Talk'* project delivered by Metro Assist has been aiming to change perceptions and misconceptions around cervical cancer and promotes the life-saving importance of cervical screening among migrant and refugee communities.

'Let's Talk' brings the conversation directly into women's groups and networks at the community level and explains about cervical cancer and the importance of cervical screening, while addressing cultural barriers.

Project coordinator, Ms. Moushumi Martin, says that no one could have predicted COVID-19 when *'Let's Talk'* started in 2018 and its impact on everyday life.

"If you are due or overdue for a Cervical Screening Test, it is important to contact your GP to discuss having this done, even at this time".

"Cervical screening is a highly effective way of preventing cervical cancer and saving lives", said Ms. Martin.

Metro Assist has developed a fact sheet and videos on cervical screening for multicultural communities which were developed in consultation with community leaders and advisory members of the *Let's Talk* project. The fact sheet is available in Arabic, Chinese and Indonesian and the videos in Arabic, Bengali, Chinese, Hindi, Indonesian, Urdu, and Vietnamese.

The fact sheet and videos will be officially launched on 11th September 2020.

For more information on *Let's Talk*, please contact Ms. Moushumi Martin on moushumi.martin@metroassist.org.au or ring Metro Assist on 02 9789 3744.