

Knowledge empowers, and power enriches! Women, it's time to get clued up on all things related to your uterus.

Friday 8th March 2024

The Members' Suite

Emirates Old Trafford Lancashire Cricket Club, Talbot Rd, M16 OPX















# Message from the Chair of CAHN Dr Faye Ruddock DL

The Caribbean & African Health Network (CAHN) along with its partners would like to welcome you to International Women's Day (IWD) #Inspire Inclusion IWD2024.

In 2023, CAHN stood together with the Nigerian Women's' group and Women of Worth to draw attention to Black women's experiences of menopause. This year we have built our partnerships and collaborations with six incredible organisations that have worked towards a mission to educate and celebrate. Womens day will consist of two parts. During part 1 we will be exploring Uterine/Womb health (to include menopause) and the challenges this brings to Black women. In part 2 we will be kicking off our shoes as we celebrate women with cultural and lively entertainment.

As a network focused on the health and wellbeing of Black people, we are very much aligned to the IWD campaign theme #inspire inclusion. It is through our activities that collectively we ensure that Black women are valued, have a sense of belonging and are empowered to live their lives to the full

It is a sad fact that Black women are disproportionately disadvantaged in their Uterine/Womb health and that there is exclusion and inequity across many womb health conditions. We know that Black women are more likely to be misdiagnosed, mismanaged and have an overall poorer experience in their engagement with health professionals. This is often due to systemic bias, stereotyping, discrimination and racism (interim findings from our survey will be shared during the event). On the next page you will find a little bit of background information which can help you to understand why we are focusing on womb health this IWD.

For IWD 2024, we are incredibly grateful to be hosted by Dr Vanessa Apea, Consultant Physician in Sexual Health and HIV Medicine, Dr Apea has been instrumental in her forecast for a Black Women's health manifesto and we will learn more about that during the event.

We are delighted to have our speakers who have travelled from near and far to empower us with knowledge as we work towards better womb health. You can read more about our speakers in this booklet. Part two is where we turn to an incredible evening of celebration of Black Woman hood. It is a cultural celebration with entertainment starting with a hot evening meal and networking. Please remember to visit the stalls, purchase your goods and support the organisations doing some great work across our region.

Thank you to all those that have completed the survey on womb health. The survey is still open for those yet to complete it and the findings from our breakout and discussions will feed into the Greater Manchester Women's forum and the National Black Health Manifesto for improvement. This will help us to get past the talking to doing what needs to be done to improve the womb health of Black women.

On that note I would like to end by saying thanks to our partners, it has been great working with you to put this event together, we are keen to build upon this work with you all. Thank you to all our organisers including venue staff, volunteers, entertainers and stall holders.

#### Dr Faye Bruce.DL

Chair and on behalf of all of CAHN & Partners



# Message from the Chief Executive Charles Kwaku-Odoi DL

It is a pleasure to welcome you to the IWD #inspireinclusion2024. During this event we will continue to highlight the disparities in women's health which requires some specific and dedicated focus due to the negative experiences we see and hear about across women's womb health.

I am delighted to have been invited to have a seat around many tables where there are conversations around Black health. These forums allow me to bring the voices of our community to where decisions and change needs to happen to improve their lived experiences and quality of Black people's lives.

We often say, we have done a lot of talking and now we need action which leads me to a incredibly exciting development. Over the last few years I am so pleased that we have had the listening ear of the largest funder in the UK. The National Lottery is developing innovation around health and health inequalities, and I am delighted that the senior advisor and their team from the National Lottery will be joining the event. The event today commences with a consultation between the National Lottery and with our Voluntary Community organisations to discuss what matters to them around Black health and what they believe the priorities should be.

We are hopeful that this work will lead to more targeted funding and investment to where it really matters and to where it is needed to make change happen. We know that there needs to be a significant improvement in the funding for Black women's health and the wider inequities and injustices and we also need to know what matters to Black women and solutions to improvement. For this, I am also delighted that hand in hand we are working with Dr Vanessa Apea (our host for the event today) towards a Black Women's Health Manifesto.

Both of these consultation will be the start of something new and I urge you all to join in with this social action to ensure this change happens for women now and for our girls growing up in a world where there is so much injustice and inequity in Black women's health.

With that said, we hope you have a great day, there will be something for everyone to take away from the day to enrich their lives and that of others.

