

Menopause

Heena Patel
Wellbeing Manager



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

Independent

We're entirely independent of the banks.

About us

Advice & support

We provide information, advice and support.

Free & Confidential

Our services are free and confidential.



Perimenopause



- **Transition** leading up to the menopause.
- Period of **hormonal change**.
- Average length is **4 years**.
- **Symptoms** start a few months or years before periods stop.
- **No clear** starting point.



Changes



Memory and
concentration

Difficulty
Sleeping

Vaginal dryness

Low mood or anxiety

Fatigue

Feeling unhappy
or depressed

Muscle and
bone pain



Menopause

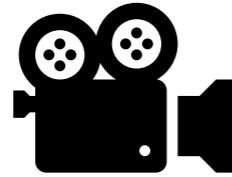
- **1 year** after the last period.
- Average age **51**.
- Possible at **any age**.
- **Premature Ovarian Insufficiency**.
- By 2025 **1 billion** women in the world will be post-menopausal.
- Affects **everyone**.
- **Pandemic** has impacted symptoms.



All the things we don't talk about. Menopause and...



Media



Grey hair

Suicide

116 123

Positive changes



Valuing age

“Felt incredibly broken”

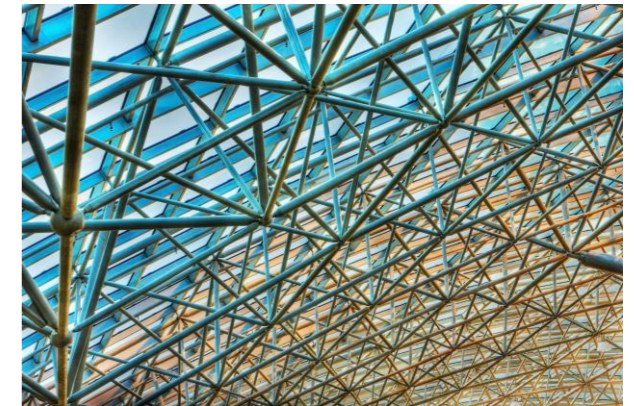
Newson Health Podcast



Menopause and work



- 90% of organisations don't have a menopause **policy**.
- 14 million work days a year **lost** related to menopause.
- 1 in 4 women who are experiencing the menopause are leaving work.
- 75% of menopausal women felt they couldn't talk to their line manager about the real reasons for their absence from work.



Support



GP



Therapies



Gen-M

www.gen-m.com//



Balance App

www.balance-menopause.com/balance-app/



**Daisy
Network**

www.daisynetwork.org



Menopause Charity

www.themenopausecharity.org



How to manage your wellbeing during menopause

What is menopause?

Contact BWC



Call us 0800 0234 834

Talk to us via LiveChat (available on our website)

Email us hello@bwcharity.org.uk

Email me heena.patel@bwcharity.org.uk

 www.bwcharity.org.uk

 [bwcharity](https://www.facebook.com/bwcharity)

 [Bank Workers Charity](https://www.linkedin.com/company/bwcharity)

 [@bwcharity](https://twitter.com/bwcharity)

The Bank Workers Charity is the working name of the Bankers Benevolent Fund, a company limited by guarantee in England (No. 19366) and a charity registered in England (No. 313080)