



Bristol Health and Wellbeing Board

Title of Paper:	Evaluation of NHS menopause provision in Bristol
Author (including organisation):	Vicky Marriott, Healthwatch Bristol
Date of Board meeting:	24th November 2022
Purpose:	Information and endorsement

- Paper to be no more than two pages long; full reports or more information can be added as appendices
- Draft papers are reviewed by the Public Health team
- Final papers will be published on the [public website](#)
- Board correspondence: HWB@bristol.gov.uk

1. Executive Summary

Until March 2023 this qualitative data-gathering exercise plans a listening exercise in Bristol & will synthesize the voices of women who have interacted with healthcare for menopause and peri-menopause support. We will establish availability of appointments, list symptoms & treatment options, follow-up care, and availability of information and education.

The project aims for a greater understanding of the health impact of menopause, to boost health outcomes for all women and have improved ways in which the health care system listens and responds to their needs.

2. Purpose of the Paper

Healthwatch Bristol requests the endorsement of this project. We wish to scope experiences of women of service provision and make recommendations on gaps in support. We would like to share report findings with the Board.

3. Background and evidence base

In January 2022 Healthwatch Bristol's Prioritisation Panel - ten people from our Board of Trustees, our volunteer group, and staff team, reviewed our public feedback about services and aligned it with local and national strategy. Their recommendations were that HW Bristol scope a research project to evaluate NHS services available to women before and during menopause and establish how they meet day to day needs.

A DHSC policy paper July 2022, called a 10-year vision that lays the foundations for change for women's health amid widening disparities, was published. It is this government first Women's Health strategy for England and followed a 14 week call for evidence last March 2021. It supports

improving the quality of data in priority areas, & includes the time around menopause. It invites organisations to invest in research on women's health issues.

The Bristol Women's strategy of 2019 suggested action should be taken to set up consultant-led specialist menopause healthcare services for women in Bristol. It says women in menopause can experience a range of negative symptoms that may last many years though the average duration of symptoms is six years. These symptoms can include vasomotor symptoms (hot flushes and night sweats), mood changes, sleep disturbance, musculoskeletal symptoms, urogenital symptoms, and sexual disorders.

The Bristol JSNA Womens Health chapter in 2017 item 5 b on data recommends that as a city we 'Explore how intersections of inequality in women's health can be researched through gathering data for gender which also identifies other equalities characteristics e.g. disability, BME women, transsexual women' In item 6, it recommends the City seeks to; 'Address the health inequalities faced by women who experience the poorest health outcomes in Bristol by ensuring that services, campaigns and other initiatives are directed appropriately.'

4. Community/stakeholder engagement

Stakeholder involvement discussions have begun with the Bristol Women's Commission and the Bristol's Womens' Health Task Force, created by the commission. We have also reached out to Womankind and Bristol Women's Voice. We are in conversation with the Sexual Health, Health Intervention Team (SHip HIT) at Bristol Health Partners. Sirona Care and Health have agreed to help support our aim to reach the City's diverse voices.

We bring our values around co-production, inclusion, and representation to this and all our projects. We will give a platform to women's voices and have begun to establish a steering group of Bristol women (public and professional) to coproduce a qualitative survey.

5. Recommendations

The outcomes will include bringing a greater awareness of health inequalities, and ensuring that women's ethnicity, sexuality, or disability does not impact on access or treatments for menopause symptoms.

6. City Benefits

The project will help to inform the Bristol Women's Strategy which is the mechanism by which the City demonstrates its progress on meeting the obligations of the European Municipalities and Regions Charter for Equality of Women in Local Life. Delivering an inclusive economy post COVID-19.

The potential for service-user codesign of services in the planned women's health hubs, which are being funded in Bristol.

7. Financial and Legal Implications

Currently utilising core statutory funding from Healthwatch BNSSG which provides capacity of two engagement & project researchers over 6 months.

8. Appendices

None