



George Eliot Hospital
NHS Trust



South Warwickshire University
NHS Foundation Trust

International Women's Day

8th March 2024



Welcome to the 2024 International Women's Day newsletter created for SWFT and GEH staff to support, inform and keep you up to date with available resources. All IWD activity counts, so do what you can to support and advance women.

This year's theme is **#InspireInclusion**

International Women's Day (2024) *International Women's Day*. Available at: <https://www.internationalwomensday.com/> (Accessed: 8 February 2024)

Inspirational Women

BBC (2023) *100 women portal: Annual list of 100 inspiring and influential women from around the world*. Available at: <https://www.bbc.co.uk/news/resources/idt-02d9060e-15dc-426c-bfe0-86a6437e5234> (Accessed: 26 February 2024)

Coventry News (2023) *Coventry and Warwickshire's most inspirational ladies for International Women's Day*. Available at: <https://www.coventrytelegraph.net/news/coventry-news/coventry-warwickshires-most-inspirational-ladies-26409035> (Accessed: 26 February 2024)

Hugh Baird College (2024) '10 inspirational women who are changing the world' *Hugh Baird College*. Available at: <https://www.hughbaird.ac.uk/blog/10-inspirational-women-who-are-changing-the-world> (Accessed: 26 February 2024)

Shaw, G. (2024) *Women in the NHS, Inspiring women working in the NHS*, Available at: <https://www.womeninthenhs.co.uk/> (Accessed: 23 February 2024)

Time (2020) '100 women of the year - Spotlighting influential women who were overshadowed by the men chosen as man or person of the year', *Time Magazine*, Available at: <https://time.com/100-women-of-the-year/> (Accessed: 26 February 2024)

TED (2017) Playlist powerful poetry by fierce women. Available at: https://www.ted.com/playlists/697/powerful_poetry_by_fierce_women (Accessed: 26 February 2024)

Health & Wellbeing

Brearley, J. (2024) *Pregnant then Screwed: end the motherhood penalty*. Available at: <https://pregnantthenscrewed.com/> (Accessed: 27 February 2024)

Brinkhurst-Cuff, C. (2023) 'I had to find a way to survive': ultrarunner Sabrina Pace-Humphreys on racing, racism and learning to love the outdoors', *The Observer*, 24 December 2023, Available at:

<https://www.theguardian.com/lifeandstyle/2023/dec/24/i-had-to-find-a-way-to-survive-sabrina-pace-humphreys-on-race-and-trail-running> (Accessed: 27 February)

The Guardian (2024) 'Me and my menopause': a view from women around the world', 7 February 2024. Available at: <https://www.theguardian.com/global-development/2024/feb/07/menopause-reproductive-health-stigma-medical-treatment-information-mood-anxiety-support> (Accessed: 27 February 2024)

International Women's Day (2024) Mission: Assist women to be in a position of power making informed decisions about their own health. Available at:

<https://www.internationalwomensday.com/Mission/Health> (Accessed: 26 February 2024)

International Women's Day (2024) Women's Health: The future we deserve - a news-style programme launching on IWD 2024 presented by Louise Minchin. Available at:

<https://www.internationalwomensday.com/Missions/19753/Watch-the-IWD-2024-InspireInclusion-Women-s-Health-Programme-from-ITN> (Accessed: 26 February 2024)

Koirala, B., *et al* (2024) 'A call for action: Need to expand the scope of women's health assessment.', *Journal of Advanced Nursing*, 80(2): 407-409. Available at:

<https://doi.org/10.1111/jan.15788>

Matthews, H. (2024) 'Motherhood is saying 'I can't do this any more' – then doing it' *The Guardian*. 8 February 2024. Available at:

<https://www.theguardian.com/lifeandstyle/2024/feb/08/motherhood-parenting-raising-kids-covid-childcare> (Accessed: 27 February 2024)

McNally, S. (2023) 'International Women's Day- and how institutions and individuals can reduce sexism in healthcare', *BMJ*, 330. Available at:

