

PERI MERI MOMENTS



The Peri Meri Menopause Moments Project Bulletin

Hello 😊

Wow – what a month it's been! There's been so much happening, so here's a little round-up of all the exciting things going on...

Paula's Patch!

🌟 Peri Meri Programmes Are Back!

We're thrilled to announce the return of our Peri Meri Programmes next month!

- Debbie Chessum, Health Coach at NKDC, will be leading a programme in Sleaford starting on Friday 7th November.
- I'll be starting another one in Wellingore on Saturday 15th November.

Details and joining instructions can be found in the bulletin – we'd love to see you there!

🧠 Menopause & Mental Health Sessions

I've delivered a few Menopause & Mental Health sessions for different organisations and groups this month, with more lined up for next month – which is fantastic! It's always a privilege to reach such a wide range of services. I'm also delighted to share that Vicky, our CEO, recently delivered her first session – and it went brilliantly 😊

You might be wondering: why do we combine menopause and mental health?

The answer is simple – they are deeply connected. Raising awareness means talking about both together. These sessions are open to all, and we also signpost to key mental health support services across the county. If this is something you're interested in, just drop us an email at meno@every-one.org.uk

🧑 Men and Menopause Awareness Sessions

We've run a few sessions focused on Men and Menopause Awareness, though attendance has been a little low so far. So here's your invitation – if you're curious about menopause, don't worry if you don't know much (most people don't!). These sessions are relaxed, informative, and interactive. Plus, I'll be joined by the brilliant Jon Mansfield, who helps keep me on track when I start to veer off!

🛍️ Peri Meri Menopause Marketplace Events

We've also hosted a couple of Marketplace Events – no small feat!

- Lincoln in June
- Most recently in Skegness and Grantham

A huge shout-out to Sharon Keeble for her stellar organisation – from stallholders to session planning, she's been amazing.

Thank you to all our stallholders and session leads – your support and contributions have been invaluable. Feedback has been overwhelmingly positive, and it's wonderful to see attendees getting so much from these events.

Next up: Market Rasen and Spalding! We can't wait 😊

☕ Our First Menopause Café!

We hosted our very first Menopause Café on Saturday 18th October in support of World Menopause Day – and it was brilliant! There was plenty of chat, cake, and brews – what more could you want on a Saturday morning? Huge thanks to The Red Lion in Dunston for kindly giving us the space to host, not knowing how many would show up. It was a fantastic turnout, and we'll be doing more – in Dunston and beyond. Watch this space!

We've got so much more to come as part of this project, supporting people through the many stages of menopause. The learning has been huge, and your feedback – whether from a session, programme, or event – is helping shape what we do next.

Thank you for being part of this journey!

Cheers! Paula 😊

FREE MENOPAUSE WELLBEING MARKETPLACES FOR YOU!

These FREE marketplace style events are for you or someone you know to find out what support is out there for your menopause journey....*everyone's welcome!*

- **Wednesday 12th November** - Festival Hall, Caistor Road, Market Rasen, LN8 3HT
- **Thursday 27th November** - Tonic Health, 6 Broadgate House, Westlode Street, Spalding, PE11 2AF

Both the marketplaces are from **10am to 2pm** and there is no need to register....just pop in throughout the day! They are informal, friendly, no obligation spaces that support menopause but also wellbeing in general. Browse at your leisure, pick up some freebies and choose the speakers you'd like to listen to!

No need to book...

JUST POP IN!

There will be providers promoting better sleep, mindfulness, herbs, aromatherapy, therapeutic support, staying active...and lots more! There will be various sessions taking place during the day, so you might like to plan your visit to coincide with one or all of them!

If wellbeing is your business and you'd like a stall at any of the events, drop us an email and we'll be in touch!

You can keep up to date by visiting our website at www.every-one.org.uk/what-we-do/menopause/ or by emailing us at menoevents@every-one.org.uk



OUR FREE 5 WEEK MENOPAUSE PROGRAMME IS BACK!

Are you struggling with menopause symptoms?

We are delivering FREE programmes in Sleaford and Wellingore starting in November.

The Peri Meri Programme consists of 2 hour weekly sessions delivered over 5 consecutive weeks covering topics including menopause symptoms, mental health and medications.

With hints and tips around menopause, wherever you are in your journey, this might be just what you need to help you find your way through the 'fog'!

When and where are they being held?

“The support was great both during the programme with the wide variety of speakers that came in to talk about different topics and shared lots of contrasting viewpoints, but also receiving afterwards the monthly bulletins that provided further information and details of courses you can attend I found really comforting.”

