

PERI MERI MOMENTS



The Peri Meri Menopause Moments Project Bulletin

Hello All

So, in last month's Patch I started by talking about the sunshine – and clearly I am still weather obsessed but ooh it's so lovely and makes my world a better place! A bit of warmth and sunshine on your face... it really makes a difference to my mood, does it yours??

**Paula's
Patch!**

Since the last Patch we have some fabulous news...

Hello and welcome to Kate, Mykey, Jo and Sam (LCC)... who are the newly trained Peri Meri Menopause Programme deliverers...woohoo!! So exciting and they have joined Deb (NKDC), Donna & Barbara (Clip Learning) & Vicky (Every-One) in the delivery pilot of the project. We now have lots of programmes across the county already in place, and remember these are available for all women of any age who are struggling with their menopause, whatever stage, or indeed may just want to know more about the menopause, as they feel they might be heading in that direction but just aren't sure. It's free, confidential and you have 5 sessions of impartial educational information in the support of your journey. Any questions or queries though, don't hesitate to drop us a message at meno@every-one.org.uk

Another bit of news, hot off the press... I am going to trial delivery of the programme over 2 days, so that we combine all the 5 sessions. This may or may not work but until I give it a go, we will never know – so watch this space for some of those dates coming out shortly....

We have had a couple of Menopause Cafes... which are great, and Sharon hosted the April Menopause Cafe. She had some lovely ladies join her for coffee and cake and had great chat! We are moving the dates, it's summer, weekends are not the best time for most, so the first Tuesday of the month it shall be! The next one is being held on **Tuesday 2nd June from 6.00 to 7.30pm. Please note:** the menopause cafe planned for Saturday 30th May will not be taking place. We hope to see you there on 2nd June...everyone's welcome!

As I mentioned in the last bulletin, we have been hatching a cunning plan for more Menopause Cafes in the county and, if you're interested, we have a couple of Menopause Cafe Host & Facilitator training sessions coming up, one in April and one in May. Find out more and register on our [website](#).

We hosted an Employer Network meeting on 22nd April. We'd like to thank our guest speakers, Rod Smith from GamCare and Nicola Eaton-Taylor from Lincoln Diocese for coming along and chatting to us...more details in the Menopause Support for Employers article below.

And last but by no means least, why not come along and join us at our **Menopause Wellbeing Day on Saturday 16th May from 10am to 2pm at St Denys Church Room in Sleaford**. You don't have to book, simply pop in when you like throughout the day and visit the stalls, pick up some freebies, enjoy some treatment demos, mindfulness or a sleep session! Everything you need to know is on our [website](#)!

I am going to leave it there today – lots to say, could turn this into a novel if I am not careful but thank you all for your continued support of the project, it's massively appreciated...

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'!

“ I found out about the Peri Meri Menopause programme on Facebook, at first, I wasn't sure whether I would go, but I did in the end and was really pleased that I had. Everyone was really supportive of each other and as we agreed our own rules of engagement of what was said in this room, stayed in the room - it became a safe space to talk.

Em, Peri Meri Programme attendee ”

Where and when are they being delivered?

BOSTON



Starting: Tuesday 19th May 2026



5.00pm to 7.00pm



Scott House, Skirbeck Road, Boston, PE21 6DG

To book your place on the Boston programme visit

www.tickettailor.com/events/lincolnshirecountycouncil3/2165222

MARKET RASEN



Starting: Wednesday 27th May 2026



12.45pm to 2.45pm



The Grange Cafe & Hub, 5 Market Place, Market Rasen, LN8 3HJ

To book your place on the Market Rasen programme visit

www.clipearning.com/courses/peri-meri-menopause-moments-2/

GAINSBOROUGH



Starting: Thursday 28th May 2026



6.30pm to 8.30pm



Park Springs Community Centre, Riseholme Road, Gainsborough, DN21 1NJ

To book your place on the Gainsborough programme visit

www.clipearning.com/courses/peri-meri-menopause-moments/

SPALDING



Starting: Friday 12th June 2026



10.00am to 12.00pm



Chappell Centre, Pinchbeck Road, Spalding, PE11 1QF

To book your place on the Spalding programme visit

www.tickettailor.com/events/lincolnshirecountycouncil3/2177276

SLEAFORD



Starting: Thursday 2nd July 2026



6.00pm to 8.00pm



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

To book your place on the Sleaford programme email Deborah_chessum@n-kesteven.gov.uk or call 07733 368676.

