

MENOPAUSE AWARENESS SESSION

Join us for a staff awareness session facilitated by **Fiona Harrity**, Menopause Care Nurse, who will provide an overview of menopause awareness, and available sources of support and information



DATE

14 OCTOBER, 2026



TIME

12.30PM - 1.00 PM



LOCATION

MS TEAMS

To register:
please
click/scan here

This session will explore:

- What menopause is and how it can affect wellbeing
- Common symptoms and their impact
- Support available for staff
- Helpful resources and signposting



ALL BHSCT STAFF ARE WELCOME TO ATTEND