



Women's Health Network

Monday 8th February 2021, 10:30am-12:30pm via Zoom

Present: Masira Hans (Chair), Yazmin Shah (CNet), Laila Ahmed (CNet), Samina Koser (CNet Freelance administrator), Julie Hodgins (Pennine Breast Screening) Emily Clark (Marie Curie Hospice), Francis Glover (Marie Curie Hospice), Tilly Rathmell (Project 6), Aisha Begum (Manningham Housing Association), Aamnah Rahman (Born In Bradford), Michelle Taylor (Bradford District Council), Dr Emma Craddock (Birmingham City University), Jane Dale (Little Lane Tai Chi Group), Georgia Moxham (NSPCC) Mumtaz Khan (Honour Ju Jitsu Club), Natalie Jovanovic (Made in Manningham), Laura Liddon (Dance for life BDC), Rosa Blackwell (Bradford Doula Project), Surji Cair (Kensington Partnership), Emma Holmes (Bradford District Care Trust), Ingrid Dzerins (Women's Campaigner), Farzana Ghani (Roshni Ghar), Rachel Dennis (St Edmunds Bradford), Sameena Khan, Ian Brewer (Credit Union Bradford District), Furaha Mussanzi (Millside Centre)

Apologies: Isla Skinner (Bradford Districts Care Trust NHS), Ruth Davidson, Sara Firth (Health Watch Bradford),

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.	

3.	<p>Guest Speakers</p> <p>Aamnah Rahman – Born in Bradford Age of Wonder Project</p> <p>Please see attached presentation</p>	
4.	<p>Ingrid Dzerins – BCB Radio</p> <p>Ingrid informed BCB will be celebrating IWD for a whole month. With the use of an app called backpack. People will be able to share their ideas for programmes or share their stories, particularly in relation to pregnancy and birth experiences during lockdown and pre-lockdown experiences. For any further information please contact Ingrid directly.</p> <p>Please contact Ingrid on : ingriddzerins@live.co.uk</p>	
5.	<p>Tilly Rathmell – Project 6</p> <p>Please see attached presentation</p>	
6.	<p>Frances Glover & Emily Clark – Marie Curie Engagement Team</p> <p>Please see attached presentation</p> <p>The daffodil standard – GP's can sign up to the daffodil standard which shows their support for the</p>	<p>EC to share the Daffodil Standard Information to LA</p>

	<p>end of life care.</p> <p>Laila advised the MVP platform has links with the Main CCG Clinical Leads and can circulate the aforementioned information with all GPS.</p> <p>Laila explained the WHN forum and other forums want to come on board with promoting the United Memory Message.</p>	EC to share the United Memory Information with LA
7.	<p>IWD Event 2021#ChooseToChallenge Update;</p> <p>As part of International Women's Day 2021 campaign theme #ChooseToChallenge we will be hosting a virtual event to celebrate and share inspirational stories celebrating women's achievements on how we can choose to challenge constructively and call out gender bias and inequity.</p> <p>We have five inspirational speakers booked. There will be gentle exercise and mindfulness activities and a series of Talking Head Clips played on the day.</p> <p>For further information or to register please contact Yazmin (yazmin@cnet.org.uk)</p>	
6.	<p>Member News</p> <p><u>Ian Brewer</u></p> <p>BDCU are holding a webinar on Digital inclusion on 9th February 2021. In relation to the Bradford Census a booklet will be sent out to 10000 families, explaining how to engage with census. There will be a digital copy of the booklet, if anyone is interested in accessing one please contact Ian.</p>	

<p><u>Furaha Mussanzi</u> Millside Centre has launched a project supporting young people to build their confidence. If anyone knows any young persons who are wanting a safe space or somewhere to just meet, talk and build friendships or connections, please contact Furaha.</p> <p><u>Ingrid Dzerins</u> As a volunteer for Bradford Museums and galleries, Ingrid is setting up a volunteer's book group. Volunteers can bring along a favourite poem or writing which everyone can then discuss. If anyone is interested please contact Ingrid</p> <p><u>Rosa Blackwell</u> We have recently gained some funding from the RIC Commission to recruit additional team members to train as doulas, in order to reach more pregnant women. We are still providing face to face birth support. If you would like to make contact or refer please contact us.</p> <p><u>Humera Khan</u> Better Start Bradford have some funding available for parents with young children under 4 years old. If any parent wishes to do any virtual activities or once the lockdown is over any face to face activities. Or they have any other ideas, they can contact BSB for assistance with completion of the application.</p> <p>Humera is also offering virtual free exercise classes, if interested please contact Humera.</p> <p><u>Natalie Jovanovic</u> Made in Manningham supports people with business idea in Bradford that will benefit the community.</p> <p>Natalie runs a support group for women living with chronic pain and educating women about their health and their reproductive health. They offer peer support sessions and are looking for local organisations who can support to deliver free health and wellbeing sessions or support with the aims and vision.</p>	<p>FM to send YS the leaflet on how to get in contact</p>
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	<p><u>Masira Hans</u> Is now working for Mind in Bradford with persons with Serious Mental Illness.</p> <p><u>Laila Ahmed</u> If anyone would like to be a guest speaker for the next meeting, our guest slots are open to the members please contact Yazmin or Laila.</p>	
	<p>Chat Box Text</p> <p>00:24:05 Ingrid Dzerins: Could someone send login and password please so I can log in on my daughters laptop? thanks</p> <p>00:24:26 Laila Ahmed: will email</p> <p>00:25:35 Sameena khan: Hi, sorry getting an important call. Will join back. Apologies</p> <p>00:25:54 Laila Ahmed: no problem Sameena</p> <p>00:28:03 Surji Cair: Humera please can I contact you</p> <p>00:28:38 Emma Holmes: Hi Humera, could you share details of your groups</p> <p>00:29:35 Natalie Jovanovic: Hi guys</p> <p>00:30:19 laila ahmed: hi natalie</p> <p>00:30:54 Julie Hodgins: I agree</p> <p>00:31:37 Emma Craddock: Please do send me an email - emma,craddock@bcu.ac.uk if you are interested in talking about your experiences with the Women's Health Network or want any more</p>	

