Menopause Support Group

HOW ACTION FOR CHILDREN WORKS

A Staff Network group
Aims of the Menopause Support Group:

- To create an online community for women affected by the menopause.
- To raise awareness of the impact of the menopause on colleagues.
- To provide a safe space for women to share their experiences.
- To share ‘top tips’ about the menopause.
- To normalise conversation around the menopause.
- To ensure the wellbeing of staff and understand how the menopause affects different people.

How we do this:

- By inviting all women to our regular sessions.
- By giving women the opportunity to share tips and ideas.
- By inviting colleagues and external speakers to provide support and advice.
- By advising senior management on the impact of the menopause, and highlighting good working practices.

For more information please contact: menopause@actionforchildren.org.uk