To find out more about what the programme has to offer, visit our website at 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](https://fb.me/e/cPqcQ13vI) to find out more and you can share the event on Facebook <https://fb.me/e/cPqcQ13vI>

It's **free** to attend and there's **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

MENOPAUSE SUPPORT FOR EMPLOYERS & EMPLOYEES

If you're an employer or employee, knowledge, education and awareness are key to understanding the menopause and improving staff welfare and retention.

It enables 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 via the Employer Network.



Our next **Employer Network** meeting takes place on **Thursday 16th July 2026 from 10.30am to 12pm** via MS Teams and you can register for the meeting [here](#)

The notes of the April network meeting can be found on our [website](#), along with the slides from a presentation from Rod Smith of Gam Care about Women and Gambling-Related Harms training. There is also guidance available around implementing a menopause champion/buddy/friend in the workplace.

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

EVENING MENOPAUSE CAFES!

We are hosting more Menopause Cafes this year, so why not come along for a cuppa and a chat in a safe and confidential space...with cake!



Menopause Cafes 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 6.00pm to 7.30pm** on:

Tuesday 2nd June 2026
Tuesday 7th July 2026
Tuesday 4th August 2026
Tuesday 1st September 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 Cafe movement can be found at 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 **Monday 18th May at 2.00pm to 3.00pm** where 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

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



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....

MAY	TUESDAY 12TH MAY 2026 10.30AM TO 11.30AM
JUNE	THURSDAY 11TH JUNE 2026 1.00PM TO 2.00PM
JULY	WEDNESDAY 22ND JULY 2026 12.00PM TO 1.00PM

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



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



All sessions are at 12pm on:

- 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

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



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

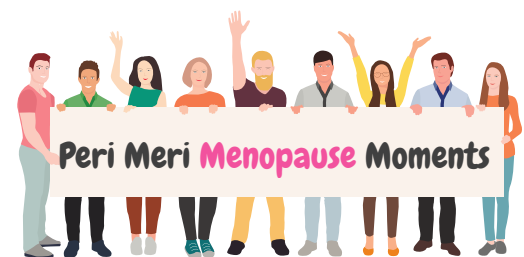
Register:

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

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. If you'd like to find our more visit our website 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!

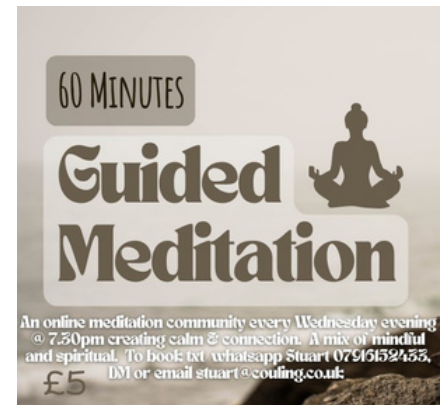
GUIDED MEDITATION WITH STUART COULING

stuart  couling

On a Wednesday evening Stuart is hosting weekly online **Guided Meditation** sessions in the evening 7.30 - 8.30pm via Zoom. They are £5 per session. Email 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. Stuart also offers 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.

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



FREE COURSES FOR WELLBEING

Centenary Church in Boston is hosting free courses from the Wellbeing & Recovery College to support mental health and wellbeing.

 Wellbeing & Recovery College


Lincolnshire Partnership
NHS Foundation Trust

- **Journaling for Wellbeing**
Wednesday 13th May from 10am to 12pm
- **Building Routine**
Wednesday 13th May from 1pm to 3pm

Both courses are being held at Centenary Church, Red Lion Street, Boston, PE21 6NY.

To book a place on either or both of these courses, scan the QR code opposite or visit www.lpft.nhs.uk/recovery-college or email lpft.recovery.college@nhs.net or call 01522 309333, Monday to Friday, 9am to 2.30pm.



WELLBEING TO SLEEP WELL

The Lincolnshire Sleep Hub is hosting **The Wellbeing to Sleep Well** event at **The Storehouse in Skegness on Thursday 18th June from 10am to 3.30pm.**

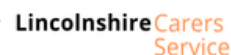


This is a free event filled with information and activities to support wellbeing and promote restful sleep.

There will be lots of information and stalls for you to look around and interactive sessions to support your wellbeing.

There will be free refreshments available throughout the day.

