



Women's Health Network

Monday 6th July 2020, 10am-12pm via Zoom

Present:

Aamnah Rahman (Born In Bradford), Farzana Ghani (Roshni Ghar), Sara Firth (Health Watch Bradford), Surji Cair (Naye Subah), Julie Hodgins (Pennine Breast Screening) Yazmin Shah (CNet), Laila Ahmed (CNet), Jenny Pratt (CNet), Ingrid Dzerins (Community member), Rosa Blackwell (Bradford Doula Project), Masira Hans (Co-Chair), Navita Sahota, (Service User), Michelle Taylor (Co-Chair), Graham Carey-Briggs (NSPCC), Victoria Simmons (CCG's Head of Engagement), Emma Taylor (WACA), Ruth Shaw (CCG's Head of Strategy Change and Delivery), Abi Fox (The Bridge Project), Lisa Wright (BDCFT),

Apologies: Isla Skinner (Bradford Districts Care trust NHS), Alison Brown (Better Start Bradford)

Item		Action
1.	<p>Welcome and Introductions</p> <p>MH and MT WHN co-chairs welcomed everyone and thanked them for attending the first WHN meeting to take place on Zoom.</p> <p>This was our first meeting since the start of the covid 19 pandemic in March. The usual agenda format slightly changed to enable the sharing of information on what people have been doing and the challenges they have faced over the past few months. MH requested consent for photographs to be shared on Social Media. All agreed.</p>	

2.	<p>Members Updates</p> <p>Surji Cair – Naye Subah SC said they was finding it difficult to keep in touch with clients as they struggle with the technology. They were still having telephone calls with clients but have found the clients cannot use video conferencing.</p> <p>Ingrid Dzerins - Chair of Scholemoor Beacon ID informed they have been proud to be able to provide food packs and children's activity packs during lockdown.</p> <p>Abi Fox - The Bridge Project AB shared she has started work at The Bridge Project as Social Media Lead in the last few weeks. The Bridge Project has the contract for Self-Care Work for CP8 CP10 and CP2B.</p> <p>Julie Hodgins - NHS Breast Screening Programme JH said work has stopped with the Breast Screening and has been redeployed.</p> <p>Farzana Ghani - Roshni Ghar FG told everyone she was an Engagement Worker and had taken up her position 2 weeks before lockdown.</p> <p>Graham Carey-Briggs -NSPCC GCB advised they are continuing to offer mental health support to women experiencing anxiety and depression. Usually they do group work which has had to change and they are trying to set up virtual group sessions with limited success.</p> <p>Rosa Blackwell - Bradford Doulas RB updated Bradford Doulas continues supporting women virtual by Zoom and phone calls.</p>	
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<p>Emma Holmes - Bradford District Care Trust - Patient Experience and Involvement Team EH explained Initially involvement had stopped but now they were working through virtual means. She raised concern for those who don't use IT as they have found that it is not possible to be as involved. The team were keeping people updated as to what is happening and looking into setting up involvement sessions with social distancing for those unable to join in due to IT issues, now that this is allowed.</p> <p>Sarah Firth - HealthWatch Bradford SF informed the members they were carrying out a survey on access of services throughout the pandemic. It is still going on and asked people to contribute if they could.</p> <p>Ruth Shaw – CCG's - Strategy Change and Delivery RS said she found that she misses the patterns of working in an office surrounded by colleagues and that in an office natural breaks occur, with face to face contact with colleagues and people.</p> <p>Aamnah Rahman - Born in Bradford AR advised BIB has been doing research into the impact of Covid by gathering soft intelligence of immediate impacts and thinking ahead of medium and long term issues. Patient Engagement is continuing on online at the moment and they hope to keep the virtual option for meetings as well as physical meetings.</p> <p>Laila Ahmed - CNet LA reported back on seeing the importance of relationships with communities during the pandemic. Initial feedback from the community had been around anxiety and absorbing information around lockdown guidelines and their implications.</p> <p>Masira Hans - Sharing Voices MS spoke about how pleased she was about these virtual platforms but said it was a little harder to</p>	<p>Survey Link to be forwarded to members</p>
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	<p>connect with colleagues.</p> <p>Yazmin Shah - CNet YS informed she had changed her approach for engagement as previous groups/forums are not available and had taken to walking in the park early morning in order to engage with different people from different communities that way.</p> <p>Victoria Simmonds – CCG’s - Head of Engagement VS said she had felt a very positive sense of people pulling and working together during this pandemic.</p> <p>Emma Taylor - Social Prescriber with WACA - Primary Care Network Airedale Wharfedale and Craven ET advised the service has changed from practical support to mental health and domestic abuse support.</p> <p>Lisa Wright - Bradford District Care Trust - Head of Equality LW stated work has focused on their workforce and the disproportionate effect of Covid on communities, They are also supporting staff with anxiety. An Equality Impact Assessment is being carried out, currently looking at what impact the changes they have had to make, is having on service users.</p> <p>Navita Sahota - Service User NS brought to our attention that she was struggling to access services and finding it difficult not having hospital appointments.</p>	
<p>3.</p>	<p>Menopause cafe and Period cafe</p> <p>The discussion took place around looking to set up virtual meet ups. Members were informed to contact LA or YS if they would like to run a Menopause Café or like to contribute to the Menopause Café Blog.</p>	<p>YS to circulate menopause café protocols to members requesting this.</p>