Lucille, Peri Meri Programme attendee

SLEAFORD - North Kesteven District Council

STARTING ON

Friday 7th November 2025
10am to 12pm

WHERE

North Kesteven District Council,
Kesteven Street,
Sleaford, NG34 7EF

Want to know more?

For more information and to book your **FREE** place on the **Sleaford** Programme email Deborah_chessum@n-kesteven.gov.uk or call on 01529 414155.

WELLINGORE - Every-One

STARTING ON

Saturday 15th November 2025
10.30am to 12.30pm

WHERE

Every-One, No. 5 The Stables,
Wellingore Hall,
Wellingore, LN5 0HU

Want to know more?

For more information and to book your **FREE** place on the **Wellingore** Programme click [here](#). Still not sure and need more information? Email us at meno@every-one.org.uk

SCAN ME



To find further details about the Programme visit the Every-One website at www.every-one.org.uk/what-we-do/menopause/

MEN & MENOPAUSE

Calling all men! Would you like to know more about the menopause and how it can affect partners, friends, family and indeed work colleagues?

The Men & Menopause online sessions are to help raise awareness of the menopause, its symptoms and how it can make someone on their menopause journey feel. We will also be discussing how you can signpost and access support for yourself and others.

Don't box it up! Join us on one of the dates below and find out more....

Thursday 20th November
2pm to 3pm

Thursday 15th January 2026
11am to 12pm



Scan Me!



BOOK YOUR PLACE!

FREE MIDDAY MINDFULNESS!

We are offering free 1 hour Peri Meri Mindfulness online sessions with Stuart Couling, starting at 12pm on various dates from now to January 2026. The next session takes place at 12pm on **Tuesday 25th November 2025**.

What are the benefits of mindfulness? Mindfulness can help relieve stress and anxiety, help us cope with physical and mental illness and help us lose weight by slowing down eating, allowing us to appreciate our food more. It can help with addictions, lowers blood pressure, improves sleep and promotes more positive mental health.

If you are interested in some midday mindfulness, **find out more and book your place** or scan the QR code.



SCAN ME



EARLY MENOPAUSE CO-PRODUCTION GROUP

Shaping Support and Raising Awareness

The Early Menopause Co-production Group started in September 2025 and brings together women with lived experience to improve support for those affected by early and premature menopause.

The group has identified several key priorities:

- **Accessible Information:** Creating clear, plain-language resources – including short videos and infographics – to help women understand early menopause and communicate confidently with healthcare professionals.
- **Peer Support:** Expanding opportunities for connection, both in-person and online, with a special focus on early menopause. Opportunities for informal gatherings offer a safe space to share experiences and reduce isolation.
- **Mental Health Awareness:** Highlighting the strong link between menopause and mental health, and working to ensure symptoms like anxiety and depression are recognised and addressed. The group aims to promote training for mental health professionals and develop awareness campaigns to reduce stigma.
- **Visibility of Resources:** Improving signposting to trusted support, such as the lottery funded Peri Meri Menopause Moments, five-week course and national organisations like the Daisy Network, so women can easily find reliable help.
- **Evidence-Based Guidance:** Ensuring all shared information is trustworthy and medically validated, helping women avoid confusion from inconsistent online advice.

In recent meetings, members shared personal stories, discussed challenges in accessing support, and highlighted the need for practical, relatable advice. The group is exploring virtual options to reach more women. They are also working on an awareness campaign linking menopause and mental health, and mapping out trusted resources for wider sharing.

The group meets monthly online and welcomes new participants. By working together, they hope to create a supportive community, improve access to information, and ensure that women experiencing early menopause feel heard, understood, and empowered.



THE NEXT MEETING IS ON

MONDAY

10th November 2025



AT

12.30PM – 1.30PM



ONLINE

Microsoft Teams



If you're interested get in touch!



01522 811 582



meno@every-one.org.uk



www.every-one.org.uk

**PEOPLE
WORKING
TOGETHER TO
MAKE THINGS
BETTER!**

CANCER & MENOPAUSE CO-PRODUCTION GROUP

Real Voices, Real Change

Experiencing cancer treatment can often leave individuals feeling lost or isolated, particularly when menopause symptoms begin to appear. If you recognise these feelings, please know that you are not alone.

The Cancer & Menopause Co-production Group, established in May 2025 and facilitated by Every-One, creates a supportive community where individuals can share their experiences, learn from one another, and work collectively to improve the journey for those who follow in their footsteps.

One group member eloquently describes their involvement:

"I have been involved in Co-Production for over a year now and I always leave the meetings feeling energised and listened to. I am learning so much. I have been able to meet healthcare professionals and share my story so that they know what it feels like to be a patient in the NHS. My hope is that this will help to change things for the better for future patients."

