

Let's support all women this Menopause Awareness Month

Together, we can ensure that menopause is recognised and understood.
Small changes in the workplace can make a big difference.

How we can all play our part:

Understand symptoms:

Learn how they can affect work
and everyday life for those affected.



Open conversations:

Encourage open, respectful
discussions with colleagues
and managers.



Support each other:

Offer support by being flexible,
understanding, and inclusive.



Sign up to the Menopause Workplace Pledge and access
Wellbeing of Women's toolkit to help build a menopause-positive workplace:
wellbeingofwomen.org.uk/mwp

