15 years of WOMEN'S HEALTH 1983 - 1998
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Introduction

This report should act as a permanent record of the 15 Years of Women's Health celebrations held between September and November 1998. It is intended to describe and reflect on the planning and co-ordination involved in staging an event of this scale.

The celebration relied heavily on the participation and co-operation of local communities. Not only did it involve an unprecedented number of organisations and individuals, but the timescale was unusual in that it spanned a period of approximately two months. As a result, it was difficult to monitor levels of activity and follow up all events. This document will provide some information on work which has gone on since.

Particular attention was paid to involving women from black and ethnic minority communities in the celebrations. The result was a comprehensive programme of activity, elements of which are reflected throughout this report and, more specifically, under the heading Examples of Best Practice.

Background - Women's Health in Glasgow Since 1983

To make this a comprehensive report we must, first of all, examine the reasons for the 15 Years of Women's Health celebrations.

In 1997, there was a realisation amongst members of the Glasgow Healthy City Partnership's Women's Health Working Group that 1998 was the fifteenth anniversary of the original Glasgow Women's Health Fair. This had been an important event, bringing together thousands of women from around the city to find out more about their own health. It also acted as a catalyst for change in how women's health was defined and how health and other services for women were delivered.

During the health fair, it became clear that mental health and the way services were being delivered were as important to women as those things traditionally viewed as "women's health", such as pregnancy, childbirth and gynaecology.

Armed with this information, workers already trying to move things forward began campaigning in a more targeted way, producing evidence of the issues that were important to women, including a more holistic approach to women's health. At the same time the Clydeside Women's Health Campaign began to make a case for a Glasgow Centre For Women's Health. The Campaign led to the establishment of the Glasgow Healthy City Project Women's Health Working Group. This multi-agency group then developed a Women's Health Policy for Glasgow, a main element of which was the establishment of a Glasgow Centre for Women's Health. The policy was adopted by a broad spectrum of organisations, including the main funding partners of the then Glasgow Healthy City Project: - Glasgow District Council, Greater Glasgow Health Board, Strathclyde Regional Council, the university sector and the voluntary sector.

By 1998 there really was something to celebrate. The existence of the Centre for Women's Health, for one, but also the fact that women's health was now being addressed in its widest sense by a range of agencies. Vast improvements in the delivery of services used by women also took place as the attention of service providers was drawn to what women were saying about their health needs. Overleaf is a diagram illustrating the highlights of the 15 years of work.

Glasgow is now recognised internationally for its work on women's health. In 1997, the World Health Organisation designated the city as a WHO Collaborating Centre for Women's Health, and the Glasgow model of working has been adopted by other European cities; praise indeed.

It is important to view the celebration of these fifteen years of progress as part of a continuum. It is hoped the 15 Years Celebrations will have a similar effect as the original health fair, allowing work to continue well into the next Millennium. Hopefully, there will be many new developments to celebrate in 2013.
BACKGROUND - 15 YEARS OF WOMEN’S HEALTH CELEBRATIONS 1997/98

In 1997, the Women’s Health Working Group agreed that the fifteenth anniversary of the Glasgow Women’s Health Fair should be marked with celebrations in September and October 1998. The task of developing this idea was then given to a sub-group of the Working Group, chaired by the co-ordinator of the Centre for Women’s Health. Members represented the wide spectrum of participating organisations, including NHS trusts, Glasgow City Council and the voluntary sector. Membership reflected the fact that 1998 would also be the 50th anniversary of the National Health Service and the 10th anniversary of the National Breast Screening Service.

One of the first issues to be considered was publicity, and an identity in the form of a suitable logo. The initial idea was to hold a series of roadshows incorporating talks, stalls, exhibitions, and slide shows; and to form links with other events going on in the City at the same time, such as the annual Doors Open Day. Ultimately, this developed into local people and workers taking responsibility for organising and promoting local events, backed up by resources, including displays and information, which were available centrally from the Centre for Women’s Health and the Health Promotion Department.

Involving women from local communities was agreed as a priority, building on outreach work already going on. Accordingly, many events were organised in community venues, health centres and libraries. It was also clear that some events, such as the launch, would take place centrally, striking a balance which would facilitate the maximum participation of Glasgow women.