I have also met some amazing people who are so open and honest about their illnesses and willing to share their experiences. They are an inspiration and a comfort, always there with a positive idea or reassurance because they have been there too. It's a really safe space where you can just say it how it really is!

We are working together to give something back after all the care we have received and hopefully make a difference to those who will unfortunately follow in our footsteps.

I can't recommend Co-Production highly enough. I'm so happy to be involved."

The Cancer & Menopause Co-production Group meets regularly at the Every-One Offices in Lincolnshire. We extend a warm welcome to anyone affected by cancer and menopause – patients, carers, professionals, and anyone interested in contributing. Each meeting begins with a friendly greeting, a cup of tea, and an open invitation to share whatever is on your mind.

[**Read more**](#)



When:

We meet monthly

Where:

Every-One offices in Wellingore
or online via MS Teams

Contact:

Email: meno@every-one.org.uk

Tel: 01522 811582

Join the group:

www.menocancercopro

MENOPAUSE SUPPORT FOR EMPLOYERS & EMPLOYEES

If you're an employer or employee, knowledge, education and awareness are key to understanding the menopause. Improving staff welfare and retention and enabling those employees to make decisions around what is affecting them and how and what support could be put in place to enable them to continue in their work role.



We are offering employers...

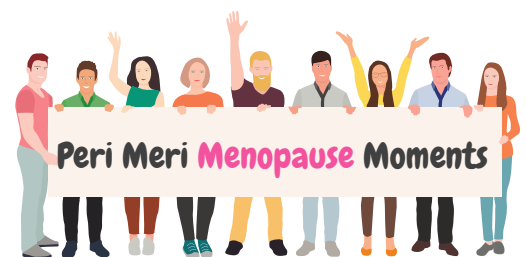
- Menopause support through development and engagement sessions, driven by the individual needs of the employer and their employees
- Access to a network of like-minded employers to share good practice and ideas.

Our next **Employer Network** meeting takes place on **Wednesday 10th December 2025** from 10.30am to 12.00pm via MS Teams and you can register for the meeting [here](https://www.every-one.org.uk/what-we-do/menopause/)

Want to know more? Go to our website for further information and updates www.every-one.org.uk/what-we-do/menopause/

WOULD YOU LIKE TO GET INVOLVED?

Are you an organisation or a self-employed trained professional that offers services or provision that is beneficial to menopause support? Do you run peer support or have funded provision that is supporting menopause already? If so, would you be keen to help support and get involved on the Peri Meri Project?



We are looking for organisations and individuals across the county that can support us to support those on their menopause journey.

Want to know more? Go to our website for further information and updates at www.every-one.org.uk/what-we-do/menopause/



Here's some other stuff going on around the county you might be interested in....

GROUP SESSIONS WITH STUART COULING

 Mindfulness and Meditation group sessions coming soon in amazing spaces around the Sleaford and Grantham areas!

↓ Click the links for information and to book! ↓

 **Mindfulness and Meditation** at **Grantham House Gardens** on **Saturday 25th October** from **9.30 – 11.30am** www.couling.co.uk/mindfulness-meditation-grantham-house-saturday-25th-oct-9-30-11-30am/

 **Mindfulness and Meditation** with animals and nature at **Fairfield Community Farm, Ruskington Fen** on **Tuesday 28th October** from **2.00 – 3.00pm**
www.couling.co.uk/mindfulness-nature-connections-fairfields-community-farm-tue-28th-october-2pm/

 **Mindfulness and Meditation** at **Rauceby Hall Gardens** on **Saturday 15th November** from **9.30 – 11.00am**
www.lumina.uk.com/event-details/mindfulness-in-nature-rauceby-hall-gardens

You'll be most welcome in any of Stuart's sessions to go along, relax and chill in nature using the power of the present moment. Autumn is a favourite time of year, so peaceful, colourful and a reminder it's time to let go of what no longer serves....then set intentions to rest more during Winter allowing new growth come Spring. We are not separate from nature! 🍁 Happy Autumn to you! 🍁

For all one to one sessions on offer including mindfulness, meditation, reiki, readings and animal reiki/communication, visit www.couling.co.uk



Grantham House Gardens



Fairfield Community Farm



Rauceby Hall Gardens

FIND CONFIDENCE (AND COLOUR) THROUGH MENOPAUSE WITH YOU HUE! 🌈

As we move through menopause, our skin tone, hair texture, and natural colouring often change – sometimes subtly, sometimes dramatically. The colours that once lit us up can suddenly feel “off,” and shopping or getting dressed can become frustrating instead of joyful.

