SNEE Women's Health Programme

NHS Suffolk and North East Essex ICB

When the 10-Year national Women's Health Strategy was published, a small group of individuals enabled local implementation to be fully co-produced and co-delivered. In 2024 a Suffolk and North East Essex Women's Health Insight and Oversight (I&O) Group was established. The Group was co-chaired by the Integrated Care Board and Healthwatch Suffolk. It utilised a 45-degree approach to true co-production where members could fully shape the programme whilst gaining insights from their communities. It co-produced targeted engagement questions for different demographics within the community, driving 1,200 responses to the engagement which provided valuable information that reflected what was valued by the population.

Through this approach, several projects were decided and implemented: A Women's Health App, which has been downloaded by over 1,300 people with 100% stating the app helped them prepare effectively for healthcare appointments, and 50% reporting that the app's content eliminated the need to contact their healthcare professional, freeing up resources for more urgent care needs; Virtual Menopause Group Clinics, that over 150 people have already attended; GP Practice Menopause Champion Training; Provision of vaginal ring pessaries in the community, leading to waiting times for provision of vaginal ring pessaries and long-acting reversible contraception for non-contraceptive purposes reducing from 52 weeks to 2 weeks; Provision of long-acting reversible contraception for HRT and heavy menstrual bleeding in the community; and GP Education and Training.