



Women's Health Network

Wednesday 19th September 2018, 10am-12noon at CNet

Present: Zainab Naqvi, Laila Ahmed, Janet Ford, Michelle Taylor, Saira Ashraf, Arshad Hussain, Samantha Wilson, Lynne Walker, Jenny Scott, Brenda Thomson, Sarah Wademan, Ingrid Dzerins, Bev Adams, Nicola Kelly – Johnson, Sadie Greenwood, Julie Stein, Aamnah Rahman, Jill Boyd, Paula Smith, Jo Horrox, Ann West, Masira Hans, Aliya Fazil, Rachel Wild, Rachel Nauwelaerts, Jill Long, Julie Longden, Val Mills, Razina Khan, Jenny Wilson

Apologies: Gwen Balson, Julie Robinson – Joyce, Rachel Dennis, Sarah Wimpenny, Victoria Simmons, Maureen

Item		Action
1.	Welcome and Introductions	
2.	Minutes of last meeting Agreed	
3.	Little Minds Matter: Bradford Infant Mental Health Service – Samantha Wilson This service is about helping your baby from the very beginning to form close relationships, manage and express emotions, explore the environment and learn. The project is 3 year lottery funded, covering the Better Start Bradford area. It launched in June 2018.	ZN to circulate the service leaflet to WHN members.

Key discussion points –

- Work with families experiencing bonding and attachment issues, loss, anxiety / low mood.
- The service is for families who are expecting a baby or have a baby less than two years old, however professionals are working alongside agencies who can provide support to older siblings in the family, and are sign posting families to relevant agencies.
- Focus on Infant Mental health and a focus on relationship and impact of child's development.
- Early intervention of children to give the best start in life.
- Families can be referred into the service via a referral form.
- The service consults with referrers and assesses the family needs.
- Intervention work and sessions are offered either one-to-one or in a group setting. The one-to-one delivery can take place in the home setting, Children Centre's, Clinics or any other place that suits the parent's needs.
- We are a small specialist team including clinical psychology, parent-infant psychotherapy, a health visitor and parent-infant workers.
- Consultation / reflective discussion and advice – services working with families that meet the criteria can access help from Little Minds Matter through group work / phone call.
- Infant Mental Health Awareness Training has been developed– a one day training for co-ordinators / professionals only followed by a half a day of training. We are working on a training package that would be tailored to volunteers and will forward on the details once this has been finalised.
- Training day on the 10.10.18 – if anyone in the Better Start Bradford area can come along then please get in touch as currently numbers are low.
- Engagement with families with language needs – the service links in with Enable 2.

ZN to circulate referral form & eligibility criteria forms WHN members.

ZN to circulate leaflet with training information.

<p>4.</p>	<p>E5 Keighley Service – Jo Horrox</p> <p>This is a four year lottery funded project, currently in the fourth year of the project. In the first year we worked with 431 women. The project focuses on working with women and girls (11 years old and onwards) in building their confidence to have open and honest discussions around sexual exploitation. The programme provides a gateway for women and girls in Keighley. There are five aims known as the five E’s – Empower, Educate, Enable, Engage, and Encourage. There are lots of different workshops / activities for women and girls, anyone who lives or works in Keighley can get involved in these workshops.</p>	<p>ZN to circulate the E5 Project in Keighley PowerPoint Presentation.</p>
<p>5.</p>	<p>‘Irregular Arts’ Project – Jenny Wilson</p> <p>Irregular Arts is an organisation in Shipley, a women led company. This is a small grant research and development project around consent and conversations, the purpose is to explore what consent means and finding creative ways of enabling people to make consent.</p> <p>Key discussion points –</p> <ul style="list-style-type: none"> - The project includes having conversations in group settings with an artist present, discussions around sex and not making it a taboo subject. - Identifying ways of taking collective responsibility for consent. 	

