

# Free menopause sessions

## Further information

Please see details below for three different sets of health and wellbeing sessions taking place in West Yorkshire and our neighbouring integrated care systems (ICSs).

All sessions are free to attend and are open to anyone working and/or volunteering in health and social care across West Yorkshire.

### 1) Menopause-focused health and wellbeing sessions in West Yorkshire



West Yorkshire & Harrogate Health & Care Partnership

MENOPAUSE

Supporting YOU during the Menopause

HALSA wellbeing

[World Menopause Day](#) takes place on Monday 18 October 2021 and sees events held internationally throughout the rest of the month to raise awareness around this transitional stage for women.

It is a fantastic opportunity for those who are affected by the menopause, those who aren't affected and wider health and care professionals to work together to raise awareness and look at ways to support people impacted by this experience.

During the week commencing Monday 18 October 2021, Halsa will be running a number of wellbeing sessions linked to the menopause on behalf of our ICS.

There are 50 places available on each of the following sessions (all held virtually):

- **Reflexology and self-care to support during the menopause**  
Tuesday 19 October 2021, 9-10am
- **Support during the menopause**  
Tuesday 19 October 2021, 2-3pm  
Wednesday 20 October 2021, 10-11am
- **Why bone health is important during the menopause**  
Wednesday 20 October 2021, 2-3pm
- **Self-care during the menopause**

- Thursday 21 October 2021, 12-1pm
- **Menopause drop-in group**  
Thursday 21 October 2021, 2-3pm
- **Nutritional support during the menopause**  
Friday 22 October 2021, 10-11am
- **Sleep and how to cope with menopausal symptoms impacting on sleep**  
Friday 22 October 2021, 2-3pm

You can [book your place or find out more about the Halsa menopause sessions online.](#)

2) **Menopause-focused awareness session aimed at partners, family members, friends and colleagues wishing to support someone going through the menopause**



**Menopause Training Programme**

*Take your first steps to making your organisation menopause friendly*

In celebration of International day of Menopause and in Collaboration with SYB ICS, colleagues in WY and Harrogate ICS are invited to apply and attend this FREE Menopause webinar aimed at partners, friends and family in order to support and enhance their knowledge about menopause.

**Supporting Menopause for Partners, Team Colleagues and Family members**

This webinar focuses on the important role a partner, team or family member can play in supporting a woman through menopause. As well as covering what menopause is, why and when it happens and ways of managing menopause, participants will also gain confidence in having supportive conversations around menopause and how to get the right support together. To register please follow this link and select 'other' category  
<https://bookwhen.com/sybicshwb/e/ev-s6y0-20211019183000>

South Yorkshire and Bassetlaw Integrated Care System

West Yorkshire and Harrogate Health and Care Partnership

South Yorkshire and Bassetlaw ICS has kindly offered places on its next session to all health and social care staff and volunteers in West Yorkshire.

The session is run in partnership with Henpicked and will focus on helping partners, friends, family members and colleagues to support someone going through the menopause.

The sessions is taking online as follows:

- **Supporting menopause for partners, team colleagues and family members**  
Tuesday 19 October 2021, 6.30-7.30pm

You can [book your place and find out more about the Henpicked session for partners, family members, friends and colleagues supporting someone going through the menopause online.](#)

A big thank you to colleagues at South Yorkshire and Bassetlaw ICS for extending the invite.

### 3) Menopause-focused discussion session with Kaye Adams, TV presenter, journalist and author and Dr Shahzadi Harper – “let’s all talk about the menopause”

Humber, Coast and Vale ICS has kindly offered places on its next session to all health and social care staff and volunteers in West Yorkshire.

“In conversation with Kaye Adams and Dr Shahzadi Harper – let’s all talk about the menopause,” will include a discussion around the perimenopause, the menopause and the way menopause is managed and perceived.

The session will also discuss how the menopause can have an impact on our lives and those of the people we live with or work with and what we can do to support ourselves and those around us who are impacted.

The event is free and will take place online as follows:

- **“In conversation with Kaye Adams and Dr Shahzadi Harper – let’s all talk about the menopause”**  
Thursday 21 October 2021, 1pm

You can [book your place to the menopause discussion with Kaye and Dr Harper online](#).

Join Kaye and Shahzadi on 21<sup>st</sup> October at 13:00 to discuss how the menopause can have an impact on our lives and those of the people we live with or work with and importantly what we can do to support ourselves and those around us who are impacted by the menopause. To book on this session please register via this link: <https://forms.office.com/r/BsTw82LFk4>

