

PERI MERI MOMENTS



The Peri Meri Menopause Moments Project Bulletin

Hello All

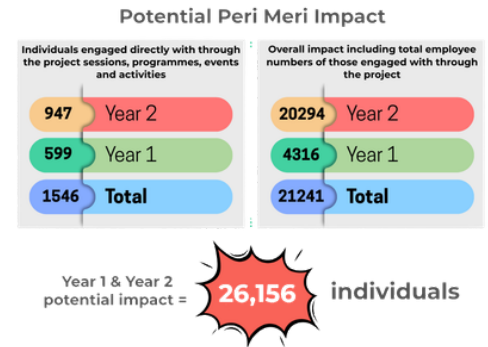
So, in last month's Patch I started it by talking about the sunshine – yep clearly tempted fate, because as I write this it's chucking it down (good for plants...not for my mood!!), but I have also realised how I always manage to start this Patch with a nod to the weather...clearly a theme there! 😊

Paula's Patch!

Exciting.... we have had a couple of our newly trained Peri Meri Menopause Programme deliverers starting their scheduled programmes. It's superb and very exciting, so

Thank You.. Barbara and Sam. 😊

Great news! Our external evaluation has been completed, returned, digested and cogitated...this is now available for you to snoop at on our [website](#). There are a few things that we expected, some not...with recommendations, some of which we are already doing, which is fabulous, so a massive **Thank You to Dr Jo Blackwell, REAP Consultancy** and indeed all those that took part and met with Jo and fed back around the project. We will now start to add some graphics throughout the bulletin that highlight the feedback and statistics we've gathered.



As an **employer** or **group** that meets regularly, if you would like a Menopause and Mental Health Awareness Session, just drop us a message at meno@every-one.org.uk These sessions are a great introduction to the world of Menopause, looking at symptoms and mental health and the support that's available across the county.

We have a couple of Menopause Cafes coming up! They are still in Dunston on the first Tuesday of each of month that will now be running from 6.00 to 7.30pm. If you're interested in starting a Menopause Cafe, I am running another online session of 'How to set up a Menopause Cafe – Host & Facilitator Session' on Monday 29th June (details below) and we'll be joined by the Founder, Rachel Weiss – no pressure there then! 😊 You are also most welcome to pop to the cafe in Dunston to get a feel for what they are all about.

I am going to leave it there for now – lots to say and I could turn this into a novel if I'm not careful! 🙄 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?

Come along and join one of our **free** Peri Meri Menopause Programmes, with 2 hour weekly sessions delivered over 5 weeks, covering various topics in a safe space with real conversations and genuine support.

Gain practical tips, expert guidance and real-life support - all in one place!

Where and when are they being delivered?

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.

BOSTON



Starting: Friday 18th September 2026



10.00am to 12.00pm



Scott House, Skirbeck Road, Boston, PE21 6DG

To book your place on the Boston programme visit www.buytickets.at/lincolnshirecountycouncil3/2257232

SKEGNESS



Starting: Thursday 24th September 2026

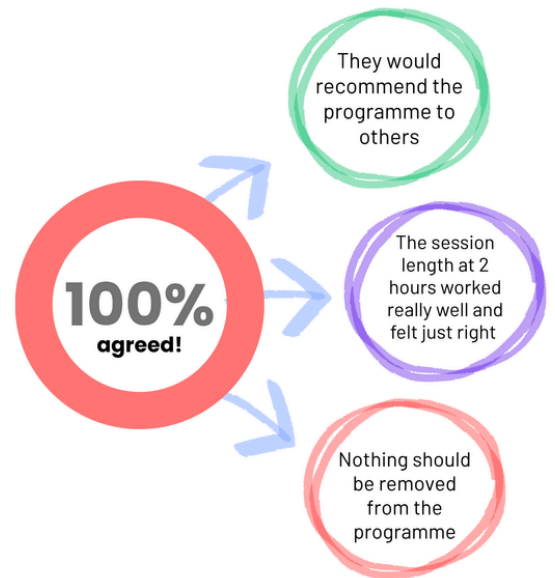


2.00pm to 4.00pm



40 Algitha Road, Skegness, PE25 2AJ

To book your place on the Skegness programme visit www.app.tickettailor.com/events/lincolnshirecountycouncil3/2257287



