

## Bristol Health and Wellbeing Board

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| Title of Paper:                  | <b>Your NHS Menopause Experience</b> |
| Author (including organisation): | <b>J.Bird - Healthwatch Bristol</b>  |
| Date of Board meeting:           | <b>14<sup>th</sup> December 2023</b> |
| Purpose:                         | <b>Information and discussion</b>    |

### 1. Executive Summary

Evidence gathered in 2022/2023 shows that women using health services had poor experiences and access when seeking support for symptoms of peri-menopause or menopause.

The insights from this engagement with the wider community have led to a set of recommendations which seek to influence decision making about future health services for people going through menopause. This citizen-led approach supports an integrated care system to deliver better access for people in their local communities, for services to be more effective & efficient and designed to meet needs.

### 2. Purpose of the Paper

This paper is for oversight and assurance. The Health and Wellbeing Board's vision in their Joint Leadership on Health strategy is to understand unfair disadvantage to individuals and communities with a commitment to reducing women's health inequalities. The qualitative information provided highlights of good practice and present a range of findings that aim to inform the next iteration of the JSNA chapter 'Women's Health In Bristol' <https://www.bristol.gov.uk/files/documents/6450-womens-health-health-needs-assessment/file>. This work will inform the Steering Group for Women's Health Hubs and reports to one of the Health and Care Improvement Groups (HCIG), an ICS structure for decision-making, for improving Community health services. This work will also link insights into the Mental Health and Wellbeing Integrated Network Teams (MINT).

### 3. Background, evidence base, and what needs to happen

HealthWatch feedback suggested there was a lack of understanding and consistency around support and treatment for women undergoing menopause at all stages. The recommendations are aimed to address the problem through a local lens with solutions that are timely, relevant and applicable across diverse communities. This is in line with the focus currently undertaken by the National Women's Health Strategy <https://www.gov.uk/government/publications/womens-health-strategy-for-england/womens-health-strategy-for-england>

### 4. Community/stakeholder engagement

Patient informed input, focus and steering groups co-designed resources and survey narrative, draft survey piloted within variety of community settings, workshop created qualitative data collected from across population.

## **5. Recommendations**

- Creation of dedicated women's health hub
- Increased awareness campaign and resources
- Appointment of specialist dedicated leads in PCN catchment
- Provision of database for trusted information with widespread healthcare signposting
- Dual menopause and cultural competence training for health care professionals
- Engagement with local population for peer support and culturally appropriate resources

## **6. City Benefits**

The recommendations are aimed to offer all Bristol Citizens fair and equal access to information and support for menopause care and thus improve associated outcomes city wide.

## **7. Financial and Legal Implications**

Not applicable.

## **8. Appendices**

Full report.