



ALLIANCE
HEALTH AND SOCIAL CARE
ALLIANCE SCOTLAND
people at the centre

Conversation Café toolkit



In support of Scotland's Women's Health Plan



Scottish Government
Riaghaltas na h-Alba
gov.scot

Introduction to the ALLIANCE

The Health and Social Care Alliance Scotland (the ALLIANCE) is the national third sector intermediary for a range of health and social care organisations. We have a growing membership of over 3,500 national and local third sector organisations, associates in the statutory and private sectors, disabled people, people living with long term conditions and unpaid carers.

Our vision is for a Scotland where people of all ages who are disabled or living with long term conditions, and unpaid carers, have a strong voice and enjoy their right to live well, as equal and active citizens, free from discrimination, with support and services that put them at the centre.

The ALLIANCE is supporting the implementation of the Women's Health Plan through a dedicated programme of work to engage lived experience.

Introduction to the Women's Health Plan

The Scottish Government's Women's Health Plan underpins actions to improve women's health inequalities by raising awareness around women's health, improving access to health care and reducing inequalities in health outcomes for girls and women, both for sex-specific conditions and in women's general health.

The Women's Health Plan sets out actions to drive forward improvement in women's health in a number of key areas. These include: access to information and services; contraception, abortion and sexual health; pre-pregnancy; menopause; menstrual health; and heart health. The Plan has also encouraged progress in specific topics such as pelvic health and endometriosis.

The Women's Health Plan uses the term 'women/woman' throughout but it is important to highlight that it is not only those who identify as women who require access to women's health and reproductive services. The actions within the Plan make it clear that all healthcare services should be respectful and responsive to individual needs.

To read the Women's Health Plan in full visit:
<https://www.gov.scot/publications/womens-health-plan/>

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How to use this toolkit

This toolkit has been produced to support groups to host their own Conversation Cafés to discuss aspects of women's health experiences.

It is a guide for delivery, which can be used flexibly to help you set up, host and evaluate your own independent Café. It will support you to consider what might work best for your own unique group, and how you may approach a conversation on the priority areas for women's health outlined in the Women's Health Plan.

You will find resources throughout that will be supportive for hosting a Conversation Café:

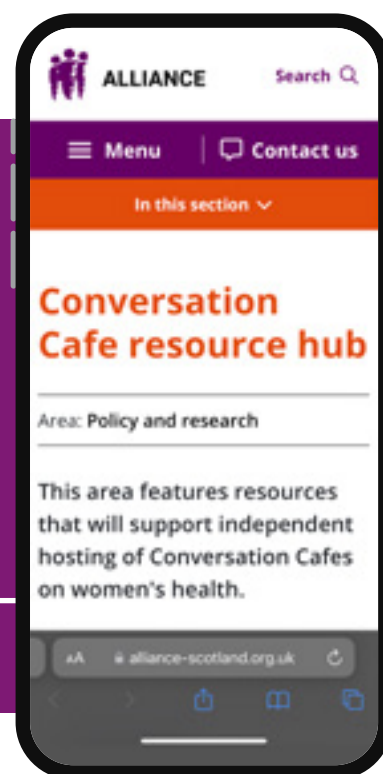
We have provided a one sheet summary for convening Conversation Cafés for women's health on page 9. You can read into detail about these points throughout this booklet.

On page 17 you can find some examples of useful conversation prompts to drive forward discussion, and options for session structures on page 15 and 16. You can also find tips for creating group boundaries on page 12 and 13.

Templates, clinical information, conversation prompts and much more can be found in our online resource hub.

There are many texts and resources available that outline the principles of good practice for inclusive group work, and the building of peer support spaces. Although we will point to some valuable approaches and tips for convening a group, we do not want to duplicate this existing great work. For more in-depth reading please see the further reading section.

