

Improving Women's Health in Derby and Derbyshire

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16th July 2025



The Derbyshire
VCSE sector
Alliance



Derby City Council



Where It Started

- Part of NHS Women's Health Strategy for England
- £595,000 one-off funding to drive local improvements
- Focused on 8 key women's health areas
- Programme ended nationally in 2025 – local delivery continues



Department
of Health &
Social Care

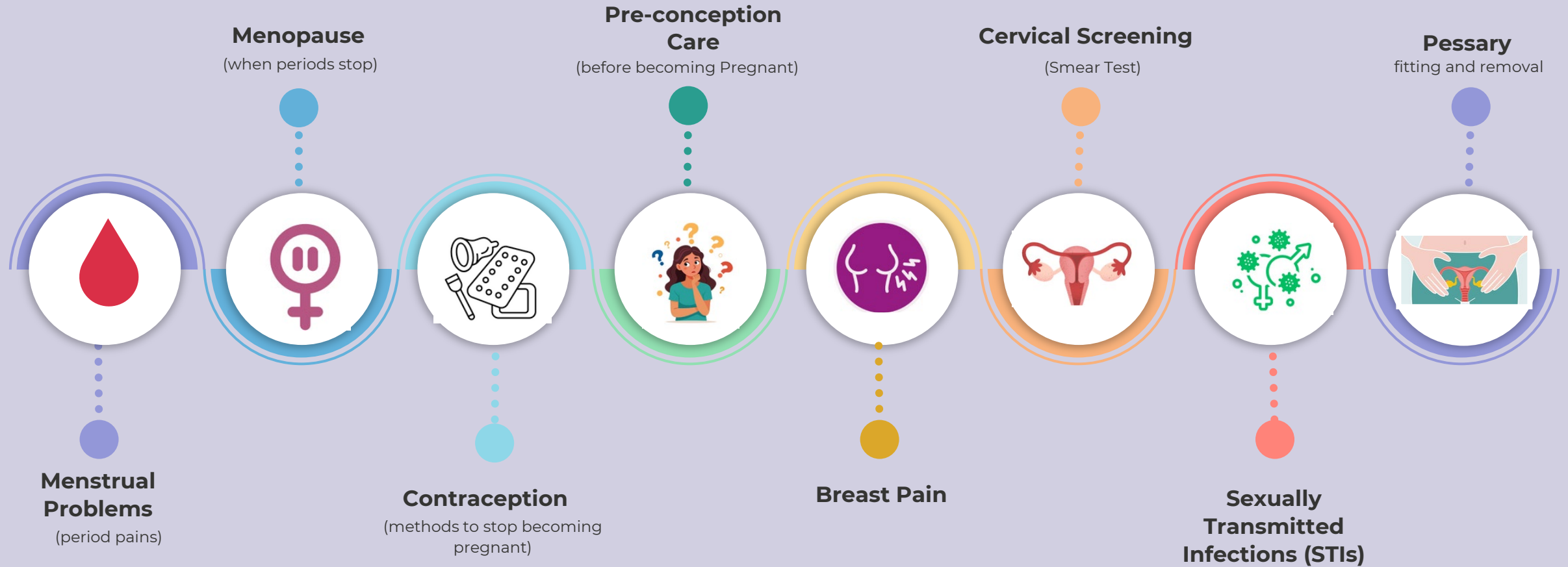
Women's Health Strategy for England

Published August 2022

CP 736



8 Core Areas Of Women's Health



Why This Work Matters

- Essential for the wellbeing of individuals, families, and communities
- Opportunity to improve access, outcomes, and experiences for women
- Builds on national priorities and local strengths
- Focus on creating an equitable, inclusive, and sustainable approach to health and care
- Demonstrates the impact of listening, collaborating, and acting together

Our Strategic Aims In Derby And Derbyshire

OUR VISION

- To create a future where every woman in Derby and Derbyshire has access to compassionate, equitable, and high-quality health services. We envision a system that not only meets women's unique health needs but also values their voices, removes barriers, and ensures every woman, girl and person with a cervix feels supported and empowered in their health journey.

OUR MISSION

- To improve women's health outcomes by delivering inclusive, accessible, and responsive services designed in partnership with the communities we serve. Through collaboration, innovation, and education, we are committed to addressing inequalities, streamlining care, and building a network of trusted support for women's health at every stage of life.