To find out more and to register your attendance scan the QR code opposite or drop them email at lincssleep@thesleepcharity.org.uk



FREE SKINCARE & MAKEUP WORKSHOP IN SPALDING

This **FREE** Skincare & Makeup Workshop, hosted by Project St Thomas, is being held in Spalding on **Monday 4th May from 1.00 to 3.00pm.**

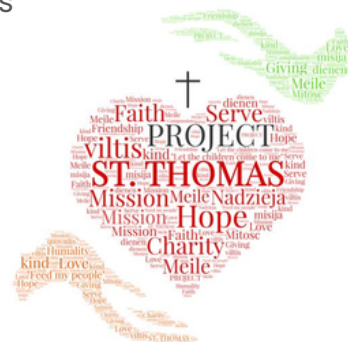
The Workshop is for anyone with cancer, from the point of diagnosis up to one year after treatment has finished. You can be receiving any type of treatment – radiotherapy, chemotherapy, hormone therapy or perhaps you just needed an operation to remove the cancer. You are welcome to attend no matter what treatment you're having!

These workshops are a one off, per person, per diagnosis. Trained volunteer beauty experts will teach you how to look after your skin, whilst talking through any side effects you might have such as dryness, what products might benefit you and then teach you how to apply a basic, natural makeup.

What do I need to bring to the workshop?

Everything you need will be provided on the day but if you have any favourite brushes or a foundation/concealer that is your perfect shade, then do feel free to take them along with you.

To book your place on the workshop visit www.tfaforms.com/4919520?wsid=a0TP2000017izju For more information email project.stthomas@dioceseofnottingham.uk



MENOPAUSE WELLBEING WORKSHOP

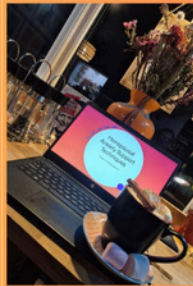
- Are you finding sleep difficult?
- Do you have heightened anxiety?
- Do you feel like you have a million thoughts on your mind?

Come and step into an empowering session with The Resilient Dawn

Support techniques included are to:

- Encourage better sleep
- Ground when anxiety increases
- Explore how to habit stack
- Generate positive thinking
- Help reduce stress hormones
- Find belief in you

The Rogues, Lincoln
05/05/26
18.30 - 19.30
Contact:
theresilientdawn@gmail.com



MOVE MORE IN BOSTON!

One You Lincolnshire are hosting a **NEW** free group in Boston.

A Physical Activity group starting on **Wednesday 6th May from 2pm to 3.30pm** at **The Local Community Centre, Mitre Lane.**

These sessions run weekly for 10 weeks and are designed to support individuals (who do under 150 minutes of exercise per week) to gain the confidence and skills to get active. This involves 45 minutes of seated/standing strength-based exercises followed by optional social time with tea and biscuits.

Scan the QR code below to sign up or visit One You Lincolnshire's [website!](#)

FEEDBACK

Highlights of the event

- “Knowing you are not alone”
- “Explained in a very easy to understand way”
- “Loved the way you delivered it”
- “Relaxed, friendly environment”
- “Left feeling more positive”
- “Took away things that hadn't even occurred to me”
- “Incredibly insightful, very welcoming atmosphere”

Attendees of Menopause Wellbeing Workshops



Boston

Move More Class

FREE weekly session to help you gain the confidence to become more active!



Involves a mixture of seated and standing exercises for all abilities.



The Local Community Centre, PE21 6EB

Starting Wednesday 6th May

2pm - 3.30pm



Scan here to sign up!

Call us: 01522 705162

Sign up on our website: www.oneyoulincolnshire.org.uk



SOME USEFUL WEBSITES...

Menopause Support -

www.menopausesupport.co.uk/

The Menopause Charity -

www.themenopausecharity.org/

Menopause Matters -

www.menopausematters.co.uk/

Daisy Network - www.daisynetwork.org/

Bladder & Bowel UK - www.bbuk.org.uk/

Mental Health Foundation -

www.mentalhealth.org.uk/

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

www.haylincolnshire.co.uk

Connect 2 Support -

lincolnshire.connecttosupport.org/

Lincolnshire Talking Therapies -

www.lincolnshiretalkingtherapies.nhs.uk_

Lincolnshire Recovery College courses -

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 Days coming soon!
- 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



www.every-one.org.uk

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