Scan for resources



1. Why conversation cafés for women's health?

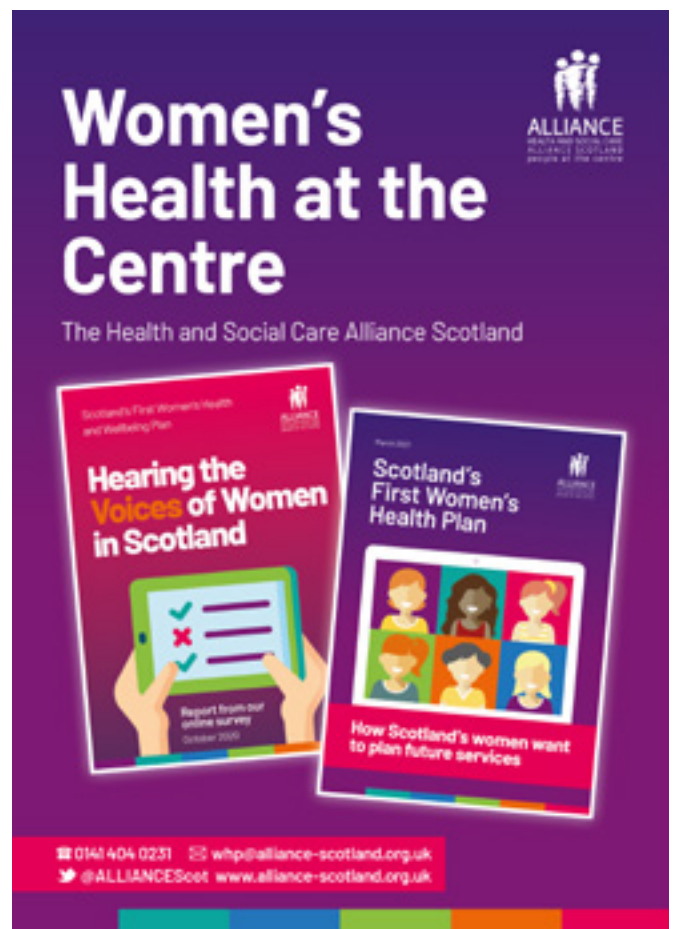
Background

The ALLIANCE is working with the Scottish Government to support the implementation of the [Women's Health Plan](#) and ensure women and people who use women's health services have access to information and feel supported in their health journey. We have been engaging directly with women and people using women's health services, to understand their experiences of their health and access to services.

Many women have spoken to us of the importance of having access to a range of health information and support in engaging, culturally sensitive and accessible formats. Ensuring that individuals, as well as healthcare professionals, can remain educated and informed about female specific health experiences is a key priority within the Women's Health Plan. Easier access to a variety of information ensures that women feel empowered to seek support if they should require it, but also encourages a more positive culture around women's health that counters pervasive stigma and myths that remain in relation to certain health experiences (e.g menopause or menstrual health conditions).

Within the ALLIANCE's engagement with women, the importance of peer support networks has been raised on multiple occasions as important spaces for accessing information. The ALLIANCE has therefore produced this toolkit in its role of supporting the Women's Health Plan, recognising the value that peer support networks can bring to self management, and helping people feel that they are not alone in their experience and/or condition.

This toolkit has been designed in conversation with third sector partners, and lived experience. The ALLIANCE hosted a small online workshop to explore the model of Conversation Cafés as an effective way to engage people on areas of women's health, and to discuss how a flexible toolkit might work in practice. Feedback from that session has informed the toolkit design. For a list of partners who contributed to the discussion, please see the appendix.



What is a conversation café?

A Conversation Café is an informal space where a small group of people can come together in a facilitated but open conversation on a particular topic.

The model of the Conversation Café does not ask too much of participants, with people able to contribute as much or as little as they would like. There is emphasis placed on creating an environment where relationships are formed, where everyone feels comfortable to speak, but where listening is also a valuable act. Lack of a fixed agenda and a simple format helps to facilitate this. This is an important consideration for engaging diverse groups of women around topics that may remain sensitive to some.

Conversation Cafés can be delivered in-person or online, and are therefore flexible to deliver to different sizes of groups. A facilitator or host can lead the discussion and support participants to explore the topic in hand, but with space for adapting to the group's responses and priorities.

The ALLIANCE has worked with the Conversation Café model for a number of years, delivering the Café format with specific groups of experiences including unpaid carers and members of our Digital Citizens Panel.

*What do
Conversation Cafés
mean to you?¹*



¹ This word cloud brings together responses from workshop participants, who each offered one word that came to mind when they thought about Conversation Cafés.



Why conversation cafés on women's health?

There remain significant barriers for women around their health outcomes. These barriers are gendered in nature. Women's experiences of their health, both in terms of how their symptoms and conditions are recognised and treated, and in relation to levels of accepted social discourse on women's health concerns, is often negative.

