



**One in four Brits are planning to kick-start their 2025 without alcohol.**

Double your chances of a totally alcohol-free month with the free Try Dry® app!

#DryJanuaryChallenge



**Dry January**

Alcohol-Free for 31 Days

## Dry January !

New research reveals that 15.5 million Brits are planning to kickstart their 2025 without alcohol!

Whether it be to save money, have better sleep or improve their fitness and overall health, so many of us are getting ready to BOSS the booze throughout January. Be sure to BOSS your Dry January® challenge with the free Try Dry® app and double your chances of having a totally alcohol-free month! Who doesn't want a head start?

### STATISTICS

Here are the incoming Online Accurx statistics for reception.



December 2024

Accurx 2415

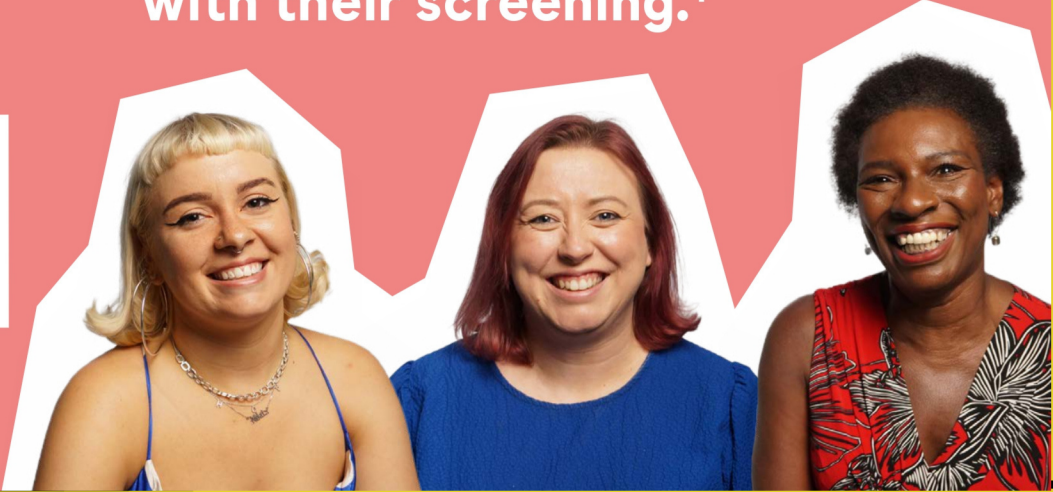
**A&E means  
accident &  
emergency, NOT  
anything  
& everything**

# Let's Talk **Cervical Screening**

**430,000+**

women and people with a cervix across Yorkshire and the Humber are not up to date with their screening.<sup>1</sup>

**Prioritise your cervical health.**



Reference: 1. NHS England. Cervical Screening Programme - Coverage Statistics. July 2024. Last accessed: December 2024.  
The Let's Talk Cervical Screening campaign has been developed and funded by Roche Diagnostics Limited in collaboration with NHS Yorkshire and the Humber and Job Cervical Cancer Trust. ©2024 Roche Diagnostics Limited. All rights reserved.  
Roche Diagnostics Limited, Charlton Avenue, Burgess Hill, West Sussex, BN15 9WY  
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**Seasonal affective disorder (SAD)** is a type of depression that comes and goes in a seasonal pattern.

## Seasonal affective disorder (SAD)



### Things you can try yourself

- 1 Try to get as much natural sunlight as possible
- 2 Sit near windows when you're indoors
- 3 Take plenty of regular exercise, particularly outdoors and in daylight
- 4 Eat a healthy, balanced diet
- 5 Make your work and home environments as light and airy as possible
- 6 (part of the next block)

It can also be helpful to **talk to your family, friends and colleagues about SAD**, so they understand your stresses and how your mood changes during the winter.

SAD is sometimes known as "winter depression" because the symptoms are usually more apparent and more severe during the winter. Some people with SAD may have symptoms during the summer and feel better during the winter.

For more information visit: [www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad](http://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad)