

Well-Being Walk



Wildflowers

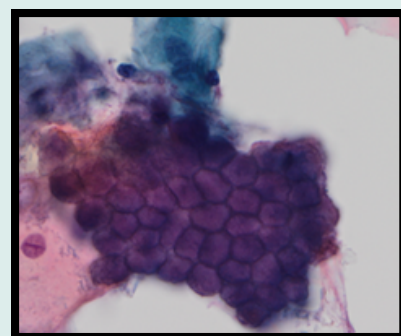
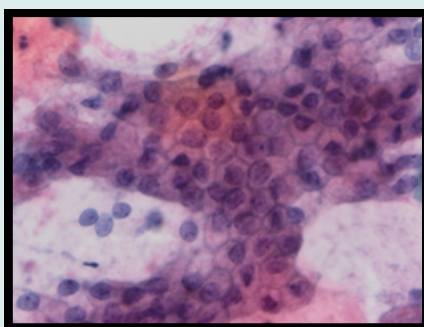
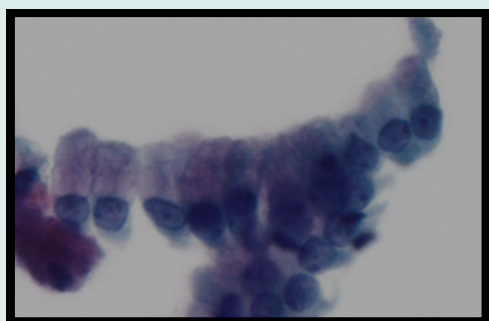
Nature is a powerful ally in protecting our mental health.

Being in nature for just 20 minutes a day can help us cope with stress and anxiety.

Download a free Prescription for Nature guide at WWF.org.uk

Can you spot these cells in the artworks?

On the inside of the cervix – which is called the endocervical canal there are columnar cells and when found in the cervix they are called 'endocervical cells'. These cells produce something called 'mucin' and they have tiny little hairs on them called 'cilia'. Under a microscope these cells can look like a picket fence if they are on their side or they may look like honeycomb from above. Here are some pictures of some:



If you have a cervix, screening could be for you.

Trans men and non-binary people with a cervix are just as entitled to screening as anyone else—regardless of gender identity or appearance. More info here:

[Cancer Research UK](http://CancerResearchUK)