We therefore aim to use the model of Conversation Cafés as a way to bring women and people with lived experience of the areas within the Women's Health Plan together in a safe and supportive environment. The Conversation Cafés can act as platforms for debunking myths and dispelling shame

and stigma that may surround many health conditions and experiences. Conversation Cafés can provide a space for connection, tackle isolation and make women feel valued.

This is important for discussing women's health, particularly within certain groups, where lack of information, poor access to services and misinformation means many women feel disempowered when discussing their health.

Priority areas for discussion

The Women's Health Plan focuses on key priority areas, which require specific focus in order to reduce gendered health inequalities and improve access to services and information.

These areas of focus include:

- menopause
- menstrual health, including common symptoms as well as conditions like endometriosis and polycystic ovary syndrome (PCOS)
- abortion, contraception, sexual health and pre-pregnancy
- heart health
- reduce inequalities in health outcomes for women's general health

Be mindful of the different experiences within your group, and how that may promote productive and interesting discussion and learning across participants. For example, a session on menopause may be beneficial for a group who are all experiencing menopausal symptoms, as it will allow them to share tips and know they are not alone. It would also work for a mixed age group, with younger women being introduced to the topic early and learning about the experiences from women older than themselves.

The Conversation Cafés are therefore opportunities for you to explore these areas with your group. You may find it helpful to select an area for discussion at each session, or open it up to general discussion on experiences.

You may wish therefore to share information with the group on the priority areas of the Plan in advance of meetings. Members can then come to the session with a sense of what matters to them, and where they think the conversation should go.

These priority areas are not exhaustive of women's health experiences, and therefore the discussions within the Cafés may move onto other experiences beyond those outlined above. We will be providing additional resources specifically related to the original priorities, but please encourage discussion on broader topics if your group is interested.

Women's Health Plan

A plan for 2021-2024



CONVERSATION CAFE FOR WOMEN'S HEALTH PLANNING SUMMARY

RECRUITMENT

- ✓ Use toolkit with existing group or establish new group
- ✓ Understand target participants
- ✓ Produce recruitment/promotional material - share on social media, in print, via partner organisations
- ✓ Secure funding for promotional costs

PURPOSE AND BOUNDARIES

- ✓ Know your purpose - what is the why?
- ✓ Create a group agreement with the Conversation Café participants
- ✓ Display the agreement clearly during Cafés

CONVERSATIONS

- ✓ Check-in with participants
- ✓ Utilise conversation prompts and resources to provoke discussion
- ✓ Invite guests to provide some information
- ✓ Recap and show learning
- ✓ Agree with group the way forward or further areas to explore

VENUE

- ✓ Decide on in-person or online format
- ✓ Ensure accessibility of venue
- ✓ Consider public transport links
- ✓ Set up a comfortable environment
- ✓ Secure funding for venue and refreshments

FACILITATOR

- ✓ Create a welcoming and non-judgemental space
- ✓ Guide the discussion but let the conversation be led by participants
- ✓ Share common experiences with Café participants
- ✓ Uphold group agreement and manage difficult conversations

POST SESSION

- ✓ Signpost participants to useful resources for further information
- ✓ Facilitator debrief
- ✓ Conduct evaluation work

2. Running your conversation café on women's health

Purpose of conversation cafés for women's health

The main role of Conversation Cafés for women's health is to act as peer support spaces for those with lived experience. However Cafés can also be used to help organisations better understand the experiences and priorities of participants in order to influence development, action and change. It is therefore important that you clearly define the purpose of your Café, both for yourself and with participants. Share this purpose with participants at every Café – remind them of the 'why' and what they should expect.



- People coming together and learning from each other
- Supportive and equal environment where people feel included
- Participants can learn more about women's health areas, other's experiences, and reflect on their own health needs
- People feeling valued, listened to and with a sense of connection
- Women's health issues are not stigmatised
- Participants are able to share personal stories and receive support and/or closure
- Sense of community around women's health and forming of trusted relationships
- Positive and affirmative approach which empowers participants
- Helps us all to better understand the health experiences within our community

Set up

In setting up your Conversation Café for women's health there are some practicalities you may wish to consider.



Recruitment

Some groups may wish to use this toolkit to explore discussions of women's health with an existing group. However, others may wish to use the Cafés to bring new people together.