LINCOLN



Starting: Thursday 24th September 2026



2.00pm to 4.00pm



Boundary Street Hub, Boundary Street, Lincoln, LN5 8PF

To book your place on the Lincoln programme visit

www.buytickets.at/lincolnshirecountycouncil3/2257352

LOUTH



Starting: Monday 2nd November 2026



5.00pm to 7.00pm



Virginia House, 10 Virginia Drive, Louth, LN11 8BD

Further details about how to book onto this programme will follow soon and will be added to our [website](#), so keep a look out!

LINCOLN



Starting: Thursday 5th November 2026



2.00pm to 4.00pm

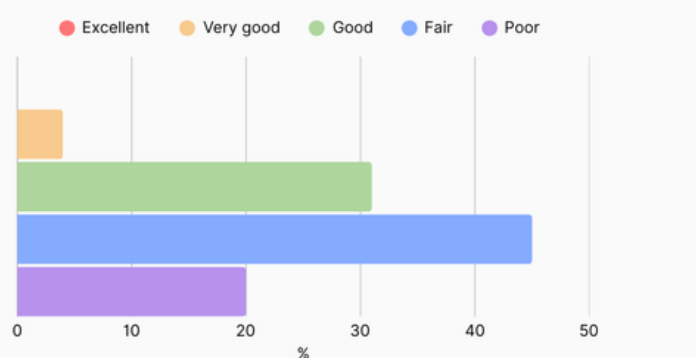


Boundary Street Hub, Boundary Street, Lincoln, LN5 8PF

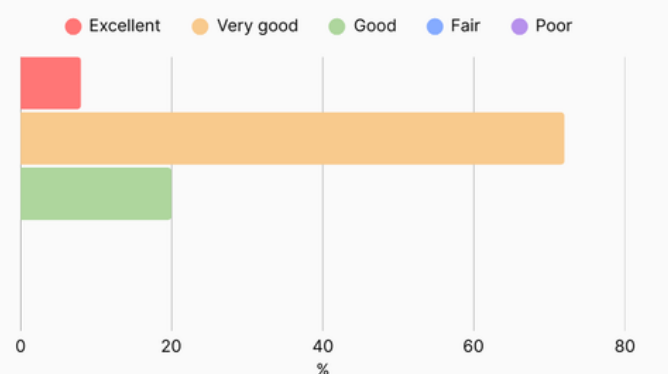
Further details about how to book onto this programme will follow soon and will be added to our [website](#), so keep a look out!

Still not sure? To find out more about what the programme has to offer, visit our website at www.every-one.org.uk/what-we-do/menopause

Level of knowledge about menopause **before** the programme



Level of knowledge about menopause **after** the programme



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

As part of the network, we have been developing a new Lincolnshire Standard for organisations that have, or wish to introduce, menopause champions, buddies, or friends (titles may vary). This standard outlines recommended training and defines key roles to help support colleagues effectively. The **Menopause Champion/Buddy/Friend in the Workplace guidance** is now available [here](#).



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 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 a **How to Set up a Menopause Cafe - Host & Facilitator Sessions** via MS Teams on **Monday 29th June 2026 from 10.30 to 11.30am** 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 this free session visit <https://bit.ly/cafesetuptraining>

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



THE PERI MERI PANTS PODCAST IS HERE!

Paula, Jon and Julia (plus guests) have been talking all things menopause in our most recent podcast.

You can find out where to listen to the **The Peri Meri Pants Podcast** at www.thepantspodcast.com



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....