Happy International Women's Day #Inspireinclusion



Why focus on Black Women's Womb Health 2024



The uterine and reproductive experiences of Black women from menstruation to menopause is challenging. For example, nearly 80 per cent of Black women will suffer from fibroids, by age 50. Out of that number, a quarter of Black women between 18 and 30 compared to 6% of white women, have fibroids. By age 35 years old that number increases to 60% and Black women are two to three times more likely to have recurring fibroids or suffer from complications. Black women are often under-diagnosed and under-treated when it comes to fibroids, and their fibroids tend to occur at younger ages and grow to larger sizes with some weighing over 5kg.

The data from the Office National Statistics (ONS, 2019) highlight that there is a higher mortality rate of uterine cancer deaths in females which are more than twice that of white women despite accounting for differences in the age of the populations. Other conditions such as polycystic ovarian syndrome and endometriosis is a common condition which affects Black women and takes much longer to diagnose.

Black women are also being failed in fertility treatments. They are less likely to have knowledge of egg freezing options and when they do have infertility challenges the Human Fertilisation and Embryology Authority (HFEA), report highlights that Black people in the UK are over 25 times less likely to access fertility treatment than white people and 7 per cent less likely to be successful. Black women are 43% more likely to have a miscarriage and as we know Black women are four times more likely to die from causes related to their pregnancy.

The current Greater Manchester Survey on Black women's experiences when seeking support for their womb health related disorders shows on interim analysis that Black women are having poor lived experiences across provider services which relates to their intersecting identities and subsequent unfair access to services.

To understand the womb health experience of Black women from menstruation to menopause there needs to be an exploration of their lived experiences. This exploration should result in findings that will bring about solutions to improve the health and wellbeing for Black women.

# Greater Manchester Experience of Black Menopause



# Menopause - Brief Insight IWD 2023

Findings from 2023 International Women's Day heard experiences from over 200 diverse intersectional women sharing their experiences of perimenopause and menopause. During the event we heard from clinicians, Black women with lived experiences and system leaders and providers who highlighted that there was limited attention focused on the needs of Black women.

Following IWD 2023 and an interim survey post the event we found that Black women felt alone during their menopausal experiences and that there was no peer support, clinical understanding, and empathy. Women attending the day spoke about employer relationships and the careers that had been affected due to a lack of understanding about the impact of the menopause on their lives at work. Women spoke about the likelihood of undertaking low paid roles which were physically demanding, they continued to emphasise a lack of consideration of the overall working environment including the uniforms they were expected to wear.

From a cultural and religious perspective women said that they could not openly share their experiences with partners, family members and church brethren due to the shame they saw associated with the symptoms. From a family perspective they were expected to continue being the strong woman in these circumstances carrying out duties as normal.

Women spoke about how race and racism impacted their experience and despite the greater probability of hot flashes, night sweats, mood swings, brain fog etc women spoke about the less likelihood of treatments and advice for their symptoms. The issue of employment arose again in relation to the time allocated to read and comprehend materials and that they were more likely to be labelled as lazy, slow or unable to undertake their role.

In relation to coping, women shared that they turned to herbal remedies which were found to be helpful in managing some of their symptoms; despite this, health professionals do not provide advice and guidance or recognise these remedies as forms of treatments.

Women spoke about the toil and stressors on them from a mental health and cardiovascular perspective causing greater risk of depression and hypertension. They stated that there were less treatment and options provided which left Black women living challenging lives with unmanaged symptoms.

There was a lack of knowledge and tailored information that considered how race and racism impacted them in later years. They highlighted that services, treatments and practices were benchmarked to that of white women which was gaining traction however they talked about the difference in the Black experience which they stated was profound enough to be given distinct attention.

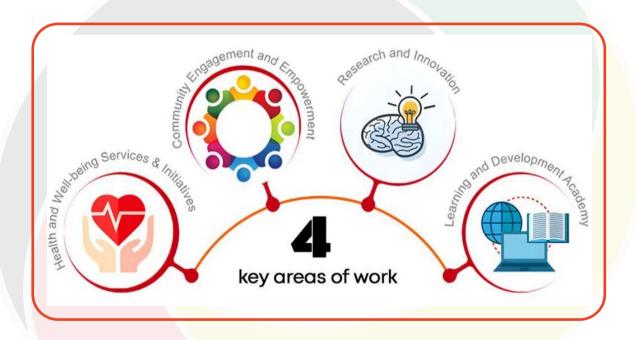
Black women want and need more consideration to be drawn to the Black woman's experiences which they see as different to that of the White woman. They identified that the systemic and structural issues around access should result in a review of policies and practices from clinicians and service providers. A paper is currently in progress.