If you are recruiting new members then it is recommended that you have an awareness of your target group and the mediums in which they consume information. This will support you to advertise your Café in the best format. This could include via social media, print fliers in community spaces, or via charities and local partners.

- Is this a space that is already familiar to the women in the Café? Are they likely to be visiting the space already? Can I travel to them, rather than they travel to us?
- How can I create a comfortable environment? (Good tips include comfortable seats, providing tea/coffee, and being mindful of the heating levels)
- Is there audio-visual technology in place should I wish to show any videos as conversation aids?
- If I host the Café online is that a more, or less, accessible format for the women in the Group?



Venue

It is important that Conversation Cafés for women's health are held in accessible and comfortable locations.

You may wish to consider the below when choosing your venue:

- Is this venue accessible via public transport, or does it have adequate parking?
- Is the venue accessible e.g. ramps, accessible toilets?
- Can I provide a creche or activities to occupy children?
- Is this a venue where the women in the group will feel comfortable attending?
- Can I use this venue on the weekends and evenings?



Funding the Café

Depending on how you deliver your Café, there may be costs associated. This could be for venue hire, creche, refreshments, recruitment leaflets and insurance.

Securing some funding for your Café can be a helpful way to cover these costs.

There are many local grants available that could help you support your Café. **You can find information on [Funding Scotland](#) or with your local council.**

Another way to fund your Café would be to consider approaching local partners who might be interested in collaborating with you. This could be by hiring out their space, or applying for funding with you.



Building a safe space and setting boundaries

Discussing experiences of health, especially around some aspects of women's health which still may carry stigma, can be embarrassing and uncomfortable for some. Dispelling these emotions is an important way for people to learn more about their health, and seek support when they feel something is a concern.

However, it is important that a Conversation Café on women's health respects the different emotions or different levels of comfort that some people might feel when discussing these topics.

It is also important that the Conversation Café acts as a space where participants trust each other, and can share their experiences without judgement or hostility. This may mean having facilitators that share the same experiences as participants, or come from the same community. You may wish to also consider a trauma informed approach to delivery. You can read more about this approach in section 3 of this toolkit.

Every participant brings their own experiences, identities, backgrounds and priorities, and it is important to be mindful of protecting each individual and supporting community across the group.

We recommend putting a group agreement in place with your Café participants. This agreement should set some clear boundaries about what the Café space is and is not for, privacy of sharing personal stories, and how to respect difference and be mindful of areas that may be sensitive or stigmatised for different communities.

It is important to work with your Conversation Café participants to produce this group agreement together. You can keep returning to the agreement to update or reflect at future meetings. An example of what your group agreement might look like can be found on the next page.

Once it is agreed by all participants, print it out and have it in sight during meetings. It can be used as a tool for the Café facilitator should an issue occur during a discussion.



CONVERSATION CAFE GROUP AGREEMENT



- **Respect for different experiences and opinions**
- **Inclusivity**
- **Give each person space and time to speak without interruption**
- **Respect privacy - don't share details of conversations to others and establish with participant's if they are open to speaking about topics outwith the Café**
- **Be open to emotions**
- **No notes and no recording**
- **Supportive and non-judgemental behaviour**
- **Encourage others and celebrate their wins**
- **Questions and responses are encouraged**

Meetings of conversation cafés for women's health

This toolkit provides an outline of how Conversation Cafés for women's health may be delivered, but for a Café to be run successfully it should be considered an open and flexible space.

Cafes are best when numbers are small. If your group is larger then consider splitting to multiple tables/rooms each with a facilitator.

In this section we provide examples of session plans and conversation prompts, but these act as guidance for facilitating conversation. Please take the lead from the Café group as to what to discuss.

Be open to see where participants take the conversation, and as you host more Cafés you may find that the starting question or comments comes from participants. If the conversation feels supportive and informative then encourage participants to extend it in different directions. Women's health is an expansive topic and intersections of experiences will determine each participant's view.

Participant led

Although designing the session to some degree will allow for some structure that may support your organising, this should be balanced with an informality that encourages conversation to be spontaneous and fluid.

Allow participants to design the Cafés –

What do they want to talk about?

What information would be useful to discuss?

What format works best for them?

Conversation Cafés for women's health should act as a space for participant's to reflect and share their own experiences.



