

Women's Health Network Design Workshop





Programme



- ▶ 9.30 am Welcome and housekeeping
- ▶ 9.35 am Introduction to the Women's Health Network
- ▶ 9.40 am Feedback from the Event held 15th March 2016
- ▶ 9.45 am Research and Mapping – Emerging Key Themes
- ▶ 9.55 am Engagement – Emerging Key Themes
- ▶ 10.00 am Design Exercises
- ▶ 11.50 am Next Steps
- ▶ 12 noon End of session



Women's Health Network

- ▶ **Concerns about health outcomes and health inequalities in Bradford**
 - Prevention – screening and immunisations
 - Planning of families – optimising pregnancy outcomes
 - Access to healthcare for common childhood ailments - respiratory disease.
- ▶ **Women play a central role in their own health and that of their families – tap into and learn from their knowledge and experiences in order to:**
 - Understand why they access some services and not others
 - Identify what their key health concerns are and where there are gaps in services
 - Help make sure health information is accessible to all
 - Support women to maintain their health and well being and that of their families
- ▶ **The Network aims to bring together women's voices on health so that they can inform and influence the design and delivery of local health services**



Women's Health Network cont.

We want to involve:

- ▶ Women living and working in Bradford, particularly the seldom heard in engaging and empowering ways
- ▶ Groups and organisations supporting women
- ▶ Health and social care commissioners and providers

Project Delivery and Timescale

- ▶ Bradford Community Empowerment Network (CNet) commissioned by NHS Bradford City and NHS Bradford District's Clinical Commissioning Groups (CCGs)
- ▶ February to September 2016



Feedback from the Event

- ▶ 70 attendees from a broad range of organisations and groups, including some interested individuals
- ▶ Open space session identified 8 areas for further discussion:
 - Counselling
 - Exercise and mental well being
 - Getting schools and education involved
 - Inclusion
 - Isolation and confidence boosting
 - Maternity services and family planning
 - Relationships
 - Women and ageing



Research and Mapping – National

Women's Health Networks

- Approach to design / co-design
- Define a purpose of the WHN
- Inclusion / Barriers
- Promotion of the WHN
- Social Media

Examples of Best Practice

- The Women's Centre: Oldham – (The Collective Partnership)
- Older Peoples Partnership group – Hull (Healthwatch)
- Consultant Midwife for Leicester / Leicestershire – Bengali women
- Humber All Nations Alliance (HANA)
- Bilingual Health Advocacy



Research and Mapping – National

Key Themes

- ▶ Emotional health and well-being is paramount
- ▶ Genuine and not tokenistic – must have influence
- ▶ Know your communities where the women/children are from / cultures
- ▶ Work with community members – need to source them!
- ▶ ‘Informal’ groups grown without any help from council /CCGs etc. are key!



Research and Mapping - Local

Key Themes

- ▶ Variety – vast and seeming endless
- ▶ Contradictory Trends – defunct, new, changed, adapted, merged
- ▶ Purpose – additional outcomes and benefits
- ▶ Respite/Stress Relief – share concerns and experiences, provide emotional and practical support
- ▶ Social Media – increasing use and contradictory effects
- ▶ Good Practice - adaptability, change, responsiveness, development, initiative and a catalyst or driver



Engagement

Key Themes

- ▶ Access to services
- ▶ Understanding of how various systems work
- ▶ Women feeling informed to make good choices
- ▶ Pressure from families/ social circles/ health providers/ media –
- ▶ Mental health

Types of groups in discussion with:

- ▶ Geographical groups (Manningham, local residents)
- ▶ Themed women's groups (ie. Health, mums, English classes)
- ▶ Community of interest / equalities groups (i.e. Older people, LGB&T)
- ▶ Still want to meet with women whose voices are seldom heard.

Design Exercises





Next Steps



- ▶ Develop draft Terms of Reference for the Women's Health Network based on the work we have done today
- ▶ Develop a core group to develop and drive the Network forward
- ▶ Continue with research, mapping and engagement
- ▶ Plan and hold further meetings in
 - May
 - July
 - September
- ▶ Produce and present a final report in September of findings and recommendations