

# MENOPAUSE cafe



**Saturday 31<sup>st</sup> January 2026**

**Saturday 28<sup>th</sup> February 2026**

**Saturday 28<sup>th</sup> March 2026**

**Saturday 25<sup>th</sup> April 2026**

**Saturday 30<sup>th</sup> May 2026**

**The Red Lion, Middle Street, Dunston, LN4 2EW**

**All the cafes are from 10.30am to 12.00pm**

**No need to book, just pop along!**

**For any queries please don't hesitate to contact us at [meno@every-one.org.uk](mailto:meno@every-one.org.uk) and Paula (your host) looks forward to seeing you there!**

**For more information visit our website by scanning the QR code.**



**DRINK EAT DISCUSS MENOPAUSE**

**[www.menopausecafe.net](http://www.menopausecafe.net)**

