

Menopause Seeds

I'M TALKING ABOUT MENOPAUSE, ARE YOU?

Welcome

Hannah Archer- Staff Engagement Manager

Trainers

Hannah Archer – Staff Engagement Manager, University of Huddersfield

Laura Stimpson –Talk:Menopause Project Lead

Nicky Mounsey – GP, University Health Centre



Why Menopause Seeds?

- One conversation turns into many more conversations
- Embarrassment, anxiety & fear
- Not recognising symptoms – so many other things going on at this time of life
- The people experiencing menopause are busy and therefore difficult to reach
- The menopause market is estimated to be worth \$600bn – we need to be accessing reliable, evidence based information
- If we all learn a little and share a little, together we can make a huge impact



What is a Menopause Seed?

- Talk openly
- Share knowledge
- Signpost

What is menopause?

- Menopause is only one day. It's the day one year after someone's final period.
- Perimenopause is the time before menopause when hormones change and you experience symptoms.
- Post menopause is the time after your last period. Symptoms can continue beyond menopause for an average of 4-5 years.

The average age to reach menopause in the UK is 51 or 49 for people from Black and South Asian backgrounds.

Symptoms

Irregular periods

Heavier or lighter periods

Hot flushes

Night sweats

Brain fog

Fatigue

Memory issues

Problems focusing

Vaginal/vulval dryness

Panic

Anxiety

Depression

UTIs

Incontinence

Change in libido

Bloating

Digestive issues

Thinning hair

Sleep disturbance

Insomnia

Dizziness

Headaches

Tinnitus

Mood swings

Weight gain

Irregular heartbeat

Palpitations

Breast tenderness/pain

Osteoporosis

Burning tongue

Itching

Tingling

Cold hands and feet

Allergies

Body odour changes

And more...

77% of women find at least
one symptom of
menopause “very difficult”

Everyone's experience
of menopause
is different!

Talk:

Why is it important to talk about menopause generally?

Why is it important to talk about menopause at work?

20 mins

Talk:

What can menopause seeds do at the university and beyond?

20 mins

Pledge

We'd love you to make a pledge and leave it with us so we know what you plan to do as a menopause seed.

Good quality information

Kirklees Libraries have a dedicated online menopause library with a collection of over 50 books you can access free of charge if you're a library member

Menopause Matters www.menopausesupport.co.uk

The Menopause Charity www.themenopausecharity.org

NHS www.nhs.uk

NICE guidelines www.nice.org.uk/guidance/ng23

Henpicked menopause Hub <https://henpicked.net/menopause-hub/>



Signposting

GP

Workplace menopause group

Menopause Cafes and support groups:

-Crescent and Co – Batley

-Ruddi's – Slaithwaite

-The Hive – Huddersfield Town Centre

-We have a new online menopause group starting in April



Q&A



Thank you!

Hannah Archer – Staff Engagement Manager



The
Branch