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



JULY



WEDNESDAY 22ND JULY 2026
12.00PM TO 1.00PM

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 or scan the QR code!



All sessions are at 12pm on:

Tuesday 14th July
Wednesday 16th September
Monday 12th October
Thursday 12th November
Monday 14th December
Thursday 14th January 2027



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

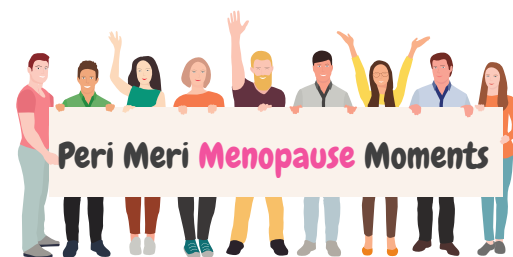
Register:

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

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 out more, visit our website at www.every-one.org.uk/what-we-do/menopause



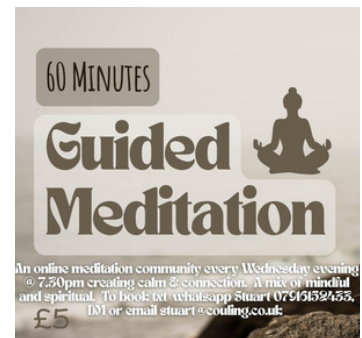


Here's some other stuff going on around the county you might be interested in!

MEDITATION & MINDFULNESS WITH STUART

Stuart offers group and one to one sessions to help you find inner peace through mindfulness, mentoring, guided meditation, reiki, spiritual readings/guidance, Indian head massage and tuning forks. 90 minute 1-1 Inner Peace sessions are just £45. You choose 2 or 3 of the following to blend in to one session. Stuart also offers animal reiki/communication as separate sessions. www.couling.co.uk/animals

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.



There are a couple of group sessions coming up soon!

OSBOURNBY mindful walk and accessing the inner child! - Wednesday 24th June - 7.30 to 9.00pm

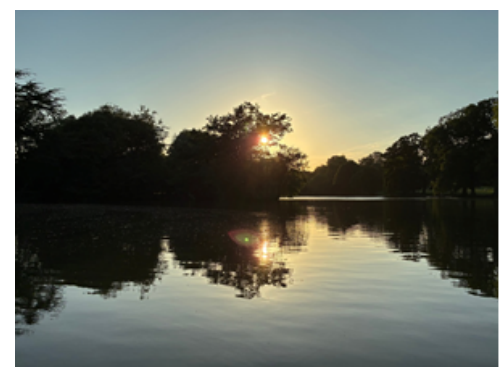
Join Stuart on a gentle mindful walk around the beautiful Osbournby countryside near Sleaford. The session will include mindful walking, movement, breath work and a meditation to reactivate the child within for fun! There's also an option to take part in a fun activity using rope swings! To book your place on the Osbournby walk visit www.couling.co.uk/mindful-walk-osbournby/



Osbournby Walk

RAUCEBY HALL sunset mindfulness! - Thursday 23rd July - 8pm

A peaceful end to a day, mindfully walking around the lake, Meditations at sunset, breath work and more. (Session supports charity developmentplus)
To book your place visit www.lumina.uk.com/event-details/sunset-mindful-pause-rauceby-hall-gardens



Rauceby Hall

Mindful Makes @ LINCOLN Boultham Park

Wednesday 29th July - 6.30 to 8.30pm

Join Stuart and Clare as they blend mindfulness with art! A 2 hour session of mindful walking, movement, breath work and more in nature. Clare will then lead a session where you bring what you saw and sensed and turn it in to clay art. To book your place on the Boultham Park Walk visit www.couling.co.uk/mindful-makes-blending-mindfulness-with-art/



Boultham Park Walk

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

ZENFEST 2026

Saturday 22nd August 2026 - All day - Lincoln Arboretum

ZENfest is a day of spiritual and wellbeing activities including stalls, food, crafts, healing, readers, gifts and lots more!