Example session breakdown

Welcome

As participants enter the space offer refreshments and encourage them to take a place and get comfortable

Allow for some initial chat time

Point members to your group agreement and allow time for any questions, clarifications or additions

Opening

Begin by defining the purpose of the Café – what are we here for, what are we trying to achieve

Check-in with each participant – introduction and how they are doing

Example session 1

Conversation

Begin with a starting question

- Allow every member to respond to it initially
- Encourage members to respond to others' reflections
- Allow conversation to continue as directed by participants (use prompts to encourage if necessary)

Close

- Recap the conversation and point to some themes and differences
- Signpost to other resources
- Ask members if there is a subject area or theme they'd like to explore more next time

Post-session

- Remain available after the session for any further conversation with participants
- Facilitator debrief

See the resources hub for videos, graphics and websites that can be used and viewed within the Café.

Scan for resources



Example Session 2

Conversation

Begin by sharing a resource on women's health – watch a video, look at some graphics

- Ask members to reflect on what they have seen
- Use a prompt question on the topic
- Allow every member to respond to it initially
- Encourage members to respond to others' reflections
- Allow conversation to continue as directed by participants

Close

- Recap the conversation and point to some themes and differences
- Signpost to other resources
- Ask members if there is a subject area or theme they'd like to explore more next time

Post-session

- Remain available after the session for any further conversation with participants
- Facilitator debrief

Example Session 3

Conversation

Begin with a starting question

- Allow every member to respond to it initially
- Encourage members to respond to others' reflections
- Allow conversation to continue as directed by participants

Introduce guest

- Informal contribution by health professional or community worker to present on topic of interest
- Allow time for some further reflections

Close

- Recap the conversation and point to some themes and differences
- Sign post to other resources
- Ask members if there is a subject area or theme they'd like to explore more next time

Post-session

- Remain available after the session for any further conversation with participants
- Facilitator debrief

See the resources hub for videos, graphics and websites that can be used and viewed within the Café.

Scan for resources





Starters and prompts on women's health (general)

How has your health changed across your life? What have been your different experiences and changing priorities?

Do you feel educated about your own body and how it works? – particularly around periods, menopause, sexual and reproductive health

Do you feel educated about your own health?

Have you ever experienced stigma or embarrassment around your health as a woman? How do you think you would challenge this?



Starters and prompts on menopause

What has been your menopausal experience so far?

What comes to mind when you hear the term 'menopause'?

What do you think are the positive aspects of this next phase of your life?



Starters and prompts on menstrual health

What is your relationship to your period?

If your period has a big impact on your life, how do you manage this so that you can go about your life as you would like?



Starters and prompts on sexual and reproductive health

What has been your experience of accessing sexual and reproductive healthcare?

Have you ever felt judged by others for accessing these services? How has that made you feel?



Starters and prompts on heart health

Do you think about your own heart health? If so, what concerns you?

Do you know what things you can do to maintain good heart health? How do you incorporate these types of lifestyle changes into your day in a sustainable way?

See the resources hub for further information to spark questions.

Scan for resources



Managing misinformation

It is important that discussions promote up-to-date clinical information that will support people to better understand their body and health. In hosting a Conversation Café it may be necessary to steer the conversation back to evidence based and medically backed information and solutions.

In general, the Cafes are not the place for people to receive individual medical advice, but are spaces for discussion, learning and connection. Participants may share self-management tips, and solutions that have worked well for them, but you may wish to emphasise that any **medical advice should be sought from a health professional**.

The resource hub provides useful information to ensure that discussion is based on clinical advice, as well as offering support for approaching GPs with concerns.

Please also signpost participants to NHS Inform, or to their GP.

You may wish to organise a visit from a GP or nurse to the Café, should participants wish to find out more and discuss a particular area.



Facilitator support

The facilitator of the Cafés have a role to support the flow of conversation, and ensure that the space remains safe and supportive.

Facilitators should be guides rather than drivers of conversation. Things for the facilitator to consider:

- Having shared experiences as those in the Café, or being from the same community, can encourage trust
- Make sure the balance between information and advice is right – be aware of not giving out medical advice to participants, and manage those attempting to give it to others
- Signpost participants to useful resources for further information (including medical), such as those in the resource hub
- Make sure to establish the purpose of the Café at each session to ensure everyone's expectations are clear
- Create a welcoming and non-judgemental tone: welcome participants, allow them to introduce themselves, let everyone have an opportunity to speak
- Guide the discussion with starters and prompts if needed, but let the conversation be led by participants
- End on a high – recap and show learning, agree with group the way forward or further areas to explore



When a situation is challenging

If difficulties arise, underline the principles of the group agreement. This has been agreed to by group members, and pointing to behaviour that goes against this agreement can be done in a gentle manner.

