



**Let's talk menopause**

West Yorkshire Health and Care Partnership is working with people affected by the menopause across health and social care to stamp out the taboo and stigma that still exists. Join us for a programme of events, activities and the release of resources. From being a woman in the workplace, to taking care of your wellbeing, to making the menopause mainstream - there's something for everyone of all genders beginning March 2022..



## West Yorkshire Health and Wellbeing Programme 2022

Addressing your own wellbeing in busy and stretched roles can often feel overwhelming, but small simple steps can help to move the dial on your wellbeing. We're taking steps to help with our new West Yorkshire Health and Wellbeing Programme for 2022.



[Find out more and book your place on a health and wellbeing session](#)

## Menopause awareness sessions for colleagues, partners, families and friends

A series of free menopause awareness sessions launched as part of [International Women's Day](#) on Tuesday 8 March 2022 and will run throughout March and April.



H E N P I C K E D

The sessions are being offered in partnership between Henpicked and West Yorkshire Health and Care Partnership (our integrated care system, or ICS) and are open to all staff and volunteers working in health and social care.

Sessions are being held for colleagues, for people working in human resources, organisational development, occupational health or health and wellbeing roles (HR, OD, OH or HWB), for line managers wanting to understand how to support their teams and for partners, friends and family members of someone going through the menopause.



[Find out more and book your place on our virtual menopause sessions](#)

## Free online resources - let's talk menopause!

Our resources can be found on the [West Yorkshire Health and Care Partnership Staff Mental Health and Wellbeing Hub website](#), including short videos, podcasts, factsheets and guides on the menopause.

The resources have been gathered as part of the West Yorkshire health and wellbeing programme and are free to access whenever it suits you.

There's something for everyone. So whether you're a person experiencing perimenopause or menopause, a friend, partner or family member of someone who is, or whether you're a leader or healthcare professional - take a look and join us to get informed, make a difference and help us to bring menopause to the mainstream.



[Visit the West Yorkshire menopause resource web pages](#)

## New podcast: 'We Work Together - the menopause'

Join our group of health and care leaders to have a frank discussion around menopause. Part of our 'we work together' menopause podcast series and hosted by Dr Anne

Connolly MBE, the session captures four women in conversation about the menopause, covering everything from clinical experience, symptoms, top tips, working during the menopause, when and how to ask for help and how it feels to live through it.



[You can listen to the 'we work together - the menopause' podcast on the West Yorkshire menopause resource pages](#)

## Blog from Dr Anne Connolly MBE on women's health and the menopause

As part of the launch of our menopause resources to mark International Women's Day 2022, Dr Anne Connolly MBE has written a blog on the importance of focusing on women's health.

Anne is a GP with a special interest in women's health and was awarded an MBE in the 2021 birthday honours list for her services to local communities in this area.



[Read a blog from Dr Anne Connolly MBE on women's health and menopause in the workplace](#)