

## Women's Health Network Design Workshop Summary

### 1) What does a network which listens to and responds to the needs of women look like and how does it operate?

#### 1a. Who is this woman and what's important to her?

- Young women
- Women from different cultures
- Low confidence
- Limited English
- Women who have never studied or worked
- Women from minority groups
- Newly arrived
- Eastern European
- Long-term health issues
- Isolated women
- Carers
- Single mothers (stay at home or professional)
- New mum
- Mental health issues
- Suffering from domestic abuse
- Women leaving care
- Women suffering from alcohol/ substance misuse
- Women experiencing homelessness
- Working women
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#### 1b. What does she need to participate?

- 2-way communication
- Mobile network – take info out into the community
- Awareness
- Information
- Different types of communication

- Childcare/ ability to bring young children and access to safe spaces/ activities to entertain them in same space as meetings
- Accessible information
- Warm welcome
- Travel expenses/ transport
- Interpreters
- Safe space – supportive environment to encourage participation
- Ability to participate in way she can manage – not just set levels of participation
- Accessible and local venues used
- Local focus groups which can feed into larger structures
- Feels valued and that she has something to contribute
- Has sense of belonging to network

#### **What needs to be in place?**

- Hub and spoke model
- Links to existing networks and communication channels
- Buddying scheme
- Welcome
- Not always formal board style meetings
- Openness and transparency in participation/ decision making
- Clarity over how participate if can't attend meetings
- Social media presence
- Feedback on how participation contributes and influences
- Support to access and participate
- Peer support
- 2-way system to learn from each other – nobody holds all the expertise
- Valuing of different types of knowledge
- Acknowledgment of need for flexible ways of participating
- Policy of welcome and inclusion
- Those who make inclusion possible ie. Interpreters, signer, advocate

#### **2) Who does the network need to have relationships with and how will it develop commitment from partners and be able to influence?**

**a. Who does the WHN need to be in partnership with?**

- Community group reps
- Seldom heard women
- Places of worship
- Community centres
- Children's centres
- Social workers
- Specialist agencies (some national, some local) such as Alzheimers Society, Cancer Care etc
- Networks such as Active Citizens etc
- Health professionals
- Voluntary sector organisations
- All members of Vol Sec Assembly
- Education Professionals (from heads to parental involvement workers)
- Council staff
- Vol sec infrastructure organisations
- Local councillors
- Funders
- Supermarkets
- Commissioners
- Heads of service in primary care
- Any community engagement professionals
- Relevant strategic partnerships and vol sec forums
- PPG's
- Small informal groups
- Faith groups
- YOT's and youth workers
- Prisons, police and probation (Together Women)
- Libraries

**b. How can those partners interact well together?**

- Cooperation
- Avoid duplication/ replication
- Good communication
- Effective follow up

- Link workers
- Resource – can't be done well without capacity of paid staff
- Use different means of communication such as Whats App, well managed social media
- Face to face meetings
- Paper resources
- Informal meetings with food as well as more formal spaces
- Strong leadership
- Focus on actions
- Use local radio, T&A, Buses to promote

**c. How do develop commitment and ensure the WHN has influence?**

- Sustainability (financial and commitment of partners)
- Show case, share good practice and celebrate
- Long term strategic planning
- Long term funding
- Thank you's to those involved
- Constant feedback to all involved – demonstrate impact and value of participation
- Share resources
- Learn lessons
- Communicate well, regularly and widely
- Continue to learn from other areas
- Continuous attention to building participation through mentoring, buddying etc. Continuous recruitment of new women
- Clarity of purpose and ability to communicate this
- Achievable aims
- Updates regularly
- Bring in the new
- Not defensive
- Open to new approaches and ideas
- Vision
- Recruit those who already have influence
- Establish good working relationships with MP's and political and strategic leaders so have ability to take issues further when need to
- Sense of shared ownership
- Need support and resources

- Be realistic on what can be achieved
- Don't tackle too many things at once- quick wins in early days. People won't stay if targets are too big and not achievable
- Pick things which can change at service delivery level

### **3) How do we develop the network now to ensure it is effective in the long term?**

#### **a. Imagine the WHN is 5 years time. How would we know it is working well?**

##### **Who?**

- Local women
- Commissioners
- Active and engaged vol and community sector (ie. Those working with women)
- Dynamic changing engagement – responsive to who is living and working locally and isn't being heard

##### **How?**

- Ownership by passionate, enthusiastic, able and supported local women
- Maximising community assets
- Awareness/ sharing of information and good practice/ maintaining high profile/ celebrating achievements
- Hub and Spoke model
- Funded
- Incentivising
- Responsive
- Adaptive
- Non-defensive
- Open
- Results and process focussed
- Use big names to promote and endorse

##### **When?**

- Monthly meetings of core group which acts as umbrella for other levels/ local membership groups/ themed groups etc
- Constant active social media
- Regular networking events
- Annual celebratory events

### **Where?**

- Local accessible venues
- Online
- Central venues
- Using existing networks across the patch
- Use big Bradford organisations

### **Listening to who?**

- Women
- Evidence base of good practice locally and further afield
- Commissioners and providers (both stat and vol)

### **Talking to who?**

- Seldom heard groups
- Decision-makers
- Partners