# About Caribbean & African Health Network

The Caribbean & African Health Network (CAHN) was founded in 2017 with a vision to eradicate health inequalities for Caribbean and African people in the UK within a generation. The organisation has a focus on improving health outcomes for Black people; for CAHN this involves breaking down the structural, systemic and wider determinants of health (which include racism) and working with the Black community and cross-sector organisations to build community resilience, relationships, and a social movement whereby equity is achieved.

In 2021 CAHN developed a five-year plan to support this growth and guide its next phase. The organisation is well positioned to facilitate collaboration and partnerships and to create access opportunities for the private and the public sectors to work with Black communities across the UK. During the Covid-19 pandemic, CAHN grew significantly, in terms of income, staff, and the scope of its activities. CAHN has also grown geographically; the organisation was originally founded in Manchester and has since expanded to become a national charity.

CAHN has reach to thousands of people from across the Black Caribbean and African Diaspora and we are keen to build on this over the next decade and for years to come.



#### WOMEN OF WORTH

Women of Worth (WoW) aims to empower and support Black and minority ethnic (BAME) women who have experienced domestic abuse and trauma.

Recognising the reality that domestic abuse within the BAME community is predominantly unaddressed, with many women in particular suffering in silence – even, alarmingly, to the point of losing their lives – WoW seeks to change the narrative.



Through its transformative work, Women of

Worth promotes the development of specific and culturally appropriate domestic abuse services, thereby playing a notable part in breaking the wall of silence that currently stands to keep those in danger forever in peril.

WoW strives to help women become more emotionally resilient, stronger and more independent. Ultimately, through the organisation's work, women are reminded that they are worthy of the very best.

#### THE NIGERIAN WOMEN'S GROUP MANCHESTER

The Nigerian Women's Group Manchester (NWGM) was established in 2001. A non-religious and not-for-profit voluntary organisation, it represents the cultural, social, economic and welfare interests of Nigerian women, families and friends in Manchester and beyond. One of the primary aims of the group is to promote good health and the general wellbeing of women and their families.



The group is incredibly proactive in the community and over the years has organised numerous activities and events – separately from, and together with, other organisations – to raise awareness about issues affecting women, including: hate crime; modern day slavery; human trafficking; sickle cell anaemia; breast screening and care; female genital mutilation (FGM); the impact of domestic abuse on women and children, in particular those from BAME backgrounds; child abuse from an African perspective; and, mental health awareness.

More recently, the organisation has spearheaded several walking activities within Greater Manchester, other physical exercise activities and even a dancing project. In June 2023, the group performed a powerful play based on various aspects of domestic abuse.

#### MANCHESTER'S GOT TALENT YOUTH MGTY

MGTY (Manchester's Got Talent Youth) forms part of 'Manchester's Got Talent Communities' and exists to bring communities and organisations together. MGTY runs positive, lively projects aimed particularly at



the Black community, reaching out not only to young people but extending to include all generations. Through purposeful events, MGTY promotes the health and wellbeing of its community and helps to build confidence in the process.

Part of MGTY's work has been to foster conversations about domestic abuse, a topic which remains a highly shrouded in taboo in the Black community. Opening up discussions as to why men are more likely to be abusive, and unpacking the factors behind intimate partner abuse where women are the perpetrators, MGTY provides a platform for real community transformation.

Manchester's Got Talent Youth strives for all people to be able to live the live they deserve – and to do so as respected individuals in their communities.

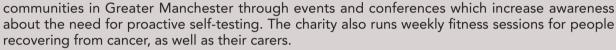


#### CANCER CARE DIASPORA

Cancer Care Diaspora (CCD) is a registered charity, founded in May 2016 with the mission of promoting public health through the provision of information and raising awareness about the nature, causes, diagnosis, prevention and cure of all forms of cancer.

Cancer Care Diaspora endorses research into cancer and offers practical support to individuals of all age groups who have been affected by cancer. Notable ventures the charity leads include the CCD Youth Club for young people, which takes place during school holidays, and a weekly community food bank.