There will be a talk tent and many activities to support Lincoln charity [developmentplus](http://developmentplus.org).



There is space for more stalls if you'd like to attend. Admission for the day is FREE and you can browse stalls and enjoy the talks and activities have a charge attached which will go straight to the charity.

To see a full list of what's happening and when, take a look at the ZENfest activities on their website at www.lumina.uk.com/wellbeingforall. Feel free to book early as tickets sell out fast!

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.**

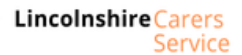


This is a free event filled with information and activities to support wellbeing and promote restful sleep.

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 email lincssleep@thesleepcharity.org.uk or message Elaine on 07734 871655.

A colorful event poster for "Wellbeing to Sleep Well". It features the Lincolnshire Sleep Hub logo at the top left. The main title "Wellbeing to Sleep Well" is in large, bold, blue and black text. Below it, the location "Storehouse Skegness North Parade" is listed. A dark blue banner indicates the date and time: "Thursday 18th of June 10.00 am - 3.30 pm". Three icons represent the event's offerings: a lotus flower for "Free Activities throughout the day including: Sound Bath, Sauna, Mindfulness, Relaxation", a hand holding a heart for "Wellbeing Stalls, Creativity and Sleep Support", and a teapot for "Refreshments available throughout the day". A photo of a woman in a meditative pose is on the left. A dark blue box on the right contains promotional text: "The first 50 attendees on the day will receive a Free Goody Bag Packed with wellbeing products for you to take home. Bring your swimwear to take advantage of the Free Sauna experience. A Mat and Cushion for the relaxation experiences. Join Us for a Fabulous Day of Wellbeing. Any enquiries email lincssleep@thesleepcharity.org.uk or message Elaine 07734 871 655".

WALKING HOME FOR JUNE

Starting on 6th June, Phil Sedwill, the husband of one our Cancer & Menopause Co-production Group members, walked from the top of Yorkshire to the base of Lincolnshire in memory of his mum, June in support of the St Barnabas Hospice at home team who helped her in her final steps of her journey.

He is started at her birthplace and finished in her final resting place and stopped at some of the places she loved along the way.

Phil was supported on his journey by his wife, family, friends and Frankie the dog!

If you would like to make a donation to the St Barnabas team so they can continue to help others at the end of their journey, scan the QR code opposite or visit Just Giving at www.justgiving.com/page/sedders67?utm_medium=FA&utm_source=OF

Scan me



St Barnabas

WALKING HOME for JUNE

500,000 Steps
250 Miles
2 Weeks
1 Great Cause



WALK & TALK FOR MENTAL HEALTH

Monthly 'Walk & Talk' Wellbeing Walk

The Mindset Coach is introducing a New 'Walk & Talk' Wellbeing Walk, which is being supported by our Mindset mentors and walk leaders. The monthly walks, starting at West Lindsey Leisure Centre in Gainsborough, will be moderately paced and with reasonable gradients but still challenging your level of fitness. They will last around 40 minutes and finish with a chat and a hot drink with a biscuit or two! No booking required, just turn up 10 to 15 minutes before the 10am start time so we can get to know you.

Hopefully these walks will help encourage more individuals to attend the Mindset Café, which takes place every Friday morning, as part of our continued work with funding from the Celia Evershed Fund.

WALK & TALK
and **COMMUNITY Cafe**

Chris the Mindset **COACH** CIC

Good company. Better together.

WHEN:
FIRST FRIDAY
OF THE MONTH

TIME:
10-11.30am

PRICE:
FREE

WHERE:
WEST LINDSEY LEISURE CENTRE,
GAINSBOROUGH

THE WALK:
30-40 minute
steady walking pace,
and steady inclines

Teas, Coffee,
and Biscuits
after 😊

Step out. Chat. Connect.
ALL WELCOME!

