

Recommendations by Women For Women

The SWC conducted a number of roundtable events due to our ongoing work related to health issues for women in Scotland. These participatory engagements brought together a number of women to discuss issues across the spectrum of health in the country. Below follows a number of key recommendations made by those contributions.

Recommendations by Women for Women:

- Early detection and a clear prescribed preventative agenda around both physical and mental health.
- The need to confront taboos around women's health. This has a detrimental effect not just on a societal level but also can be an impediment for many women in attending check-ups.
- Less confusion regarding routine examinations such as breast and cervical screening, including misunderstandings as to the age limit, (e.g. many believe it is as soon as you hit 50 years of age that you will be sent a letter) and location of screenings in regards to mobile units and breast screening centres.
- Education for younger women on health issues, which are routinely unchallenged, should be given priority. Many women who are of school age or above do not think about their own health. Taboos still surround young women and health, both from a mental and physical angle. There should be a clear cut intergenerational approach from a young age.
- More acknowledgement of the direct toll gender based violence takes on women's health both directly and indirectly, such as control over doctors appointments by abusive partners.
- A clear cut approach which emphasises that mental health issues and the support required for these are extremely subjective. A one size fits all approach is seen as detrimental to many.
- Reminder letters for the likes of breast screenings should include less jargon and more accessible language, as well as simple illustrative diagrams to show what will happen on the day.
- Advertisements on television and social media around breast and cervical screening which embody the positives of the preventative agenda and early detection.
- Providing a link to online materials in initial correspondence.
- Adaption of social media as a positive way of sharing information, particularly for those in more rural localities who may not have the same access to surgeries.
- More information to break down stigma around menopause such as support groups where women can share and discuss symptoms.
- Consideration of alternative forms of treatment such as alternative therapies and natural medicines as opposed to simply prescribing antidepressants.