Workshop formats were frequently used to enable as many women to participate as possible. Two sub-groups of the Women’s Health Working Group - the Black and Ethnic Minority Women’s Health Sub-group and the Poverty Sub-group - took an important lead in involving women from specific communities. More details about what was organised, and by whom, can be found later in this report.

Publicity was needed to ensure the event got off the ground and the Planning Sub-group mailed as many contacts as possible, encouraging them to become involved. A regular bulletin was produced to keep the wider network informed and, at the same time, various sources of funding were explored for discrete parts of the project.

Significant at this stage was an expression of interest from Glasgow’s Community Health Projects. It became clear that there would be a role in matching up those organisations keen to participate with local groups who could host events. Gradually, as input arrived from all over the city, an outline programme took shape.

A comprehensive programme of events and a shell poster were designed to allow local events to be advertised. Naturally, it was only possible to include confirmed events in the programme. However, more activities took place than were publicised centrally. This was possible because those working locally took responsibility for advertising their events to local women via existing networks.

Details of some of the activities that took place form part of this report. Lists of participating organisations and those involved in the central planning and co-ordination of the celebrations are attached as appendices.
CELEBRATIONS - PART ONE

LAUNCH

The launch of the 15 Years of Women's Health celebrations took place on 1 September 1998, in St Mungo's Museum, Glasgow. Maria Fyfe MP addressed the invited audience, while the Glasgow Healthy City Partnership was represented by Councillor Des McNulty. Maureen Morris, one of the original Clyde-side Women's Health Campaign members spoke movingly on her health experiences as a woman, with additional input from Alina Mirza on the diverse health needs of women across the City. Rosie Ilett spoke on the wealth of work which has gone on in Glasgow to promote the health of women.

The launch was a great success, establishing the reasons for celebrating, and drawing attention to the fact that, whilst positive developments have taken place, there is still a long way to go. In particular, women's status in the workplace and in the home, violence and abuse, poverty and women's lack of involvement in decision-making were highlighted as areas of continued concern.

COMMUNITY CELEBRATIONS

One of the aims of the 15 Years celebrations was to involve women living in local communities. Many areas organised events which were publicised in the central programme and promoted locally, including Drumchapel, Castlemilk, Springburn, Possilpark, Easterhouse and the East End.

DRUMCHAPEL

Running Up Health, the local community health project, organised a women's health open day on 2 October, bringing together women who live and work in the area. A range of activities including henna hand-painting, “fun, sports and exercise” and complementary therapies were available. Workers from a range of organisations and services provided information, advice and workshops for women, including one on assertiveness and confidence building for exercise. Supported by the Health Promotion Department, Boots plc, Drumchapel Business Support Group, the Black and Ethnic Minority Women's Health Sub-group and Clydebank College, the event attracted 115 women.

The open day was used to promote a workshop on 15 years of Women's Health in Glasgow, organised by Drumchapel Women's Health Network, which highlighted transport, housing, leisure facilities, policing, drugs and alcohol, and smoking as important issues for women.

CASTLEMILK

Two events took place in October - one, an annual event to publicise the work of Castlemilk Stress Centre, took women's health as its theme. Castlemilk Community Centre was the location and there was a very encouraging turn out. Whilst complementary therapies were the main focus of the day, other local organisations provided information on services for women in the area.

The day was also used to advertise a second event, which took place later in the month - an open day within the shared premises of Castlemilk Stress Centre, Castlemilk Victim Support and Healthy Castlemilk. Again, the theme was women's health. Women were able to access health information, complementary therapies, legal advice from Castlemilk Women's Rights Project and surf the Internet using Healthy Castlemilk's computer.

Individual organisations took responsibility for their part in these events, and were linked into the 15 Years celebrations via Castlemilk Women's Project Workers Forum which co-ordinates women's health activity in the area.