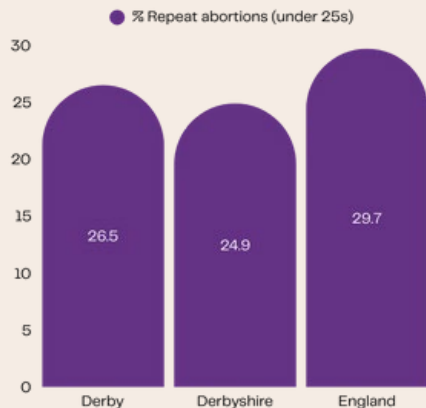
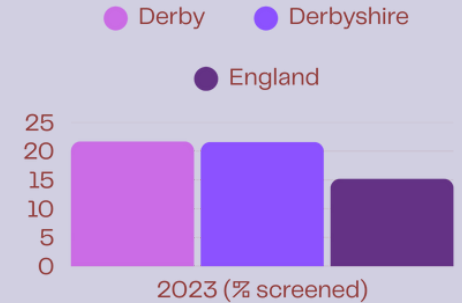
OUR OBJECTIVES

- **Enhance Access:** Ensure women can access the right care at the right time, reducing waiting times and simplifying care pathways.
- **Empower Communities:** Collaborate with local community groups to design culturally sensitive services and train women as community health advocates.
- **Reduce Inequalities:** Address disparities in health outcomes by focusing on underserved and marginalised populations.
- **Strengthen Workforce:** Equip healthcare professionals and educators with the knowledge and skills to provide excellent, inclusive care.
- **Promote Health Literacy:** Increase awareness and understanding of women's health issues through targeted outreach and resources.

Women's Health – Data Insights

Chlamydia

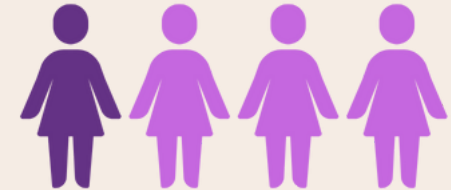
One of the most commonly diagnosed Sexually Transmitted Infections - also causes more harm to women. The more we detect, the better we control the spread.




1 in 4 women

in Derby & Derbyshire undergo a repeat abortion

This has not changed in recent years suggesting that needs are not being met.



 45% of pregnancies are unplanned

1 in 13 women have been pregnant in the previous year



 25% of conceptions in the UK are aborted

Source: Health matters: reproductive health and pregnancy

Contraception Need



Long-Acting Reversible Contraception

>99% effective

100% reversible

Doesn't rely on user to remember

Source: LARC - 1st consultation NICE guideline

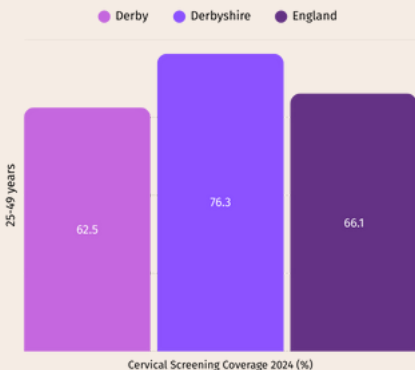
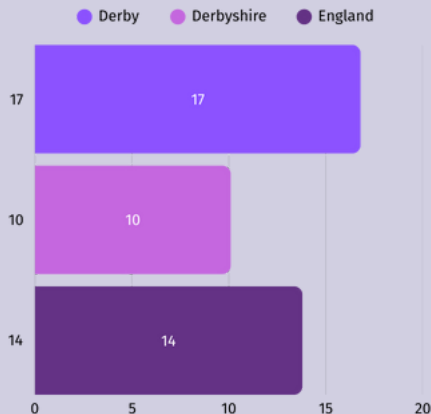
(NICE.ORG.UK)



Teenage Pregnancy

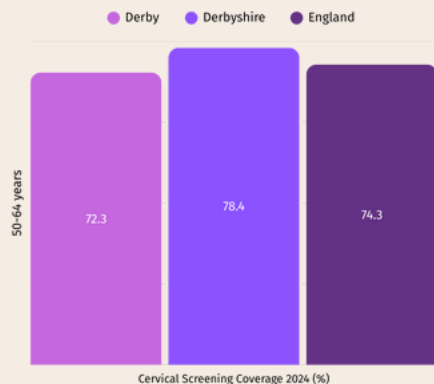
The rate of teenage pregnancy has been in decline for over ten years.

The rates in Derbyshire (10.9 per 1,000 15-17 yrs) have remained consistently lower than England (13.1 per 1,000), however the rates in **Derby** are much worse than England at 16.8 per 1,000.



Cervical Screening

Cervical screening (a smear test) is a test to check the health of the cervix and help prevent cervical cancer offered to women and people with a cervix age 25 to 64.



