

# PERI MERI MOMENTS



## The Peri Meri Menopause Moments Project Bulletin

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Hello All,

So, as I am writing this the sun is shining and it's beautiful weather outside... and crikey just thinking wow doesn't it half make a difference to your mood and outlook on life, you feel more uplifted and can actually be "arsed" to do stuff (or is that just me!). So for those that have been struggling these last few months – get outside, look up at the sun (even if it isn't the sky will do) and take a few deep breaths and think yep "I have got this" might help, might not, but nature is a big thing in our lives, so why not join us on our Menopause Mindfulness Sessions, get the feeling with all that is going on in the world, these are more helpful than ever!

Paula's  
Patch!

**Sharon** hosted the last **Menopause Cafe**, as true to menopause form...I had double booked myself! She had some lovely ladies join her for coffee and cake and had great chat! The next one is on **Saturday 28th March** and we hope to see you there, everyone's welcome!

As I mentioned in the last bulletin, we have been hatching a cunning plan for more **Menopause Cafe's** in the county. I have organised a couple of online facilitator sessions about how to set up at cafe, one in April and one in May. More information and how to get involved is included in the Menopause Cafe article below.

I have and continue to be doing lots of developing, planning, research, reviewing and evaluating, so please watch this space. **THANK YOU** to anyone who has spoken to the lovely Dr Jo Blackwell, or is about to, in relation to giving feedback on the project, it is massively appreciated! I will drop through more information about our findings over the next few bulletins. In the meantime, I am off in search of more sunshine, because by crikey it doesn't half cheer me up!!!

*All the best... Paula*

# MORE FREE PERI MERI PROGRAMMES 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 are they being held?

### SLEAFORD PROGRAMME



**Starts: Friday 10<sup>th</sup> April 2026**



**10.00am to 12.00pm**



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

To book your place on the programme email [Deborah\\_chessum@n-kesteven.gov.uk](mailto:Deborah_chessum@n-kesteven.gov.uk) or call 07733 368676.

### SLEAFORD PROGRAMME



**Starts: Thursday 2<sup>nd</sup> July 2026**



**6.00pm to 8.00pm**



**St Denys Church Room, Market Place, Sleaford, NG34 7SH**

To book your place on the programme email [Deborah\\_chessum@n-kesteven.gov.uk](mailto:Deborah_chessum@n-kesteven.gov.uk) or call 07733 368676.

To find out more about what the programme has to offer, visit the Every-One website at [www.every-one.org.uk/what-we-do/menopause](http://www.every-one.org.uk/what-we-do/menopause)

# MENOPAUSE WELLBEING DAY

Find out what could support you or someone you know on the menopause journey...everyone's welcome! Browse at your leisure, pick up some freebies and choose the speakers you'd like to listen to.

There will be providers promoting better sleep, mindfulness, herbs, aromatherapy, hypnotherapy, massage, sound baths, staying active and lots more...plus 30 minute sessions on a variety of subjects! Visit our [website](#) to find out more!

**No need to book...just pop in!**



## When

**SATURDAY 16TH MAY  
10.00AM TO 2.00PM**

## Where

**ST DENYS CHURCH ROOM  
MARKET PLACE  
SLEAFORD  
NG34 7SH**

## FREE MENOPAUSE AWARENESS SESSION FOR MEN

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

This online session is to 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....



<b>APRIL</b>	<b>TUESDAY 14<sup>TH</sup> APRIL 2026</b> 10.30AM TO 11.30AM
<b>MAY</b>	<b>TUESDAY 12<sup>TH</sup> MAY 2026</b> 10.30AM TO 11.30AM
<b>JUNE</b>	<b>THURSDAY 11<sup>TH</sup> JUNE 2026</b> 1.00PM TO 2.00PM
<b>JULY</b>	<b>WEDNESDAY 22<sup>ND</sup> JULY 2026</b> 12.00PM TO 1.00PM

To book your place visit <https://bit.ly/menomenawareness> or scan the QR code!



