



## Women's Health Network

**Monday 30<sup>th</sup> November 2020, 10:30am-12:30pm via Zoom**

**Present:** Michelle Taylor (Co-Chair), Masira Hans (Co-Chair), Laila Ahmed (CNet), Yazmin Shah (CNet), Samina Koser (Freelancer-CNet Project), Emma Craddock, Huma Nizami (Race Equality Network), Jill Long (Yorkshire Cancer Community), Frances Holling (Espiritu Health & Wellbeing), Mike Frazer (WY&H Cancer Alliance), Tracy Holmes (WY&H Cancer Alliance), Farzana Ghani (Roshni Ghar), Helen Austin (At your Cervix), Dr Stefanie Gissing (WY&H Cancer Alliance), Waheeda Ghafoor (Family Action), Julie Hodgins (NHS), Ingrid Dzerins, Julie Longden (BCB Radio), Salma Mir (VoiceAbility), Ihuoma Dike (Student), Ian Brewer (Bradford Credit Union), Furaha Mussanzi (Millside Centre)

**Apologies:** Mandy Thomas (Safer Communities), Abigail Smith (My Wellbeing College), Isla Skinner (BDCFT), Aamanah Rahman (BIB)

Item		Action
1.	<b>Welcome and Introductions</b>  Masira welcomed everyone and thanked all for attending. A round of Introductions were made. Michelle shared that she would be attending for part of the session due to another meeting starting midway.	
2.	<b>Minutes of last meeting and matters arising</b>  Minutes were agreed as an accurate record and actions were discussed.	

<b>3.</b>	<b>Guest Speakers</b>  <b>1. Ian Brewer – Bradford District Credit Union</b>  Ian provided updates on #LoanSharksAmongstUs, Halloween Activity Packs and Buy Nowt Alternative Black Friday  Ian informed the 'Buy Nowt' webinar was a huge success with 200 bookings and feedback showed that people loved the international speakers and hearing about what Bradford was leading on.  Below is the information/Links about the 'Buy Nowt' international community practitioner webinar.  <b>'Buy Nowt' International community Practitioner Webinar uploaded to YouTube.</b>  <a href="https://www.youtube.com/watch?v=OUxgnY0jBwM">https://www.youtube.com/watch?v=OUxgnY0jBwM</a>  <b>The Independent: Buy Nowt! Bradford's thrifty antidote to Black Friday shopocalypse goes international</b> <a href="https://www.independent.co.uk/news/uk/home-news/black-friday-buy-nowt-day-bradford-b1761996.html">https://www.independent.co.uk/news/uk/home-news/black-friday-buy-nowt-day-bradford-b1761996.html</a>  <b>APEG 'Buy Nowt 2020' Radio 4 Interview with Debs</b> <a href="https://youtu.be/DOhTKt9jUbK">https://youtu.be/DOhTKt9jUbK</a>  <b>Please see attached presentation</b>	
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## 2. Dr Stefanie Gissing – West Yorkshire and Harrogate Cancer Alliance

Stefanie provided members with an update on cancer screening uptake and coverage overview for the region, a screening programmes restoration update and the Cancer Alliance work to improve screening uptake.

### **Please see attached presentation**

If anyone has any questions/comments or project ideas for cancer screening or cancer prevention.

**Please contact Dr Stefanie Gissing on; [stefanie.gissing1@nhs.net](mailto:stefanie.gissing1@nhs.net)**

Discussion then focused on how WHN members could support and engage with the programme. Laila stated that the WHN network has members from Bradford City Districts, Keighley and Craven and very strong reach into seldom heard groups. WHN would be interested in being a touch point for Cancer Alliance and also to use as a conduit for getting information out into the community and joint future plans for 2021. EPP have produced a series of short film clips in different languages filmed by local people around covid information and guidelines, and a series of clips were currently being filmed around maternity key messages.

**SG to forward LA info for circulation to WHN members**

## 3. Helen Austin - At Your Cervix

Helen informed At your Cervix offers online peer support for women and people who find cervical screening difficult. Their aim is to raise awareness of barriers that are faced in terms of accessing cervical screening. Helen's background is in youth work, health and social care. Helen's background is not medical and that is made clear when talking with people and that no medical advice is offered.

Recently, the NHS digital stats for 2019 to the 31st of March 2020 stated that 4.63 million women were invited for cervical screening, and 1.5 million, did not attend for their screening.

In the last 18 months the service has supported 41 women to access cervical screening directly.

