



PERI MERI MOMENTS

The Peri Meri Menopause Moments Project Bulletin

Hello All,

Here's wishing you a wonderful, healthy, prosperous and marvellous 2026!

Paula's
Patch!

So, as we hurtle towards February, wow 🤯 where do I start... it's so scary to think that we are in the final year of the project now!! So much achieved and yet so much more to do...

After hosting a Menopause Café in October, I'm thrilled to say that I'll be **launching a monthly Menopause Café in Dunston, near Lincoln** starting this month, packed with coffee ☕, cake 🍰 and plenty of good conversation! All the dates are listed below and everyone's welcome...be super to see you there! 😊

We've been hatching a cunning plan for future Menopause Cafés in Lincolnshire... and I can't wait to share more with you shortly, just need to suss a few bits out but not long now!

Just a thought...when you deliver another person's session, or in this instance the Peri Meri Menopause Programme, it can be daunting! Not just for the deliverers, but also for me personally! Nothing in relation to the capability of the deliverers I hasten to add...but it's all about your vision and how would I deal with it if others are delivering it and they think it's pants!! Vulnerability in menopause means a lot of things and this is right up there to set panic in!!

So, to me it's been brilliant to get other wonderful, enthusiastic people trained up and to realise that it really works (phew!! 😊) and it's not just something that I dreamt up, which is highly likely with my procrastinating brain fog!!! Although nothing is perfect and we have done a few tweaks here and there on the content, and will continue to do so, the more info we have the better support we can offer. We just need to do lots more of it!

Vicky Thomson, our wonderful CEO, is part way through delivering her very first programme in Moulton and doing marvellously... thank you! 😊

Deb Chessum, Health Coach at NKDC, is part way through delivering her second programme in Sleaford, which is fabulous! Again, it's wonderful – and so energising – to be moving into this exciting next phase. Thank you, Deb! 😊

There are more programmes coming up, some in the planning and others planned.. Donna (Clip Learning) will be delivering her very first Peri Meri Programme in Mablethorpe in March which is very exciting! 😊

We did a podcast!! **Julia Mannion** (Senior Nurse Practitioner) and I were invited to chat with **Jon Mansfield**, who I do lots of work with on the project, to chat about all things menopause on the Lincolnshire Military Veterans & Families Wellbeing Network: Brew and Banter Series. It was great and thank you Jon for making us feel so at ease! You can find out where to listen to the podcast on our [website](#).

We introduced **Dr Jo Blackwell** in the previous Bulletin. Jo is supporting us in evaluating the work what we've been doing and how this impacts individuals and organisations, etc. across the county. If you have attended a programme or took part in a session, we would appreciate it if you could spare some time to have a chat with Jo, who is brilliant, friendly and good at listening! You can drop us a line or you can complete a very short form [here](#) and Jo will be in touch!

We're doing lots of developing, planning, research, reviewing and evaluating in this next month or so, so please watch this space... Cheers! Paula 🤗

FREE MIDDAY MINDFULNESS IN 2026

Discover the power of mindfulness

Mindfulness can help relieve stress and anxiety, help you cope with physical and mental illness and promote more positive mental health.

What are the benefits of mindfulness?

- Reduces stress
- Improves concentration
- Promotes better sleep
- Improves well-being
- Reduces anxiety
- Improves focus

To register for any or all of these free one hour sessions visit www.bit.ly/middaymindfulness or scan the QR code!



Everyone's

Welcome!

All sessions are at 12pm on:

Thursday 12th February

Wednesday 11th March

Wednesday 15th April

Monday 11th May

Thursday 11th June

Tuesday 14th July

Wednesday 16th September

Monday 12th October

Thursday 12th November

Monday 14th December

Thursday 14th January 2027



PERI MERI MABLETHORPE PROGRAMME STARTING SOON!

Are you struggling with menopause symptoms?

The **free** Peri Meri Menopause 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'!

“There was no signposting to go here or there or watch out for this symptom or that symptom. It's only because of the Peri Meri Menopause Programme that I even realised half the symptoms that women go through and what to look out for.

Victoria, Peri Meri Programme attendee

When and where is it being held?