<https://doi.org/10.1136/bmj.p551>

Whitehouse, A. (2024) *Dirty Mother Pukka: a weekly kids, family and parenting podcast* [Podcast]. Available at: <https://www.podchaser.com/podcasts/dirty-mother-pukka-with-anna-w-720943> (Accessed: 27 February 2024)



Work in Progress

Balabanova, D. (2018) 'NHS 70 series - How has the role of women in the NHS changed since its inception?' *London School of Hygiene and Tropical Medicine*, Available at: <https://www.lshtm.ac.uk/newsevents/expert-opinion/nhs-70-series-how-has-role-women-nhs-changed-its-inception> (Accessed: 27 February 2024)

Howard, S. (2021) 'How can women get equality? Strike!', *The Observer*, 24 December 2023, Available at: <https://www.theguardian.com/lifeandstyle/2021/mar/14/how-can-women-get-equality-strike> (Accessed: 27 February)

International Women's Day (2024) #InspireInclusion videos from the global community, Available at: <https://www.internationalwomensday.com/Videos> (Accessed: 26 February 2024)

International Women's Day (2024) Mission: Forge inclusive work cultures where women's careers thrive and their achievements are celebrated, Available at: <https://www.internationalwomensday.com/Mission/Work> (Accessed: 27 January 2024)

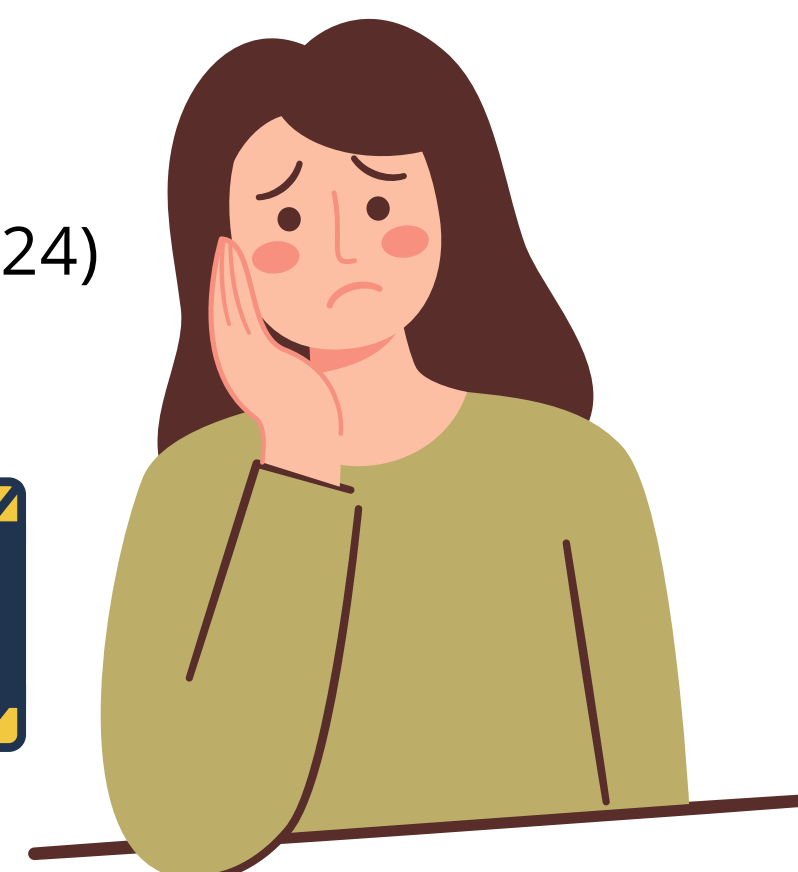
NHS England (2023) *Gender pay gap report 2022: A combined report for NHS England and NHS Improvement*, NHS England, 30 March 2023, Available at: <https://www.england.nhs.uk/long-read/gender-pay-gap-report-2022/> (Accessed: 27 February 2024)

