

# RCN Women's Health Forum Conference

## What is "normal"? Hormonal chaos: a life course approach

RCN HQ London

Tuesday 9 December 2025

### Programme at a glance

09.30	Registration, networking and refreshments
10.00	<b>Opening remarks</b> <i>Ruth Bailey QN, Women's Health Forum Committee Chair; Advanced Nurse Practitioner Sexual Health, Primary Care, FSRH Council Nurse Member</i>
10.15	<b>Women's Health Hubs and Neighbourhood Care - new models for delivering women's healthcare</b> <i>Dr Sue Mann, National Clinical Director Women's Health, NHS England</i>
10.45	<b>Menstrual Dysfunction and the role of the Just a Period campaign</b> <i>Emily James, Health Education Manager, Wellbeing of Women</i>
11.15	Refreshments, exhibition viewing and networking
11.45	<b>PCOS: The Story From Both Sides</b> <i>Charlotte Glynn, Vice Chair of the RCN Women's Health Forum, Research and Innovation Nurse/Lead Nurse, BPAS</i>
12.15	<b>Bridging Gaps: Women's Health and Inclusion Health in Practice</b> <i>Kendra Schneller, Lead Kofoworola Abeni Pratt Fellow, The Nightingale Academy, Chief Nurse's Office and Kirit Sehmbi, Homeless &amp; Inclusion Health Project Lead, The Queen's Institute of Community Nursing</i>
12.45	Lunch and exhibition viewing
13.45	<b>Empowering Choices: The Future of Contraception</b> <i>Simphiwe Sesane, Medical Educator, Exeltis UK, Founder and CEO: Black Nurses and Midwives UK</i>
14.15	<b>Rewriting the Narrative: Menopause as a New Beginning</b> <i>Debra Holloway, Retired Nurse Consultant</i>
14.45	Refreshments, exhibition viewing and networking
15.15	<b>The Live Debate – "Should more funding for women's health be protected in the national budget, or are there other, more important priorities?"</b> <b>Speaking for:</b> <i>Emma Ayling, Matron for Fertility and Gynaecology Services, Cambridge University Hospitals</i> <b>Speaking against:</b> <i>Michael Nevill, Clinical Director, NUPAS and RCN Women's Health Forum Steering Committee Member</i>
16.00	<b>Closing remarks</b> <i>Charlotte Glynn, Vice Chair of the RCN Women's Health Forum, Research and Innovation Nurse/Lead Nurse</i>
16.10	Conference close