Know when to bring in professionals and know your own boundaries as a facilitator. Sometimes you may feel like conversations warrant professional advice. Could you ask participants if they would like a GP to join the next session as a guest, and arrange accordingly?

Protect your own wellbeing if conversation topics have been challenging. If you have multiple facilitators at the session, debrief afterwards and offer support. Discuss what was difficult and if there was any learning from this.



It's important to recognise that hosting Cafés on women's health is an ongoing process. The ALLIANCE offers quarterly online **Women's Health Café Facilitator Support** sessions to provide a place where facilitators can come together to share learning. This is a space to work through any knots or celebrate what works well.

Email whp@alliance-scotland.org.uk for more information.

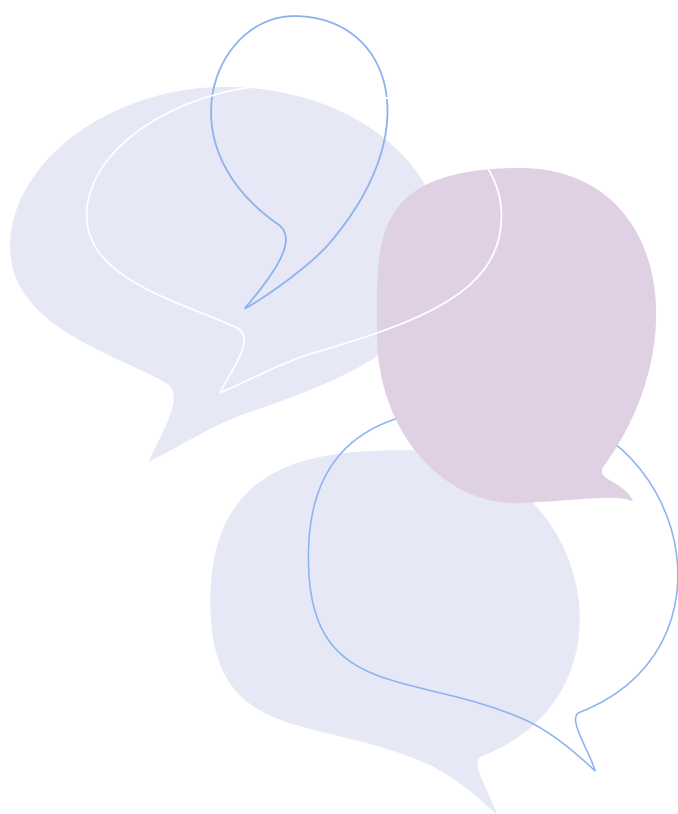
Evaluating and monitoring your Café

Being aware of how the Conversation Café is working for participants will help ensure that your Cafés continue to function as safe and supportive spaces.

The ALLIANCE recommends conducting regular evaluation work with Café participants. This can be informal and provide the opportunity for a check-in with participants, or more structured such as circulating an evaluation form.

An evaluation template is shown on the next page and can be downloaded from the resource hub. You may wish to give this to participants once a month, or every few months, depending on the regularity of your Café.

This evaluation aims to capture the positives that open peer discussion can provide to women for navigating conversations around health experiences.



Asking
"did you learn or gain anything from today's Café" at the close of a session can be a quick way to assess impact

The ALLIANCE would like to understand the impact and change that Conversation Cafés can bring for empowering people to better understand their health, and their priorities for the future.

It would be helpful to know if you are establishing your own Conversation Café. Get in touch and tell us about your group.

We would also like to hear back from the evaluation of your Café to understand what is working well, as this all helps to build a picture of women's health experiences in Scotland and supports the implementation of the Women's Health Plan.

Please contact us at
whp@alliance-scotland.org.uk
to discuss evaluation.

Evaluation Form

Conversation Cafés for Women's Health

In what ways do the Conversation Cafés work well for you?

What have you learned or gained from attending the Cafés so far?

Have you thought or done anything differently about your health since attending the Cafés?