	<ul style="list-style-type: none"> - Identifying groups and having conversations with a target audience, the groups will always require a worker and are delivered in a safe space – the group has a facilitation and questioning approach. - Project will run until March 2019. - 30.11.18 – Performance at Bradford theatre, currently in planning process – for further information you can get in touch with Jenny on Twitter ‘Irregular Arts’ or on Facebook. 	
<p>6.</p>	<p>Menopause Café Update – Ingrid Dzerins</p> <p>Two pilot Cafes have been completed, one at The Equity Centre and the second one at Sharing Voices – there is a third pilot café in the planning process at Windhill Community Centre, a date is yet to be confirmed.</p> <p>Sharing Voices – Masira was very pleased with the session at Sharing Voices, there were lots of open and honest discussions, lots of issues were discussed and the women would like more of these sessions. It was a very well received session. There was an amazing vibe, a very light hearted group discussion, around 15/16 attended the session.</p> <p>Ingrid thanked those behind the set-up of all the Menopause Café work and would like to spread around the café work. Any new ideas / suggestions from the network members around Menopause café work to be emailed to Zainab or Laila.</p>	<p>Confirm date for the third pilot café.</p>

7.	<p>T & FG (Women's event, ideas?) – Michelle Taylor</p> <p>Women's Health Network to come up with ideas for women's event and come back to Michelle via email / social media.</p>	
8.	<p>Promotion and Publicity – WHN Logo, IWD 2018 leaflet, WHN flier, WHN Facebook (@WomensHealthNetworkBradford) WHN Twitter (@WHN BfdDistrict)</p> <p>WHN Logo is now complete and finalised - Michelle thanked Zainab.</p> <p>The International Women's Day 2018 leaflet and the new WHN flier have been completed and only require the new WHN logo to be added before sending them for printing, once complete the EPP team will share with the Network.</p> <p>WHN Facebook Page –managed and updated by the EPP team at CNet.</p> <p>WHN Twitter – managed by Michelle Taylor.</p>	
9.	<p>Members News</p> <p>Positive Minds (Rachel Nauwelaerts) – in association with the Women's Health Network and People Can there will be a women's mental well-being day on Friday 26th October 10-1pm. Email positivemindsbradford@gmail.com for more information or contact Rachel Nauwelaerts through Facebook / Twitter. The event will also be on Eventbrite.</p> <p>5.10.18 – meeting at AGE UK, Wrose (10-12pm), those interested to contact Rachel.</p>	

Better Start Bradford (Rachel Wild) – Maternity Voices Partnership Information Session delivered by Rachel Wild, at CNet on 17.10.18 (10am-12pm) followed by networking and lunch, please circulate and attend. Eventbrite booking link below –

<https://www.eventbrite.co.uk/e/maternity-voices-partnership-information-session-tickets-50349492688>

BSB are starting a Breastfeeding Service, provided by a health role, support workers will be going into homes - the service will be live at the end of October 2018.

Due to the new GDPR if anyone has been dropped off the mailing list and would like to be added again then please visit the BSB website and sign back on.

Sharing Voices (Masira Hans) – An event to mark World Mental Health Day on 10th October 9.30am-1.00pm, at Mercure Bradford Bankfield Hotel, BD16 1TU. The flier will be circulated and is on Eventbrite also. Sharing Voices are looking for a female speaker – please let Masira know.

Born In Bradford (Aamnah Rahman) – BIB have a Community Consultation event on 20.9.18 at Carlisle Business Centre from 10am-1.30pm – this event will feed into the National consortium.

	<p>Janet Ford (CNet) – Election process to run for the WHN co-chair as Gwen Balson is stepping down from her role – there will be an expression of interest in the next few weeks. If anybody would like an informal chat please get in touch with Michelle Taylor.</p>	
<p>10.</p>	<p>Future meeting dates @ CNet</p> <ul style="list-style-type: none"> • Wednesday 12th December 2018 – 10am – 12noon 	
<p>11.</p>	<p>Meeting closed 12.30pm.</p>	