People Living with HIV (PLHIV) diagnosed at a late stage (2021-23)

Heterosexual and Bisexual women diagnosed late (2021-23)



HIV

Derby **28** in **100** (**28.8%**)
Derbyshire **2** in **5** (40%)
England **just under** half (46%)

Source: Derby City and Derbyshire County Sexual Health Needs Assessment 2023

What Women Told Us – Setting Local Priorities

 In 2024 we held two engagement events

Feedback highlighted the need for better engagement and understanding of real experiences.

Better understanding of current service provision

Better access to services

- empower us to navigate the services
- menopause care
- menstrual care

More training to

- help inequality in provision
- address gaps in care provision incl. waiting lists
- ensure we have a culturally competent and confident workforce

More joined up system-wide pathways

- community to secondary care
- sexual and reproductive health
- mental health
- maternity care
- domestic violence and associated health services

More joined up commissioning/pooled budgets

More ongoing conversations with ALL women; adolescent girls and individuals with a cervix

To address stigma and normalise *aspects* of women's health care

More focus on prevention, patient empowerment

Engaging Derby And Derbyshire Communities


- Developed "A Case for Change" to summarise knowledge, identify gaps, and inform next steps
- Patient and Public Partners joined and contributed to the Steering and Workstream groups
- Created a comprehensive engagement plan

Creating Local Women's Health Leaders

BECOME A WOMEN'S HEALTH CHAMPION

Increase your knowledge, confidence and understanding about women's health

JOIN US TO LEARN ABOUT GENERAL WOMEN'S HEALTH SUCH AS:



- Menopause (when periods stop)
- Menstrual (period) problems
- Contraception and Sexually transmitted infections (STIs)
- Breast and cervical screening & further signposting and feedback

Interested? Contact us:
ddicb.womanshealthchampion@nhs.net

Programme Lead: Amy Armiger, Advanced Clinical Practitioner and Lead Nurse at Appletree Medical Practice, Duffield

- **Women's Health Ambassadors:** Upskilled community volunteers as health advocates with multilingual resources and a community podcast
- **Women's Health Champions:** Empowered Community Connectors and Social Prescribers to spread health knowledge
- **Inclusive Training for Schools:** Equipped school staff to teach women's health topics using digital, inclusive resources
- **Empowering Local Women with knowledge and information:** Created a repository of signposting resources on the Improving Women's Health [Engagement Platform](#)

Reaching South Asian And Arab Women

- **Women's Health Hub:** Established a Women's Health Hub at the Pakistan Community Centre with multilingual resources and a community podcast
- **Menopausal clinics and Education Programme:** Launched menopausal clinics and education programmes, reaching over 300 women
- Supported by **Women's Health Ambassadors**



The infographic is titled "WOMENS HEALTH HUB" in large white letters on a purple background. Above the title is the logo for "HAMARI SEHAT - OUR HEALTH" with the tagline "Healthy Life • Healthy Mind • Healthy Future". Below the title, it says "ADDRESSING INEQUALITIES FACED BY WOMEN" and "خواتین کو درپیش عدم مساوات کا خاتمہ". A central white box titled "WHAT WE DO" states: "WE HELP & SUPPORT SOUTH ASIAN WOMEN TO OVERCOME BARRIERS TO ACCESS & STIGMA ATTACHED TO SENSITIVE WOMEN'S RELATED HEALTH MATTERS". Below this, in Urdu, it says: "ہم جنوبی ایشیائی خواتین کی صحت سے متعلق حساس معاملات تک رسائی کی راہ میں حائل رکاوٹوں کو دور کرنے میں مدد اور مدد کرتے ہیں". The infographic is divided into six sections with alternating Urdu and English text:

- SAFE SPACE:** WE CREATE A PEER LED SAFE & NON-JUDGEMENTAL SPACE FOR SOUTH ASIAN WOMEN TO ADDRESS SENSITIVE TOPICS. (ہم محفوظ مقام: ہم حساس موضوعات کو حل کرنے کے لیے جنوبی ایشیائی خواتین کے لیے ہم مرتبہ کی قیادت میں ایک محفوظ اور غیر فیصلہ کن جگہ بناتے ہیں۔)
- RAISE AWARENESS:** WE RAISE AWARENESS OF ALL THINGS RELATING TO WOMEN'S HEALTH & WELLBEING ACROSS COMMUNITIES & PARTNERS. (بیداری پیدا کریں: ہم کیمرہ اور پارٹنرز میں خواتین کی صحت اور بہبود سے متعلق تمام چیزوں کے بارے میں بیداری پیدا کرتے ہیں۔)
- INFORMATION & SUPPORT:** WE PROVIDE CULTURALLY SPECIFIC INFORMATION, ADVICE & GUIDANCE FOR OUR COMMUNITIES & PARTNERS. (مشاورت اور سپورٹ: ہم اپنی کیمرہ اور شرکاء کے لیے ثقافتی طور پر مخصوص معلومات، مشورہ اور رہنمائی فراہم کرتے ہیں۔)

On the left side, there is a vertical text "WOMEN'S HEALTH HUB" and a small logo.