Thursday 12th March 2025



9.30am to 11.30am



Campus for Future Living, Stanley Avenue, Mablethorpe, LN12 1DP

For more information and to book your **FREE** place on the **Mablethorpe** Programme email donna.smith@acisgroup.co.uk

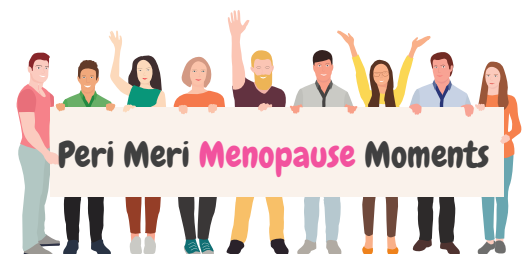
To find out what the programme has to offer, and to find a programme near you, visit the Every-One website at www.every-one.org.uk/what-we-do/menopause

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



MENOPAUSE CAFÉS FOR 2026!

We are hosting more Menopause Cafés in the new year so why not come along for a cuppa and a chat in a safe and confidential space...with cake! 🍰



Menopause Cafés are discussion groups focused on breaking down the stigma around menopause and increasing awareness of the impact of menopause on those experiencing it.

We have multiple dates available and you can come along to as many as you like! All the cafes are being held at **The Red Lion, Middle Street, Dunston, LN4 2EW** from **10.30am to 12.00pm** on:

Saturday 31st January 2026
Saturday 28th February 2026
Saturday 28th March 2026
Saturday 25th April 2026
Saturday 30th May 2026



No need to book, just pop along...it'll be super to see you! Any queries please don't hesitate to contact us at meno@every-one.org.uk.

More information about the international Menopause Café movement can be found at www.menopausecafe.net

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 25th February 2026** from **10.30am to 12pm** via MS Teams and you can register for the meeting [here](#)

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

EARLY MENOPAUSE CO-PRODUCTION GROUP

Join us for our next online co-production group

Are you under 40 and currently experiencing or have experienced menopause early in your life?

The group meets on a monthly basis via MS Teams.

We're creating a supportive space just for you - a place to connect, share and shape something meaningful together and make a positive difference for others.

Not sure what co-production is? Visit our [website](#) to find out more

If this is something you're interested in please get in touch!

 **01522 811 582**

 **meno@every-one.org.uk**

 **www.every-one.org.uk**



JOIN OUR GROUP

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

CANCER & MENOPAUSE CO-PRODUCTION

We understand that experiencing menopause as a result of cancer treatment can be challenging. **You're not alone and your story matters.** By working with people with lived experience and professionals together, we aim to improve the experience for all.

Our Cancer & Menopause co-production group is a safe and welcoming space where women like you can share your experiences and shape information and support for others.

Is this for you? - join us if you:

- have lived experience of menopause as a result of your cancer treatment.
- are a professional who supports women experiencing cancer who may be impacted by menopause.



When:

Monthly on a Thursday
9.30am to 12.30pm

Where:

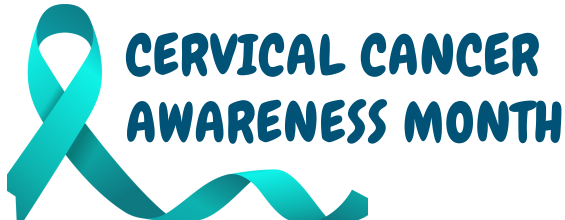
Every-One offices in Wellingore **or**
online via MS Teams

Register:

The link to register your interest in the Cancer & Menopause Co-production is www.bit.ly/cancercoprogrou



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



January is Cervical Cancer Awareness Month.

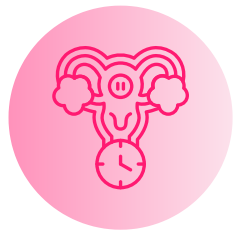
NHS Lincolnshire ICB is reminding people to attend their screening appointment when it is offered to them, as regular screening helps save thousands of lives every year.

To find out more about the cervical cancer screening programme visit the NHS website at

www.lincolnshire.icb.nhs.uk/cervical-cancer-awareness-month/

FREE NHS VIRTUAL MENOPAUSE WORKSHOP

NHS Lincolnshire Integrated Care Board are hosting this free workshop, delivered by Dr Narmatha Kangeyan, Consultant Obstetrician and Gynaecologist at United Lincolnshire Teaching Hospitals NHS Trust.