AYC are working in partnership with their local MenCap and will be raising awareness on learning disability in

	<p>the next year.</p> <p>There were a variety of reasons women gave for not attending examination appointments these included.</p> <ul style="list-style-type: none"> <li>• Fear of the examination being painful</li> <li>• A previous history of trauma (sexual violence and abuse).</li> <li>• Cultural and language barriers</li> <li>• Women not being aware that they can make an appointment prior to their screening and meet the nurse</li> <li>• Women not being aware that they can bring someone who can attend with them</li> <li>• Women not being aware that they have the option to choose the sex of the health care provider.</li> <li>• Access to services and information for women with special needs and or mobility issues.</li> </ul> <p><b>For Further Information or just a chat with Helen, please see contact details below;</b>  <b>Facebook –<a href="https://www.facebook.com/AyYourCevix">https://www.facebook.com/AyYourCevix</a></b>  <b>Twitter -<a href="#">@AtYourCervix</a></b>  <b>Email – <a href="mailto:atyourcervix@icloud.com">atyourcervix@icloud.com</a> / <a href="mailto:helenaustin@me.com">helenaustin@me.com</a></b></p> <p>Masira thanked Helen for attending and sharing information on the fantastic one of a kind project she has been delivering solo.</p>	
<p><b>4.</b></p>	<p><b>Member News</b></p> <p><b>Dr Stefanie Gissing</b>  In order to address some of the issues raised by members and in particular those around combating some of the myths and misconceptions around cancer screening, WY &amp; H Cancer Alliance have commissioned Magpie who will be working with South Asian communities around key messages and information. Magpie will also be employing a person to bring together focus groups of people from the South Asian backgrounds to test out the materials they produce before they go live in the public.</p> <p><b>Julie Longden</b>  BCB are covering 16 days of gender based violence and are looking for professionals and people whom have experienced domestic violence are willing to give an interview, Julie has added her contact number in the group chat box.</p>	

5.

## Chat Box

- **mike frazer**01:13:08  
How can WHN improve screening take up?
- **Jill Long**01:16:07  
Brilliant presentation Stef
- **Waheeda Ghafoor- Family Action**01:16:38  
The fact the Cervical cancer screening can pick up illness before it develops into cancer is an interesting fact which if emphasised I feel it may encourage uptake for screening. I will mention to Coordinators I work with to mention to women on their caseloads.
- **Frances Holling**01:17:22  
A question for Stephanie - can people request a Bowel Scope themselves? (Over 55 or any age))
- **Emma Craddock**01:17:40  
Is work being done with GPs too? I am thinking of the recent news story about the young woman who died of cervical cancer because she was below the age of screening and not listened to by her GP when she went to discuss symptoms 15 times
- **mike frazer**01:21:20  
Laila will leave for next bit mike
- **Humma Nizami**01:22:00  
Hi everyone, my email address is [humma@raceequalitynetwork.org.uk](mailto:humma@raceequalitynetwork.org.uk).
- **julie Hodgins Br Screening**01:22:04  
HAve we anyone from the eastern European groups here?
- **Frances Holling**01:22:11  
Thanks that's great Laila
- **Humma Nizami**01:22:29  
I will be happy to help where I can.

- **Stefanie Gissing**01:24:07  
Re scope screening - unfortunately as scope screening has been paused (and is unlikely to restart for the foreseeable future) people cannot request it. National messaging has been around awareness of symptoms and signs e.g. "Help us to Help You" campaign which did target bowel cancer
- **Frances Holling**01:25:06  
Thanks -Stefanie
- **Stefanie Gissing**01:26:04  
Re cervical screening for prevention - agree! This is messaging that we try to reinforce as cervical cancer is becoming less common overall, but screening programmes treat a lot of pre-cancerous conditions and prevent a lot of cancers. as does bowel screening
- **laila ahmed**01:26:10  
Julie - Thornbury Community Centre I think have a team in place working eastern European communities, also Girlington Centre and Sharing Voices too.
- **Tracy Holmes**01:38:38  
Hi Helen. Can I contact you outside the meeting to discuss the potential for patient stories on our website? To help raise awareness and understanding?
- **julie longden**01:39:13  
What a fantastic project needs funding .This is the key I think to get women to attend screening.
- **Emma Craddock**01:39:38  
Thank you for the work you're doing Helen! I think it's so important to challenge the narrative that smear tests are "easy", I can understand why they pitch it that way but it alienates women who do not have this experience and can put off those who go expecting it to be easy and who find it harder!
- **Jill Long**01:39:46  
I could put Helen in touch with Hannah who is also raising awareness around the effects of sexual trauma on cervical screening
- **Tracy Holmes**01:39:48  
I'll also ensure we're linked on social media, the Cancer Alliance has a Facebook and Twitter feed

