

Bevan Commission engages WI members in helping to make prudent healthcare a reality

On the 70th anniversary of the NHS, the Bevan Commission calls upon the passionate support of the WI in Wales, recognising the considerable power and influence WI members have within their local communities. It also recognises the important contribution you have made over the years in supporting and health and wellbeing of families and friends.

We know that people in Wales and WI members are passionate about the NHS and its Welsh origins and we would like to capture and use this knowledge and the local insights to create a 'social movement for change'. We want to change the dependency on medical solutions, make sure we use the important skills and resources wisely and help us to take care of ourselves and others in ways which may not need drugs, tests or other interventions.

Through 'Our Health in Our Hands', we want to start a wider conversation with the WI and your networks so that we help influence and inform others to ensure that we create the very best health and healthcare services now and for our future generation.

Why is this needed?

The NHS turns 70 this year, but it needs our help to be fit for the future. Expectations of public services are higher than ever; with the progress of digital and medical technology, many people expect that solutions are available to fix health problems and that the NHS has a responsibility to deliver these.

Such expectations can often be unrealistic and sees the individual as a passive receiver of care rather than active participants in their own health and care.



The WI and health

Health and wellbeing is at the heart of the WI in Wales. Several current projects and campaigns are aimed at improving health and well-being, including Carers Welcome, Link Together and Make Time for Mental Health.

We want to capitalise on the WI's campaigning ethos in the 70th year of the NHS. Wales is the birthplace of the NHS and the WI in Wales has a long and illustrious history in campaigning for the good health and wellbeing of local communities - as such, we believe together we can launch a social movement for change that will create a health and care system that is fit for the future.

Starting a conversation

'Our Health in Our Hands' is a resource pack developed in partnership between the Bevan Commission and The National Federation of Women's Institutes - Wales to support members to start conversations which could transform health and care.

We want members to be able to discuss important issues, to be informed and to share their experiences, knowledge and ideas on health and care and to influence those who plan services as well as those who use services. We will help to support this by providing tools and resources to enable members to take action whether for themselves, their families or others in their communities.



Want to get involved?

If you are interested in running the 'Our Health in Our Hands' session with your WI or federation, please register your interest with NFWI Wales:

<https://www.thewi.org.uk/wi-in-wales/current-projects/our-health-in-our-hands>

Good health and care is everyone's responsibility.
What will you do differently?



BevanCommission



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