Is there anything you would change?

What would you like to discuss at future Cafés?

3. Key considerations for discussing women's health

Discussions on women's health can remain stigmatised in many communities, or may be a subject of personal shame or embarrassment for individuals. It is therefore important that before you convene your first Conversation Café meeting that you take time to consider your group, their collective and individual priorities and the diversity of experience that your group might bring together.

Prioritising the building of trust and relationships will ensure that Conversation Café participants feel comfortable enough to discuss these personal subject areas.

Outlined below are some key areas that may influence experiences and discussion within your Conversation Café for women's health.

Social determinants

The ALLIANCE recognises that certain communities, groups and identities experience higher rates of health inequalities than others, and this is often determined by a number of social factors including experience of poverty, access to resources and services, and effects of discrimination and stigma.

One key determinant of health is access to person centred healthcare and relevant (often times targeted) information, while another is the health impact of isolation and lack of community that may be experienced by certain groups and individuals. Therefore, Conversation Cafés for women's health, as sites of dedicated peer support and information sharing, can support health outcomes through empowering individuals with information about their health, encouraging positive conversation, and by building a supportive community of shared experience.

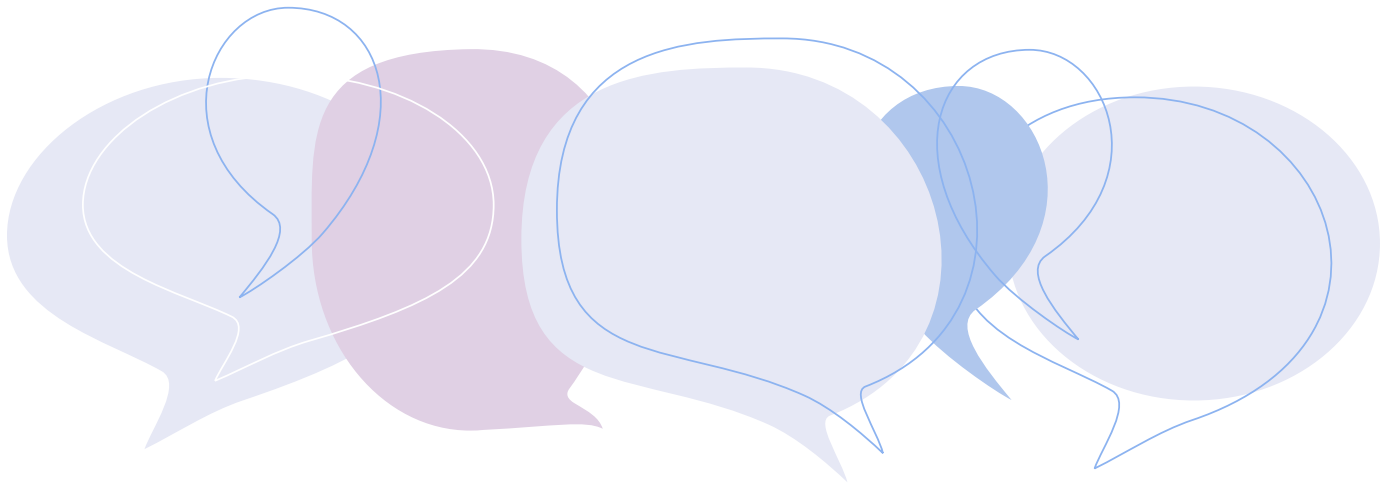
It is however important to explore how the social determinants of health may impact women's involvement in the Conversation Café, and how you can organise your meetings to support people to attend.

Gender sensitive and trauma informed

In convening a Conversation Café for women's health, you will wish to consider how your Café supports a gender sensitive approach. This may mean changing your approach to facilitating and organising group work and face to face meetings. A gender sensitive approach recognises that gender plays an important role in how people's lives are organised and how they interact or are treated within society. A gender sensitive approach will consider also how to minimise inequalities that women, or people assigned female at birth, may experience versus men.

Trauma informed practice realises that histories of trauma, both individual and collective, can affect individuals, groups and communities in different ways. It recognises the signs, symptoms and impact that trauma may have, and supports practitioners to better understand when individuals may or may not feel safe or comfortable in a setting. It also avoids re-traumatisation.

