

Voluntary Sector Health & Wellbeing Webinar

Thursday 2nd July

***‘Building a Healthier Future for Women:
Screening, Strategy and Support’***



Hampshire and Isle of Wight



- **Welcome and Programme Review** – **Angela Gill**, (HSPN & Voluntary Sector Health & Wellbeing Forums Facilitator)
- **Tim Houghton**, Chief Executive, [Community First](#)
- **Emma Leatherbarrow**, [Equality and Involvement Strategic Lead](#), [Wessex Cancer Alliance](#)
- **Dr Jodie Hughes**, [Founder and Research Consultant](#), [Edometriosis South Coast](#)
- **NHS Three Shifts (Priorities)**
- **HWB Member Case Study Opportunity**
- **Slido (QR Code – [Smart Phone](#)) - Attendee ‘Snapshot Takeaways’ 1 Minute Multiple Choice**
- **Dates** for **July’s** Voluntary Sector Health & Wellbeing ‘Networking & Showcase Events, and the **next** Hants & IoW Social Prescribing Network **Webinar**



A PERSPECTIVE FROM THE VOLUNTARY & COMMUNITY SECTOR

Tim Houghton

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Support for Women's health and wellbeing

VCSE and NHS support spans prevention, treatment, counselling, peer support and recovery.

- Sexual trauma & abuse support: START <https://start-org.uk/>, Yellow Door <https://yellowdoor.org.uk/>, The YOU Trust <https://theyoutrust.org.uk/>
- Domestic abuse & recovery: Hampshire Domestic Abuse Partnership <https://www.hants.gov.uk/socialcareandhealth/domestic-abuse-partnership> STOP Domestic Abuse <https://stopdomesticabuse.uk/> The YOU Trust, Yellow Door, Advance Hampshire Women's Centre in Portsmouth <https://www.advancecharity.org.uk/>
- Mental health & wellbeing: Solent <https://www.solentmind.org.uk/> Andover <https://www.andovermind.org.uk/> and Havant & East Hampshire Mind <https://www.easthantsmind.org/> and local wellbeing organisations
- Sexual and reproductive health and menopause support tends to be provided through NHS services and private clinics but nationally <https://www.wellbeingofwomen.org.uk/>
- Connect to Support Hampshire <https://www.connecttosupporthampshire.org.uk/>



Support for Women Living with Cancer

- VCSE support for those living with cancer
- **The Wessex Cancer Trust** - Cancer support centres, support groups and online support <https://www.wessexcancer.org.uk/>
- **The Pink Place** – wellbeing, counselling, Yoga and social events for those living in North Hampshire: <https://thepinkplace.org.uk/>
- **Victoria's Promise** – in-person and digital support for young women diagnosed with cancer who are being treated at Hampshire Hospitals NHS Foundation Trust hospitals: <https://www.victoriaspromise.org/>
- **Grace Charity** – supporting women diagnosed with gynaecological cancer across Hampshire: <https://grace-charity.org.uk/>
- <https://actionhampshire.org.uk/about-us/our-projects/communities-against-cancer/>
- To find out more about what support is available nationally and in Hampshire visit: <https://www.hampshirehospitals.nhs.uk/our-services/az-departments-and-specialties/cancer-services/gynaecological-cancers/external-support-services>



Funding and Health

- <https://www.sportengland.org/funding-and-campaigns/our-funding/movement-fund>
- <https://www.postcodedreamfund.org.uk/dream-fund>
- <https://www.jamestudor.org.uk/> Physical and mental health
- <https://julesthorntrust.org.uk/>
- <https://newby-trust.org.uk/>
- <https://www.caremark.co.uk/community-care-fund/>
- <https://www.bhcfoundation.org.uk/>
- [VIVID Plus Community Investment Fund](#)
- [Lets be Smokefree Havant](#)
- [Easy Fundraising Partnership with Tesco Community Groups](#)
- [The Fareham Well](#)
- For more help and resource links, see <https://www.cfirst.org.uk/resources/>

