



Women's Health Network

Monday 6th September 2021, 10:30am-12:30pm via Zoom

Present: Masira Hans (Chair), Yazmin Shah (CNet), Saima Ashfaq (CNet), Samina Koser (CNet Freelance administrator), Humera Khan (Better Start Bradford), Debra V Wilson, Jennifer Gibbon (Little Lane Tai Chi Group), Furaha Mussanzi (Millside Centre), Waheeda Ghafoor (Family Action), Ingrid Dzerins (Women's Campaigner), Rachel Dennis, Joyce Thackwray, Surji Cair (Kensington Partnership), Aneeqa Khan (Roshni Ghar), Kez Hayat (BTHFT), Lisa Wright (BTHFT), Ruth Haigh (BTHFT), Dorothy Obimpeh (Step2), Alnaz Gulamhussein (Womenzone), Naz Kazmi (KAWCC), Salma Mir (Voiceability), Sally Teasdale (Better Start Bradford) Rosa Blackwell (Bradford Doulas), Sophie DiMauro (NHS), Aamnah Rahman (Born In Bradford), Tina Lafferty (One workforce), Zafar Kayani (Better Start Bradford, Kirsty Ferguson (Step2), Frances Hollins (Freelancer), Mumtaz Khan, Lynne Walker (Family Action)

Apologies: Laila Ahmed (CNet), Mariam Khalifa (Carers Resource), Susan Cunningham (Individual)

Item		Action
1.	Welcome and Introductions Masira WHN chair, welcomed everyone and thanked them for attending.	
2.	Minutes of last Meeting & Matters Arising Minutes were agreed as correct.	

<p>3.</p>	<p>Guest Speakers</p> <p>Lisa Wright & Kez Hayat – Head Of Equality, BDCFT Belonging and Inclusion Plan Workshop</p> <p>Please see attached presentation.</p> <p>Key points emerging from the workshop</p> <ul style="list-style-type: none"> • Affordability – A need to educate health care staff on accessing finances for bus/taxi fares so they can inform the public how to claim this and the processes involved. • Digital Technology – There is a lack of knowledge on the use of appropriate digital technology and how to apply this. For example the Patient Online System could be difficult to use for a person with no understanding of the English language or no internet access. • Clear Communication – Not using medical jargon when diagnosing someone. Patients are not able to understand what they are being told. To keep language simple so everything is understood. • Equality and Diversity – Treating people as human beings, not looking at their attire, colour, or language. Seeing them as human beings that requires the service. • Continuity of Care - It is very important to provide information and communication at every level which will empower the patients. • Networking - Connecting and engaging with people to build a relationship. Using these connections to circulate important information so it's accessible to all. 	<p>Ideas/comments to be sent to YS</p>
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	<p>It was suggested service users could complete an equality and diversity form with a solution box on how their experience was and what could be improved.</p> <p>Kez Hayat explained this had been during Covid, by using 60 second videos in various languages, those were sent via WhatsApp. Also used were credible Community Ambassadors and this has worked really well, more similar ideas are needed.</p>	
<p>4.</p>	<p>Member News</p> <p>Masira Hans – gave an update following on from the Menopause Cafes. She also informed that WHN will be looking to host a Painful Period’s Workshop, further information will be sent out in due course. A Gender Labelling Workshop hosted by Michelle Taylor on 15.09.2021 was very well attended and received.</p> <p>We are working with Bradford Council and Bradford Hate Crime with a focus on misogyny. Please share any experiences/information via email, we endeavour to hold some workshops in due course on this subject also. The insight will feed into the regional Hate Crime Strategy.</p> <p>Rosa Blackwell – shared Bradford Doulas are now offering home visits and birth support. They are continuously recruiting volunteer doulas and have two training courses coming up. They will also be advertising for a new Data and Administrator post.</p> <p>Frances Hollins - shared she will be holding some confidence boosting workshops and anyone that is interested in attending to contact her directly</p> <p>Humera Khan – Informed they were hosting two circus events in Bradford Moor Park (BD3 – Saturday 11th September 12.30pm -14.30pm & Sunday 12th September 2021 - 14:30pm -16:00pm). These were both free events.</p> <p>To view a timetable of other events happening in the BD3, BD4 and BD5 download The Parent App</p>	<p>Liaise with MT for future sessions and regional updates</p> <p>RB to share flyer with YS to circulate with Minutes</p>

