

#### Network News:

We met with the Scottish Government's Womens Health Plan team as a lived experience member. The purpose of this meeting was to amplify voices of EM women. It was established that the prevalent issues facing EM women stem from historic mistrust with public services and particularly discrimination with EM young women. SG would like to explore how to get more attention to the WHP, and provide more info about women's health such as menopause.

We provided some insight on previous experiences, such as coaching women on what to say to the GP, and the sensitivity needed to talk about specific health matters. The difference between religious and cultural education, and what the religious approach (as a muslim woman) encourages and this is something that could be modelled – what is the issue, why is this the issue, and why its important to raise this with the GP. Key learning to share is that the key target audience is the mother of the family.

Update from the Womans Health Champion included her first blog and progress report. https://blogs.gov.scot/healthsocial-care/2023/04/25/my-first-update-as-womenshealth-champion/

Next steps include inviting the WHP team to a SMEWN meeting to discuss and provide the parameters on implementation of the plan to ensure a fruitful and engaging discussion. Such as:

- Conversation Café to encourage women to talk about their health
- Women's health master classes
- Women's health lead in every NHS Board.



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### About SMEWN

The Scottish Minority Ethnic Womens Network (SMEWN) has been developed by CEMVO Scotland in order to address the issues of intersectionality and to ensure that women of colour living in Scotland have a voice in shaping the issues that affect them.

Network members are not only ethnically diverse but also, diverse in terms of skills, experience, and knowledge that they bring to the Network, with a mixture of professional and individual women with different needs.

The purpose of the Network is to:

- To develop a Network led by Minority Ethnic Women for Minority Ethnic Women, providing a safe place to discuss the issues that affect them and empowering then to tackle those issues through engagement, support, training and mentoring.
- The vision of Scottish Minority Ethnic Network is to provide a recognised platform for their inclusive participation across the political, social and economic landscape of Scotland.

Please register at https://forms.office.com/r/F543ENL7N5

#### Do you have something to share in the SMEWN newsletter? Please email smewn@outlook,com

To build on the professional networking opportunities of ethnic women in Scotland, follow, like and share our posts on social media platforms (link below):

<u>Facebook</u>: https://www.facebook.com/Scottish-Minority-Ethnic-Womens-Network-1354244751366726 <u>Twitter</u>: @SMEWN1 <u>LinkedIn</u>: https://www.linkedin.com/company/scottish-minority-ethnic-womensnetwork

#### Elevate Your Voice

"We need to control the narrative" and be at the forefront of policy

We promote **diversity**, by highlighting the need to have US at the table, We promote **inclusion** by empowering *each other* to use our voices, and now it's time to **belong**, and use those platforms to *have our voices heard*.

# Do you, or anyone you know, work in:

design.

**GUEST HOUSES BED AND BREAKFASTS** HOSTELS HOLIDAY CENTRES RESTAURANTS CAFES FAST FOOD OUTLETS TAKEAWAYS **PUBS/WINE BARS** HOSPITALS **RESIDENTIAL HOMES** PRISONS SCHOOLS **COLLEGES & UNIVERSITIES** LEISURE FACILITIES **TOURISM ATTRACTIONS NIGHT CLUBS** THEATRES **CINEMAS FESTIVALS IN-HOUSE STAFF FOOD IN-FLIGHT MEALS** FOOD ON A FERRY **CRUISE SHIP** 

Be a part of the <u>FAIR</u> <u>WORK CONVENTION's</u> <u>INQUIRY</u> into Scotland's hospitality sector.





ANONYMOUS SURVEY

10 MINUTES TO COMPLETE

> SCAN AND SUBMIT

## Elevate Your Voice



Together we will end homelessness

The research team at the homelessness charity Crisis UK are currently looking for participants for a research project exploring peoples experiences of homelessness / insecure housing

and racism among people of colour.

They would like to talk to people who are Black, Asian and other minoritised ethnic groups about their experiences of and journeys through homelessness in Scotland. The project has been led by a group of peer researchers who will be supporting the interviews we are doing. These can either be over the phone on zoom or in person.

## All a potential participant needs to do is email <u>research@crisis.org.uk</u> and they will follow up with them.

We also have a webpage where people can sign up to take part here: https://www.crisis.org.uk/endinghomelessness/homelessness-knowledge-hub/types-ofhomelessness/talk-to-us-about-being-a-person-of-colour-whohas-faced-homelessness-or-insecure-housing/

People taking part in interviews can receive a £20 voucher or bank transfer as a thank you for their time, and many interviews are being done by people of colour who have similar experiences to interviewees.

Please get in touch if this is something you are able to support with and if you have any questions



## Professional Development Opportunities



## TRAUMA INFORMED APPROACHES



On Zoom, 6th June 12-1pm

This session will be delivered by NHS Education for Scotland, and will explore some of the content from their National Trauma Training Programme. The session will:

- provide a general introduction to the prevalence and impact of trauma,
- the benefits of trauma-informed approaches and
- introduce some of the key resources that are openly available.