SPRINGBURN

Women's Health Day was held in Springburn Parish Church on 2 October. Organised by local health visitors, it centred on providing information on those health issues targeted in the Greater Glasgow
Health Improvement Plan. Stalls and information included: mental health, nutrition/exercise, heart health/smoking, drugs and alcohol, dental health, sexual health and safety. Women could also take advantage of Tai Chi, line dancing, alcohol free cocktails, relaxation and aromatherapy.

Around 50, mostly older, women attended the event. An evaluation revealed that around two-thirds of participants found out about the event via a poster, a leaflet or word of mouth. Women said the information available was useful and that they enjoyed the complementary therapies.

Health visitors felt that an event of this nature provided them with an opportunity to find out what activities worked, as well as gauging local interest in women’s health. They noted that publicity was most effective when generated via existing networks.

POSSILPARK

About fifty women attended a “50 Possilpark Women” night, organised by Possilpark Community Health Project on 15 October. A question and answer session took place, covering topics such as local services, the New Deal, Glasgow City Council and the Centre for Women’s Health. Panel members included Maria Fyfe MP, Sandra Duncan from the Scottish Council for Voluntary Organisations and Rosie Ilett, Co-ordinator, Centre for Women’s Health.

EAST END

A multi-agency approach was taken by groups and organisations in the East End of Glasgow, co-ordinated by Cuthelton, Lilybank, Newbank and Parkhead Neighbourhood Association. They organised a three day Women and Health event, moving around three main venues. A programme was devised for each venue which combined workshops and taster sessions organised on specific themes. The event was based on issues identified by the local Tenants Forum and a creche was available.

Highlights included a performance by the One Plus drama group, “The Lone Rangers”, and a variety of workshops and complementary therapy sessions. The “Adults Can Play” workshops were popular, but less successful was a day on money and employment issues. Organisers have indicated they would rethink this topic if addressing it again. On the other hand, joint working has increased the amount of networking in the area, and there has been a number of positive follow-up activities:

- Women In Sport is seeking funding to hold an exercise class in Helenslea Hall
- a ten week course in confidence building and self-defence was run by the Women’s Safety Centre
- there has been increased demand for the East End Stress Centre
- there has been increased demand for Parkhead Youth Project
- there have been requests for more activity groups for women in the area, including exercise and home improvement

Also based in the East End, the Centre For Independent Living arranged a session entitled simply “Relax”. On 20 October, disabled women and friends enjoyed aromatherapy, relaxation, and readings from the creative writing of a disabled woman.

CAMBUSLANG

Nursing students at Cambuslang College organised a women’s health event for other students, as part of their coursework. This took the form of an exhibition and information stand, with leaflets and posters available on women’s health. Overall, the student organisers found the event to be useful in terms of learning skills helpful in their future careers, as well as informing them on issues relating to women’s health. Male students were also involved in the planning of this and found it very worthwhile.

In addition, other colleges and universities organised displays and information for students, supported by the Well Woman Clinic Co-ordinator of the Family Planning and Sexual Health Service. These included: Central College of Commerce, Langside College, Stow College, Glasgow College of Food and Glasgow Caledonian University.
A programme of health information for women attending the Family Planning and Sexual Health Service well woman clinics was developed. All 26 community sites and the central premises at Claremont Terrace joined in. Activities took place throughout October, November and December of 1998 at the clinics, where displays, videos and leaflets on the following were available:

- College and university courses in Glasgow, particularly those with child care support
- Women's safety issues, using resources from the Scottish Office and Strathclyde Police, including video
- Sexual health
- Welfare rights - advice and information on claiming benefits

In addition, a large display was mounted in the foyer of the centrally-located Family Planning and Sexual Health Centre.

This piece of work was developed and implemented by the Well Woman Clinic Co-ordinator who worked closely with the following: Welfare Rights Officers, the Health Promotion Department, colleges and universities in Glasgow.

There was no formal evaluation of this programme, which was incorporated into the day-to-day work of the well woman clinics. However, uptake of the information supplied was very high, reflecting the fact that it was of interest to women service users.

EASTERHOUSE

A Women's Health Day event was held in the Easterhouse Project of the Scottish Congregational Church to celebrate 15 years of Women's Health. This event took place on Friday 23rd October 1998.

