**New women’s health videos to support your patients**

We have launched a new video series highlighting Women’s Health Hubs and how they support women’s health needs.

The videos feature local health professionals from the Tower Hamlets and Waltham Forest Women’s Health Hubs, sharing practical information and advice on common women’s health concerns, including menopause, heavy or painful periods, sexual health, PCOS, endometriosis, pelvic floor issues, and much more.

You can use these videos as resources for patients, especially when addressing specific conditions or referring them to a Women’s Health Hub.

Here’s a full listing of the video topics:

* [**About Women’s Health Hubs**](https://youtu.be/jjVom0T36Bc?feature=shared)
* [**The benefits of Women’s Health Hubs**](https://youtu.be/Nm_UHDDTa3A?feature=shared)
* [**Support for menopause at Women’s Health Hubs**](https://youtu.be/H0SfoYtDqWo?feature=shared)
* [**The symptoms of menopause**](https://youtu.be/H_XdiTbwiW0?feature=shared)
* [**Getting help for heavy or painful periods at the Women’s Health Hubs**](https://youtu.be/hY_CVIQpkWM?feature=shared)
* [**Support for your sexual health at Women’s Health Hubs**](https://youtu.be/Bnvn8D4AJYg?feature=shared)
* **[Support for PCOS at the Women’s Health Hubs](https://youtu.be/ADJVmCkNLF8?feature=shared)**
* [**Support for endometriosis at the Women’s Health Hub**](https://youtu.be/GiiAY1-kSys?feature=shared)
* [**Social prescribers at your local Hub Women’s Health Hub**](https://youtu.be/E4oyJm_PGaQ?feature=shared)
* [**Physiotherapist at the Women’s Health Hubs**](https://youtu.be/GIOVFeDgylo?feature=shared)
* [**Advice for pelvic floor problems**](https://youtu.be/3eFNK2Bo2vU?feature=shared)
* [**Three top tips from a pelvic floor physiotherapist**](https://youtu.be/wHhs5WkILC4?feature=shared)
* [**About Women’s Health Hubs – Sylheti (spoken**](https://youtu.be/-GaUTGHJhZ8?feature=shared)**)**
* [**About Women’s Health Hubs – Hindi (spoken**](https://youtu.be/HXRzR_JfRxM?feature=shared)**)**

[You can find the full playlist on YouTube](https://www.youtube.com/playlist?list=PLoTBiHRiMockEnIeb_b-ablKY41EwxHVS)

GPs are welcome to add links to the videos into referral booking texts.

You can also [visit our website](https://northeastlondon.icb.nhs.uk/health-advice/womens-health/about-our-womens-health-hubs/) for more information on women’s health.

The videos form part of [our campaign](https://intranet.northeastlondon.icb.nhs.uk/news/introducing-our-new-campaign-to-champion-womens-health-across-north-east-london/) to improve access to women’s healthcare, these films put real voices and real experiences in the spotlight, showing how we’re making a difference for women across NEL.