

PERI MERI MOMENTS

JULY 2026 | ISSUE 21



Hello all

So, in every patch I always seem to start it by waffling about the weather – so not going to break the habit as it's clearly my new obsession!

After the slight grumble about the rain in my last patch, we have now defo bordered onto not a drop of the wet stuff for ages and a hose pipe ban! And quite frankly experienced temperature ranges which are obscene and are clearly not in my remit of me coping with! So, I won't go on too much as I do seem to be a jinx! 😎

Paula's 
Patch

Exciting News & Stuff Going On...

I'm really looking forward to seeing this come to fruition as I've been working with Shooting Star (Marketing & PR Lincolnshire) over the last few months to produce some new promotional videos around the project, highlight the impact we are having across the area around menopause and these are nearly ready woohoo... so contain your excitement for the mo, they shall be ready for viewing very soon.... 🎉

I am super excited to be delivering my first ever 2-day Peri Meri Menopause Programme directly for an employer and their staff, so that's fabulous...can't wait! 😊

At our July Employer Network meeting we were joined by Abby from Lancaster University who gave us a great insight into a new free resource available for employers...the MENO-kit and Nicola from Spark Inspiration about how reflexology can be utilised in the workplace for employees. More information is in the article below so please do check out their information via the links on our website.

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 The session is a great introduction to the world of menopause, looking at symptoms and their effect on mental health and the support that's available across the county.

INCLUDED IN THIS ISSUE:

PERI MERI MENOPAUSE PROGRAMMES

MENOPAUSE AWARENESS SESSION FOR MEN

THE PERI MERI PANTS PODCAST

SUPPORT FOR EMPLOYERS

MENOPAUSE CAFE

MIDDAY MINDFULNESS

CANCER & MENOPAUSE CO-PRODUCTION

PERMISSION TO PAUSE

FIND INNER PEACE

SUMMER ONLINE COURSES

EMPOWERING WOMEN

MINDSET GYM FOR MEN

ZENFEST 2026

BLOSSOM FARM MENOPAUSE CAFE

MENOPAUSE WELLBEING WORKSHOPS

USEFUL STUFF

We have had a couple of **Menopause Cafes** to date in Dunston and we're chuffed to say there is a new one being held in Laughterton with Joy and Ruth at Blossom Farm Retreats. See the article below for more information. Why not get booked in and venture along... be super for them to have support for their first ever cafe and beyond.. 😊

Ooh yes, just one more thing! Cancer keeps affecting lots of lovely people, directly or indirectly, and the least I can do is to help raise funds for Macmillan that offer vital support to those when they need it the most. I did the Northumberland Mighty Hike last year and this year I'll be taking on the **Cotswold Mighty Hike** (26 miles) on the 12th September. I would massively appreciate it if you could sponsor a little amount as it all adds up to a lot of support and love when people need it most. You can find my donation page [HERE](#) ❤️.. Thank you! 😊

Again, thank you all for your continued support of the project, it's massively appreciated! Have a marvellous Summer! 😎

All the best.... Paula 😊

FREE PERI MERI PROGRAMMES STARTING SOON!

LET US SUPPORT YOU TO THRIVE THROUGH MENOPAUSE!

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?

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

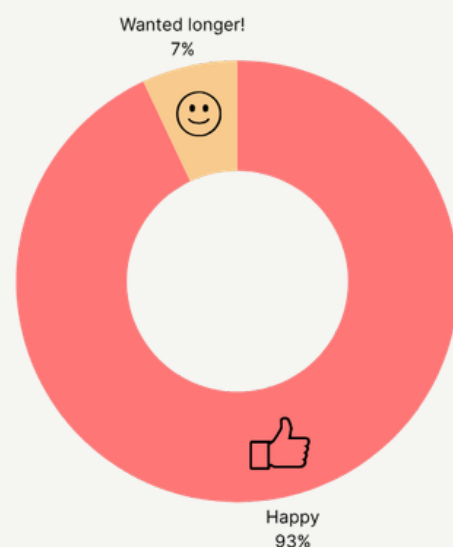


Boundary Street Hub, Boundary Street, Lincoln, LN5 8PF

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

Do you think the programme is long enough?



