

FEEDBACK FROM DUDLEY WOMEN'S HEALTH HUB MENOPAUSE CAFE

DATE

Took place on Tuesday 1 April
2:30pm until 4:00pm

VENUE

Lion Health Surgery
2 Lowndes Rd, Stourbridge
DY8 3SS

18 LADIES ATTENDED

and spoke candidly about their experiences of perimenopause and menopause. The conversation was friendly, relaxed and honest.

MAIN SPEAKER

Dr Victoria Hobbs

Specialist in women's health spent time discussing the menopause and dispelling many of the myths surrounding it.

WHAT WORDS WOULD YOU USE TO DESCRIBE THE EVENT?

Informative Useful Inclusive
Friendly Interesting Educational Factual
Welcoming

WHAT DID I LEARN?

"A lot about myths and potential health benefits of HRT and other things that can help with menopause."

"The different options available has given me motivation."

"Increased knowledge on HRT."

"Facts on variations/ medications specific information/ able to ask."

IDEAS SHARED

More events like this for other issues. Thank you very much.

Menopause in the workplace – workshops.

A fact sheet to take away from the session.

• It would be great to have a support group for ladies with a topic related discussed at each one. Thank you.

I'd love there to be a follow up meeting to keep up continuing and meeting up with the lovely ladies.

FEEDBACK FROM DUDLEY WOMEN'S HEALTH HUB MENOPAUSE CAFE

DATE

Took place on Tuesday 3 June
5:00pm until 6:30pm

VENUE

Halesowen Leisure Centre,
Great Cornbow, Halesowen
B63 3AF

20 LADIES ATTENDED

and spoke candidly about their
experiences of perimenopause
and menopause. The conversation
was friendly, relaxed and honest.

MAIN SPEAKER

Dr Victoria Hobbs

Specialist in women's health spent time discussing the
menopause and dispelling many of the myths
surrounding it.

WHAT WORDS WOULD YOU USE TO DESCRIBE THE EVENT?

Supportive Amazing Informative
Useful Helpful Collaborative
Friendly Relaxed Welcoming

WHAT DID I LEARN?

"That I'm not on my own."

"HRT, Nutrition and Symptoms."

"About weekly hormone functions."

"Can begin any age."

IDEAS SHARED

Email with Links/ websites for future reference.

More events like this around Dudley.

Maybe a whiteboard for key websites/ names/ medications.

What do you do if HRT isn't working well?

FEEDBACK FROM DUDLEY WOMEN'S HEALTH HUB MENOPAUSE CAFE

DATE

Our first menopause cafe took place on Tuesday 4 February 2:00pm until 3:30pm

VENUE

Coseley Family Hub, Bayer St, Coseley, WV14 9DS

22 LADIES ATTENDED

our 1st menopause café and spoke candidly about their experiences of perimenopause and menopause. The conversation was friendly, relaxed and honest.

MAIN SPEAKER

Dr Victoria Hobbs

Specialist in women's health spent time discussing the menopause and dispelling many of the myths surrounding it.

WHAT WORDS WOULD YOU USE TO DESCRIBE THE EVENT?

Informative Insightful Useful
Educational Friendly Supportive Helpful

WHAT DID I LEARN?

"A lot about becoming a women in the future, what to expect. How to support my mother? "

"About bleeding, hormones and self help"

"Useful information about menopausal issues"

"One size does not fit all"

IDEAS SHARED

Creating a self care - self management programme

More of these events for other health issues

Referral into menopause café

Support for families / partners

Specific events focusing on factors relating to the menopause eg; nutrition, sleep, exercise, osteoporosis.

FEEDBACK FROM DUDLEY WOMEN'S HEALTH HUB MENOPAUSE CAFE

DATE

Took place on Wednesday 5 March
2:00pm until 3:30pm

VENUE

Brierley Hill Family Hub
18 Parkes St, Brierley Hill, DY5
3DY

11 LADIES ATTENDED

and spoke candidly about their experiences of perimenopause and menopause. The conversation was friendly, relaxed and honest.

MAIN SPEAKER

Dr Victoria Hobbs

Specialist in women's health spent time discussing the menopause and dispelling many of the myths surrounding it.

WHAT WORDS WOULD YOU USE TO DESCRIBE THE EVENT?

Informative Supportive Interesting
Friendly Excellent Warm Helpful
Reassuring

WHAT DID I LEARN?

"Different HRT meds. Risks and benefits."

"A lot more medication for menopause than I thought."

"Useful information about menopausal issues"

"Importance of knowing symptoms."

IDEAS SHARED

A dietician and bone health exercise could be done in one place, such as at a hub.

To have QR codes for specific helpful sites.

The menopause cafés are a great initiative; it would be great to see these run on a regular basis.

Encouraging self care – self management programme.

FEEDBACK FROM DUDLEY WOMEN'S HEALTH HUB MENOPAUSE CAFE

DATE

Took place on Monday 7 July
10:00am until 11:30am

VENUE

Lye Community Centre,
Crosswalks road, Lye,
Stourbridge, DY9 8BH.

66 LADIES ATTENDED

and spoke candidly about their experiences of perimenopause and menopause. The conversation was friendly, relaxed and honest.

MAIN SPEAKER

Dr Heidi Kerr

Specialist in women's health spent time discussing the menopause and dispelling many of the myths surrounding it.

WHAT WORDS WOULD YOU USE TO DESCRIBE THE EVENT?

Supportive Informative Educational
Interesting Helpful Needed
Friendly safe Knowledgeable

WHAT DID I LEARN?

"Lots of information about the acceptability of menopause, and that I should not suffer."

"Types of medication."

"Various symptoms – varying timeline."

"4 pillars of health."

IDEAS SHARED

Thank you to all involved in running this.

Didn't cover the testosterone hormone.

Would like this at Russell's Hall Hospital.

Translators for non English speaking as I feel they suffer in silence.

As suggested further sessions around nutrition and lifestyle would be helpful.

FEEDBACK FROM DUDLEY WOMEN'S HEALTH HUB MENOPAUSE CAFE

DATE

Took place on Wednesday 7 May
2:30pm until 4:00pm

VENUE

Dudley Family Hub
Selborne Rd, Dudley, DY2 8LJ

16 LADIES ATTENDED

and spoke candidly about their experiences of perimenopause and menopause. The conversation was friendly, relaxed and honest.

MAIN SPEAKER

Dr Heidi Kerr

Specialist in women's health spent time discussing the menopause and dispelling many of the myths surrounding it.

WHAT WORDS WOULD YOU USE TO DESCRIBE THE EVENT?

Informative

Interesting

Amazing

Friendly

Helpful

Open

Welcoming

Reassuring

Relaxed

WHAT DID I LEARN?

"More reassuring information around HRT."

"There are so many symptoms and I'm not alone!"

"About the variety of medications, not just tablets, also risk factors."

"It reinforced things I'd already learned, but it was interesting to hear other people's experiences."

IDEAS SHARED

Great session. Every woman should attend one of these sessions.

Information given is great, hope these can continue around the Dudley Borough.

Would like to know where to go for better advice when GP does not seem to know much.

Needs to go out to more departments / companies.

Speak more on diet/nutrition and nutrients.