Maureen Morris, development worker with the Young Women's Support Service (part of the Easterhouse Project) organised the event with Norma McKinnon, a Community Education 2nd Year student. Maureen was a member of the planning group who organised the Glasgow Women's Health Fair in 1983.

The event provided information about Girls and Young Women, Health & Mental Health, Lone Parents, Education, Addiction Abuse, Domestic Violence and much more. It also provided taster sessions on Massage, Dance, Chiroprody and Beauty Therapy.

Approximately 50 people participated in the event with the majority living in the Greater Easterhouse Area. Although it was an 'Open Day' some people were involved for several hours gathering information and participating in the taster sessions. They heard about the event from a variety of sources including the 15 Years Programme, work contacts, local projects, and word of mouth.

The general feeling about the day was that it was useful and most people commented that it was good, very good or excellent. Comments also included a wish to be involved in other activities in Easterhouse and contact names and phone numbers were provided. Several people commented on the lateness of publicity and this will be taken into account for future events.

Obviously, it has only been possible to include a sample of the community-based celebrations that took place. If you have information on an activity you attended or were involved in, the Centre for Women's Health would still like to hear from you. It is important to keep detailed records of this unique event.
CENTRAL CELEBRATIONS

- The Glasgow Support Group of the National Osteoporosis Society held an open meeting on 21 September in Renfield St Stephen's Community Centre. Over 100 people heard talks by Dr Alistair McLean from the Western Infirmary and Dr Ursula Bankowska from the Centre for Family Planning and Sexual Health.

- The Centre for Women's Health hosted a seminar on 10 September focused on Women and Community. Women involved in community projects or community action came together to share experiences. Discussion sessions entitled “Women's Role in Communities” and “Women's Participation in the Community: keeping going”, were facilitated by Councillor Irene Graham of Glasgow City Council and Fiona Sinclair of SEAD, respectively. The seminar was well attended and the issues raised in discussions are being followed-up.

- Professor Lesley Doyal, author of “What Makes Women Sick”, gave a talk at the University of Glasgow. Around 40 students and staff attended. Professor Doyal was also a guest of the Community and Mental Health Services NHS Trust at Leverndale Hospital, where she again spoke on women's health. This was the Scottish launch of her book “Women and Health Services” (Open University Press, 1998).

- Every year the Glasgow Building and Preservation Trust promotes a Doors Open Day. The Centre for Women's Health took part for the first time on 19 and 20 September. Doors Open Day invites people to visit buildings which may not be open to the general public at any other time. On this occasion, the Centre had 25 visitors over two days. Interestingly, 16 women who attended were all new to the Centre, proving the worth of participating in the initiative. Comments were positive and some visitors indicated that they intended to make use of the Centre in the future.

- On Friday 23 October Anderston Asian Women's Group hosted a social evening in the Centre for Women's Health. This was declared a resounding success by the 60 plus women who attended, many of whom were young and had children. The food, music, dancing and exhibitions were enjoyed by all.

- The Autumn newsletter of Glasgow Women's Library took health as its theme. This was circulated to the Glasgow-wide membership of the library, including many local organisations. In particular, there was coverage of women's health issues from an arts perspective.

CREATIVE CELEBRATIONS

BODY POLITICS EXHIBITION

This project was funded by an arts development grant from Glasgow City Council, Culture and Leisure Services. Curated by Glasgow Women's Library and co-ordinated by a dedicated planning group, the exhibition was presented by Project Ability's Centre for Developmental Arts in Albion Street. Some of the works reflected the experiences of individual women, whilst others were produced by groups of women working alongside artists.

A variety of media were used, including film and photography, and a range of issues concerning physical and emotional health and well-being were addressed. The aim of the exhibition was to stimulate debate on women's experience of health and the barriers to participation faced by different groups of women in society. In other words, some of the more political aspects of women's health. Two of the artists held lunch-time seminars to talk about their work.

Project Ability was highly supportive of the exhibition and, amongst other things, organised an opening event which was attended by eighty people. The opening was video-taped by Glasgow Women's Library and the resulting film is now held there. Many of those who came along said they would not usually visit an art exhibition. The exhibition ran from the end of October until the end of November and was viewed by 485 people.

