

MEN PAUSE

Support at SFH

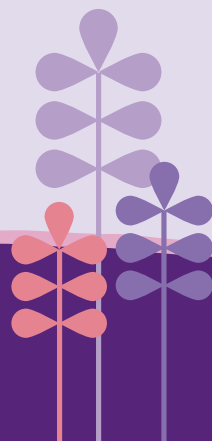
At Sherwood Forest Hospitals we recognise
that colleague wellbeing is important

Menopause and Perimenopause can impact colleagues physical and emotional health making work and home life uncomfortable. The menopause can affect those experiencing symptoms directly and those working, living or socialising with those experiencing symptoms. **The Trust are passionate about supporting you and raising awareness of the support available for managing Menopausal symptoms.**

The Trust want to support colleagues by sharing experiences and information to help manage menopausal symptoms or support someone that is experiencing symptoms.

We hope you find the following useful; please share with colleagues and together let's pause, come together and be positive about menopause.

For queries about the content of
this information leaflet please e-mail:
sfh-tr.wellbeing@nhs.net



Current support available at SFH

Guidance

Menopause guidance can be found on the intranet page under by searching **Menopause** in the A-Z.

E-learning

There are 2 Menopause e-learning courses – one on Menopause and the other on Menopause and joint pain and fatigue. Both can be accessed on the Sherwood E-Academy Course: **Joint Pains and Fatigue in Menopause** (sherwood-eacademy.co.uk)

Take a Pause to talk about Menopause peer lead sessions

Peer led sessions to join colleagues to talk about Menopause. Whether this is something you may currently be experiencing or have experienced already. If this is yourself, a friend, family member or colleague. Sessions are open to all over the age of 16 or over and of any gender identity. Dates below for the upcoming sessions;

- **Monday 3rd October 2022** 8am-9am
- **Wednesday 2nd November 2022** 12noon-1pm
- **Monday 5th December 2022** 8am-9am
- **Wednesday 11th January 2023** 12noon-1pm
- **Monday 6th February 2023** 6-7pm

Scan the QR Code to join the meeting:

Enter a meeting ID:

363 104 074 815

Passcode: 4aKdzk.

Future dates can also be found **HERE**

SCAN ME



Menopause support at SFH

Including leaflets on Menopause and Joint pain and Menopause and Fatigue

SCAN ME



**Nottingham
Centre for
Mindfulness**

Mindfulness and the Menopause workshop (2 hours)

E-mail Nottingham Centre for Mindfulness for dates and details of the upcoming Mindfulness and the menopause workshop (2 hours)

HUBMindfulness@nottshc.nhs.uk

Thrive Mental Wellbeing App

Download the free Mental Wellbeing App for access to hundreds of hours of content from relaxation and meditation to in app chat to with a therapist **Access code: SFHFT**



VIVUP

Employee Assistance Programme, VIVUP offer 24hours support 7 days a week support line with trained Counsellors. This can be via telephone or you can arrange a face to face session by calling **0330 380 0658**.

Please also log into the VIVUP portal to access further information on Menopause; symptoms, possible obstacles post Menopause and tips including when to see you GP.

www.vivup.co.uk/users/sign_in

Occupational Health

Advice on Menopause symptoms and support at work and possible work place adjustments. Contact a member of the team on **sfh-tr.occupational.health@nhs.net** or ext number **3780/3781**

Women in Sherwood Network

Join the Women in Sherwood Staff Network by emailing **sfh-tr.wis.support@nhs.net**

External support and useful websites

Early Menopause support

www.daisynetwork.org

For support colleagues experiencing early Menopause

Perimenopause and Menopause support

www.henpicked.net/menopause-hub

Expert information, useful resources, top tips and women's stories

www.nhs.uk/conditions/menopause

NHS website on symptoms, causes, treatments and help and support.

www.pausivity.co.uk

Information of treatments and resources.

www.womens-health-concern.org

For women's health concern for confidential advice, reassurance and education.

www.menopausematters.co.uk

Information on menopausal symptoms, remedies and advice.

www.managemymenopause.co.uk

www.rockmymenopause.com

A range of support materials, webinars, supporting yourself, a friend or colleagues.

www.thebms.org.uk

British Menopause Society

www.nice.org.uk/guidance/ng23/if/chapter/menopause

NICE guidelines