Women and Cancer

Emma Leatherbarrow

Equality and Involvement Strategic Lead

Wessex Cancer Alliance

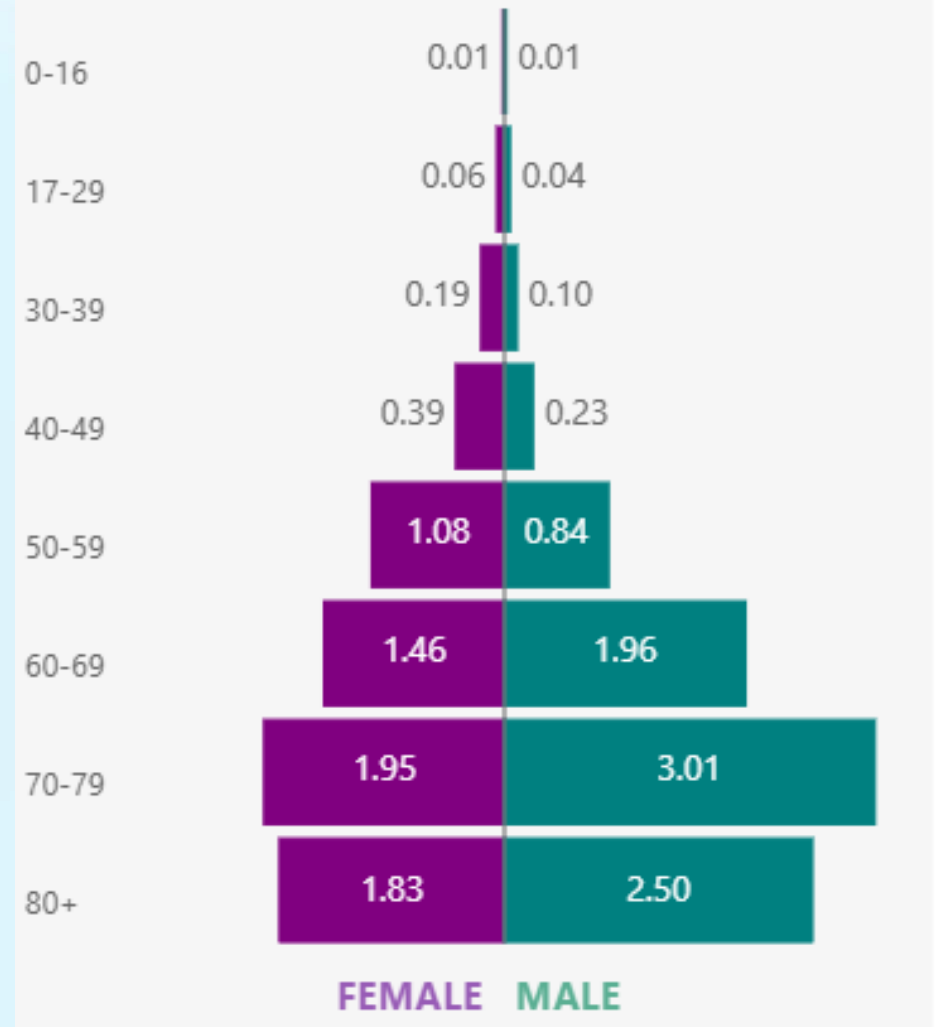




Cancer and Women

- Cancer is rare in people under 50, but affects more women than men
- Over 60, cancer rates are higher in men than women
- Men are more likely to die from cancer than women
- Earlier diagnosis – driven by breast cancer – 88% compared to 62% for all cancers

What is the age and gender of those diagnosed per 1,000 population?





Common Cancers

- Breast cancer – nearly a third of all diagnoses. Roughly 1 in 7 women will be diagnosed with it in their lifetime
- Lung cancer – 12% of new cases and leading cause of cancer-related mortality
- Bowel (colorectal) cancers – 11% of diagnoses and increasing in prevalence
- Womb, skin cancer (melanoma), ovarian, lymphoma, pancreatic, kidney



Screening Programmes

- Cervical screening – 25 – 64 every 5 years
- Breast screening – 50 – 70 years, every 3 years
- Can opt back in over 70 – 1 in 3 women who get breast cancer are over 70
- Bowel screening – 50 – 74, every 2 years
- Can opt back in if you are over 75
- Lung cancer screening – 55 – 74 years, partial roll out
- People who have ever smoked



HPV Vaccination

- Human Papillomavirus
- Offered to girls and boys in Year 8 (12-13 year olds)
- Some young people can receive the vaccination if they missed out
- Aim to eradicate cervical cancer (but also implicated in other cancers)

NEWS

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[Health](#)

