

Integrating care in Swindon

Supporting South Asian women through menopause



We work with local community organisation Changing Suits to engage with the South Asian community about health and accessing healthcare services.

Together, we are addressing cultural barriers, stigma and taboos which can make people reluctant to access the healthcare they need.

Clinical staff regularly attend the Punjabi Centre to talk about menopause.

The free events focus on learning, sharing and connecting women with local services.

It's a safe space to talk about the problems faced by South Asian women during menopause, the latest treatments, support and research opportunities.

It's an opportunity to empower women with knowledge about the menopause, while also connecting them with other health services such as breast and cervical screening.

This is just one example of how we are proactively working with established community groups to reach people who are less likely to access health services themselves.

