

## Take a Pause Notes:

Date: 28/11/2023

### GP Support

The group shared about their experiences and support from their GP. Experienced range from a GP who is knowledgeable about the symptoms and how to manage these, to a Gp who has not been understanding and asking them what they should do.

### Prescriptions

Colleagues shared that there has been some difficulties getting the full HRT prescriptions. Their experiences have been that the Pharmacy have not been able to offer an alternative due to a shortage in HRT, and to go back to the GP to issue an alternative. When going back to the GP the individual has been asked what alternative.

### Things that help

We spoke about how sleep can be difficult, getting off to sleep even though we're feeling tired, but also waking during the night and struggling to get back to sleep. Listening to audiobooks have helped and one colleague listens to sleep and menopause audio books. The APP Headspace is still free for NHS colleagues until the end of March 2023 and had a range of mindfulness and meditation sections that maybe worth trying.

Going to work the next day after a bad nights sleep is difficult, having a team and a manager that understands that the tiredness is debilitating and not easy does help.

Twilings have got a tea which is called "Sleep Tea" which a colleague has recently tried, and tried the one that has not go Volarium in.

### Actions and to do's

- Send through information on menopause and sleep resources to those present at the meeting and attach within the website.
- Add scenarios of how lack of sleep and Menopause impacts on colleagues, that it is more than tiredness, and how managers can support colleagues through this. Add this to the Menopause for Managers training slides.

- Circulate the “5 a month articles to the group.
- When asked what adjustments could help, members fed through that sometimes you don’t know what could help, so some examples could support others of the types of things that do help. Group members to send through ideas and the Wellbeing Team will collate this and work with Occupational Health Teams to pull through some examples to share alongside the Menopause Guidance and Menopause resources.