NHS Property Services (2022) *International Women's Day: The rise in women in tech and estates in the NHS*, Available at: <https://www.property.nhs.uk/news/news/international-women-s-day-the-rise-in-women-in-tech-and-estates-in-the-nhs/> (Accessed: 27 February 2024)

UK Parliament (2024) In focus: International Women's Day 2024: Economic inclusion of women. Available at: <https://lordslibrary.parliament.uk/international-womens-day-2024-economic-inclusion-of-women/> (Accessed: 26 February 2024)

United Nations (2024) International Women's Day - Invest in Women: Accelerate Progress. Available at: <https://www.un.org/en/observances/womens-day> (Accessed: 14 February 2024)

Whitehouse, A. (2021) Flex Appeal: Flexible working. Available at: <https://www.motherpukka.co.uk/flex/> (Accessed: 27 February 2024)



Events

SWFT International Women's Day Celebration #inspireinclusion. Staff led session on Teams 12.30, 8 March 2024. Contact edi@swft.nhs.uk

George Eliot Hospital, International Women's Day display, outside Raveloes, 7 March 2024 from 12.00-2.00

Action Rayz (2024) *International Women's Day: a set of four short films around the theme of women at work and work by women*, Click here for more information:

<https://www.coventrycathedral.org.uk/events/action-rayz-international-womens-day>

IWD Theatre (2024) *Wanted!* (Theatre production). 14 and 15 March 2024 (Birmingham), 27 March 2024 (Coventry). Play exploring the stories of 5 extraordinary historical women. Click here for more information:

<https://www.internationalwomensday.com/Activity/19735/IWD-theatre-production-WANTED>

International Women's Day Women Leaders Green Economics Institute Conference (2024). *International Women's Day Women's Leadership Course and Conference. 8 March 2024*. Virtual conference looking at a new philosophy to move to a constructive future. Click here for more information:

<https://www.internationalwomensday.com/Activity/19618/International-Women-s-Day-Women-Leaders-Green-Economics-Institute-Conference>

International Women's Day 'Inclusion Matters' (2024) Celebrating International Women's Day - We Belong. 8 March 2024. Face to face event including networking, a panel discussion, and interactive sessions. Click here for more information:

<https://ww1.emma-live.com/IWDInclusionmatters>

NHS Confederation- Celebrating International Women's Day 2024- Health and Care Women Leaders Network celebrations Friday 8th March 2024. Available at:

<https://www.nhsconfed.org/events/celebrating-international-womens-day-2024>

The Running Bug (2024) International Women's Day Run. 8 March 2024. Run, walk or jog any distance, anywhere in the world on 8th March 2024 to support International Women's Day. Click here for more information:

<https://www.internationalwomensday.com/Activity/19664/The-Running-Bug-International-Women-s-Day-Run>



For fun

40 Empowering quotes in honor of IWD. Good Housekeeping (2024)

<https://www.goodhousekeeping.com/life/g26326977/international-womens-day-quotes/>

Kathy Burke's All Woman (2019) Channel 4's 3 part series exploring what it's like to be a woman today. <https://www.channel4.com/programmes/kathy-burkes-all-woman>

Want more?

Take a look at some of the books you can borrow from our libraries:



You can also search the library catalogue and reserve books held by other health libraries across the Midlands to collect from your Trust library.

<https://koha.healthlibrariesmidlands.nhs.uk/cgi-bin/koha/opac-main.pl>

Trust Support for you

For more information about support within the Trusts, please contact the Staff Health and Wellbeing Team.

Email: hwb@swft.nhs.uk Twitter/X: [@GEH_SWFT_HWB](https://twitter.com/GEH_SWFT_HWB)

This newsletter has been produced by Librarians from GEH and SWFT Libraries.

Many thanks to colleagues who have shared links to useful resources.

For more information about accessing quality information resources, or if you are interested in a resources newsletter for your awareness event, please get in touch with

Lisa.Mason@geh.nhs.uk, Rayanne.Byatt@swft.nhs.uk or Caroline.Stephen@swft.nhs.uk