# MENOPAUSE CAFÉS FOR 2026!

We are hosting more Menopause Cafés this 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 28<sup>th</sup> March 2026**

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

**Saturday 30<sup>th</sup> 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](mailto:meno@every-one.org.uk).

More information about the international Menopause Café movement can be found at [www.menopausecafe.net](http://www.menopausecafe.net)

## Thinking about setting up your own Menopause Cafe?

We will be delivering **How to Set up a Menopause Cafe - Host & Facilitator Sessions** via MS Teams on **Wednesday 29<sup>th</sup> April at 10.30am to 11.30am** or **Monday 18<sup>th</sup> May at 2.00pm to 3.00pm** and we'll guide you through the process. So if you're keen to get people together in your community or at work to chat about menopause, eat cake and drink tea (or coffee!) let us know! To register for one of the free sessions visit [www.bit.ly/cafesetupsession](http://www.bit.ly/cafesetupsession)

I wonder how I go about setting up a Menopause Cafe?



# 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 wellbeing
- Reduces anxiety
- Improves focus

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



All sessions are at 12pm on:

**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**

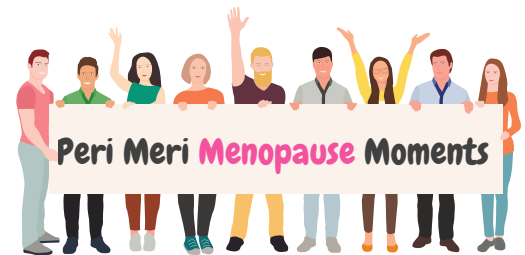


## WOULD YOU LIKE TO GET INVOLVED?

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](http://www.every-one.org.uk/what-we-do/menopause)



# EARLY MENOPAUSE CO-PRODUCTION GROUP

We have postponed the Menopause and Young Person Co-production group for the time being. We are going to set up an adhoc session shortly to establish what we could do to support young people with menopause, over and above what is undertaken via the project already.

We think you need something different in the county, but we're not sure what that should look like. Watch this space for more information.



## 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](http://www.bit.ly/cancercoprogrou)

# 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 22<sup>nd</sup> April 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](http://www.every-one.org.uk/what-we-do/menopause)

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

## BOSTON WELLBEING HUB

Boston Wellbeing Hubs are a safe and supportive space for those experiencing mental health and wellbeing challenges.

They can signpost you to other services in the local area that you may find helpful, including building social networks or developing knowledge and skills to support your mental health and wellbeing.

The Hub is at Centenary Methodist Church in Boston.

To find out more, message them on Facebook – Boston Community Connector, Boston, UK

**W&H**

Our Wellbeing Hubs provide a safe supportive space for those experiencing mental health and wellbeing challenges.

**Location: Centenary Methodist Church, Boston**

We can signpost you to other services in the local area, help you build social networks and develop the knowledge and skills to manage your mental health and improve your wellbeing.

**Boston Wellbeing Hub**

Monday | 1pm til 3pm | **BEAM café**  
Tuesday | 12pm til 3pm | **BEAM café**  
Wednesday | 4pm til 7pm | **Night Light Café**  
Thursday | 1pm til 3pm | **Serenity Circle**  
Friday | 6pm til 8pm | **Night Light Café**

**Where to find us**  
Centenary Methodist Church, Boston

**Message us on Facebook**  
Community Connector,  
Boston UK

**Need urgent help now?**  
Call 111 – select mental health option  
In a life-threatening emergency call 999

H.A.Y. Helping people find local resources for mental health and wellbeing [www.haylincolnshire.co.uk](http://www.haylincolnshire.co.uk)

**NHS** Lincolnshire  
**Lincolnshire** COUNTY COUNCIL  
**Lincolnshire** Community Mental Health & Wellbeing Transformation  
**H.A.Y.** Lincolnshire  
**BOSTON** Medical Centre

## MENOPAUSE SUPPORT FREE CONSULTATIONS

Menopause Support are offering free one to one consultations for those who may be experiencing financial hardship.

If you or someone you know needs help and support, Menopause Support can offer a 45 minute telephone or video consultation with an advisor who has professional nurse training in menopause. The consultations provide an opportunity to be heard and to ask questions about all aspects of menopause. They can also write a letter for your GP as part of the consultation.