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 www.bit.ly/menandmenoawareness



SEPTEMBER ✦ **WEDNESDAY 2ND SEPTEMBER 2026**
2.00PM TO 3.00PM

OCTOBER ✦ **THURSDAY 22ND OCTOBER 2026**
12.00PM TO 1.00PM

NOVEMBER ✦ **THURSDAY 12TH NOVEMBER 2026**
2.00PM TO 3.00PM

DECEMBER ✦ **WEDNESDAY 16TH DECEMBER 2026**
12.00PM TO 1.00PM

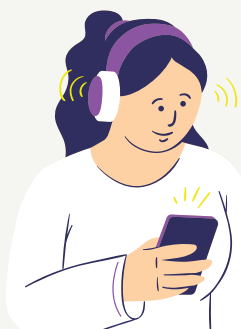
JANUARY ✦ **WEDNESDAY 20TH JANUARY 2027**
11.00AM TO 12.00PM

PERI MERI PANTS PODCAST EPISODE 2 IS LIVE!

Paula, Jon and Julia (plus guests) have been talking menopause and the focus in Episode 2 of the podcast is HRT.

You can find out where to listen to the

The Peri Meri Pants Podcast at www.thepantspodcast.com



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 **Wednesday 18th November 2026 from 10.30am to 12.00pm** via MS Teams and you can register for the meeting [here](#).

The notes of the July network meeting can be found on our [website](#), along with the slides from presentations given by Abigail Morris from Lancaster University about the **MENO-kit**, a free resource for employers around menopause awareness in the workplace and Nicola Eaton-Taylor at Spark Inspiration about Reflexology for Menopause.



As part of the network, we have developed 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](#).

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 1st August 2026~~
Tuesday 1st September 2026



We are no longer hosting a cafe in August but we'd love to see you for more menopause chat in September! There's no need to book, just pop along...we'd love 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

FREE MIDDAY MINDFULNESS

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:

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



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

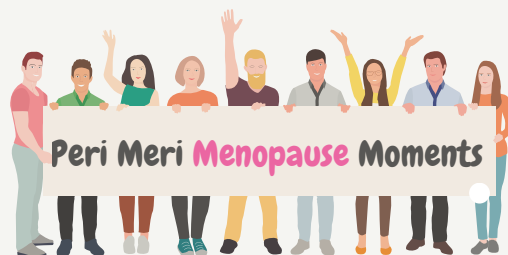
Register:

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 out more, visit our website at 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.





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

TREAT YOURSELF TO A RETREAT

The Wellness Network CIC has 4 mini retreats coming to a venue near you!

Permission to Pause is a guided 3 intentional hours for Women who are functioning on the outside but exhausted underneath. Designed to restore clarity, energy and the internal space required for meaningful change.

You don't need more information or another morning routine or to try harder, you need space.

Permission to Pause is a guided experience designed to help you:

- Regulate your nervous system
- Reconnect with your body
- Create capacity for meaningful change
- Step out of survival mode

Through silent coaching, guided breathwork, a gorgeous Sound Bath and intentional reflection, they'll create the internal space that burnout has been blocking.

The retreats are taking place in:

- **Stamford** on Saturday 1st August from 10:00 – 13:00
- **Market Rasen** on Saturday 15th August from 10:00 – 13:00
- **Lincoln** on Sunday 13th September from 15:00 – 18:00

Find out more and book your place [here](#).



Wellness Network CIC

Stuart Couling 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 Wednesday evenings Stuart hosts weekly online **Guided Meditation** sessions from 7.30 – 8.30pm via Zoom for only £5 per session. Email stuart@couling.co.uk if you'd like to join.

