



## Supporting you through the Menopause

As the majority of our workforce are women, Humber, Coast and Vale Health and Care Partnership understand that at some point, they will experience symptoms of menopause, which could impact on their working life.

We are committed to being a menopause friendly organisation and we want to be able to support and help you through this challenging time.

To do this, we have developed various materials, arranged support workshops/webinars and have provided access to external support. This support is free and is available to all health and care staff in Humber and North Yorkshire.

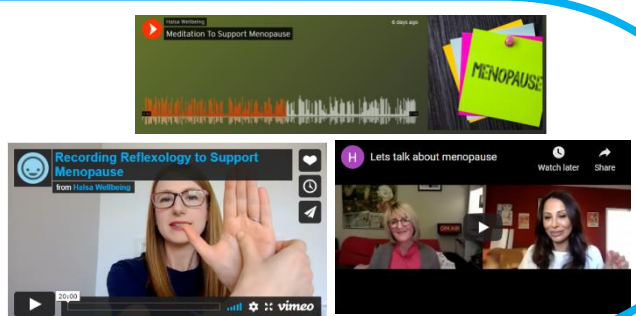
If you are going through menopause or perimenopause, or know someone who is, this is what is available to you:

Watch our senior managers explain why we are committed to supporting you and why it matters to them here: [Menopause Friendly Commitment](#)



Frequent menopause awareness training is available for all staff, (including friends & families) and line managers. You can book to attend an event [here](#)

We have a videos to help you with your Menopause symptoms – these include Reflexology; Meditation; Let's talk about Menopause with Dr Shahzadi Harper; Menopause in Minutes, which can be viewed [here](#)



There are over 20 articles available to you on many topics relating to the menopause including... the menopause in BAME communities; Menopause and Sex; Menopause and bone health; Menopause and hot flushes....plus many more! To take a look please visit our health and wellbeing [page](#)

We have developed a staff support pack which includes guides to help with you with conversations with your GP, your line manager and colleagues, plus a symptom checker.



Support groups are in place through your own organisation or the Humber Coast and Vale Resilience Hub. The Menopause forum has expert speakers who can support you on a range of topics, if you are impacted by the Menopause, for more information please email [hcv.wellbeing@nhs.net](mailto:hcv.wellbeing@nhs.net).



If you are unable to access clinical support for your menopause symptoms, you can access help and support from a virtual Peppy Health nurse. For more information please email [hcv.wellbeing@nhs.net](mailto:hcv.wellbeing@nhs.net)



If you would like any further information or support, contact us at: [hcv.wellbeing@nhs.net](mailto:hcv.wellbeing@nhs.net) or visit our [webpage](#)