




## Women's Health Network

**Wednesday 27th March 2019, 10am-12noon at CNet**

**Present:** Michelle Taylor (Co –Chair), Masira Hans (Co-Chair), Aamnah Rahman (Born in Bradford), Brenda Thomson (Little Lane Tai Chi Group), Abigail Smith (My Wellbeing College), Steve Blackman (Volunteering Bradford), Alison Brown ( Better Start Bradford ), Gemma Smith (Family Action), Fazeela Hanif (Highfield Community Centre), Julia Haslam (CP6) Sue Hawkins (Little Lane Tai Chi Group), Dawn Mair (Little Lane Tai Chi Group), Aliya Fazil (Bradford Doulas), Julie Logden (BCB Radio), Vie Clerc Lusandu (Inlimbo Project), Ingrid Dzerins, Laila Ahmed (CNet), Yazmin Shah (CNet)

**Apologies:** Kate Butler (Bradford Hate Crime Alliance), Arshad Hussain (NHS England), Wafaa Nawaz (Inspired Neighborhoods), Yemi Fogborun (Peacemaker International), Gwen RB (Womenszone), Dr Lynn D-Green (R+R), Rachel Nauwelaerts (Positive Minds), Victoria Simmons (CCG)

Item		Action
1.	<b>Welcome and Introductions</b>	
2.	<b>Minutes of last meeting and matters arising</b>  Agreed	

<p>3.</p>	<p><b>Guest Speaker</b></p> <ul style="list-style-type: none"> <li>• <b>Steve Blackman - CEO (Volunteer Centre Bradford)</b></li> </ul> <p><a href="http://www.volunteeringbradford.org.uk">www.volunteeringbradford.org.uk</a></p> <p> <a href="#">website</a></p> <p>Drop in to find out about volunteering on Tuesdays 10am-noon or Thursdays 1pm-3pm</p>	<p>YS to circulate info with minutes</p>
<p>4.</p>	<p><b>Guest Speaker</b></p> <ul style="list-style-type: none"> <li>• <b>Aamnah Rahman – Research Fellow Community Engagement (Born in Bradford)</b></li> </ul> <p>Please see presentation attached</p>	<p>YS to circulate presentation with minutes</p>
<p>5.</p>	<p><b>IWD Event - update</b></p> <p>Laila informed International Women’s Day event was a huge success, great turnout and 64 Evaluation Sheets returned.</p>	

	<p>Emotional Health Awareness Workshop “5 steps to mental wellbeing” carried out with members</p> <p>Please see members feedback attached</p> <p>Discussions following the workshop</p> <ol style="list-style-type: none"> <li>1) Julie mentioned taking 2mins to listen to each other in meetings</li> <li>2) Masira suggested to trial “check in, check out” collectively as a group to share with one another</li> <li>3) Michelle talked about looking at a positive for the week as it resets your mood</li> <li>4) Alison spoke about inviting someone from the Council/MP to highlight concerning women’s issues</li> </ol>	
<p>6.</p>	<p>Member News</p> <ul style="list-style-type: none"> <li>• Ingrid would like to do a Radio program on Gender Stereotyping (Bringing up children), anyone wanting to get involved please contact her for more details.</li> <li>• Vie raised awareness for EU Citizens and what Brexit will mean for them. There are session being run on how to make them safe to stay in the UK. There will be a session held on 29<sup>th</sup> April 2019 at the Girlington Advice Centre highlighting; New Status - Less Rights</li> <li>• Laila spoke about feeding back to Rashmi Sudhir directly for the mental health directory before it goes live and possibly inviting her back to speak to WHN members</li> </ul>	<p>Vie to circulate info/flyer</p>

	<ul style="list-style-type: none"> <li>Michelle mentioned Bradford Council has funding to support EU Citizens for Brexit</li> </ul>	
<p><b>7.</b></p>	<p><b>Future meeting dates @ CNet</b></p> <p>27<sup>th</sup> March 2019</p> <p>8<sup>th</sup> May 2019</p> <p>7<sup>th</sup> August 2019</p> <p>6<sup>th</sup> November 2019</p> <p>(meetings are held 10am – 12pm)</p>	
<p><b>8.</b></p>	<p><b>AOB</b></p> <p>Ingrid asked if there were anyone who was interested in doing a slot on the radio for Thursday afternoons. She explained it was an empowering place for women to have a voice. Radio Venus are giving a 30min slot, every month, where you can present anything related to women's issues</p> <p>Julie suggested she would bring in a portable recorder for future meetings and could record people at the end of the meetings and use the recordings or they could do a full program to highlight issues in the city</p>	