If you'd like to learn more about menopause symptoms, about managing those symptoms and HRT, then why not join this free virtual workshop.

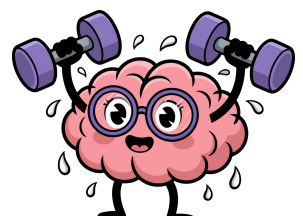
The workshop takes place via Microsoft Teams on **Wednesday 4th February 2026 from 6.00 to 7.30pm.** To register visit www.tickettailor.com/events/nhslincolnshireintegratedcareboard/2021931

TALK CLUB – HOW ARE YOU OUT OF 10?

Talk Club is like the gym but for your mind and is a peer to peer sharing group led by volunteers and is open to everyone.

The groups are held both online and in person in safe, quiet spaces where people can talk and listen.

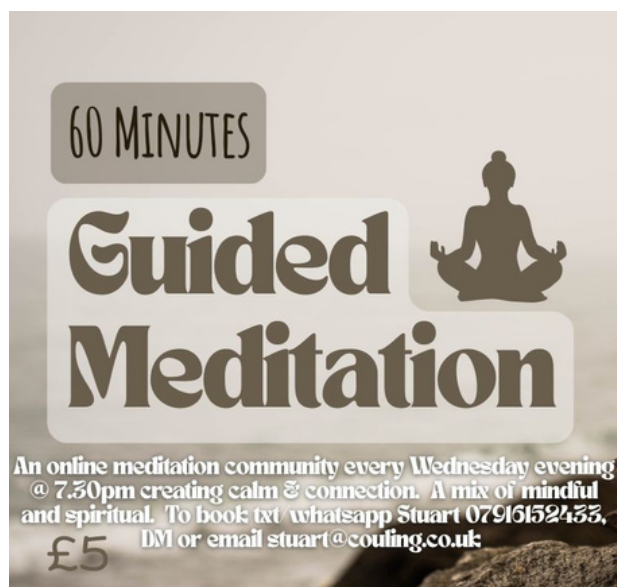
To find out more visit the Talk Club Instagram [@talkclublincs](https://www.instagram.com/talkclublincs) or visit the H.A.Y. website at www.haylincolnshire.co.uk/support/talk-club



GUIDED MEDITATION WITH STUART COULING

From mid January on a Wednesday evening Stuart will be starting weekly online **Guided Meditation** sessions in the evening 7.30 – 8.30pm via Zoom. They will be £5 per session. Email

stuart@couling.co.uk if you'd like to join.



Spring Meditation, Mindfulness and Tea at Grantham House on Sunday 8th March at 2.00pm. Find out more and book your place at www.couling.co.uk/meditation-mindfulness-and-tea-grantham-house-sunday-8th-march-2pm/



Meditation, Mindfulness and Tea
@Grantham House.

Group and one to one sessions are available. Find inner peace through mindfulness, meditation, reiki, spiritual readings/guidance and Indian head massage.

To find out more about Stuart's sessions email stuart@couling.co.uk or visit www.couling.co.uk



FIND YOUR INNER PEACE
through - mindfulness, meditation, reiki, spiritual readings/guidance, indian head massage



- >> 1-1 and group sessions available. (online and face to face)
- >> Animal Reiki/communication also available to bring about a sense of peace, healing and understanding between you and your pet



- >> Book me for private group sessions and work place well-being
- >> Get in touch and start the journey of getting to know the real you and deepen your connection to self, nature and everything else.



call/message - 07916152433
email - stuart@couling.co.uk
www.couling.co.uk

SUPPORT FOR CANCER SURVIVORS & PATIENTS UNDERGOING TREATMENT

Are you or someone you care about living with cancer?

Project St Thomas is a **free** person centred service that can help with companionship and emotional support, as an accompaniment to social activities and with transport, refreshments and practical needs.

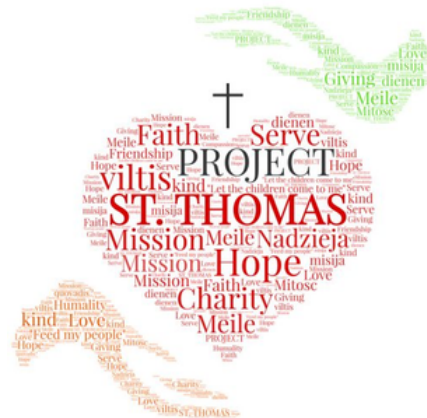
They offer a friendly and welcoming environment to promote confidence and independence and reduce isolation during and after cancer treatment.

