

National Care Group Wellbeing: Talking Menopause



We're excited to introduce our new **Talking Menopause** program, part of the National Care Group Wellbeing Strategy.

Every woman will go through the menopause, with many suffering symptoms to varying degrees of severity. National Care Group recognises how important it is to support colleagues currently experiencing symptoms and also those who are keen to learn more in general about the menopause.

Working with an expert consultancy agency, Talking Menopause, we will use their 3-stage program to support and educate colleagues, following the below steps:

1. Talking Menopause Colleague Survey

A survey will be sent to all colleagues to gather your insights and feed into a wider research study to be carried out and analysed by experts at Manchester Metropolitan University. The survey will be completely anonymous but help us gain some valuable feedback and ultimately help businesses better support women in the workplace going through the menopause.

2. Talking Menopause Awareness Webinar

We'll hold two 90-minute webinars on **14 September 2021** and **23 September 2021** – both open to all colleagues, not just women.

3. Managers Workshop

To better help managers to understand and support their team members going through the menopause, they will be invited to attend an online workshop on **29 September 2021**

VISIT ELFY >> Look out for the TALKING MENOPAUSE link launching on ELFY where you can book your place on either webinar via the calendar