**Take a Pause Notes:**

Date: 06/03/2024

**Recordings of World Menopause Day and save the date 18th October 2024**

[World Menopause Day 2023 - Sherwood Forest Hospitals (sfh-tr.nhs.uk)](https://www.sfh-tr.nhs.uk/for-health-professionals/looking-after-your-wellbeing/menopause/world-menopause-day-2023/)

We hope to hold another event on 18th October 2024

Menopause Guidance Document- see [GD46](https://sfhnet.nnotts.nhs.uk/admin/webpages/preview/default.aspx?RecID=2772)

**GP Support**

Amy recently spent some time with a Nottingham GP who is really passionate about improving people’s experience of the menopause at work. The GP reminded of how helpful it is for people to bring a [Symptom tracker](https://rockmymenopause.com/wp-content/uploads/2019/05/Menopause-symptoms-diary.pdf) /diary with them. Also, don’t be afraid to ask for a GP that has an interest in the menopause.

**Caring responsibilities and Menopause**

We spoke about how typical it is that Menopause symptoms hit when we have Caring responsibilities for our parents potentially in addition to having our children to look after still.

We have a [Carers Passport](https://sfhnet.nnotts.nhs.uk/content/showcontent.aspx?contentid=64268) which we encourage colleagues to complete and then share with their manager. There is also a [guidance document](https://sfhnet.nnotts.nhs.uk/content/showcontent.aspx?contentid=62819).

We also have a supportive peer group that meet as the Carers Staff Network which you can join by emailing [sfh-tr.carers.support@nhs.net](mailto:sfh-tr.carers.support@nhs.net)

Contact us on [sfh-tr.wellbeing@nhs.net](mailto:sfh-tr.wellbeing@nhs.net)