To find out more email Chris Duncan at chrisduncan@christhemindsetcoach.com

NEW MENTAL HEALTH CHAT SERVICE

New 24/7 Mental Health Crisis Text and Online Chat Service Launches in Lincolnshire

People across Lincolnshire can now access confidential urgent mental health support through a new text and online chat service called ChatHealth. The service offers an alternative way to reach help for people who may find phone calls or face-to-face contact difficult, providing a discreet and accessible option when support is needed most.



This new service has been developed to support individuals experiencing a mental health crisis and is an extension of the NHS 111 option 2 mental health support already provided by the Lincolnshire 111 Mental Health Team. It enables secure two-way messaging between those seeking support and trained healthcare professionals.

Anyone needing urgent mental health advice and support can send a text message from any mobile phone or start a chat online using the ChatHealth website.

For more information, visit www.chathealth.nhs.uk

WALK THE MOON WALK



On Saturday 16th May, **Team Spink** walked 26 miles overnight at The Moon Walk in London raising money towards providing a brighter future for those living with Breast Cancer.



Kate Spink, a member of our Cancer & Menopause Co-production Group, walked with her two fabulous daughters, her dear friend and her lovely daughter.

Kate says "Early diagnosis and treatment can save lives, as I know from my own recent experiences. It's fair to say it's been a rollercoaster of physical and emotional experiences but I'm definitely here to tell the tale and hopefully to try and help make things even better for women in the future by raising money for breast cancer at the Moonwalk but also as part of the Menopause & Cancer Co-Production Group, facilitated by the wonderful Peri-Meri Project at Every-One.

*Most importantly, we should all check ourselves regularly for lumps (all of us, not just the women) **Check Your Breasts Or Chest - Walk The Walk** and remind our friends and loved ones to do the same. Breast Cancer Now **The UK's leading breast cancer charity | Breast Cancer Now** have lots of information and support for anyone affected.*

A MASSIVE thank you to everyone supporting us, so much generosity and tips, advice and good luck wishes."

If you'd like to support their fundraising, or know anyone in your networks who'd like to, it's not too late. You can do so at www.giving.give-star.com/microsite/walkthewalk/themoonwalklondon2026/fundraising-page/katespinksmoonwalk

TRAINING FOR MENTAL HEALTH

Shine are proud to offer a range of accredited Mental Health First Aid and Suicide First Aid training courses designed to empower individuals, workplaces, schools and organisations with the knowledge and confidence to support wellbeing.



Their training is practical, engaging and delivered by experienced trainers in a supportive learning environment. From Mental Health First Aid England accredited courses to Suicide First Aid training developed by the National Centre for Suicide Prevention and Training, every session is focused on helping people feel better equipped to recognise signs of distress and respond with confidence.

To find out more about the courses and how to register, visit their website at www.shinelincolnshire.com/ or email them at education@shinelincolnshire.com

WELLNESS WORKSHOP

Clear Space. Create Calm. Feel Energised.

The Wellness Network CIC are delivering an online session dedicated to simplifying your life and boosting your wellbeing on **Wednesday 1st July 2026** via Zoom. A chance to reset, refocus, and make room for what matters most.

Is this for you?

- Feeling overwhelmed by clutter at home or in life?
- Ready to make a start at getting organised?
- Need help getting started with a clear plan?



The session will explore practical ways to create space – both physically and mentally – leaving you inspired and ready to make changes.

Find out more and register [here](#).



**Dunston
COMMUNITY CAFE**

2nd Tuesday every month
13.01, 10.02, 10.03, 14.04, 12.05, 09.06
9 to 11:30am
@ the Methodist Chapel

DELICIOUS REFRESHMENTS...
ground coffee, cakes,
light brekkies + more!

Play area for tots

PAY WHAT
YOU FEEL

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 Wellbeing & 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...

- Keep a look out for further details of 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

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