Cancer Care Diaspora seeks to shatter the stigma connected to cancer in the Black African, Caribbean and wider BME





#### **ACROSS UMMAH CIC:**

#### **Transforming Lives, Building Resilience**

Across Ummah was founded in September 2017, with a steadfast commitment to mitigating crises, improving mental health, and championing the voices of vulnerable and disadvantaged people in society. Adopting a multifaceted approach to the delivery of initiatives tailored to address diverse needs, Across Ummah's services range from impactful counselling and therapeutic sessions to weekly food hub meetings.



Tackling the pressing issues of substance misuse and the cost-of-living crisis head-on within Manchester through community outreach, training programmes, and resourceful empowerment sessions, Across Ummah equips individuals with the tools they need to thrive and the skills which will empower them to secure employment.

In addressing financial, social, and health coping strategies, the organisation helps to contribute to the overall well-being of Manchester. Across Ummah remains dedicated to its motto of 'Transforming Lives, Building Resilience', one individual at a time.

#### **AFROCATS**

We pride ourselves on being a black and female-led charity, which is reflected through the diligent work of our founder and CEO, Magdalen, who coming from Barbados, has lived experience of the UK's hostile immigration policies and Windrush scandal, inspiring her work to break down racialised and structural barriers in society.



Under Magdalen's leadership Afrocats has gained respect within the sector and grown on a small budget to extend community outreach and increase the number of partnerships, beneficiaries, and volunteers we work with over the last three years. She has led Afrocats to be seen as sector leader and oversees the work of our passionate team of freelance staff, many of whom also contribute to our organisational strategy through their lived experience or experience in the sector.

#### Our approach

We are a user-led charity which means we listen and respond to what the communities we work with need from us. We are committed to representing the communities we support because of our lived experience expertise and the recognition of providing platforms for the voices of people we support to be heard to break down societal barriers and promote inclusive community spaces where all are welcome.

Through our work economically disadvantaged families and individuals can develop their skills and social networks with us, broadening their horizons through access to workshops and volunteering opportunities to gain vital employment skills.

#### MINISTRY OF ANGELS

MINISTRY OF ANGELS is an organisation aimed at supporting women physically, mentally, emotionally and financially. Our aim is to see women grow and develop their unique gifts and diverse potentials in an environment where they can thrive. Ministry of Angels launched on the 20th of January 2024 with an event that brought over 70 women together - with a unique Vision Board Tea Party that challenged women to channel their mindsets into setting



goals and having a vision of their purpose in life reminding them that they can still dream and pursue those dreams.

Our target audience are women from every sphere of life Including teenagers, adults, elders, professionals, those who are employed, unemployed, students, mothers, single-mothers and grand-mothers.

We have set up various workshops that focus on the needs of the target audiences to meet them at the point of their journey.

### **About Our Speakers**

#### Host IWD 2024

#### DR VANESSA APEA

#### Consultant Physician in Sexual Health and HIV Medicine

Consultant Physician with extensive experience in healthcare, academia and business sectors, spanning the UK, North America and Ghana. She is able to evidence high quality skills in senior clinical, strategic and operational leadership across the UK and Ghana. Dr Vanessa has a successful track record of managing large scale strategic programmes, with the ability to develop effective collaborative relationships through a motivational and passionate leadership style.

Dr Vanessa has been instrumental in CAHN Health Hours as a regular host and steering group member and overall support for the work CAHN undertakes around health inequalities. Dr Vanessa is driving change around Black Women's health in the development of a National Black Women's Health Manifesto.



# **DR. AZIZA SESAY**NHS GP, GP educator, Honorary Senior Clinical lecturer

She has a strong passion for health education, awareness, advocacy and empowerment. She channels this through her platform 'Talks with Dr. Sesay' where she shares short informative videos, infographics, live discussions and tips on a variety of topics with a particular emphasis on women's and gynaecological health, cancer awareness, mental health and health inequity. The goal is to equip and empower individuals with knowledge in the hope of preventing disease, ensuring they are picked up early, moderating their progression and improving outcomes.

Dr Sesay is the creative director of Black Female Doctors UK organisation, Charity fundraising lead for Keep it Fax charity, one of the Board of Directors of Prevention First Initiative, Ambassador for the Eve Appeal charity and was a UN Women UK delegate for CSW 67 (volunteer role). She's been featured on BBC News, Metro News, Stylist magazine, Women's health UK and many more. She has collaborated with several different organisations including NHS, CoppaFeel!, Jo's Cervical Cancer Trust, Black Women Rising UK, PANDAS foundation and many more to help make this a reality. In addition, she has also supported several national public health campaigns.



