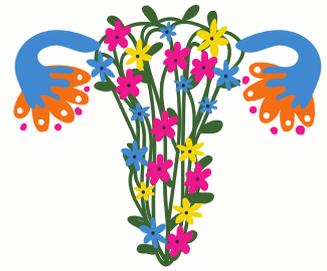


Public Health Community Conversations

# Women's Health



A local conversation about women's reproductive health...

## Join the Conversation!

Public Health are starting a conversation about women's reproductive health. From periods, to pregnancy and contraception, to menopause – we want to understand what matters to you when it comes to your health.



## Be a part of shaping your health services

**Throughout May and June 2021** we want to speak to as many women as possible about what they need for them to maintain good reproductive health. Without understanding your experiences, we can't improve the services in Suffolk.

## Speak to us in a way that works for you

We want to make it easy for you to share your views so you can do this:

- *Over the phone* – we can arrange to call you or have a group call with you and your social group
- *Video call* – we can organise a video call with just you, with you and a friend or partner, or a small group discussion with your social or community group.
- *Write in* – you can write to us sharing your experiences via email, post or text message ([details can be found at the end of this flyer](#)).



# Who should get involved?

## Are you...



- A female aged between 15+ living in Suffolk?
- Someone who doesn't identify as female but who may need to access female reproductive health services in Suffolk?
- Supporting someone who may have experienced difficulties with their reproductive health?

**We would love to hear from you!**

## What's in it for you and how do you get involved?

### Getting involved and sharing your views will give you:

- A chance to be a part of improving the services and support for women in Suffolk
- An opportunity to take more control over your health and make sure decisions being made about health services are taking into consideration what you need
- Entry into a Prize draw with a chance to win **£20 worth of Amazon vouchers**, just as a thank you from us for taking the time to share your views (there will be 5 lucky winners!)

**If you would like to get involved, get in touch using the contact details below:**

**Email:** [DASH@suffolk.gov.uk](mailto:DASH@suffolk.gov.uk)

**Text/phone:** 07860 827130

**Post:** Adelle Stopher, Public Health, Lime Floor 2, Endeavour House, 8 Russell Road, Ipswich, IP1 2BX

## The bigger picture...

**MAY-JUL** Broad community conversations to find out what matters most to people

**SEPT** Use what we have found to pin point some achievable ways we can improve services and support

**DEC** Review where we are and feed back to local communities to make sure we are on the right track

**AUG** More specific conversations with people and professionals around the areas which matter to people

**OCT-NOV** Work with people from local communities and services to take forward these actions

*We are here!*