

MENOPAUSE CAFE

FINDING CONNECTION AND SUPPORT AT THE MENOPAUSE CAFÉ

When Tej, a 57-year-old local business owner from Stourbridge, saw the Menopause Café at Lion Health advertised on her GP surgery website, she immediately felt drawn to it. She wanted to join the conversation, not only to share her own experiences but also to support other women going through the same journey.

Tej runs a local business specialising in hair removal and skin care, which means she regularly hears first-hand about the challenges women face during menopause.

“So many women battle with the menopause and everything it brings with it,” she explained.

Her own journey has been far from simple. Tej has lived through fibroids, a Mirena coil, three caesarean sections, and eventually a full hysterectomy. She knows all too well how overwhelming health issues can become, and how difficult it sometimes feels to talk about them openly. “It can be so taboo talking about our health, and as women we tend to prioritise our families. But then we get to a point where we need support, so where do we go?”

That’s where the Menopause Café came in.

For Tej, the experience was enlightening and empowering. She found it reassuring to learn that the things she already practised - pilates, strength training, yoga, and a balanced diet—were all effective tools for managing menopause symptoms. Just as importantly, she found comfort in the conversations and shared experiences within the group.

“The café was really inspiring. It’s such a great idea, and I wish we could have more of them,” she reflected.

For Tej, attending the Menopause Café was more than just a meeting; it was a reminder that women don’t have to face menopause alone and that safe, supportive spaces can make a real difference.



Tej, 57,
Stourbridge
Case Study 1



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When I first walked into the menopause café back in May, I wasn't sure what to expect. I just knew I needed to hear from others who were going through the same thing as me and was curious about what I would hear. What I found was a group of women who were open, honest, and brave enough to share their symptoms and experiences without judgement. There was something incredibly comforting in hearing their stories - it made me realise that I wasn't alone in what I was feeling.

The session also included a talk from a doctor who was a specialist in women's health, who took the time to explain different options for managing symptoms and even reassured me (and others) of a few of the myths I'd carried with me. It was reassuring to know that there isn't just one "right" way to navigate this stage of life; there are choices, and we can take control of our health in ways that work best for us.

After reflecting on what I'd heard, I decided to try the natural route - making changes to my lifestyle rather than going straight to medication. I committed to regular exercise, swimming three to four times a week, and adjusted my diet to focus on anti-inflammatory foods. Slowly but surely, I started to notice changes; I lost some weight, my joints no longer ached the way they used to, my blood pressure dropped, and even the night sweats became less frequent. The brain fog is still hanging around (much to my frustration!), but overall, I feel more like myself again.

The biggest gift from the café wasn't just the practical advice, it was the sense of community, the feeling of being seen and understood. Menopause can feel like a lonely road, but sitting with other women who simply "get it" has been a source of real strength.

I've always prided myself on having a positive outlook on life, but the sudden wave of symptoms all hitting at once really tested that. Thanks to the café, I now feel more equipped, more hopeful, and more compassionate toward myself.

I truly hope these cafés continue and reach even more women. After all, we make up such a large part of the workforce and community, and when we're supported, even small changes to our health and wellbeing can ripple out into every part of our lives.



Case Study 2