#### DR EDMOND EDI-OSAGIE, MD, MRCOG, MB.BS Consultant Gynaecologist

Dr Edmond Edi-Osagie is a Consultant Gynaecologist, at the Alexandra Hospital in Cheadle where he leads the Specialist Endometriosis Service. He is Medical Director of Aurora Reproductive Healthcare (ARH) which provides specialist Fertility, Assisted Conception and Gynaecology services. ARH has clinics based in Manchester and Lekki.

Dr Edi-Osagie is an accredited RCOG preceptor in advanced laparoscopic and hysteroscopic surgery and a preceptor for the RCOG advanced benign gynaecological laparoscopic surgery training module.

Dr Edi-Osagie underwent basic specialist training in Obstetrics and Gynaecology in Northwest England achieving the MRCOG in 1995. He underwent further specialist training in Reproductive Medicine and Surgery, during which time he obtained an MD for research into the structure and ultrafunction of the endometrium. Dr Edi-Osagie's specialist interest areas are Reproductive Surgery, Infertility, Assisted Conception, Endometriosis/Pelvic pain and Recurrent Pregnancy Loss.

Dr Edi-Osagie is passionate about equity in reproductive health provision and to that extent set up the entity called Ebony Concept that provides bespoke fertility services to people of Afro-Caribbean origin.



NHS Consultant Obstetrician and Gynaecologist with a special interest in Gynae Oncology

Dr Joanna is a Christian, wife, mother, writer, mentor an educator. She works as an NHS Consultant Obstetrician and Gynaecologist with a special interest in Gynae Oncology and a passion for reducing inequalities faced by the black female population in maternity care.

She is passionate about helping all women feel educated and therefore empowered about their gynaecological health and motivating them to live fruitful and vibrant lives. She is keen to promote equality and diversity in the workplace and has been actively involved in widening participation schemes.

During her specialist training, Dr Joanna achieved further qualifications in health care leadership, management and education. She is also trained in Coaching, Mentoring and Advanced Communication Skills. Dr Abiola has recently ventured into healthcare consulting and enjoys providing expertise care and advice to a range of clients in various sectors.







# **DR LORETTA ODUWARE OGBORO-OKOR**Obstetrician and Gynaecology Consultant.

Loretta Ogboro-Okor, is a UK trained Obstetrician and Gyneacology Consultant. She has been able to blend her work in the science field of medical practise with being an author, a passionate motivational speaker, women and youth health advocate, educationist and med simulation trainer as well as a social entrepreneur and an ardent blogger.

She set up Loretta Reveals "borderless motivational space" http://lorettareveals.org in 2015 to inspire people worldwide; sharing stories of enterprise, excellence and achievement against all odds. She also co-founded Ashanti Graham Health & Education Initiative Foundation (AGHEIF) in 2010 - a charity with the vision "21st Century Health Care for Africa."

Loretta is passionate about "Cultural Integration" in African communities as a means to tackling women's Reproductive and Mental Health issues as well as trafficking.

Aside from her own Charity, she does voluntary work with other Charities/NGOs & community commitments. Amongst these are her work with Association Against Women Export (AWWE) as donor and mentor for young women of Nigerian extraction. She is also a member of Edo State Women's Association (ESWA) UK, where she lectures and mentors young women with social challenges such as refugee, immigration irregularities or trafficked background. Likewise, Loretta has actively worked with Edo Global Organisation UK (EGO) in several of the cross UK-Nigeria community help projects at grassroots level.

She is President of University of Benin Alumni Assoc, UK and recently, she was made Chair, BoT of Creative Leadership Initiative Project (CLIP); a UK based Charity set up to advance the education and relief of poverty amongst children, women & young adults in poor resource societies.

Her long-term aspiration is to continue positively affecting humanity. She intends to optimise her work with teams that have better global outreach, formulating policies for curbing women trafficking and other girl-child and women related Reproductive Health care challenges in sub-Saharan Africa.