Led by Dr Sally Jowett, one of the programme's principle educators from NHS Education for Scotland, the session is **free** and open to ALLIANCE lived experience networks, and individual members, who want to learn more about **what trauma informed practice entails** and **why it's important** for individuals seeking care and support, and who are interested in being directed to **further resources**.

If interested please contact smewn@outlook.com, we will ensure you are registered and receive the joining link.

If you have any accessibility requirements please let us know and we will arrange support.



### Job Opportunities

#### **Business Support Officer**

Association of Chief Officers of Scottish Voluntary Organisations



S Full time

Edinburgh - Hybrid

🗊 £22,639

Closing 23rd May 2023

The team at ACOSVO seek a Business Support Officer to support all areas of the business with day to day and project administration tasks. This officer level role will provide the successful candidate with an overview of how a small, third sector organisation operates successfully.

The location is hybrid, working from home, our office at Ocean Terminal in Leith and occasionally at other locations which will be arranged in advance.

We are happy to talk about flexible working such as location and compressed hours however this role is not suitable for part time hours or as a job share.

Please apply with your CV and covering letter which shows how your experience relates to this position's job responsibilities and person specification.

Welcome to **Equal Jobs** by CEMVO Enterprises CIC - the website portal that connect employers to minority ethnic job seekers in Scotland.

Advertise job vacancies, engage with minority ethnic candidates, and receive regular job updates via email.

We are committed to delivering ethnically diverse recruitment that promotes inclusion in the workplace.



CONNECT WITH US ON SOCIAL MEDIA

## Womens Health Plan 2021-2024 (WHP)



The aim of this Plan is to improve health outcomes and health services for all women and girls in Scotland. There are 66 actions in this plan to achieve over 3 years. These are focused around how to create the conditions for change.

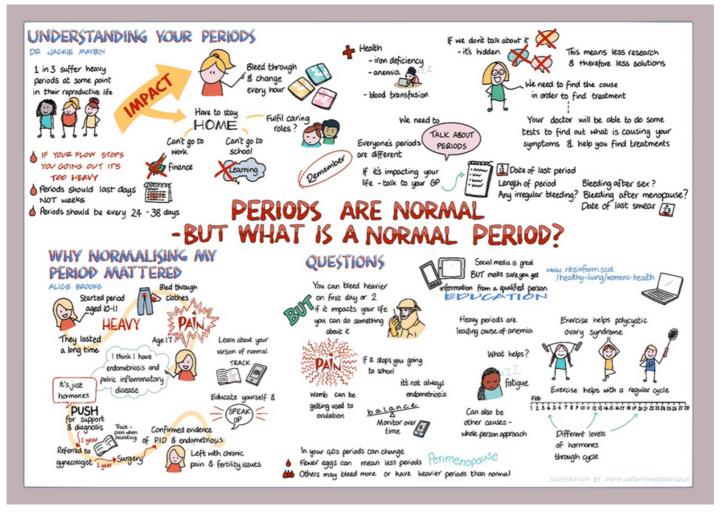
The SMEWN is a member of the lived experience panel.



Quarterly Round Up 2023, Jan, Feb, March

Hosted **Conversation Café workshop in January** to explore best practice for building peer support models and encouraging conversations on women's health. Action: created a toolkit for organisations and groups to set up and facilitate their own Cafes. This is being designed and will be available soon.

- Hosted **Periods are normal but what is a normal period?** webinar to explore common menstrual issues such as heavy bleeding, irregularity, pain and stigma, and why knowing your own period is important to helping you seek support. You can watch the recording here.
- Produced information leaflet with supporting information on periods.

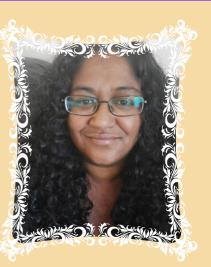


The Women's Health Plan Year One progress report is available at: https://www.gov.scot/publications/womens-health-plan-report-progress



Name: Tamzin Mcdonald

#### **Occupation:**



My last couple of jobs were consulting in Anti-Racism, advisor about Ethnic Minorities and organising a Black History Month event. At the moment I'm not working as I normally do self employed freelance jobs when my health allows. I'm participating in Pass The Mic at the moment. I'm a mum and student. I also volunteer in different areas like physical disabilities, mental health, substance abuse, anti-racism, transracial adoption etc.

#### Hobbies/Interests:

Writing (<u>https://www.fife.ac.uk/news/fife-college-students-receive-creative-writing-scholarships-from-sir-ian-rankin/</u>)

https://m.soundcloud.com/scottish-bpoc-writers/tamzin-mcdonaldwith-and/sets

Art; reading; studying; the areas I volunteer in; spending time with family. I'm housebound a lot of the time so I'm pretty boring lol.

## What inspirational message would you like to share that has contributed to your success?

"It's not about falling down or failing but about what you do after, picking yourself back up."

"If you quit now you'll end up right back back where you first began. And when you first began you were desperate to be were you are right now. Keep going!"

