



Women's Health Network

Wednesday 12th December 2018, 10am-12noon at CNet

Present: Michelle Taylor, Rashmi Sudhir, Kate Stanley, Maariya Karmani, Rosema Nawaz, Kirsty McDonald, Emma Taylor, Rahima, Brenda Thomson, Wafaa Nawaz, Jenny Scott, Masira Hans, Shila Begum, Paula Smith, Julia Haslam, Waheeda Ghafoor, Ingrid Dzerins, Julie Longden, Sam Wilson, Dr Lynn D-Green, Sandra McIntosh, Farzana Jabar, Laura Liddon, Serwat Mir, Megan Darley, Helen Turner Desai, Diane Fox, Cheryl Cowling, Chris Farquhar, Nadera Amini, Janet Ford, Laila Ahmed, Yazmin Shah

Apologies: Rachel Nauwelaerts, Jill Long, Beverley Adams, Soniya Fayyaz, Alia Fazil, Aamnah Rahman, Arshad Hussain

Item		Action
1.	Welcome and Introductions	
2.	Minutes of last meeting and matters arising Agreed	
3.	Guest speakers Maariya Karmani, Rosema Nawaz & Rashmi Sudhir Mental Health Well Being Directory (Bradford CCG)	

Key discussion points –

- Mental Well-being strategies over a 4 year period, currently marking the 2 year point.
- Rapid Response, Safer Spaces – Haven & Sanctuary, what has been delivered, what has been achieved and where we are so far.
- Informed this needs to be delivered by 2021.
- There is a snap shot in the report of the Bradford Council Minutes. 48 objectives strategy, Future in mind –young people – youth and mind model, picks up referrals from cancer support/school's offer mentoring support i.e. Mental Health Champions – in Primary Schools
- Key staff in schools trained to give low level mental health support (mentoring more for young adults on CAMS list.
- Craven project
- Upskilling staff to provide one on one support
- Event taking place on the **30th January 2019 9am- 4pm at the Midland Hotel**, workshops, spread the word, open discussions in the afternoon (will be fed into the strategy). Key note speakers from the council, workshops including burning issues, arts and crafts and drumming

MK, RN and RS asked the WHN group, how they would like to link in. They think they have achieved more in some areas but front line staff not connected as much, how can they connect staff, public, users and promote to all? Engagement has recognised not everyone is aware of the services. Will ensure that phase 1 of Directory online portal is constantly updated.

The questions were put to the members, how people access help? Where should they advertise? What should be on their layout?

Suggestions were made -

- LH spoke about Women's Health Network feeding everything back.
- Friendly language and peoples stories to feel connection,
- Promoting at Schools, Gp Surgeries, Social Media (high on google search), Faith Based Centres
- Would like to see snap shot, paper-copy of self- core tips with links, different languages, more sign posting. (Informed there are plans to have printed versions).
- FA mentioned engaging supermarkets, shops and libraries (making these our ambassadors) as they have small pots of money for community work. Also to make the police aware, as it can be included in training to spread the word.
- ID informed a flow chart would be useful (different colours).
- A-Z of mental health services (mind)
- JF spoke about CNet feeding this out.
- MT and FA mentioned International Women's day and how this could be tied in with that.
- Dr LDG referred to Dual diagnosis taken on board, being specific about depression (death related) and mentoring in schools.
- WN informed about a pilot being run for 2 years working with parents/teachers and talking about mental health.
- Champions show the way.
- Sharing voices in 15 schools (CTB skills hub) lots of work happening.
- AB advised Better Start is leading on adverse childhood experiences.
- HTD interested in collaboration.

	<p>Chris Farquhar Real Safeguarding Stories - Colling Wood Learning</p> <ul style="list-style-type: none"> • Please see presentation attached <p>Waheeda Ghafoor Perinatal Support Service – Family Action</p> <ul style="list-style-type: none"> • Please see presentation attached 	<p>YS to circulate presentation with minutes</p> <p>YS to circulate presentation with minutes</p>
<p>4.</p>	<p>Member news</p> <p>Community Action spoke about their Briefing Bradford Newsletter, which is 18 pages and features events, training opportunities and advertising. ET asked members to subscribe to Diva.org.uk.</p> <p>Bradford Community Broadcast ID informed anyone interested in Radio Venus can join training that runs 2-4pm daily. Importance of breastfeeding was discussed in the BME Community. Body Shaming was something that ID led on.</p> <p>Menopause Café MT informed she is piloting a Menopause Café with Bradford Council who absolutely</p>	<p>ID to send link</p>

	<p>loved the idea.</p>	
<p>5.</p>	<p>AOB</p> <ul style="list-style-type: none"> • DV & SV Workshop Update <p>A summary report has been written for the procurement process around Domestic violence & Sexual Violence, as well as submissions of the full notes from individual interviews.</p> <ul style="list-style-type: none"> • Care Navigation <p>Please see link - https://youtu.be/W3Yqgo7HC_A for more information on Care Navigation. Please feel free to share this with your networks.</p> <ul style="list-style-type: none"> • Peoples Power House Feedback <p>Great event, 77 tweets and new followers as a result.</p> <ul style="list-style-type: none"> • Journey to Bradford (Event) being held at CNet on Tuesday 18th December 2018 (10-12:30). • Training update distributed by JF advising various free training opportunities by Family Action. 	

6.	<p>Future meeting dates @ CNet</p> <p>6th February 2019</p> <p>8th May 2019</p> <p>7th August 2019</p> <p>6th November 2019</p> <p>(meetings are held 10am – 12pm)</p>	
7.	<p>Meeting Closed 12:10pm</p>	