For further information about Menopause Support and how to apply for a free consultation, email them at [hello@menopausesupport.co.uk](mailto:hello@menopausesupport.co.uk) or visit their website at [www.menopausesupport.co.uk](http://www.menopausesupport.co.uk)



# 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](mailto:stuart@couling.co.uk) if you'd like to join.

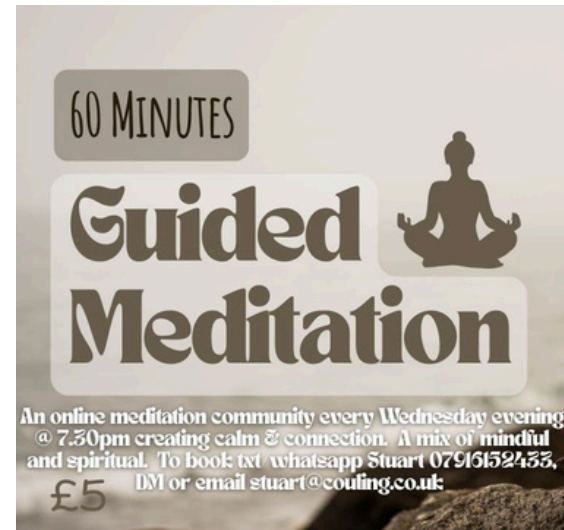
Group and one to one sessions are available. Find inner peace through mindfulness, mentoring, guided meditation, reiki, spiritual readings/guidance, Indian head massage and tuning forks. (I also offer animal reiki/communication as separate sessions.) Whether 60 or 90 mins, we work out what is best for you on that day, plus you will not only feel relaxed, but I will leave you with tools to use after the sessions. If you book regular appointments, I would encourage you to practice and journal and will be on hand for any questions.

## **Mindfulness and Meditation by the Lake – Rauceby Hall Gardens – Saturday 25th April 2026**

This 90 minute session supports local charity [developmentplus](https://www.developmentplus.org.uk). This is Stuart's most popular location as it's so peaceful and away from the noise of the world!

For further information and to book your place visit the Lumina [website](https://www.lumina.co.uk).

To find out more about Stuart's sessions, or make regular appointments, email [stuart@couling.co.uk](mailto:stuart@couling.co.uk) or visit [www.couling.co.uk](http://www.couling.co.uk)



# WOMEN'S HEALTH DAY

Lincoln Women's Health Group are hosting a Women's Health Day on **Saturday 18<sup>th</sup> April from 11am to 3pm at Grafton House, Newland, Lincoln, LN1 1XJ.**

The event is **free** and open to all so why not pop along for a day of information and discovery about all aspects of women's health. There will be stalls from local support groups and interactive presentations from experts.



This event has been organised by a group of local women whose aims are to increase their own understanding of women's health issues and to work to improve services for women and girls.

More information about the day can be found at [www.lincoln-womens-health-group.co.uk/](http://www.lincoln-womens-health-group.co.uk/)

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## WHAT IS THE WAY FORWARD?

Way Forward is an online support group for all women affected by another person's gambling. The group provides a non-judgmental, safe and supportive space for women to share their experiences, find comfort, and empower one another.

Over seven-weekly 2-hour sessions you'll explore several topics including the importance of looking after yourself, guilt and shame, dealing with anger and resentment and how to have difficult conversations.

Way Forward is available to all women in the UK over 18 years old. Sessions are hosted over Zoom and run throughout the year. For more information, please contact [womenspathwaysupport@gamcare.org.uk](mailto:womenspathwaysupport@gamcare.org.uk).

Way Forward is delivered by GamCare's Women's Pathway. GamCare operates the 24/7 National Gambling Helpline for anyone affected by gambling harms. Freephone 0808 80 20 133, WhatsApp 0808 802 0133 or via online chat at [www.gamcare.org.uk](http://www.gamcare.org.uk).



