



# 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

## Webinar taking place on:



24th March

## 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](mailto:healthandwellbeing@uhcw.nhs.uk)