How can I access these services?

Talk to your healthcare professional, a social prescriber or community worker who can refer you.

Contact:

✉ project.stthomas@dioceseofnottingham.uk | ☎ 07719 189528 | 📍 52 St Thomas
Road, Spalding, PE11 2XX.



FREE COURSES TO SUPPORT MENTAL HEALTH

Tonic Health, in partnership with Lincs Wellbeing & Recovery College, are offering free courses to help support mental health and wellbeing.

Monday 2nd February 2026

Tonic Health Spalding, 6 Broadgate House, Westlode Street, Spalding, PE11 2AF

- “Living More in the Moment” from 10am to 12pm
- “From Job Application to Interview: how to get it right” from 1pm to 3pm

Monday 30th March 2026

Tonic Health Holbeach, Holbeach Hub, Boston Road South, Holbeach, PE12 7LR

- “Overcoming Unhelpful Thoughts & Worries” from 10am to 12pm
- “Living More in the Moment” from 1pm to 3pm

Book using the QR code opposite or contact:

Website: www.lpft.nhs.uk/recovery-college

Email: lpft.recovery.college@nhs.net

Tel: 01522 309333 Monday to Friday 9.00am to 2.30pm



MINDSET GYM FOR MENOPAUSE

This class is specifically designed to support women who are experiencing symptoms of peri menopause and menopause through functional strength and conditioning.

The class takes place on Mondays from 18:30 to 19:30 at West Lindsey Leisure Centre.

The Mindset Gym includes:

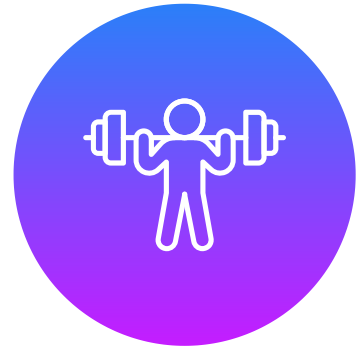
- 50 minute functional strength and conditioning classes
- Cardio, strength, balance, coordination and flexibility conditioning
- An opportunity to meet afterwards for our 30 minute menopause cafe

For more information contact Chris Duncan at:

✉ christhemindsetcoach@outlook.com

☎ 07730 431267

🌐 christhemindsetcoach.com



FIGHTING FIT PREHAB & CANCER REHAB PROGRAMME

Do you have a cancer diagnosis and are looking to improve your physical activity in a safe and supportive environment? Everyone Active might just have the class for you!

Individuals will receive 1:1 support from an L4 Cancer Prehab Instructor to address both emotional and physical aspects of treatment. There is 45 minutes of activity and 45 minutes tea and talk.

Everything you need to know about the programme and who to contact if you have any queries can be found at

www.lincolncityfoundation.com/fightingfitprehab

Referrals are made through the Lincoln City Foundation who will signpost you to the Fighting Fit Cancer Prehab session at either Lincoln or Gainsborough.

A promotional poster for a cancer rehabilitation exercise class. The top section features a photograph of three people (two men and one woman) in a gym setting, smiling and engaged in activity. Below the photo, the title 'CANCER REHABILITATION EXERCISE CLASS FOR EVERYONE' is displayed in bold, black and red text. A short paragraph describes the class as a safe and supportive environment for individuals with a cancer diagnosis. It provides the start date and time: 'Starting Monday 12th January at 12:30-14:00 at West Lindsey Leisure Centre', and mentions '45mins Activity & 45mins Tea and Talk'. A QR code is located on the right side. At the bottom, the text 'HELPING EVERYONE TO KEEP ACTIVE' is shown in a stylized font, followed by the 'everyone ACTIVE' logo. The very bottom of the poster features a silhouette illustration of a city skyline with people walking and sitting on a bench.

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 Recovery College courses –

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

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

Shine Lincolnshire – www.shinelincolnshire.com

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!

Watch this space!

Coming soon...

- Peri Meri Menopause Wellbeing Days!
- Keep a look out for more FREE Peri Meri Menopause Programmes near you!
- More Men & Menopause session dates to come..



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