	<p>information! Thank you :)</p> <p>00:32:08 Natalie Jovanovic: I also run a support group for women living with chronic pain. I'm keen to collaborate with anyone who has a passion for Women's health/wellbeing and persistent pain to deliver online sessions :)</p> <p>00:32:22 Mumtaz Khan: I am running 3 free 'ladies only' kettlebell fitness sessions Mondays, Wednesdays and Fridays at 7pm. My number is 07877466818. Also running sessions for The Khidmat Centre on Saturday mornings 10-11.30am. Feel free to join in. Please text/WhatsApp for login details.</p> <p>00:32:28 Surji Cair: Ingrid I need to speak to you again plz.</p> <p>00:34:26 Georgia Moxham: Natalie- would be good to have your contact details too for your support group, if possible?</p> <p>00:34:49 Emma Craddock: I am also currently involved in another research project about period poverty in the pandemic so if you are part of a group or organisation that addresses this and would be interested in taking part, do contact me about that too please</p> <p>00:35:09 Natalie Jovanovic: Sure - email cpsg.20@gmail.com look forward to hearing from you</p> <p>00:35:41 Georgia Moxham: Thank you :)</p> <p>00:35:56 Masira Hans: Will do Emma</p> <p>00:37:56 Surji Cair: I do newsletters quarterly if anyone has anything to contribute plz let me know surji.cair@bradford.nhs.uk</p> <p>00:40:38 Humera Khan: Hi all, there is my poster. I do relaxation classes too... which have proven very popular and something I need to add to the poster. Feel free to contact me on silverlining180@hotmail.com. Thanks.</p>	
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00:41:05	Laila Ahmed:	thanks Humera
00:42:07	Emma Holmes:	Hi Aamnah, Young Dynamos at BDCFT would be interested in getting involved. contact me at emma.holmes@bdcft.nhs.uk
00:47:43	Aamnah Rahman:	Thanks everyone. If you want to contact me, my email is : Aamnah.Rahman@bthft.nhs.uk
00:47:56	Masira Hans:	thanks Aamnah
00:48:20	Laila Ahmed:	many thanks Aamnah
00:49:28	Emma Holmes:	apologies I have another meeting to attend, thank you
00:50:11	Yazmin Shah:	Thank you for attending Emma
00:51:06	Farzana Ghani:	had a call from school have to leave for a short while hopefully will be bk in 20 mins sorry
00:51:44	Ingrid:	Hi everyone, any ideas for a women's programme for radio, serious or not, please send them to me ingridderins@live.co.uk Ingrid
00:52:31	Aamnah Rahman:	I've already communicated with Mary Dawson around my idea. I think there is a planning meeting on zoom tonight at 6pm.
00:54:03	Ingrid:	Brilliant Aamnah, let's flood the soundwaves!
00:57:37	Surji Cair:	can we share everyone's contact details plz
00:59:15	Sameena khan:	Yes please, if you can send this PowerPoint so I can share within my team. Thanks

