

## Healthy Me Healthy Communities, Manchester

### Who?

Healthy Me Healthy Communities is a social enterprise health and wellbeing service across Manchester. They run a community grocers project providing low cost food to vulnerable people.

### Why have we targeted this group?

Healthy Me Healthy Communities felt there was need to increase awareness of health issues to their service users. Many of the groups were living in deprived areas or isolated communities that required support.

### How?

There were 5 different community centres across Manchester that were regularly accessed by service users. An awareness session was held for attendees at each centre.

### Outcomes

5 awareness sessions were delivered across five community venues, reaching a total of 81 Black, Asian and Minority Ethnic groups and vulnerable women. 2 of these awareness sessions were delivered during celebration events, such as Eid parties. These informal sessions were tailored to each group to inform women about cervical screening in order to make an informed choice.

#### *Summer party event at Longsight Community Grocer*



Visual aids and information materials were used to prompt discussion and ask questions in an environment where they felt safe and comfortable. Women had the opportunity to learn about cervical screening and see the equipment, in a fun and informal setting. HPV and barriers to screening were also discussed.

Many of these women suffer from health inequalities. However, these awareness sessions helped them become aware of their health and understand the services available to support them in improving their health.

The sessions helped women empower each other to improve their health. Feedback from Healthy Me Healthy Communities said, "There has been an increased awareness and knowledge of the importance of taking smear tests, particularly with South Asian women and women that I work with who do not often prioritise their health."

"It is good having someone come here to talk to us about this, because it's not usually spoken about."

- An attendee

"Who knew learning about smear tests would be so much fun! Really enjoyed this session, I didn't know anything about HPV or the vaccination before."

- An attendee