Adopting a trauma informed approach to Café facilitation will vary from group to group, but may include understanding the past trauma that members may have experienced before participating; creating clear group boundaries to ensure the safest of spaces; providing support post-discussion; avoiding subjects that appear triggering for individuals; and understanding the experiences of minoritized groups and exploring how racism, ableism, gendered violence, homophobia and transphobia may have impacted on participant's experiences of health.



Cultural awareness

In previous ALLIANCE engagement with women on their experiences of health care, women spoke of experiences of stigma, judgement and barriers that they experienced accessing services related to some areas of women's health, particularly if they were from a certain community or minority ethnic group. The stigma, judgement and barriers were felt to be experienced from both within the community, and from external to the community due to culturally insensitive preconceptions.

It is therefore important that when convening a Conversation Café for women's health cultural awareness and sensitivity must be central to discussion.

Some points for consideration :

- Some women may not feel comfortable discussing personal and sensitive information with members of another community.
- Depending on subject matter women may not wish to discuss personal things in front of other community members and people they know.
- Language barriers can cause anxiety and misunderstandings
- A trusted facilitator familiar to community members may be best placed to lead Cafés, rather than an external and new practitioner.

Accessibility

When hosting a Café it is important that you ensure that the space, format and discussion are accessible and inclusive of different preferences and requirements. This could include physical accessibility, inclusive communication and practical arrangements for participation.

- Consider if the venue you use is accessible to wheelchair access, has adequate accessible toilet facilities, has parking or is easily accessed from public transport.
- Would it be helpful to provide interpreters, including BSL?
- Consider the medium in which you share information about the Café. Is this accessible for people who do not use digital technology, for people with sensory loss, or for people with no fixed address.
- If the Café is hosted online, is digital exclusion a barrier for participants?

It is always best to ask participants of accessibility needs they may have.

4. Resource hub

You can scan the QR code to access resources to support you to host your Café. You can also visit our website: <https://www.alliance-scotland.org.uk/policy-and-research/policy/supporting-the-womens-health-plan/conversation-cafe-resource-hub/>

In the resource hub you will find up-to-date information on the priorities areas from NHS Inform, as well as videos, illustrations, and information leaflets for additional information. These can be used to spark discussion. There are also some resources that will support you with setting up and hosting your own Café.



5. Further reading

Conversation Cafes, peer support and community group work

ConversationCafe.org

Recovery Conversation Café toolkit, Scottish Recovery Network,
www.scottishrecovery.net/resources/recovery-conversation-cafe-toolkit/

Let's Do Peer Group Facilitation, Scottish Recovery Network, www.scottishrecovery.net/get-your-free-peer-group-facilitation-guides-during-co-production-week/

National Standards for Community Engagement, Scottish Community Development Centre,
<https://www.scdc.org.uk/what/national-standards>

Community Health Exchange, www.chex.org.uk/

Women's health

- Clinical information

NHS Inform, Women's Health platform, <https://www.nhsinform.scot/healthy-living/womens-health>

NHS Inform, menopause, <https://www.nhsinform.scot/healthy-living/womens-health/older-years-around-50-years-and-over/menopause-and-post-menopause-health/menopause/>

NHS Inform, menstruation, <https://www.nhsinform.scot/healthy-living/womens-health/girls-and-young-women-puberty-to-around-25/periods-and-menstrual-health/periods-menstruation>

NHS Inform, women's heart health, <https://www.nhsinform.scot/healthy-living/womens-health/middle-years-around-25-to-50-years/womens-heart-health/womens-heart-health/>

Young Scot, Everything You Need to Know About Periods, <https://young.scot/campaigns/periods/>

Young Scot, Endometriosis: The Facts, <https://young.scot/get-informed/endometriosis-the-facts/>

- Policy and research

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Appendix: Partners in discussion

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ALLIANCE Carer Voices

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Endometriosis UK

Glasgow Libraries

LGBT Health and Wellbeing

Moirs Anderson Foundation

MySelf Management

North Highland Women's Wellbeing Hub

PCOS Relief

Pelvic Partnership

Scottish Recovery Network

Scottish Women's Convention

Women's Health Plan Lived Experience Group

Voluntary Action Shetland



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The Health and Social Care Alliance Scotland (the ALLIANCE) is the national third sector intermediary for health and social care. The ALLIANCE has a strong and diverse membership of over 3,500 organisations and individuals.

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