

Context

Health, which is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity, is a fundamental human right.

Source: World Health Organisation 1978

Social expectations require women to take responsibility for multiple roles in the management of everyday life (domestic life, caring for others, work) leaving little time for women to prioritise their own health.

Source: Action for Women's Health:

Making changes through organisations 1997



Why prioritise women's health?

Studies show that the physical and mental health of women is more affected by living in deprived areas than is the health of men. Women live longer than men, but experience a greater amount of ill-health during their lives.

It is hoped that this resource pack will be used wherever there are groups of women who are interested in exploring ideas on improving their health and well-being. Sessions can be used to create a menu for groups to choose topics or activities that interest them.

This is a good introductory pack for groups, and will help them to identify issues for further training.

Aims of the programme

Community Direct recognises that women should be encouraged to explore ways they can help themselves to achieve a better sense of well being and how even small changes in lifestyle can impact on their overall health, both physically and mentally. The aims of this programme are therefore to:

- Encourage women to think about their own health and explore positive changes they can make, if they wish.
- Enable women through group work and discussion to explore similarities and differences in their personal experiences of health.

WOMEN'S HEALTH[©]

CONTENT OF SESSIONS

Knowing Your Body

- Period pain
- Menopause and coping with symptoms of the Menopause
- Premenstrual Syndrome and symptoms
- Self-help treatments for PMS
- Signs & Effects of the Menopause

Mental Health and Emotional Well-being

- What is mental health?
- Increasing confidence
- Recognising stress and how it affects us
- Feeling positive
- Healthy attitudes
- Coping with symptoms of stress

Women and Food

- Family eating habits
- How food affects our health
- Food and body image
- Food awareness
- Diets, popular diets and fad diets

Sexual Health Awareness

- Sexually Transmitted Diseases
- Protecting yourself against Sexually Transmitted Diseases
- Date rape
- Ways to protect yourself
- Contraception

Confidence Building/Personal Development

- Assertiveness
- How to deal with criticism
- Self-esteem

Making Healthy Choices

- Choices for health
- Reducing risk factors to your health
- Protecting yourself from the sun
- The importance of exercise
- The balance of good health
- Smoking awareness
- Alcohol awareness