Young women now have 'close to zero' risk of cervical cancer death after HPV jab





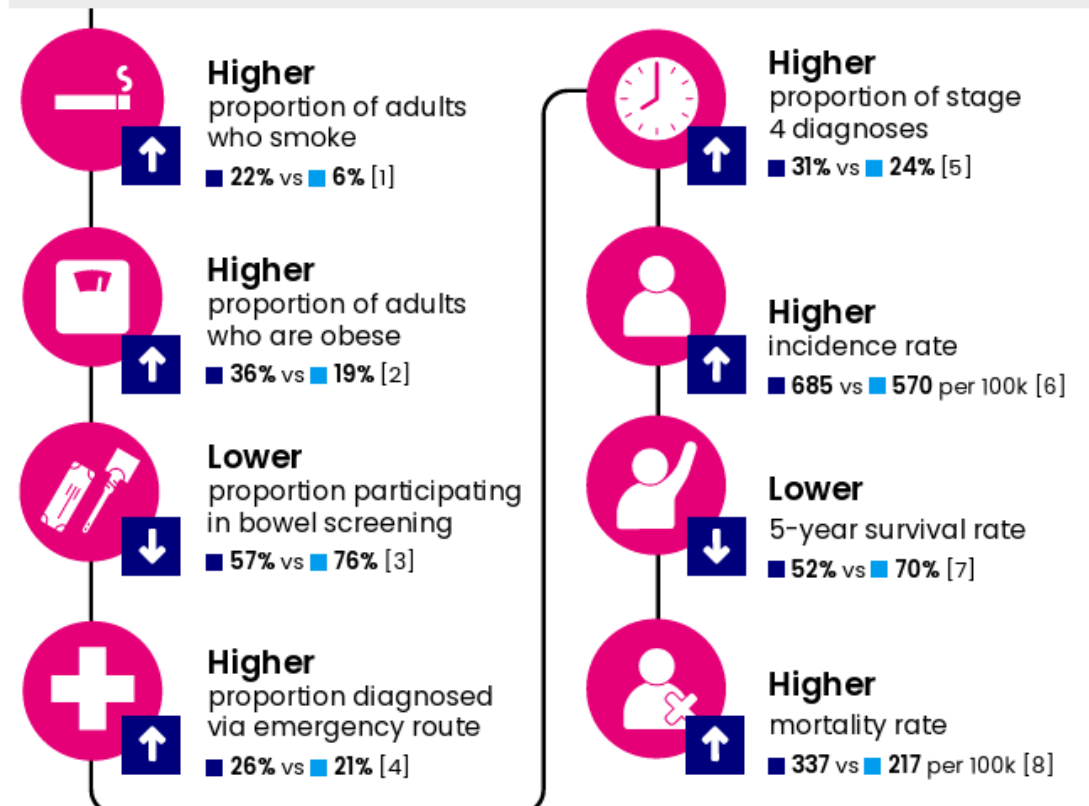
Deprivation and Cancer

- Health inequalities cause unfair differences in cancer outcomes
- 28,400 cancer deaths each year linked to socioeconomic inequality
- Links to preventable risk factors

Deprivation inequalities across the cancer pathway

■ Most deprived* ■ Least deprived*

Compared to least deprived areas, people living in the **most deprived** areas have a...