#### **INTERNATIONALS WOMENS DAY 2024 PROGRAMME SCHEDULE**

#### **8<sup>TH</sup> MARCH PART 1 - 1PM TO 4:30PM**

Start Time	Activity	Facilitator
14:30	Registration/ Networking and visiting stalls/refreshments	
	Welcome and house-keeping Introduction of the event	Dr Vanessa Apea Consultant Physician in Sexual Health and HIV Medicine
	Welcome address/introduction of partners	Dr Faye Ruddock DL Chair, CAHN
	Welcome to Trafford	Mayor of Trafford Councillor Dolores O'Sullivan
	Keynote Presentation - Disparities in womb health and overall quality of life	Dr Aziza Sesay NHS GP,
	Interim findings from the survey	Dr. Sakinat Baiyewu Head of Health & Wellbeing, CAHN
	Lived experiences sharing (FGM)	Mariatu Sesay
	Greater Manchester Women's health strategic forum – Importance of Intersectional Voices	Jackie Driver OBE Associate Director, Equality and Inclusion NHS Greater Manchester
	Wake up shake up/Dance	Magdalen Bartlett, CEO, Founder Afrocats
14:45	Keynote Presentation: Shattering the Stigma of Fibroids/Endometriosis PCOS - Insights, Challenges, and Hope"	Dr Loretta Ogboro Okora - Consultant in Obstetrician and Gynaecologist
	Performance	Yesizewe Arts productions
	<ol> <li>Breakout sessions:         <ol> <li>Lived experience - Menopause and its challenges.</li> <li>Black Women's health manifesto</li> <li>Food and womb health</li> <li>Infertility/PCOS: cultural pressure and faith</li> </ol> </li> <li>Navigating fibroid in a bias system</li> <li>Experiences/ menstrual health/ Period pains/heavy periods</li> <li>Summary from Breakouts</li> </ol>	Facilitating partners and medics  Black women in menopause  Women of Worth/Manchester Got Talent Youth Nigerian Women's group, Cancer care Diaspora, Afrocats Across Ummah
15:30	BREAK	
	Keynote Presentation: Egg freezing and infertility	Dr Edi-Osagie - Consultant Gynaecological Surgeon in Reproductive Medicine
	Infertility – Lived Experience	Dr Itunu Johnson-Sogbetun General Practitioner (Consultant in Family Medicine)

Keynote Presentation: Understanding Cancer, and lifestyle factors	Miss Joanna Abiola - Consultant Cervical Obstetrician and Gynaecologist
Panel Discussion and questions from audience	Keynote Presenters
Closing remarks End part 1	Fabiola Bayavuge - Strategic Lead: Population Health, CAHN

#### SESSION 2 - 18:00 TO 20:30HRS

	32331011 2 - 10.00 10 20.301113	
	Activity	Facilitator
18:00	African Woman	Video
	Welcome and House Keeping	Dr Vanessa Apea
		Consultant Physician in Sexual Health and HIV Medicine
	Partners opening remarks	Charles Kwaku-Odoi DL
	Summary of part One	Chief Executive, CAHN
	Welcome Address	Liz Mary Walker High Sheriff and representative of the Lord Lieutenant
	Performance	Jet Black Dancers
	Speech	Mark Adlestone Chairman of
	Орееси	Beaverbrooks the Jewellers & Patron of CAHN
	Performance/Dance	Across Umah (Drama)
	Empowerment and motivational talk	Dr Loretta Ogboro Okora - Consultant in Obstetrician and Gynaecologist & Motivational speaker
	Speech	Sara Saleh - Deputy Chief
		Executive & Corporate Director of Strategy & Resources, Trafford City Council
	Dance	Cancer Care Diaspora
	Speech	Professor Erimna Bell DL Peace councillor
	Performance	CAHN
19:35	Partners presentations	All partners
	Speech	Sara Saleh - Deputy Chief Executive & Corporate Director of Strategy & Resources, Trafford City Council
	Performance	Nigerian women's group
	Speech	Shane Ryan Writer, advisor, advocate, strategist, 21st century consultant, Senior Advisor@ The National Lottery Community Fund
	Let's all dance and jubilate	Sharlene Sangster MTGY DJ Faidat
	Closing remarks and vote of thanks	Dr Faye Ruddock DL, Chair CAHN





CAHN including our Volunteers and Partners would like to take the opportunity to say thank you to all of those that supported this event.

We have and continue to work with some incredible people and organisations.

We would also like to thank all of our stall holders for being with us during the whole day to showcase their products and services.



For further information contact: info@cahn.org.uk | www.cahn.org.uk

