



**Integrated  
Care System**  
Nottingham & Nottinghamshire

# Welcome to our World Menopause Day Event 2024

We will start soon

# MEN PAUSE



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## World Menopause Day 2024

Amy Gouldstone, People Wellbeing Lead, SFH

Corinne Kitchen, Deputy People Wellbeing  
Lead, SFH

Nichola Mitchell, Staff Wellbeing Officer, NUH,  
(Tech Wizz)



# Housekeeping

AKA The rules



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- Questions in the chat
- Phones on silent, out of office on
- Presentations will be shared after the event

“X” use #NottsMenopause  
@Notts\_ICS

# Morning Agenda



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Time	Agenda item:
9.00am	Opening of the event
9.15am	Our Menopause Stories <ul style="list-style-type: none"><li>- Life with 2 menopausal women, 2 neurodivergent kids &amp; 7 cats!</li><li>- Menopause and flexible working support from my manager</li><li>- Why does it matter to men?</li></ul>
10.00am	Menopause and Gynaecology including HRT
11.15am	Break
11.30am	Talking to your GP and practice nurse about the Menopause
12.00noon	Menopause, Work and Reasonable Adjustments
12.30pm	Lunch Break

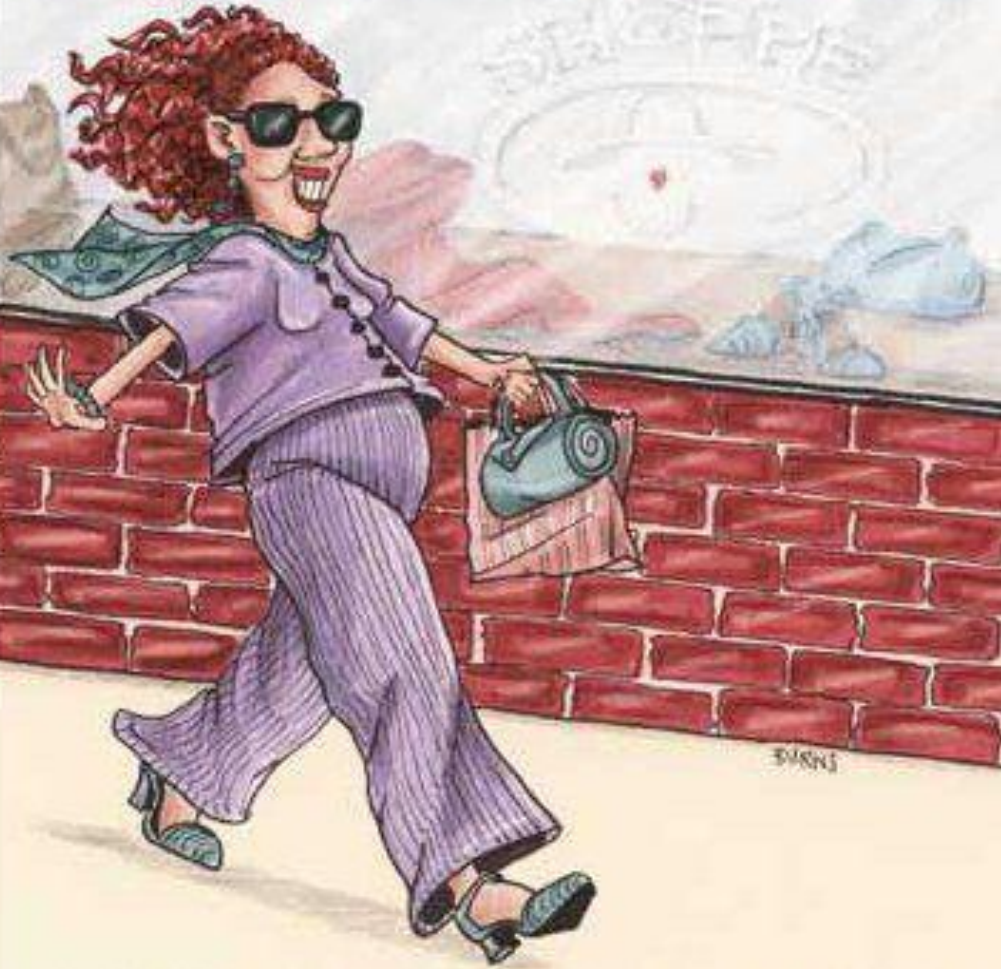
# Afternoon Agenda



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	Title
<b>1.15pm</b>	Mindfulness and the Menopause
	Menopause and Relationships
	Couples Therapy for Depression
	Muscular Skeletal Health and Menopause
<b>2.15pm</b>	Eating Well and the Menopause
	Sleep Well and the Menopause
	Yoga for the Menopause
<b>3.15pm</b>	Don't Ignore your Pelvic Floor! Menopause and your bladder
	Moving Well and the Menopause
<b>4.15pm</b>	Summary and Close

The biggest lie I tell myself about menopause is "I don't need to write that down, I'll remember it."



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## Rosa Waddingham

Chief Nurse, Integrated Care Board  
And Expert by Experience

## But its no joke .....




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- In the NHS nearly 50% of the working population are women between 45 and 64 years old
- 3 out of 4 women experience symptoms
- 1 in 4 report severe symptoms
- Six out of every 10 women experiencing menopausal symptoms say it has a negative impact on their work (NHSE, 2022).
- Around one in six people (17%) have considered leaving work due to a lack of support in relation to their menopause symptoms (CIPD, 2023).
- 1 in 10 women surveyed left due to menopause symptoms (Fawcett Society, 2024)

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A large, multi-colored rainbow arches across the center of the page, framing the central text. The colors from top to bottom are red, orange, yellow, green, blue, and purple.

Learning about menopause is for those experiencing menopause, those who think they will experience menopause, those who want to support someone experiencing menopause, those who want to be aware that others may be experiencing menopause



# References

Cipd (2023) [Menopause in the workplace | CIPD](#)

Fawcett Society (2024) [Menopause and the Workplace \(fawcettsociety.org.uk\)](#)

NHSE (2022) [NHS England » Supporting our NHS people through menopause: guidance for line managers and colleagues](#)