



Let's talk Menopause

Menopause webinars are now available for colleagues and their line managers.

Colleague sessions:

- What menopause is, its symptoms and ways of managing them
- Thinking about long-term health GP
- Workplace conversations
- Help that's available

Manager sessions:

- Importance of organisations supporting menopause
- What menopause is, why it happens and when it may happen
- Employment law and the legal framework
- Recognising and understanding menopause symptoms and their impact
- The different approaches to managing menopause and feel confident signposting to credible resources
- Supportive conversations with colleagues around menopause
- Access to a toolkit of additional resources

Webinars taking place on:



- 25th May
- 5th July
- 20th October
- 6th February



Colleague sessions:
2.30-4pm

Manager sessions:
11-12.15pm



You will need access to **Microsoft Teams** and a device with a **camera/speakers** to join.



For further information or to register your place, please email healthandwellbeing@uhcw.nhs.uk