



Building the Future of Primary Care

Conference 26th September 2023

5 Minute Talks Topic: Menopause Clinic

From Speaker: Brigitte Kaviani & Beth Wilstanley

A mixed group attended the tabletop discussion after the 5-minute presentation.

Discussion Points:

Menopause Audit Card Available and were handed out.

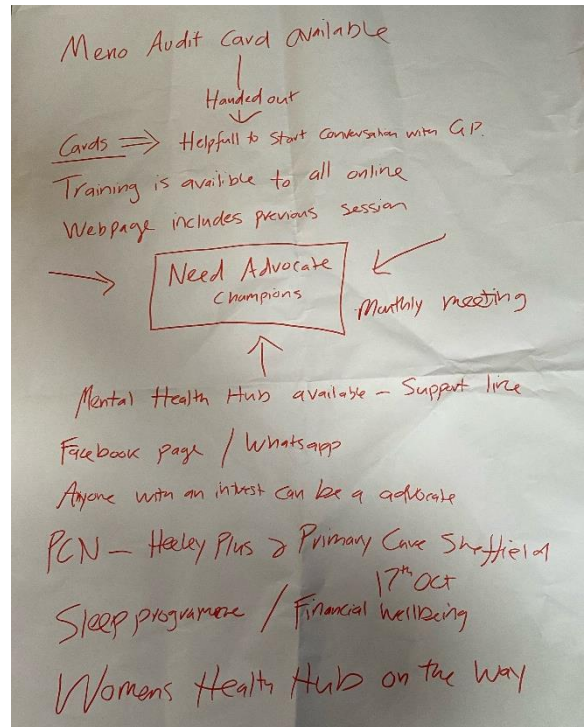
The cards can be used to help you have a guided conversation with your GP.

Alongside the cards is a dedicated webpage with training sessions – past and future.

Mental Health Hub has a support line with help available – with Facebook page & WhatsApp Group

There is a women's health hub in the making.

**Menopause Advocates
Needed!**
**Anyone with an interest can
be an advocate.**



**SLEEP WELL PROGRAMME AND
FINANCIAL WELLBEING ADVICE
AVAILABLE**

**ONLINE INFORMATION SESSION
17TH OCTOBER 2023.**