That’s where You Hue comes in! Jill, a certified Colour Analysis Consultant based in Lincoln, helps women rediscover their confidence by identifying the colours that truly complement their changing features – restoring radiance, ease, and self-assurance in how they look and feel.

Colour analysis isn’t about rules; it’s about recognition – helping you see yourself clearly again. With the right palette, your complexion looks brighter, your eyes more defined, and your wardrobe starts to feel effortless.

Jill offers one-to-one consultations (both in-person and online) and group sessions that are relaxed, friendly, and often filled with laughter. Many of my clients say it’s one of the most empowering hours they’ve ever spent on themselves. ✨ Find the colours that make you feel like you again.



📍 Based in Lincoln | 💻 Online sessions available | 🌐 youhue.co.uk | 📷 Instagram: [@youhue.cc](https://www.instagram.com/youhue.cc)

MENOPAUSE ADVICE NOW PART OF FREE HEALTH CHECKS

Menopause advice will be added to free health checks to help millions of women get the care they need.

Millions of women across England will benefit from the menopause being included in routine NHS health checks for the first time – marking a landmark step forward in women’s healthcare.

To find out more visit the Gov.uk website at [Major NHS update brings menopause into routine health checks – GOV.UK](https://www.gov.uk/government/news/menopause-advice-added-to-free-health-checks)

NHS FREE MENOPAUSE WEBINAR

Do you want to learn more about the menopause, need support managing menopausal symptoms, or want to know more about HRT? Then why not join the free Virtual NHS Menopause Workshop.

The workshop is free and open to all and is organised by NHS Lincolnshire Integrated Care Board and delivered by Dr Narmatha Kangeyan, Consultant Obstetrician and Gynaecologist at United Lincolnshire Teaching Hospitals NHS Trust.

The virtual menopause workshop will take place on:
Friday 28 November between 6.00pm and 7.30pm

Places can be booked by visiting [Select tickets – FREE NHS Virtual Menopause Workshop – Microsoft Teams](#) and selecting the workshop. The session is open to everybody living in Lincolnshire; regardless of gender, pre, during or post menopause. You can join anonymously. No camera or mic is required, and you can add any questions or comments in the chat which will be answered by Dr Kangeyan during the session.



CANCER SUPPORT Group

EVERY TUESDAY
10 TO 12PM

STARTING ON TUESDAY 14TH OCTOBER

BOXES OF HOPE
23 HIGH STREET
HOLBEACH

Join us for a warm and welcoming group where you can share conversations, and connect with others.

We talk openly about all cancer-related topics in a space filled with empathy, understanding, and support.

Everyone is welcome.

The logo for Boxes of Hope, featuring a stylized bird in flight above the text 'Boxes of Hope'.

Woman To Woman

Support for women by women

Come along and join us for:

- Friendships
- New Skills
- Outings
- Crafts
- Games

Free ongoing weekly group
Every Wednesday, starting 8th October
2025 and throughout 2026

Refreshments provided

1pm - 3pm
at Wayfinder Cafe in Campus for
Future Living, Stanley Avenue,
Mablethorpe
LN12 1DP

CONTACT US
01507 528300 (Ext204)
07554 4580472
training@childrenslinks.org.uk
www.childrenslinks.org.uk

Supported by Theddlethorpe Community Partnership

SOME USEFUL WEBSITES...

Menopause Support - <https://menopausesupport.co.uk/>

The Menopause Charity -

<https://www.themenopausecharity.org/>

Menopause Matters -

<https://www.menopausematters.co.uk/>

Daisy Network - <https://www.daisynetwork.org/>

Bladder & Bowel UK - <https://www.bbuk.org.uk/>

Mental Health Foundation -

<https://www.mentalhealth.org.uk/>

H.A.Y (How Are You) Lincolnshire -

www.haylincolnshire.co.uk

Connect 2 Support -

<https://lincolnshire.connecttosupport.org/>

Lincolnshire Talking Therapies -

www.lincolnshiretalkingtherapies.nhs.uk

Lincolnshire Recover College courses -

<https://www.lpft.nhs.uk/recovery-college>

Mind - Mental Health Charity - www.mind.org.uk

Shine Lincolnshire - www.shinelincolnshire.com

Watch this space!

Coming soon...

- More Peri Meri Menopause Wellbeing Marketplaces coming up in 2026!
- Further programmes will be along soon....keep a look out for one near you!

ANYTHING TO ADD?

If there's anything you'd like to tell our readers about, send it through and we'll add it to the next bulletin. Any courses you're delivering or events you're planning or if you simply want to share some valuable information....let us know!



This project is delivered by Every-One and funded by The National Lottery Community Fund



meno@every-one.org.uk



www.every-one.org.uk