15 YEARS OF WOMEN'S HEALTH BANNER

In July 1998, artist Janie Andrews was commissioned to produce a banner reflecting the health concerns and achievements of women in Glasgow between 1983 and 1998. Aims of the project included: involving groups
from all over Glasgow in producing the banner and learning banner-making skills. The banner itself aimed to reflect the social model of women's health and raise awareness of women's health issues.

Initial ideas were discussed with a representative sample of local groups. The banner was then produced by over 100 women who attended workshops hosted by the Centre for Women's Health during September and October 1998. Contributions of artwork also came from workshops held in local areas, as well as from individual women. Funded by the Equality Committee of Glasgow City Council, the banner production process was supported by outreach workers from the Centre.

The completed banner is currently housed in the People's Palace as part of the women's health archive exhibition (see below) which runs until the end of April 1999. Afterwards, it will be available for women's groups throughout the city to borrow.

**WOMEN'S HEALTH ARCHIVE EXHIBITION - PEOPLE'S PALACE**

Housed in the "Our Glasgow" section of the People's Palace, this exhibition opened on 2 November and will run until the end of April 1999. Naturally, its aim is to celebrate 15 Years of women's health work in Glasgow.

Commissioned by the Women's Health Working Group, the archive was compiled by outreach workers and volunteers from the Centre for Women's Health. The material represents and documents the developments and improvements which have taken place during that time. Included, for example, is an original programme from the 1983 Glasgow Women's Health Fair, contrasting with the latest CD ROM technology which is used to present a slide show on women's health. The Women's Health Working Group would like to take this opportunity to encourage everyone involved in the 15 Years of Women's Health celebrations to visit the archive while it is open to the public.

**MULTI-CULTURAL MENTAL HEALTH AWARENESS POSTER**

In June 1998, the Black and Ethnic Minority Women's Health Sub-group of the Women's Health Working Group commissioned a community artist, Helen McLean, to produce a poster. Development of the poster was funded by the Health Promotion Department, Greater Glasgow Community and Mental Health Services NHS Trust and the Health Education Board for Scotland. The aim was to reflect the diverse approaches to mental health amongst different groups of women and to promote positive mental health and well-being. The poster was to be designed in consultation with women from black and ethnic minority groups, and majority ethnic groups, throughout Glasgow.

The workshops were conducted according to the principles of empowerment, self-expression, valuing the lay perspective and promoting multiculturalism; they were facilitated by a bi-lingual mental health worker and supported by members of the Black and Ethnic Minority Women's Health Sub-group. Over fifty women from the Pakistani, Scottish, Indian (Hindu and Sikh), Arab, African, Afro-Caribbean and Chinese communities were consulted about the poster via active and participatory group discussions. The result is an eye-catching poster which promotes an holistic approach to mental health and well-being in six community languages. It is intended to raise general awareness and, for more targeted use, as an educational tool for mental health professionals. Launched on International Women's Day 1999, the poster is available from the Health Promotion Department, Greater Glasgow Health Board, the Health Education Board for Scotland, Greater Glasgow Community and Mental Health Services NHS Trust and the Centre for Women's Health.
CELEBRATIONS - PART TWO

EXAMPLES OF BEST PRACTICE

This section highlights two examples of best practice from the 15 Years of Women’s Health Celebrations. The first describes how the Greater Glasgow Community and Mental Health Services NHS Trust took a whole-organisation approach to the event, resulting in a wide-ranging programme of activity, some of which is reflected here. The second focuses on a programme of events aimed at encouraging women, from black and ethnic minority communities and majority ethnic communities, to engage in physical activity.

GREATER GLASGOW COMMUNITY AND MENTAL HEALTH SERVICES NHS TRUST

The Greater Glasgow Community and Mental Health Services NHS Trust embraced the 15 Years of Women’s Health celebrations and the theme of women’s health ran through an entire programme activity during September and October. In November, the Trust held its fourth annual Quality Day, the theme of which was also women’s health.

