

The BME Women's Group
from West End Women and Girls
Centre came forward with an
Improvement for
Newcastle

The BME Women's Group

- This group of women meet twice a week at the West End Women and Girls Centre.
- They are involved in cooking and sewing sessions.
- They also enjoy socialising with each other and forming friendships.

The Process

We had the time and the space to chat and share our thoughts...



...we agreed on an improvement that was important to us.



Our Improvement

Informal health information sessions which would include these topics:

- High blood pressure
- Heart problems
- Diabetes
- Women's health topics
- Basic household first aid
- Children's common illnesses
- Time for questions

Our Solution

- Time and day suitable
- Not a course
- In accessible environment/local venues
- Availability of Interpreters and crèche
- Information sessions developed with the needs of the group in mind
- A skilled health care professional

Our Display



Thank you for listening to our
presentation, please have a look
at our display
(it's the silk painting artwork)

Thank you to the staff from
West End Women and Girls
Centre and to Louise Jebb -
the artist who helped us