## FREE COURSE 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 30<sup>th</sup> 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

### Contact

Website: [www.lpft.nhs.uk/recovery-college](http://www.lpft.nhs.uk/recovery-college)

Email: [lpft.recovery.college@nhs.net](mailto:lpft.recovery.college@nhs.net)

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



## MIND'S BIG MENTAL HEALTH SURVEY RETURNS

Mind's Big Mental Health Survey is back for a second year, and they need voices like yours to help them better understand how the whole nation is feeling.

To help make a mental health system that works for us all, they need to deepen their understanding of people's experiences of mental health and the system surrounding it. With this information, they can find out where the biggest problems are and what needs to change.

You can complete the survey [here](#).



## CANCER AND MENOPAUSE UNDER 30 PROGRAMME

**Are you under 30 and your cancer treatment has pushed into menopause?**



**Menopause & Cancer: 5 Week Navigating Life in Menopause After Cancer Under 30 Programme** is an online programme designed to support you in your menopause and cancer journey while making meaningful connections with others.

This 5-week programme (Under 30s) has been created specifically for young people who have experienced treatment-induced menopause after any type of cancer. It offers a safe, supportive space alongside advice from medical experts to understand what's happening in your body, make sense of your symptoms, and connect with others who truly get it.

You can find out more about this event and book your place [here](#).

More information about Menopause and Cancer can be found on their website at [www.menopauseandcancer.org/](http://www.menopauseandcancer.org/)

# FREE CPD TRAINING: WOMEN AND GAMBLING HARMS

Up to one million women in Great Britain could be at risk of experiencing harm from gambling (GambleAware 2022).



GamCare's Women's Pathway is offering **free CPD-accredited training for all professionals**, in particular those who work with and support women.

The learning objectives of the training are to understand what gambling harm is and its different forms, recognise the risk factors and drivers to gambling harm, know how to spot the signs of gambling harm, understand the impacts of gambling harm for women who gamble or who are affected by others who gamble and knowledge of referral pathways for help and support.

The training sessions are listed below and can be delivered virtually or in-person:

- Women and Gambling Related Harms training (2 hours)
- Women, Domestic Abuse and Gambling Harms training (2 hours)
- Exploring Women's Lived Experience of Gambling-Related Harm: Nikki's Story (1 hour, CPD accredited)

Contact [womens.pathway.training@gamcare.org.uk](mailto:womens.pathway.training@gamcare.org.uk) for more information.

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## SOME USEFUL WEBSITES...

Menopause Support -

[www.menopausesupport.co.uk/](http://www.menopausesupport.co.uk/)

The Menopause Charity -

[www.themenopausecharity.org/](http://www.themenopausecharity.org/)

Menopause Matters -

[www.menopausematters.co.uk/](http://www.menopausematters.co.uk/)

Daisy Network - [www.daisynetwork.org/](http://www.daisynetwork.org/)

Bladder & Bowel UK - [www.bbuk.org.uk/](http://www.bbuk.org.uk/)

Mental Health Foundation -

[www.mentalhealth.org.uk/](http://www.mentalhealth.org.uk/)

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

[www.haylincolnshire.co.uk](http://www.haylincolnshire.co.uk)

Connect 2 Support -

[lincolnshire.connecttosupport.org/](http://lincolnshire.connecttosupport.org/)

Lincolnshire Talking Therapies -

[www.lincolnshiretalkingtherapies.nhs.uk\\_](http://www.lincolnshiretalkingtherapies.nhs.uk_)

Lincolnshire Recovery College courses -

[www.lpft.nhs.uk/recovery-college](http://www.lpft.nhs.uk/recovery-college)

Mind - Mental Health Charity - [www.mind.org.uk](http://www.mind.org.uk)

Shine Lincolnshire - [www.shinelincolnshire.com](http://www.shinelincolnshire.com)

## Watch this space!

Coming soon...

- More Peri Meri Menopause Wellbeing Days!
- Keep a look out for more FREE Peri Meri Menopause Programmes 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!



[meno@every-one.org.uk](mailto:meno@every-one.org.uk)



[www.every-one.org.uk](http://www.every-one.org.uk)

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