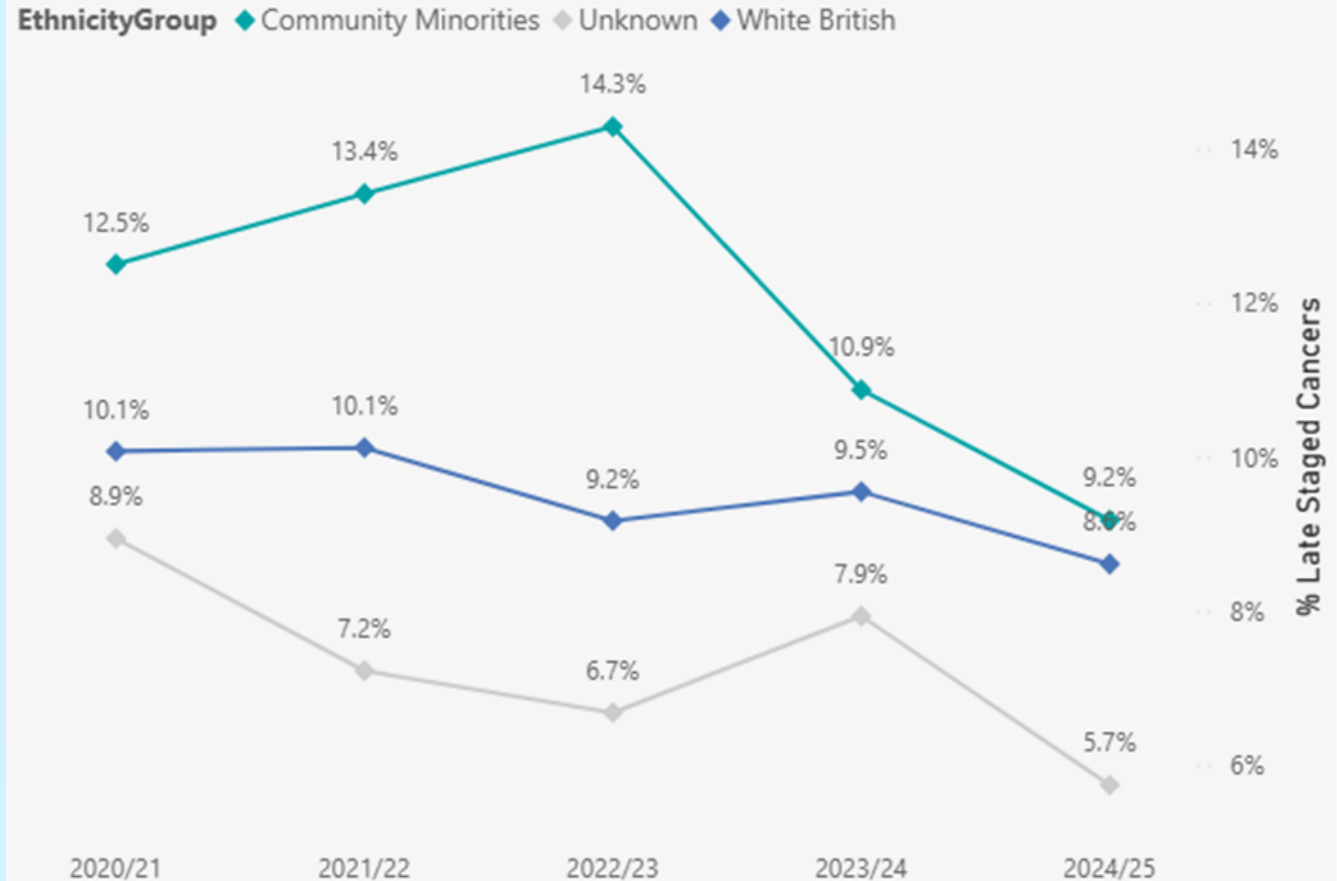




Breast cancer and inequalities

- Higher later diagnosis for minoritised ethnic women than white women
- Ethnicity coding
- People aged 50-70 earlier diagnosis compared to younger and older women

What is the percentage of patients diagnosed at Late stage, by Ethnicity?





What drives inequalities in breast cancer for Black and Asian women?

- Experience more barriers to breast screening
- Younger diagnosis, prior to screening age
- Health information that doesn't relate
- May not see themselves as at risk, or know their family history
- Black women are more likely to have to see their GP more than once before being referred
- Mistrust in health care because of experiences of racism.
- A wide range of cultural, religious or other beliefs, including fear, stigma and taboo in discussing cancer
- Practical reasons - time off work, travel, caring responsibilities



Challenges in diagnostics

- Deep dive studies into diagnosis, treatment and outcomes for specific cancers shows some gender differences
- Colorectal cancers - 30-39 year old women most likely to be diagnosed at a late stage of all ages
- Bladder cancer more common in men, but women more likely to be diagnosed with later stage cancers
- Early diagnosis of breast cancer 'conceals' later diagnosis in other cancers



What are we learning?

“My GP seemed reluctant to send me for tests at the hospital – or refer me. My symptoms started 4 years before I was finally sent for a cystoscopy which revealed my bladder cancer – by which time it had penetrated the muscle, and I had to have my bladder removed. I have since spoken to several women who have had the same experience. It seems that doctors assume women’s symptoms are to do with their womb or cystitis, whereas men are referred much earlier.”



