



Welcome to the first Menopause Café



Agenda

- Welcome to your hosts
- Aims & Objectives
- Symptom Bingo
- Product Review
- Topics for next sessions



Welcome to your hosts



Sandra Pickering



Sharon Sumner



Emma Sutherland



What are our aims?

- We aim to unite in the education and awareness of the 48 symptoms of the menopause and understand the impact these can have on those affected.
- To showcase products and services that can support menopausal women in the workplace.
- Be a voice for change to normalise the menopause, break down the stigma and make it part of our daily conversations.
- When destigmatising a topic, such as menopause, the best way to do so is to talk about it in an ordinary way. By providing an open space for colleagues to discuss their own menopause journey and educate younger colleagues – symptoms they have faced, product reviews and coping mechanisms to name a few – we hope to create a safe space where women can talk openly with one another.



Statistics

Approximately **13** million women in the UK are either peri- or post menopausal

Symptoms can last up to **15** years

Over **60%** of women experience symptoms resulting in behaviour changes

1 in **4** women will experience severe debilitating symptoms

Almost half of menopausal women say they feel **depressed**

Approximately two thirds of women say there is a general lack of **support**



Sleeplessness

Breast Tenderness

Irregular Periods

Hot Flashes

Vaginal Dryness

Night Sweats

Common Symptoms

**Alteration of blood
cholesterol**

Mood Swings

Brain Fog

Lack of Motivation

Anxiety

Weight Gain



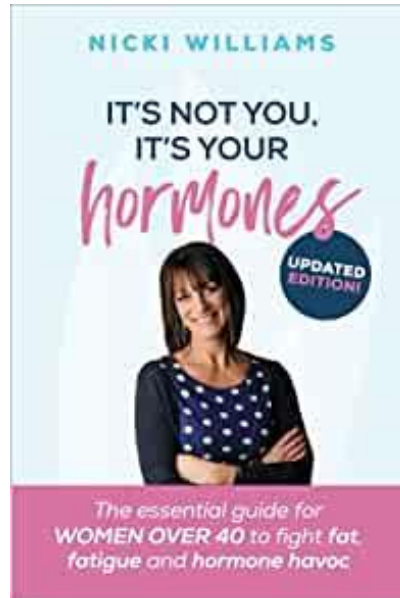
Symptom Bingo

BINGO



Product Review

Emma Sutherland



- It's Not You, It's Your Hormones – By Nicki Williams



Product Review

Sharon Sumner



- Lord & Berry Mascara



Product Review

Sandra Pickering



- Pantene Hair Biology Menopause Shampoo





Session 1





Session 2



Topics for the next session:

- HRT or no HRT... that is the question – December 1st Christmas Menopause Café
- Hair today, gone tomorrow

