

Friday 18 October is World Menopause Day

The theme for World Menopause Day 2024 is Menopause Hormone Therapy



Menopause is a term used to describe the natural decline of a biological woman's reproductive hormones, usually beginning between the ages of 45 and 55, when the body experiences its last menstrual cycle. Some people experience early menopause. This can happen naturally or can be the result of a health condition, medical intervention or treatment.

The menopause is a life event and affects more than half the population, but for too long women, and trans and non-binary people, have had to endure debilitating symptoms with little support.

National statistics tell us that for every ten people experiencing menopausal symptoms, six say that the impact of the symptoms has affected them at work causing them worry and anxiety about their performance.

See below for some helpful resources for you to explore:

[Humber & North Yorkshire event booking page](#) – these are free information/training sessions covering various aspects of the menopause including raising awareness for colleagues and line managers to how to manage symptoms – Humber and North Yorkshire Health and Care Partnership – Booking by Bookwhen

[Henpicked Menopause Hub](#) – a fantastic resource covering all aspects of the menopause including what to do when menopause is affecting your work: – Home | Menopause Hub – Expert information, useful resources, top tips and women's stories (henpicked.net)

[A guide on menopause and the workplace from the Faculty of Occupational Medicine](#) including how to create a supportive environment.

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