National Cancer Patient Experience Survey 2024



- Less likely to have confidence and trust in the team looking after them in hospital than men
- Less likely to report they were always able to get help from ward staff when needed than men
- Less likely to agree they could always discuss worries and fears with ward staff when an inpatient or day case than men
- Less likely to agree family had all the information needed to help care for them at home than men
- 40% of women and 47% of men said cancer research opportunities discussed with them



Women, power and cancer: a Lancet Commission

- Top three causes of premature mortality in almost all countries
- Women more likely than men to lack the knowledge and power to make informed cancer-related healthcare decisions
- More likely than men to risk financial catastrophe due to cancer
- Men dominate cancer care, research and policy making
- Women underrepresented as leaders in the cancer workforce
- Women more likely to experience gender discrimination in cancer care
- Unpaid caregiving for people with cancer is largely undertaken by women



Living beyond cancer

- Poorer reported quality of life
- Menopause and infertility
- Lymphedema, fatigue, neuropathy
- Anxiety, fear of recurrence
- Body image
- Sexual health
- Loss of career/employment
- Unpaid care



How are we taking action?

Jess's Rule
Three times // Time to rethink

NHS

Jess's Rule | **Three strikes and we rethink**

If a patient presents three times with the same symptoms or concerns, particularly if symptoms unexpectedly persist, escalate, or remain unexplained, it's time to rethink.

- Reflect:** Think back on what the patient has said and consider what has changed or been missed. Offer ongoing continuity of care with follow-up. If previous consultations have been remote, see the patient face-to-face and conduct a physical examination.
- Review:** Where underlying uncertainty exists, consider seeking a view from a peer and review any red flags that may suggest another diagnosis, regardless of the patient's age or demographic.
- Rethink:** If appropriate, refer onwards for further tests or for specialist input.

- Tracking differences in access, experience and outcomes through business intelligence
- Black women and breast cancer project – Unseen, Unheard
- Communities Against Cancer
- Deep dives for specific cancers – with action plans
- Training for primary care
- New pathways for women – breast pain, post menopausal bleeding on HRT
- Improving information for people living with and beyond cancer
- Improving access to psychological support



Thank you!

Emma.Leatherbarrow@wca.uhs.nhs.uk

Endometriosis

What everyone needs to know
know

admin@endometriosisouthcoast.com



What is Endometriosis?

The condition

Endometriosis is a systemic, inflammatory disease where tissue similar to the womb lining grows outside the outside the womb.

Crucially, this tissue does not behave like the womb lining. It creates its own blood supply and hormonal system, behaving much more like cancer in the way it grows and invades surrounding tissue.

It has been found on every organ of the human body.

1 in 7 to 10

women and AFAB people affected globally

190 million

people affected worldwide

9.4 years

average diagnosis time (11+ for minoritised communities)

Every organ

endometriosis has been found on every organ of the human body



Recognising the Symptoms

1

Severe, debilitating period pain not relieved by standard painkillers

2

Chronic pelvic pain, often throughout the month and not just during periods

3

Bowel or bladder problems including pain when using the toilet

4

Pain during or after sex

5

Extreme fatigue, a hallmark symptom that is often overlooked

6

Difficulty getting pregnant or fertility problems

Symptom severity does NOT reflect disease stage. Endometriosis presents very differently in every person.



The Real Impact on Daily Life

Work and Education

Average 9 days of productivity lost per month. Many people reduce hours, change careers or leave work entirely.

Mental Health

High rates of depression, anxiety and PTSD linked to chronic pain, medical trauma and years of being dismissed.

Relationships

Pain during sex and emotional toll strains intimate partnerships. Social isolation is very common.

Financial Impact

Costs of treatment, appointments, time off work. Average economic impact estimated at £8,750 per person per year.



Why Does Diagnosis Take So Long?

1

Period pain normalised as just bad periods or part of being a woman

2

Symptoms overlap with IBS, pelvic inflammatory disease and bladder conditions, leading to misdiagnosis

3

Gold standard diagnosis is via laparoscopy, though MRI and ultrasound are improving and increasingly used

4

Awareness gaps among clinicians: the average patient sees 7 or more doctors before diagnosis

5

Patients repeatedly dismissed; many stop seeking help or are disbelieved for years

You may be the first person who truly listens, and that changes everything.



How You Can Help

Validate and Listen

Acknowledge their experience. Many have been dismissed for years. Simply being believed is therapeutic.

