

PEER RESEARCH SPOTLIGHT



PROJECT SUMMARY

What issues affects Black women's health in the London Borough of Ealing?

This project investigates the issues affecting Black women's health in the London Borough of Ealing, with a focus on understanding the disparities experienced by Black African and Caribbean women. To gain in-depth insights, the research employed extensive focus groups and community conversations, engaging directly with women in the borough to explore the factors that impact their access to healthcare and trust in health professionals. The findings from these engagements have highlighted a range of barriers contributing to health inequalities.

Key challenges identified include:

- **Language barriers**, which limit clear communication and understanding of health information.
- **Socioeconomic factors**, influencing the ability to access healthcare and maintain overall well-being.
- **Dietary and nutritional knowledge gaps**, affecting health outcomes and the management of chronic conditions.
- **Digital exclusion**, preventing many women from accessing online health resources and services.
- **Persistent inaccessibility of services**, creating structural obstacles to care.

Through this participatory approach, the project has provided valuable insights into the lived experiences of Black African and Caribbean women in Ealing, highlighting the complex interplay of social, cultural, and systemic factors that contribute to health disparities. The findings will inform future strategies to improve healthcare access, trust, and outcomes for Black women in the borough.

PROJECT LEARNINGS

- 1 Trust Requires Intentional Action**
Black African and Caribbean women in Ealing often face historic and systemic barriers to healthcare. Policymakers and providers must actively invest in building genuine, long-term relationships that respect and amplify community knowledge.
- 2 Health is Shaped by More Than Clinics**
Language, socioeconomic pressures, nutrition knowledge, and digital exclusion all impact health. Addressing these requires a holistic approach that values the expertise and lived experience of the community.
- 3 Invest in Community-Led Solutions**
Effective change comes from resourcing initiatives that communities identify as priorities. Recognising the role of care, collaboration, and local insight ensures policies are impactful, inclusive, and sustainable.

INSIGHTS

“ **Lack of support and knowledge to book online appointments and consultation** ”

“ **Triage, waiting time for face-to-face consultation** ”

“ **Deterrents and lack of trust in NHS because of experiences of systemic racism** ”