



Have you heard about the MyPause staff support Group? Available for anyone who would like support or would like to learn and understand about menopause. We now have over 100 members and are planning our sessions and activities for the Summer and Autumn.

Our next Session is on Friday 16th July, and will be provided by Dr Shweta Bhagat, Consultant Rheumatologist. The session is at 15:30 and available via Teams, on the subject of 'Bone Health in Menopause' If you would like to join our group please email: debs.crelly@wsh.nhs.uk .

Menopause effects many of us, you are not alone.

Learning about menopause is for those experiencing menopause, those who think they will experience menopause, those who want to support someone experiencing menopause, those who want to be aware that others may be experiencing menopause. Our group is inclusive.