Expanding Access To LARC Contraceptive Services

- **Fully funded LARC training** for local workforce, including doctors, nurses, midwives, and Termination of Pregnancy (TOP) staff
- **Single Point of Access (SPOA)** for centralised training across primary and secondary care
- **LARC Fitters Forum** for knowledge sharing and peer support among local practitioners
- **Contract alignment** for co-commissioning LARC across Derbyshire to improve patient journey and experience

Supporting and Strengthening Our Workforce

Women's health training resources

A training and support resource library for healthcare professionals in Derby and Derbyshire.



A comprehensive signposting Training Menu to support the delivery of the eight core women's health services and a 9th area of "Inclusion" to address needs raised by local women, including barriers to service access, stigma and exclusion.

TRAINING PROVIDERS:



Engagement

Engagement is about actively listening and gaining understand so this can then be used to improved services and systems.

2 local community services have been asked to develop engagement with women from our local communities across Derby and Derbyshire, these are:

- Community Action Derby (Derby City)
- Link CVS (Derbyshire County)

Together, in partnership with Joined Up Care Derbyshire's Engagement Team, we will look at gaining the insight from communities which will be fed into the development of Improving Women's Health Services as well as into the wider system for learning and development.



Key Aims of the Engagement

The Key Aims of Engagement are to Understand:

- Experiences of accessing service for women's health issues
- Women's understanding and knowledge about Women's Health
- Experiences of accessing information around Women's health
- Experiences of current services and expectations
- Explore why women might think there is low Screening and [HPV vaccine](#) uptake in the City
- Ask about communication preferences.

[HPV vaccine](#) helps protect against human papillomavirus (HPV)

Methodology of the Engagement

- **Survey** – to gain the views of women across Derby and Derbyshire
- **Community Led Workshops** – in-depth and bespoke community lead discussions with identified targeted groups



Key Details from the Engagement

Between November 2024 and January 2025, a series of large-scale engagement activities were conducted in Derby and Derbyshire to gather women's perspectives on healthcare services.

These activities, which included online surveys and community workshops

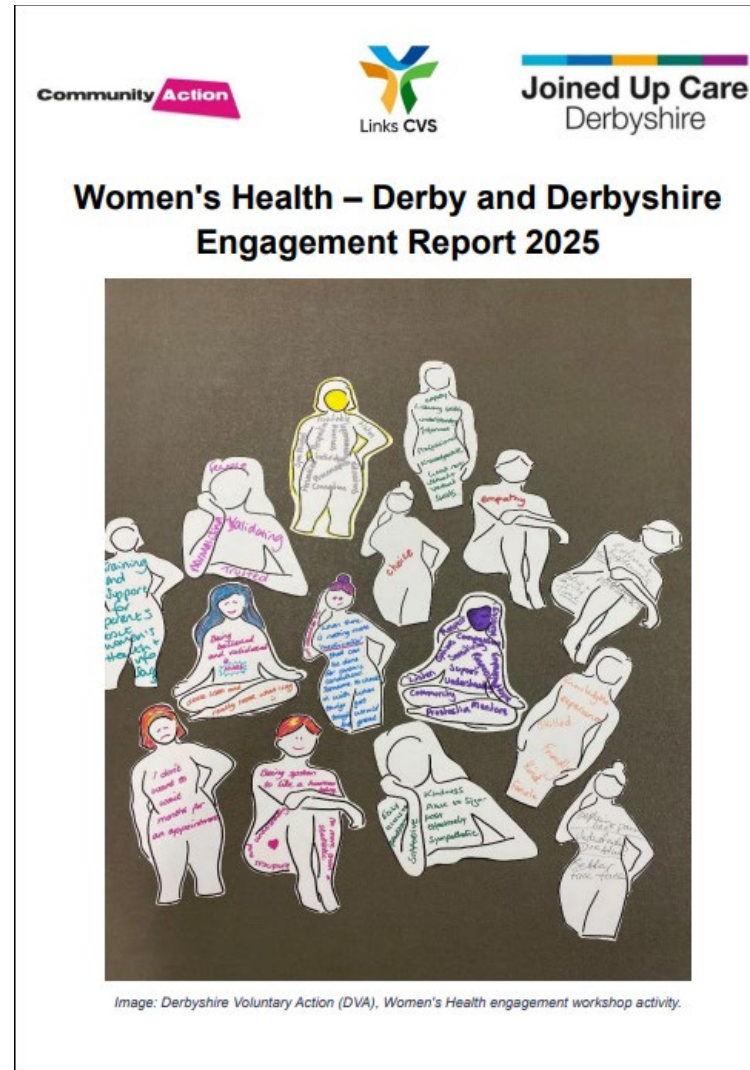
1730 individual responses have been received for the engagement in Derby and Derbyshire all together.