	WACA have produced a podcast about the menopause please see link; https://waca-yorkshire.souder.fm/episode/the-menopause	
4.	<p>Future of WHN</p> <p>LA explained it looks like we will be keeping this way of working with virtual meetings and no face to face events for the foreseeable future. We plan to circulate a virtual calendar including the main meetings as well as theme based workshops identified by WHN members. If members have any ideas for workshops, please contact LA or YS by email.</p> <p>LA mentioned she has had a request for people to make small videos of themselves with core messages out into the communities around the current covid 19 guidelines.</p>	<p>YS to update virtual calendar</p> <p>LA to email members regarding the video request.</p>
5.	<p>Workshops ideas</p> <ol style="list-style-type: none"> 1. Mental health workshops for workers - women's specific issues around working from home and ensuring boundaries between work and home life. 2. Digital communication and understanding social media (cost barrier, how to use it, privacy anxiety) 3. How peoples sleep patterns have been affected by the pandemic. Possibly carry out a Survey Monkey 	<p>YS/ID to organize a survey monkey on sleep during the pandemic</p>
6.	<p>Member News</p> <ul style="list-style-type: none"> • BTM may have some funding to provide technology to those who cannot afford it. • Sharing Voices is running a BAME professional peer support group • MT is writing some guest Blogs for Gingerbread and to join their lobby group to parliament to raise the issues of problems to single parents. Please forward any suggestions of themes for this blog. All info will be kept anonymous. • Lisa Maria Phillip have funding to do some legacy work and are keen to link Bradford groups up 	<p>MH to share details of BAME peer support group</p>

	<p>with Plymouth groups and learn the lessons from our WHN.</p> <ul style="list-style-type: none"> • LA and YS are still collecting the grass roots information regarding accessing health services. • Sharing voices is currently carrying out a survey monkey on how new mums have been affected by the pandemic. • Fake news is still very prevalent. Suggestion of using community radio to try and get the message across. 	<p>AR to request Sunrise contact from YS</p>
<p>7.</p>	<p>Chat Box Text</p> <p>Surji Cair email: s.cair@incic.co.uk; tel; 01274 665598</p> <p>Graham Carey-Briggs email: graham.carey@nspcc.org.uk</p> <p>Abi Fox email: abi.fox@thebridgeproject.org.uk</p> <p>Farvana Ghani email: farzana.ghani@roshnighar.org.uk</p> <p>Holmese email: involve@bdct.nhs.uk</p>	
<p>8.</p>	<p>Date of Next zoom meeting :</p> <p>Monday 21st September 2020 at 10:30am</p>	