It is not possible to include every event here, however, it is appropriate to mention the fact that every division within the Trust took part: Mental Health, the Community Division, Learning Disabilities, the Multi-Cultural Health Care Team, Family Planning and Breast Screening. Some of the work is featured elsewhere in this report and further examples are provided below.

Psychology - displayed a series of posters aimed at raising awareness about sexual abuse in public areas.
Leverndale Hospital - hosted a two-day women's health promotion event involving professionals from outwith the division, such as Family Planning. The Community Involvement Branch of the Police also attended. Patient Activity Co-ordinators arranged an information session for staff and service users which was well attended.
Community Division - arranged a Carers Support Roadshow which moved to a different location each day for one week.
Lennox Castle Hospital - hosted a dance for current and ex-residents.
Mental Health Resource Centres - two sites hosted talks on women's health for clients. Issues such as post-natal depression, medication and managing stress were covered.
Gartnavel Royal Hospital - an event took place based on the idea of women taking time for themselves without feeling guilty. This included relaxation and exercise activities.
Multi-cultural Health Services Facilitator - a seminar entitled “Asian Working and Non-working Women and Stress”, hosted by the Pakistani Women’s Welfare Association, took place in Pollokshields Multi-cultural Halls on 26 September. The aims were: to raise awareness of stress-related issues; to share stress-related experiences via discussion groups; and to provide up-to-date information from practitioners in the stress field. The event was well attended and, in particular, women raised the issue of the stresses of juggling multiple roles.

TRUST WORLD QUALITY DAY

In November, the Trust hosted its annual quality event which, this year, took women’s health as its theme. This was co-ordinated by the Patient Services Department and promoted as an opportunity to share examples of good practice with colleagues. Other organisations, as well as members of the public, were invited to participate.

The result was around thirty displays and presentations on women’s health by staff from within and outwith the Trust. This was in addition to a further sixty exhibits promoting the general work of the Trust.

This year the award for best exhibit was won by the Centre for Women’s Health for the banner created by groups of women during September and October (see Creative Celebrations section) as part of the 15 years celebrations.
A wide-ranging programme of activity entitled “Fun, Sport and Exercise”, took place all over the city during September and October. The Multicultural Health Services Facilitator from the Community and Mental Health Services NHS Trust, and the Black and Ethnic Minority Women’s Health Sub-Group of the Women’s Health Working Group, played a pivotal role in co-ordinating this and other significant pieces of work.

Aerobics instructor Aneela Mirza developed the initial proposal and her enthusiasm and commitment to the issues of physical health and fitness in the minority and majority ethnic communities were greatly appreciated. The Health Promotion Department, Greater Glasgow Health Board, Greater Glasgow Community and Mental Health Services NHS Trust and the Parks and Recreation Department (Women In Sport), funded the initiative. The aim of the project was to organise a series of events that would promote exercise and fitness within identified women’s groups in Glasgow. The challenge was to raise awareness and promote the uptake of physical activity. The target group was women from diverse cultural backgrounds, in settings from community health projects to elderly day care centres.

There were four main objectives:

1. To educate the community on social/health issues that can affect their daily lives
2. To promote the various types of exercise that women can participate in
3. To raise awareness regarding the importance of diet and nutrition
4. To promote a celebration of “cultural diversity” by making use of different cultural music in fitness classes eg ‘Bhangrarobics’ and ‘Raggarobics’

Eleven venues took part in the programme from Eastwood to Drumchapel. Appropriate interpreting was available at all venues. These events have provided a model of good practice, demonstrating a multi-agency, community development approach to physical fitness and exercise. They allowed mainstream organisations and services like the Chinese Women’s Health Task Group, Women In Sport, community physiotherapists, the GP Exercise Referral Scheme and the National Osteoporosis Society, to come together. They were then able to network and gain knowledge and awareness regarding an integrated and holistic approach to physical fitness and exercise in Glasgow’s diverse communities.

Women had the opportunity to try different activities and received an information pack. A patients’ rights workshop facilitated by CSV Scotland was included at each venue and the National Osteoporosis Society was present with information at two venues.