- 744 participated in the survey.
- 986 attended community-led workshops from 39 community groups.



39 Community Groups took part in the engagement:

- Alternatives Activity Centre
- An Nisa Events
- Association of Ukrainians in Great Britain, Derby Branch
- Children First Derby
- Community One
- Connected Perinatal
- Deaf-initely Women
- Derbyshire LGBT+
- Dignity Independent Living C.I.C.
- Family Support Derbyshire
- Headway Derby
- Kelsey Family CIC
- Lilian Prime MS Centre
- Love4Life
- Restore Derby
- Safe and Sound
- Spectrum Heads CIC
- Spiral Arts
- Vox Feminarum
- YMCA Derbyshire



- African and Caribbean Community Association
- Age UK Derby & Derbyshire Chaddesden Park Centre
- Asian Association of Chesterfield
- Bluetonic
- Chesterfield and North East Derbyshire Muslim Women Group
- Chesterfield Filipino Community Association (CFCA)
- Chesterfield Senegambia Association
- Compassionate Voices
- Derbyshire Voluntary Action (DVA)
- GH Futures
- Home-Start High Peak
- North Derbyshire Refugee Support Group (NDRSG)
- Our Vision Our Future (OVOF)
- Polonia Chesterfield
- Polski Link
- Standing Tall
- The Bureau
- Verba

Key themes from the Engagement

- Key issues identified include knowledge gaps, accessibility challenges, and support deficits, particularly for marginalised groups like those with learning disabilities, ethnic minorities, refugees, LGBTQ+ individuals, and those facing socio-economic hardships.
- Many women understand health issues well, but some lack knowledge about menopause and preventative care.
- Health priorities differ by age: younger women focus on contraception and menstrual health, middle-aged women on pregnancy and cervical screening, and older women on menopause and heart disease.
- Most women prefer in-person health services, though digital exclusion and language barriers are prevalent.
- Common access barriers include appointment booking difficulties, long wait times, and insufficient female doctors.
- Experiences vary, with some reporting positive interactions while others note inadequate access and delays.
- Low participation in screenings and vaccinations is attributed to fear and misinformation, with calls for improved public education and flexible appointment options.

Full and summary report can be found on the [engagement platform](#)

Next Steps

Medium and long term - The Inclusivity Group, a sub-group of the Sexual Health Alliance, will create an action plan and recommendations addressing key inclusivity elements identified in this report.

Some examples of what this report will influence and feed into are:

- Communication Campaigns – to develop a communication campaign around HPV vaccinations.
- This report will also be shared with Primary care, commissioners across our system so it can be fed into service improvements and new developments.

This is just the start.....

What We Achieved

- Guided by a dedicated Steering Group with clear goals and strong collaboration
- Launched initiatives addressing menopause, contraception, and culturally sensitive programmes for underserved communities
- Established strong partnerships with VCSE organisations and engaged with local community groups
- Empowered women and young people by training local health champions and upskilling teachers
- Supported our workforce to provide compassionate, high-quality care

What Changed For Women

More healthcare professionals training to fit LARC making access to contraception services easier

More support for women going through menopause, especially in communities that previously had less access

A bigger focus on prevention and early help through education in schools and communities

Better information about services and self-help available through online resources and community networks

A bigger focus on being inclusive prompting conversations and self-reflection

Women's Health Champions and Women's Health Ambassadors continue to empower local women

How The Improvements Will Last

- Community Advocacy through Champions and Ambassadors, and peer networks
- Education and prevention through digital training and classroom support
- Sustainable workforce development embedded into workforce plans
- Tackling inequalities driven by the Inclusivity Group
- Work on gynaecology pathways continues under Planned Care governance



Thank you

Any questions?

For more information, please visit [Improving Women's Health Services](#)

Contact email: ddicb.partnerships@nhs.net