

**Bank
Workers
Charity**

Menopause

Line managers session

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Wellbeing Manager



We exist to support the health and wellbeing of current and former bank employees, and their families.

**Bank
Workers
Charity**

Independent

We're entirely independent of the banks

About us

Advice and support

We provide information, advice and support

Free and Confidential

Our services are free and confidential

**Physical and
mental wellbeing**

We help support
your physical and
mental wellbeing

Relationships

We provide couples
counselling and
family therapy

**Health and
Wellbeing**

Grants

We are able to
offer financial
support

Carers

We support carers
and people living
with disabilities

Legal Advice

We provide access
to a legal advice
service

Perimenopause



Transition leading up to the menopause



Symptoms start a few months or years before periods stop



Period of **hormonal change**



No clear starting point



Average length is **4 years**

Changes

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Memory and
concentration

Difficulty
Sleeping

Vaginal
dryness

Fatigue

Low mood or
anxiety

Feeling
unhappy or
depressed

Muscle and
bone pain

Night sweats

Menopause



1 **year** after the last period



Premature **O**varian Insufficiency (POI)



Average age **51**



By 2025 **1 billion women** in the world will be post-menopausal



Possible at **any age**



Affects **everyone**

Impact

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14million

work days a year lost are related
to menopause
(Health & Her Survey 2019)

1 in 4

women who are experiencing the
menopause consider leaving work

70%

did not speak to their line manager
about their symptoms
(Fertifa 2022)

What can I do?



Vocalise

Tell your team you attended this



Inclusive

Do more than be approachable



Don't assume

Menopause is complex



Compassion

Create an open environment



Guide don't diagnose

Advertise support available

Support

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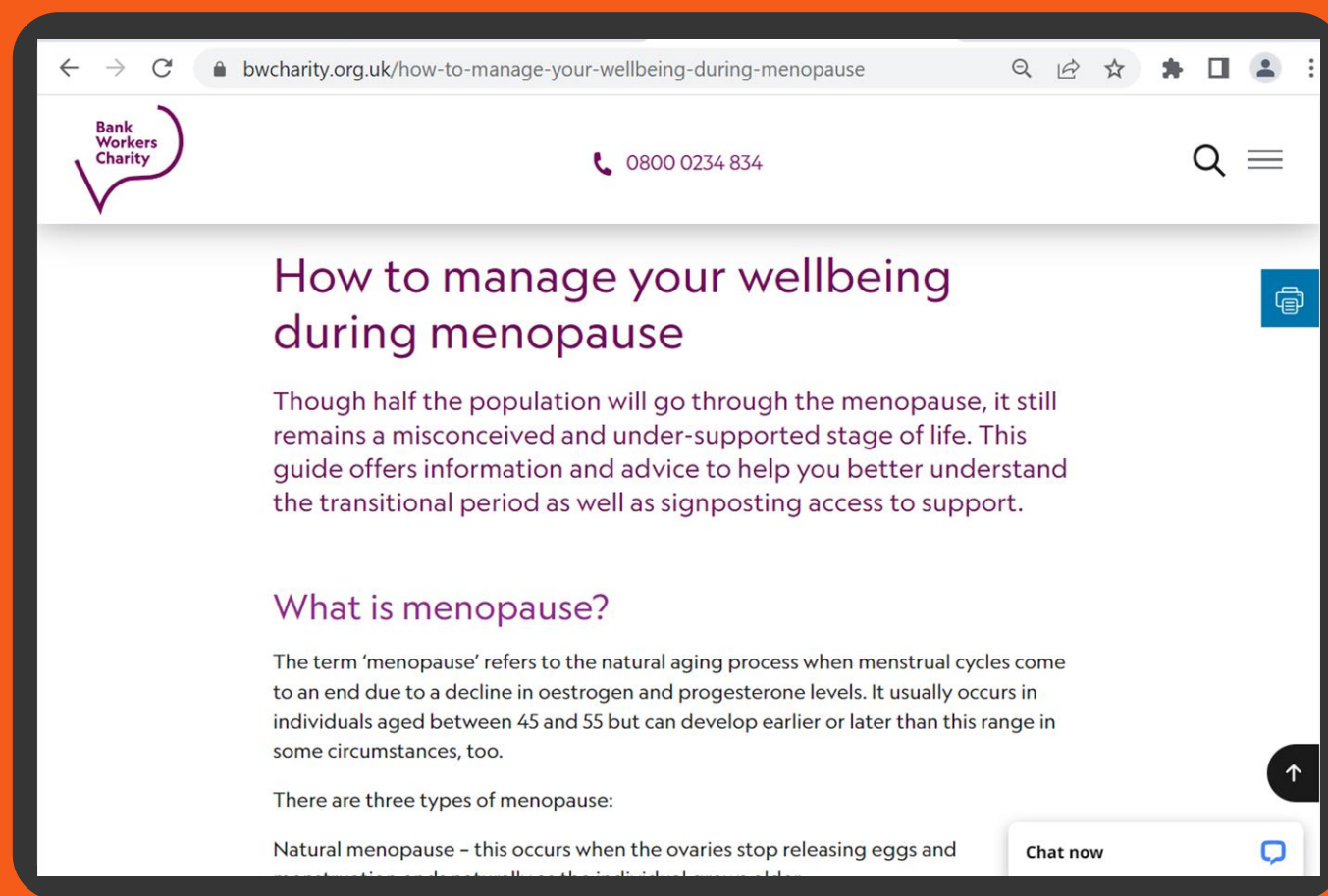
Perception

Confidence
may take time
to build

‘It suggests that we have a high cultural tolerance for women’s suffering. It’s not regarded as important.’ Susan Dominus, New York Times

Our online guide

Bank
Workers
Charity



The screenshot shows a web browser displaying the Bank Workers Charity website. The URL in the address bar is bwcharity.org.uk/how-to-manage-your-wellbeing-during-menopause. The page features the Bank Workers Charity logo in the top left, a phone number 0800 0234 834 in the top center, and a search icon in the top right. The main heading is "How to manage your wellbeing during menopause". Below the heading is a paragraph of text: "Though half the population will go through the menopause, it still remains a misconceived and under-supported stage of life. This guide offers information and advice to help you better understand the transitional period as well as signposting access to support." The next section is titled "What is menopause?" and contains a paragraph: "The term 'menopause' refers to the natural aging process when menstrual cycles come to an end due to a decline in oestrogen and progesterone levels. It usually occurs in individuals aged between 45 and 55 but can develop earlier or later than this range in some circumstances, too." Below this is another paragraph: "There are three types of menopause:". The page also includes a "Chat now" button in the bottom right corner and a scroll-to-top button.

Bank Workers Charity

0800 0234 834

How to manage your wellbeing during menopause

Though half the population will go through the menopause, it still remains a misconceived and under-supported stage of life. This guide offers information and advice to help you better understand the transitional period as well as signposting access to support.

What is menopause?

The term 'menopause' refers to the natural aging process when menstrual cycles come to an end due to a decline in oestrogen and progesterone levels. It usually occurs in individuals aged between 45 and 55 but can develop earlier or later than this range in some circumstances, too.

There are three types of menopause:

Natural menopause - this occurs when the ovaries stop releasing eggs and

Chat now

Keep in touch

Scan the QR code to
sign up to our monthly
wellbeing email



Connect with us on:



@bwcharity



bwcharity



Bank Workers Charity

Supporting the banking community past and present



0800 0234 834



<https://www.bwcharity.org.uk/contact-us>



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