

Menopause in the workplace

As part of this October's World Menopause Month, Arden & GEM is hosting a series of bitesize webinars to raise awareness of the menopause and support those who are currently affected. For more information, contact agcsu.wellbeing@nhs.net

Friday 16 October 2020			
Bitesize session ONE	Bitesize session TWO	Bitesize session THREE	Bitesize session FOUR
<p>What is the menopause? Time: 09:30 - 10:15 Presented by: Carla Smith, Wellbeing Lead for Arden & GEM OD Consultancy and Dr Helen Garr, GP and Wellbeing Lead at Nottinghamshire LMC Join here</p>	<p>HRT: Facts not myths Time: 10:30 - 11:15 Presented by: Diane Porterfield Borne, Nurse Practitioner specialising in menopause and HRT at Bourne2Care Join here</p>	<p>Organisational support for leads and line managers Time: 11:30 - 12:15 Presented by: Louise Murray from NHS Employers and Jacqui McBurnie from NHS England and NHS Improvement Join here</p>	<p>Physical activity is menopause medicine Time: 12:30 - 13:15 Presented by: Sue Copeland and Julie Robinson, menopause fitness experts from MenoHealth Join here</p>
<p>Menopause café Time: 13:30 – 14:00</p>	<p>What it is, sharing experiences and support network Facilitated by: Jane Mitchell, Wellbeing Champion and Menopause Lead from the NIHR Join here</p>		
Monday 19 October 2020			
Bitesize session FIVE	Bitesize session SIX	Bitesize session SEVEN	Bitesize session EIGHT
<p>Support and resources for colleagues via Access to Work programme Time: 12:30 - 13:15 Presented by: Bethanie Kimberley, National Partnership Lead at Remploy Join here</p>	<p>Financial wellbeing and the Menopause Time: 13:30 - 14:15 Presented by: Neil Howchin, Financial Awareness and Wellbeing Presenter at Eulogie Join here</p>	<p>Mental Health Continuum & menopause Time: 14:30 - 15:15 Presented by: Tammy Partridge-Smith and Kay Higgins from Black Country Healthcare NHS Foundation Trust Join here</p>	<p>The finale. A recap and motivational speech Time: 15:30 - 16:15 Presented by: Deborah Garlick, Founder and Author at Henpicked Join here</p>
<p>Menopause café Time: 13:15 – 13:30</p>	<p>A male blog about menopause <i>Supporting a <u>male only</u> audience</i> Facilitated by: Dr David Mathew, NHS Arden & GEM CSU's OD Consultancy Join here</p>		
<p>Menopause café Time: 15:15 – 15:30</p>	<p>Menopause roadshows, midlife matters, guidelines and support in general Facilitated by: Kim Boorman, Matron at East Sussex Healthcare NHS Trust Join here</p>		