00:59:48	Yazmin Shah:	Sameena I will circulate it with the minutes
00:59:59	Sameena khan:	Thanks
01:01:51	Rachael Dennis:	Hi, I need to pop out to another meeting but wanted to let you know that 50 Things To Do Before You're Five have a free APP and website. We have also received funding from Bradford Opportunity Area for Free Resources for ALL Bradford Primary Schools and have funding from Shine for '50 Things at Two'-Play in the Home Sessions for Two Year Olds in Manningham, Girlington, Barkerend, Home Wood, Bradford Moor & Tyersal rachael.dennis@stedmundsbradford.org.uk Bradford.50thingstodo.org
01:02:40	Ian Brewer:	Ingrid - I often do a talk with BCB on finance so can help with a money related talk if you like? APR, Loan Sharks, Credit Score etc. email me.
01:03:44	Yazmin Shah:	Thanks Rachael
01:10:47	Ingrid:	Thanks Ian
01:21:50	Aisha MHA:	Hi all, I am one of the Community Project Officers from Manningham Housing Association. Lovely to be with you all today 😊 I would like to share our Community Projects & Activities Menu that has been launched recently. All sessions are delivered online which are free for all participants. We are focussing predominantly on the BAME community; however, anyone is welcome to join. We have a variety of youth activities, community conversations, health and wellbeing sessions such as Yoga, Mindfulness, Healthy Eating & Cooking, Confidence Building, Therapeutic Support and much more. Age is not an issue; users can be allocated to the appropriate course. Please feel free to contact myself Aisha.Begum@manninghamha.co.uk regarding referrals OR directly contact the person that is assigned to each project which is listed in the Menu for enrolment.
01:21:56	Aisha MHA:	We have recently launched a Men's and Women's Mental Health and Wellbeing Group online (two separate projects) in which a Therapist and Counsellors will be delivering

	<p>the sessions. Thank you, Aisha</p> <p>01:23:34 Masira Hans: Thanks Aisha 01:23:40 Yazmin Shah: Thank you Aisha, I will share with all members</p> <p>01:23:52 Aisha MHA: Thank you!</p> <p>01:25:27 Surji Cair: Emily would like to add your service to our newsletter at Kensington Partnership plz can you contact me surji.cair@bradford.nhs.uk</p> <p>01:28:29 Aamnah Rahman: Thanks Emily and Frances for a great presentation, really valuable service. I was a carer for my dad who died 2011 and we used the outpatient's service for about 6 months in his last years. He absolutely loved going there. I couldn't understand why as he was the only Asian in attendance and there weren't any south Asian staff around either. I asked him and he said they are really good people, they look after me well. That was a really positive for me as I tried to get him into day centres etc but he refused to go anywhere else.</p> <p>01:32:14 Humera Khan: I am happy to offer a free short seated yoga session if you may think this is helpful or any women are welcome to the relaxation sessions that happen on a Sunday late evening. Thanks.</p> <p>01:33:05 Georgia Moxham: Hello Everyone. This is all so helpful! Thanks to you all! I wanted to introduce myself- I am from NSPCC and a practitioner on our Pregnancy in Mind programme, which is a group programme for expectant parents who are struggling with their mental health- Low level anxiety and depression. We cover mindfulness, CBT, relaxation and coping strategies. We are offering this over zoom at the moment. If you have any parents who may need this support we accept referrals up to 34 weeks pregnant, partners can also attend the sessions. Please contact 01274 381440 if you would like more info or make a referral. Thanks Georgia :)</p> <p>01:34:05 Furaha Mussanzi: Is the bereavement support open to everyone in Bradford or just your patients? 01:34:27 Natalie Jovanovic: Laila please add my two emails to the WHN contact list:</p>	
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	<p>natalie@madeinmanningham.co.uk, cpsg.20@gmail.com thank you :)</p> <p>01:34:35 Emily Clark: Thanks Aamnah, I'm glad your dad was able to access the support and had such a good experience. We definitely want to try open up our services more and would be great to hear more about your experience if you wanted to get in touch, emily.clark@mariecurie.org.uk</p> <p>01:35:19 Aamnah Rahman: Thanks Emily, will do.</p> <p>01:35:43 Ian Brewer: https://register.gotowebinar.com/rt/7831760164294998541</p> <p>01:35:58 Emily Clark: Furaha - the bereavement service in the hospice is for people who have had a link with Marie Curie, but the telephone support is open to everyone. More info here: https://www.mariecurie.org.uk/help/support/bereavement</p> <p>01:38:10 Furaha Mussanzi: Brilliant, it's good to know as we are in touch with a lot of people who are struggling with bereavement. I'll share the info widely. Thanks for your presentation. Very useful.</p> <p>01:39:19 Ian Brewer: Safer Internet Day tomorrow</p> <p>01:39:21 Ian Brewer: https://register.gotowebinar.com/rt/7831760164294998541</p> <p>01:44:55 Surji Cair: Humera what's your email address</p> <p>01:46:37 Humera Khan: If it's for the Parents in the Lead Panel funding up to £2500, please contact me on humera@betterstartbradford.org.uk (deadline is mid Feb). If it is exercise and relaxation related, email is silverlining180@hotmail.com</p> <p>01:47:36 Ingrid: Thanks for arranging the meeting and supporting us</p> <p>01:47:46 Tilly Rathmell: Thank you that was really interesting. Great to hear there is so much still going on</p>	
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	01:48:07 Mumtaz Khan: Thank you 01:48:13 Humera Khan: Thank you	
8.	Date of Next Zoom Meeting: Monday 7th June 2021	