	<p>Healthy Happy You, Bradford and Beyond will be holding more healthy living activities in person for further information please follow on Facebook.</p> <p>Rachel Dennis – Informed 50 Things To Do Before You Are Five are currently recruiting Enthusiasts across the district and will be holding training over two days in October.</p> <p>Aamnah Rahman - shared information regarding Clean Air Zone and asked for the questionnaire link to be circulated : https://bit.ly/BiB-Breathes</p> <p>Furaha Mussanzi – informed they are currently recruiting volunteers for the befriending project and anyone interested to please contact Furaha for further information.</p> <p>Tina Lafferty – talked about the women into leadership forum. They are planning a couple of further sessions and wanted members views on the following;</p> <ol style="list-style-type: none"> 1. What should we do to help women into leadership? 2. How should the sessions be delivered (face to face or virtual)? 3. How often should sessions be hosted? <p>Please share your ideas with Tina: tina.lafferty@bradford.gov.uk</p>	
<p>6.</p>	<p>Chat Box</p> <p>00:52:37 Kez Hayat: Please consider: What does inclusion look like and feel like to you? (We are looking to identify our priorities for the next four years - what would you like to see change?)</p> <p>01:08:31 Masira Hans: Please feel free to use the chat box also, we will be saving this and circulating</p> <p>01:09:49 Sally Teasdale: We talked about having images of "someone like" me, so people can relate to people they see as from the same background and experience as them - esp. in promotional</p>	

materials

01:10:47 Sally Teasdale: We have adapted this to the promotional materials we use in Better Start Bradford

01:14:54 Humera Khan: Fully agree Sal!

01:15:52 Frances Hollins: Yes and same with some venues put people off

01:18:53 Masira Hans: That happens often Lynne!

01:23:45 Sophie DiMauro: Our group talked a lot about communications and accessibility. Not making presumptions about how people access information, not everyone has internet access, devices etc. Also physical access to buildings etc. Taking a different approach to different groups, not using general messaging. Walk-in centres in community locations to make accessing info easy and convenient for communities

01:24:25 Surji Cair: Our group talked about not just having a lip service

01:24:59 Lisa Wright: lisa.wright@bdct.nhs.uk please email me any comments or thoughts you haven't been able to make due to time :)

01:25:05 Surji Cair: Have systems and procedures in place to evaluate and monitor

01:26:03 Kez Hayat: kez.hayat@bthft.nhs.uk Please email me any comments and thoughts you haven't been able to make due to time

01:27:28 Lynne Walker: Peanut app re menopause group

01:29:49 Aamnah Rahman: <https://bit.ly/BiB-Breathes>

01:34:28 Aamnah Rahman: I've just added the link above, it's about the clean air zone due to be introduced in Bradford from January 2022, BIB are seeking your opinions on the proposals. It is a long questionnaire but all tick boxes, and you can just complete the first part and leave your details for future contact. Please complete and circulate if you can. Thank you.

01:36:49 Rachael Dennis: 50 Things To Do Before You're Five
rachael.dennis@stedmundsbradford.org

01:43:42 Kez Hayat: I was present at the last session - it was great, listening to the real stories were really helpful and insightful - like said before was great to see men in the audience

01:44:10 Kez Hayat: I think a blend of sessions may work - virtual and face to face

01:44:25 Rosa Blackwell: Apologies, I have to now. Thank you for another informative and

interesting session

01:44:35 Furaha- Millside Centre: Was the last session recorded Tina? Where can we find it to watch back? Sounds amazing. Bradford is full of diverse leaders so maybe every term may work?

01:44:51 Aamnah Rahman: We've had some brilliant speakers including Kersten England who have spoken previously at international women's day event organised through WHN. All have been inspiring and the journeys they've had to get to where they are today. Offering a choice of in person and streaming virtually at the same time would work.

01:44:51 Lynne Walker: Perinatal Duty – 07966926849 to make a phone referral

Volunteer opportunities peer support training contact Liz 07970168845

Working with Families in the Better Start Bradford postcodes 3, 4 & 5.

Service information session at the end of each month ring Danni Mobile: 07966529218 to book a place, suitable for new starters to team or students or anyone wanting to know more about the service.

Lynne Walker Engagement Worker contact for group work 07649660441

Target Clients and Criteria

- Pregnant Women
- Women with Children aged 0 - 1 year old
- Living within Bradford Better Start Area

Who are experiencing:

1. Maternal stress
2. Mild to moderate depression/low mood
3. Mild to moderate maternal anxiety
4. Social isolation (which is often the result of the above 3 criteria)

	<p>01:44:54 Lisa Wright: Hi everyone, I need to leave now for another meeting. Thank you so much for your input and time. See you next time, Lisa</p> <p>01:47:05 Tina Lafferty: tina.lafferty@bradford.gov.uk</p> <p>01:47:57 Kez Hayat: really sorry but need to leave for another meeting, great meeting and thank you for the great discussions and feedback</p> <p>01:48:14 Lynne Walker: Apologies I need to leave due to other commitments. Thank you all.</p> <p>01:48:33 Aneeqa Khan: Apologies I need to leave. Thank you</p> <p>01:48:53 Surji Cair: I have to leave too</p> <p>01:49:13 Sally Teasdale: Hi all. Great meeting as always. I need to go, thanks :-) Sally</p>	
7.	Date of Next Meeting:	