- **laila ahmed**01:40:59  
Thanks Huma , we will add you to the WHN email list and will touch base soon x
- **Waheeda Ghafoor- Family Action**01:41:08  
I wanted to add FGM may be a barrier to cervical screening
- **Farzana**01:41:43  
that's defo a good point waheeda
- **Furaha - Millside**01:42:10  
Brilliant project Helen, really inspiring. Very much needed to raise awareness about such a crucial aspect of women's health. Thank you for sharing!
- **Helen Austin**01:42:16  
Facebook -<https://www.facebook.com/AtYourCervixxTwitter> -[@AtYourCervix\\_xEmail](https://twitter.com/AtYourCervix_xEmail) -  
[atyourcervix\\_x@icloud.com](mailto:atyourcervix_x@icloud.com)
- **Helen Austin**01:42:21  
my personal details are
- **Farzana**01:42:24  
thank u helen
- **Helen Austin**01:42:26  
[@helen\\_a15](https://twitter.com/helen_a15)
- **Helen Austin**01:42:31  
[helentaustin@me.com](mailto:helentaustin@me.com)
- **Stefanie Gissing**01:42:47  
You have massively inspired me on a Monday morning Helen! how amazing to turn such negative experiences into such positive, impactful work
- **Helen Austin**01:43:12  
will try and reply to people here but yes please do get in touch outside of today if you would like to either via AYC or my personal details which ive put above]

- **Helen Austin**01:43:24  
thanks so much stephanie
- **Helen Austin**01:43:35  
thank you furaha
- **Jill Long**01:43:46  
Amazing Helen
- **Waheeda Ghafoor- Family Action**01:44:13  
Thank you all that was really insightful
- **Helen Austin**01:44:14  
jill long that would be great re contact with Hannah
- **Ingrid Dzerins**01:44:58  
Also add changes that occur due to menopause that make screening painful when it wasn't before
- **Frances Holling**01:47:00  
I agree with Julie
- **julie Hodgins Br Screening**01:47:09  
I know that screening messages are fine for most women...NHS has to adapt to work with those that don't hear that style of standard message.
- **Stefanie Gissing**01:48:40  
A lot of work also going into framing cervical screening as a positive thing women can do for their health and empowerment. Educating staff is also so so important to prevent/minimise negative experiences of screening
- **julie Hodgins Br Screening**01:48:49  
Urdu is just...neck of womb
- **Frances Holling**01:49:50  
For a long time I wasn't sure what my cervix was!

- **Helen Austin**01:50:37  
hopefully ive replied to everyone but thank you for having me and please do get in touch outside of today if you'd like to chat more
- **julie Hodgins Br Screening**01:50:53  
My male partner wonders why Tampons and towels are advertised on TV! I explain.
- **Stefanie Gissing**01:51:40  
saw a fact earlier today - one of the first women sent to space by NASA went for 6 days, they apparently gave her 100 tampons and asked if that was enough
- **Farzana**01:53:30  
do u recognise me Julie
- **laila ahmed**01:57:08  
Sorry another meeting due to start.. its great seeing everyone thanxs
- **Helen Austin**01:57:21  
wow stephanie
- **julie longden**01:58:25  
Hello all BCB Radio are covering 16 days of gender based violence If you would like to do an interview about your work that would be so great my nnumber is 07783946300
- **Jill Long**01:58:45  
thanks so much
- **Stefanie Gissing**01:58:54  
thanks everyone!
- **Helen Austin**01:59:03  
thanks for the welcome :)
- **Stefanie Gissing**01:59:18  
stefanie.gissing1@nhs.net if anyone has any questions
- **julie Hodgins Br Screening**01:59:20

	<p>Helen, THAnk you for speaking out and being passionate</p> <ul style="list-style-type: none"><li>• <b>Jill Long</b>01:59:22 thanks to Cnet for sharing</li><li>• <b>Farzana</b>01:59:23 thank you</li></ul>	
6.	<p><b>Date of next zoom meeting</b></p> <p><b>Monday 8<sup>th</sup> February 2021</b></p>	

