



# Menopause Training and Wellbeing Support for staff in Primary Care

Supports wellbeing of your staff as a line manager

Supports the Caring element of CQC of workforce wellbeing and enablement

Supports the QOF workforce physical and mental wellbeing indicator to establish peer support networks in your PCNs

## Menopause Champion/Advocate Training

These courses will enhance your knowledge in awareness about menopause

Courses can be booked at the [SYICS Health & Wellbeing Training Hub](#)

If you have any queries about the training please email us on [syicb-sheffield.hwb@nhs.net](mailto:syicb-sheffield.hwb@nhs.net)

## Mental Health Support

Staff can access free 24/7 mental health support at

[sybhealthandwellbeinghub.yourcareap.co.uk](https://sybhealthandwellbeinghub.yourcareap.co.uk)

If you would like wallet sized cards or leaflets posting to your organisation please email [syicb-sheffield.hwb@nhs.net](mailto:syicb-sheffield.hwb@nhs.net) with contact details, full address and quantity required.

Visit our [Sleep Programme](#) page to find out more about the South Yorkshire ICS Sleep Programme

If you or your organisation would like to be part of the South Yorkshire health and wellbeing strategy: **'Working together for workforce health and wellbeing - 3 year roadmap 2024-2027'** please email [syicb-sheffield.hwb@nhs.net](mailto:syicb-sheffield.hwb@nhs.net) for more information

## Menopause support and resources for health and care staff



[SY ICS Workforce Wellbeing](#)



[Sheruba Draviaraj](#)