EVALUATION

400 women took part in these exercise events. In total, 140 questionnaires were completed. 95% of respondent said they thought the event they had attended was good, very good or excellent. More than 50% cited friends, work contacts and day care centres as their source of information about the “Fun, Sports and Exercise” events. Over 50% indicated that they would like to be informed of similar events in the future.

Some of the comments made by those who completed evaluation forms include:

- “Classes were very enjoyable and relaxing. I would like more of these events and workshops in the near future”
- “Socially, this afternoon’s event integrated all the Asian and white women present”
- “I enjoyed it so much and found it very relaxing...hope it happens quite often”
- “Would like more events like this...”
- “Well done! This type of event should take place on a regular basis”
- “We would like to see regular health-related events at the Elderly Day Care Centres, as these are part of the NHS Trust care programme. These events at the day centres would reduce pressure on hospitals and this is cost-effective as well”
- “We would appreciate it if you could organise further health programmes in our Multi-cultural Elderly Care Centre”
FUTURE WORK

The Black and Ethnic Minority Women's Health Sub-group intends to make a series of recommendations to the Women's Health Working Group, and the range of agencies which participated, on how this work can best be taken forward.

In addition to the above examples, the Women's Health Working Group would like to acknowledge the dozens of organisations which hosted or contributed to events throughout the city, both in the workplace and in the community.

EVALUATION

All participating venues were asked to encourage women to fill in an evaluation form. A sample questionnaire was supplied for this purpose. A brief summary of the information gleaned from the returned questionnaires is supplied below. Responses were collated by individual event, namely:

- **Mel-Milaap - Fun, Sports & Exercise Event**
  8 September 1998
- **Centre for Women's Health - Women in Communities Seminar**
  10 September 1998
- **Napierhall St Centre - Maryhill Mum's Day**
  5 October 1998
- **Shanti Bhavan - Fun, Sports & Exercise Event**
  6 October 1998
- **Pollokshaws Burgh Halls - Fun, Sports & Exercise Event**
  12 October 1998

Overall, comments were very positive. It was noticeable that the majority of participants in these events did not find out about them via the 15 Years of Women's Health Programme but cited word of mouth, from workers, friends or colleagues as the most common method.

Comments on individual events ranged from average to excellent, with the majority choosing the higher end of the scale.

Just over half of those who completed a questionnaire requested further information on women's health to be sent to them in the future.

**SAMPLE COMMENTS INCLUDE:**

- "the ... discussion on women's role in the community was stimulating, provoking discussion which should be carried on at later events"
- "looking forward to other events and topics"
- "would love to see more women enjoying themselves at these events on a regular basis"
- "the stalls were very informative especially the osteoporosis one"
- "the ladies enjoyed the event very much, as they were able to gain knowledge of health issues and healthy activities. We look forward to many more such activities"
CONCLUSION

This is a complex piece of work to sum up since there was no discrete project, but many individual projects. However, the overwhelming sense is one of success. Not all events were 100% successful, of course; there are always things to improve upon and learn from.

In the wider sense of women's health in Glasgow, the celebrations served to highlight the positive work of the past 15 years. They also provided a showcase for work which otherwise may not have become widely known.

The 15 Years of Women's Health celebrations will have undoubtedly served to identify further needs and create expectations amongst Glasgow women. The responsibility now lies with those agencies working in the field to begin the task of addressing them, as they did 15 years ago, in conjunction with women themselves. It is anticipated that the Healthy City Partnership Women's Health Working Group will continue to play a lead role in this.

Indeed, a linked event is already being arranged in the shape of a conference entitled The Built Environment and Women's Health - 14 April 1999. Funded by a grant awarded to the Women's Health Working Group by Glasgow 1999: UK City of Architecture and Design, this conference is targeted at architects, designers, planners and anyone interested in how the built environment affects women's health. Further information is available from the Centre for Women's Health on 211 6700.
# APPENDIX I

