

**MEETING:** Health

**DATE:** 18 / 09 / 2024

**SUBJECT:** Womens  
Health & Menopause

**REPORT FROM:**  
Healthwatch Bury

**CONTACT OFFICER:** Adam Webb

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## 1.0 BACKGROUND *[brief]*

1.1 This is a report on the subject of Women's Health and Menopause created by Healthwatch Bury

1.2 Our objectives were to understand the experiences of women in our community around health & social care across the life course in Bury. This was centered around the question 'Do women have the right information at the right time in their lives to enable them to make their own decisions and informed choices?'

## 2.0 ISSUES *[brief]*

Key findings included:

Some women reporting having their symptoms dismissed as 'too young for menopause' or 'its normal for your age' or diagnosed with anxiety with little or inappropriate treatment offered.

Several women reported that mainstream treatments/medications were unsuitable for their symptoms due to other health issues, but GP's lacked knowledge about suitable safe alternatives

Lack of information available for women over what to expect, symptoms or where to get 'trusted & reliable information'. This was particularly difficult for women where English was not the first language or for example for some Jewish women we spoke to who did not have digital access.

There was some reported confusion over where to go for contraceptive advice, particularly coil fitting and removal as some GP Practices offered this service, and others did not. Difficulty accessing sexual health clinic appointments were also noted.

## 3.0 CONCLUSION *[brief]*

The report contains the detail, but we produced 7 recommendations to address the points raised for the relevant services working with women. We believe these to be particularly timely with the the planned introduction of Women's health hubs in Greater Manchester as an opportunity to address some of the barriers to provision, capacity issues affecting diagnosis and treatment and the need for timely and effective advice and support, and we

hope this report will assist health providers to understand and act on the experiences of women in Bury to improve local service provision.

#### **4.0 SAFEGUARDING IMPLICATIONS**

N/A

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#### **List of Background Papers:-**

#### **Contact Details:-**

*Adam Webb*

Executive Director sign off Date: \_\_\_\_\_

JET Meeting Date: \_\_\_\_\_