Connect to Support Groups

Endometriosis South Coast offers peer support, community events and signposting. Community connection reduces isolation significantly.

Help Navigate the System

Support them to return to their GP, ask for a specialist referral to an endometriosis centre, and encourage keeping a symptom diary.

Holistic Wellbeing

Pain management, mental health referrals, financial advice, workplace support. You are well placed to connect all of these for someone who is struggling.



Key Resources



Endometriosis South Coast

Our local peer support group. Events, Online Resources, Community and Signposting across Hampshire and the South Coast



NICE Guideline NG73

Endometriosis: diagnosis and management (2017, updated 2024). A useful reference to share with GPs



BSGE Endometriosis Centres

bsge.org.uk. Find accredited specialist centres in the UK. Patients can ask their GP for referral



Remember These 3 Things

1 1 in 7 to 10. You are already working with people who have endometriosis.

2 Believe them. Years of dismissal make validation powerful. You can be the turning point.

3 Connect them to Endometriosis South Coast and to specialist support.

Thank you. Questions very welcome.



The NHS 10-year Plan and the 'Three Shifts'

The NHS 'three shifts' (priorities) are from...

- **Hospital to community**
- **Analogue to digital**
- **Treatment to prevention**

The aim is that care will become more personalised, give more power to patients, and ensure that the best of the NHS is available to all.

Through the HWB Webinars and expanded face-to-face 'Networking and Showcase' Events, and ongoing member support, we aim to champion these key priorities.

[An NHS fit for the future – the 10-year health plan in Hampshire and the Isle of Wight :: NHS Hampshire and Isle of Wight](#)



Hants & IoW Social Prescribing Network / Health & Wellbeing Forum – Member and Presenter, Case Study Opportunity

Designed to demonstrate how being a member of HSPN/HWB Forums or attending the Webinars and Events, has supported your work or contributed to any of the three NHS shifts, potentially evidencing:

- ✓ **Improved outcomes** for individuals and communities
 - ✓ **Reduction in health inequalities**
 - ✓ **Increased prevention** and early intervention
 - ✓ Strengthened **community-based support**
 - ✓ **Added value** to the wider health and care system
- We will review, liaise and feature your Case Study (and your organisation)



Hampshire and Isle of Wight



Please get your smart phone ready - to read the following QR Code for a 1-minute Slido Attendee Multiple Choice 'Snapshot Takeaway'



Hampshire and Isle of Wight





Slido Multiple Choice ‘Snapshot Takeaway’ Health & Wellbeing Webinar – Attendee Feedback



Thank You



- **Thank you** to all presenters, Katy Ovens and you the audience too!
- **If** you didn't have time to ask a question or make a comment via Chat, please email the presenter or Katy:- healthforums@cfirst.org.uk
- ✓ This **Webinar**, the **PowerPoint** and any corresponding documents, will be available via the **Community First website** within a week
- **Dates** for the next Voluntary Sector Health & Wellbeing Events and Hants & IoW Social Prescribing Network Webinar...



Hampshire and Isle of Wight





**South East Hampshire and South West Hampshire
Voluntary Sector Health & Wellbeing 'Networking & Showcase Events' plus
Hants & IoW Social Prescribing Network Webinar**

- **Wednesday 15th July – 10:30-13:00 – South West Hampshire** (New Forest, Eastleigh, Southampton, IoW) Voluntary Sector Health & Wellbeing Forum 'Networking and Showcase Event' - YMCA, Eastleigh Community Centre
- **Thursday 28th July – 14:00–16:30 – South East Hampshire** (Havant, Fareham, Gosport, Portsmouth, IoW) Voluntary Sector Health & Wellbeing Forum 'Networking and Showcase Event' - Bedhampton Community Centre
- **Tuesday 15th September – 13:00–14:00 Hants & IoW Social Prescribing Network Webinar** 'Closing the Health Gap: Tackling Inequalities and Improving Population Health'



Hampshire and Isle of Wight





The recording will now stop.

Please email Katy Ovens with any other '**outcomes**' that emerge as a result of you attending/networking virtually at today's Webinar or ideas you have for future themes or recommended presenters.

Thank you everyone and **have a good afternoon.**

Hope to see you in person later this month!

Website Address: Community First:- www.cfirst.org.uk

If you have any information to share, please contact:-
healthforums@cfirst.org.uk



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