## A LIST OF PARTICIPATING ORGANISATIONS

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<td>Breakthrough For Women</td>
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<td>Breast Screening Service</td>
<td>Bridgeton Resource Centre</td>
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<td>Diabetic Screening Project</td>
<td>Doors Open Day</td>
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<td>Drumchapel Community Health Project</td>
<td>Drumchapel Library</td>
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<td>East End Addiction Service</td>
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<td>East End Health Action</td>
<td>East End Carers</td>
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<td>East End Stress Centre</td>
<td>East End Law Centre</td>
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<td>Easterhouse Women's Aid</td>
<td>Easterhouse Library</td>
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<td>Elderpark Library</td>
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## Family Planning & Sexual Health Service

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<th>Gartnavel Royal Hospital</th>
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<td>Glasgow Association for Mental Health</td>
<td>Glasgow City Council</td>
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<td>Glasgow Caledonian University</td>
<td>Glasgow College of Food</td>
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<td>Glasgow Dental Hospital</td>
<td>Glasgow University</td>
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<td>Glasgow Women's Library</td>
<td>GP Exercise Referral Scheme</td>
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<td>Grassroots</td>
<td>Greater Glasgow Health Board</td>
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<td>Greater Easterhouse Family Support Project</td>
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## Halt Project

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<th>Hillhead Library</th>
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## Job Centre

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<th>Langside College</th>
<th>John Wheatley College</th>
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<td>Lennox Castle Hospital</td>
<td>Langside Library</td>
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<td>Lone Rangers</td>
<td>Leverndale Hospital</td>
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</table>
Maryhill Community Health Project  Maryhill Library
Mel-Milaap, Anderston Elderly Care Centre  Meridian
Milton Library
Money Advice Project  Mitchell Library
Multi-cultural Health Care Team  Multi-cultural Elderly Care Centre
Muslim Elderly Care Centre

National Osteoporosis Society

PAGE
Pakistani Women's Welfare Association  Parkhead Hospital
Parkhead Credit Union  Parkhead Library
Parkhead Housing Association  Partick Library
Parkhead Youth Project  Phoenix House
People's Palace  Pollokshaws Library
Pollok Health Centre  Possilpark Health Centre
Possilpark Community Health Project  Possilpark Library
Possilpark Health Visitors  Public Health, GGHB
Project Ability
Rape Crisis  Riddrie Library
Riverside Resource Centre

Scottish Association For Mental Health  San Jai Chinese Project
Sandyford Group  SAY Women
SEAD  Shanti Bhavan
Shettleston Library  Springburn Library
Springburn Health Visitors  Stobhill Hospital
Stow College
Trongate Studios
Tandem Project  Turnaround

Whiteinch Library  Women's Resource Centre
Westhorns Food Co-op  Women's Support Project
Women In Sport
Women's Safety Centre
YWCA
Individuals  Esther Breitenbach
Janie Andrews  Orla Carney
Pauline Brown  Irene Graham
Lesley Doyal  Aneela Mirza
Jenny Maxwel  Lisa Saffron
Priya Nehru-Babu
Sunita Wallia
APPENDIX II

PLANNING ORGANISATIONS

WOMEN'S HEALTH WORKING GROUP
PLANNING GROUP
1997 - 1998

REPRESENTATIVES FROM:

Black and Ethnic Minority Women's Health Sub-Group

Centre for Women's Health

Chief Executive's Department, Glasgow City Council

Department of Public Health (Women's Health), Greater Glasgow Health Board

Greater Glasgow Community and Mental Health Services NHS Trust
  - Family Planning and Sexual Health Services
  - Multicultural Health Care Team
  - West of Scotland Breast Screening Service

Health Promotion Department, Greater Glasgow Health Board

Women's Health Fair Planning Group - 1983

WITH HELP FROM:

Canniesburn Hospital

Stobhill Hospital
APPENDIX III

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Glasgow City Council, Equality Committee

Glasgow City Council, Parks and Recreation Department (Women In Sport)

Greater Glasgow Community and Mental Health Services NHS Trust

Greater Glasgow Health Board, Health Promotion Department

Health Education Board for Scotland

With thanks to the following individual members who co-ordinated the celebrations on behalf of the Women's Health Working Group:

Jackie Bell  Nancy Graham  Rosie Ilett
Sue Laughlin  Alina Mirza  Maureen Morrison
Jean Murphy  Christine Tait
WOMEN'S HEALTH

How WE FEEL MATTERS