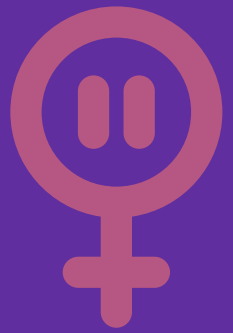




# Four Nations Menopause Event



Join us on Teams for an event which brings together speakers from the four nations of the UK to talk about all things menopause!

Running from 12.00 until 14.00 on World Menopause Day, Tuesday 18th October, please feel welcome to join us for the whole event, or just the items that you are interested in.

[CLICK HERE](#)



**Teams Link**

**12.00** Event opens - welcome

**12.10** **What is the Menopause, what are the symptoms and what can you do?**  
Dr Liz Simpson, Reg Health Psychologist, Ulster Uni

**12.30** **Boots No7 Menopause Skincare**  
Charlotte Goodacre, Regional Business Manager, Southwest England (Devon, Cornwall & Somerset)

**12.50** **Over The Bloody Moon**  
Lesley Salem, Founder, Over The Bloody Moon

**13.00** **Maintenance of the Bladder during Menopause**  
Dr Tina Peers, Consultant in Contraception and Reproductive Health & Menopause Specialist

**13.20** **Menstrual Disorders**  
Prof Nick Panay, Consultant Gynaecologist

**13.30** **Balance App - demo and signposting**  
Julie Turley-Lister, Torbay and South Devon NHS Foundation Trust

**13.40** **Social Determinants of Menopause**  
Dr Martin Sharp, Lecturer in Public Health, Epidemiology, Edinburgh Napier University

**14.00** Event Closes

M E N O P A U S E