



**Integrated
Care System**
Nottingham & Nottinghamshire

Welcome to our World Menopause Day Event 2024

We will start soon

MENOPAUSE



**Integrated
Care System**
Nottingham & Nottinghamshire

World Menopause Day 2024

Amy Gouldstone, People Wellbeing Lead, SFH

Corinne Kitchen, Deputy People Wellbeing
Lead, SFH

Nichola Mitchell, Staff Wellbeing Officer, NUH,
(Tech Wizz)



Housekeeping

AKA The rules



**Integrated
Care System**
Nottingham & Nottinghamshire

- Questions in the chat
- Phones on silent, out of office on
- Presentations will be shared after the event

“X” use #NottsMenopause
@Notts_ICS

Morning Agenda



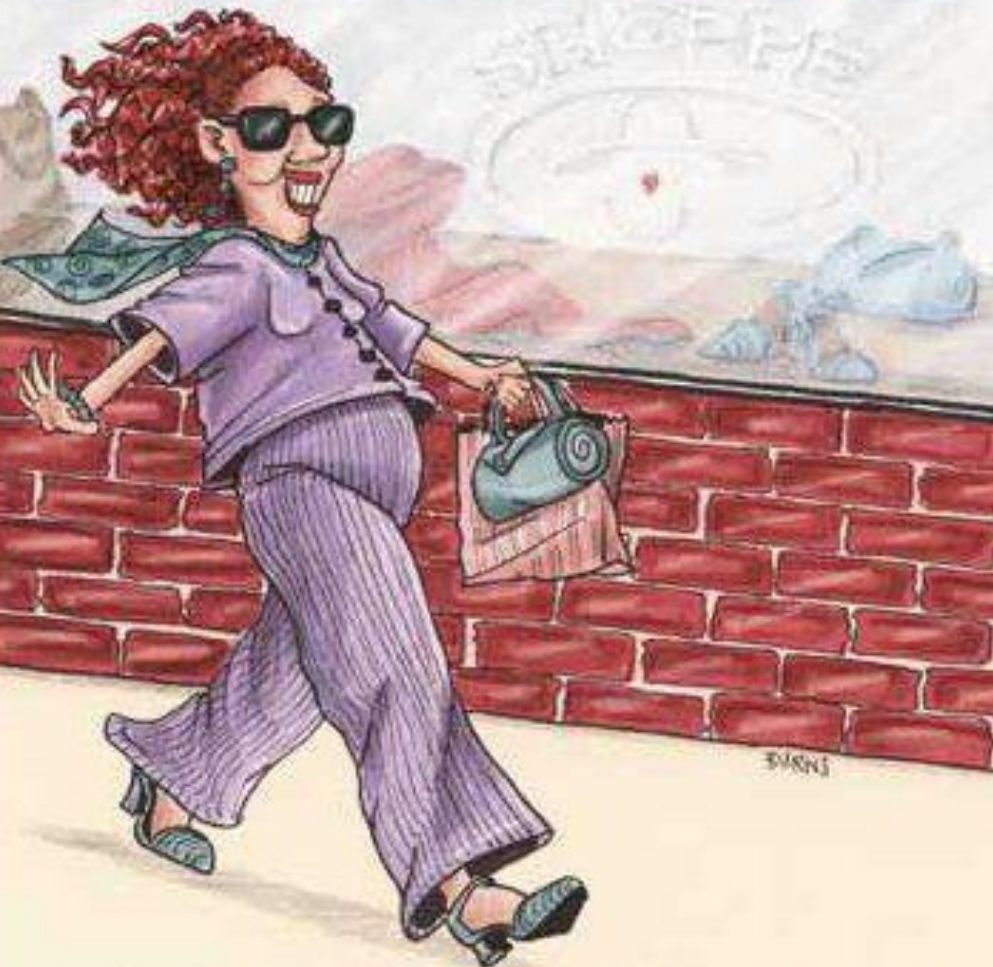
Time	Agenda item:
9.00am	Opening of the event
9.15am	Our Menopause Stories - Life with 2 menopausal women, 2 neurodivergent kids & 7 cats! - Menopause and flexible working support from my manager - Why does it matter to men?
10.00am	Menopause and Gynaecology including HRT
11.15am	Break
11.30am	Talking to your GP and practice nurse about the Menopause
12.00noon	Menopause, Work and Reasonable Adjustments
12.30pm	Lunch Break

Afternoon Agenda



	Title
1.15pm	Mindfulness and the Menopause
	Menopause and Relationships
	Couples Therapy for Depression
	Muscular Skeletal Health and Menopause
2.15pm	Eating Well and the Menopause
	Sleep Well and the Menopause
	Yoga for the Menopause
3.15pm	Don't Ignore your Pelvic Floor! Menopause and your bladder
	Moving Well and the Menopause
4.15pm	Summary and Close

The biggest lie I tell myself about menopause is "I don't need to write that down, I'll remember it."



**Integrated
Care System**
Nottingham & Nottinghamshire

Rosa Waddingham

Chief Nurse, Integrated Care Board
And Expert by Experience

But its no joke



- In the NHS nearly 50% of the working population are women between 45 and 64 years old
- 3 out of 4 women experience symptoms
- 1 in 4 report severe symptoms
- Six out of every 10 women experiencing menopausal symptoms say it has a negative impact on their work (NHSE, 2022).
- Around one in six people (17%) have considered leaving work due to a lack of support in relation to their menopause symptoms (CIPD, 2023).
- 1 in 10 women surveyed left due to menopause symptoms (Fawcett Society, 2024)

MEN PAUSE



**Integrated
Care System**
Nottingham & Nottinghamshire



Learning about menopause is for those
experiencing menopause, those who think
they will experience menopause, those who
want to support someone experiencing
menopause, those who want to be aware
that others may be experiencing
menopause

References

Cipd (2023) [Menopause in the workplace | CIPD](#)

Fawcett Society (2024) [Menopause and the Workplace \(fawcettsociety.org.uk\)](#)

NHSE (2022) [NHS England » Supporting our NHS people through menopause: guidance for line managers and colleagues](#)