There are some more group sessions coming soon!

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

GRANTHAM HOUSE Summer Stillness! –

Thursday 20th August – 4 to 6pm

Mindful Walking and movement in nature around the walled gardens and woodland. You'll get to check out the beautiful house and gardens and practice meditation and mindfulness activities:

-  Meditation
-  Mindful nature connection
-  Gentle mindful walking and movement
-  Tea meditation (drink of your choice included)
-  Mindfulness breath work



Grantham House

To book your place visit www.couling.co.uk/summer-stillness-grantham-house-20th-august/

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

SUMMER HOLIDAY ONLINE COURSES

Wellbeing & Recovery College are running a selection of courses over the Summer Holidays via MS Teams.



Courses include:

- Let's talk about it – Stress
- Let's talk about ADHD
- Let's talk about it – Anxiety
- Overcoming unhelpful thoughts and worries
- Growing our self-esteem
- Creative writing for wellbeing

If you're currently a student with them you don't need to register again, simply email them at lpft.recovery.college@nhs.net or call on 01522 309333 with your bookings.

Any new students should complete a registration form at www.lpft.nhs.uk/our-services/adults/recovery-college/recovery-college-courses

Please be sure to book early as group sizes are limited.

For more information visit www.lpft.nhs.uk/recovery-college or email lpft.recovery.college@nhs.net



APPS TO SUPPORT MENTAL HEALTH

Discover Mind's free app library

Have you thought about using an app to support your mental health? Apps are a great way to get timely, accessible support day to day, or while you're waiting on a list to be seen in person.

But finding trusted, verified digital tools can be overwhelming, so Mind have done the work for you!

Find out more about their app library by visiting their [website](https://www.mind.org.uk/app-library)



EMPOWERING WOMEN IN BOSTON

Haven Domestic Abuse Service have launched a new Women's Empowerment Group in Boston. The group meet every other Friday at Pescod Hall, Tonic Health, Boston, from 10am to 12pm.

The group has been created to provide a welcoming, inclusive and supportive space where women can come together, build confidence, reduce isolation, learn new skills and connect with others in their community. The group is open to all women aged 18 and over and will be particularly beneficial for women who may be experiencing social isolation, are new to the area, speak English as an additional language or would simply benefit from increased social connection and support.

There are a range of activities on offer such as:

- Arts and crafts
- Cooking and healthy living activities
- Budgeting and practical life skills
- Wellbeing and confidence-building sessions
- Peer support opportunities
- Information and awareness sessions



Women's Empowerment Group

Every other Friday starting
Friday 3rd July at
Pescod Hall, Tonic Health, Boston
10am-12pm

Meet other women A safe, welcoming environment for all women... **Enjoy coffee & a chat**

Activities

- ✓ Crafts & creative fun
- ✓ Cooking sessions
- ✓ Drop-in & legal advice

Friendship

- ✓ Make friends
- ✓ Share experiences

Support

- ✓ Confidence courses
- ✓ Life skills sessions
- ✓ Health & wellbeing support

Empower • Inspire • Support Women
No need to book a place, just turn up
For more information:
01205 311272
info@havendas.org.uk

MINDSET GYM FOR MEN

Mindset Gym for Men is a welcoming weekly group that takes place every **Tuesday from 6 to 7pm** at **Gainsborough Leisure Centre**. The session costs just **£2**, thanks to funding from Sport England.

The programme is ideal for men looking to:

- Improve confidence and self-esteem
- Build physical strength and fitness
- Support their mental and emotional wellbeing
- Meet new people and improve social connections

If you work with men who you feel would benefit, please share this opportunity with them or refer them to the session. You can book a place at: www.bookaby.me/chris-the-mindset-coach/whats-on



THE MINDSET GYM FOR MEN

Helping you be more confident and regain your fitness

CIRCUIT CLASSES INCLUDE:

- CARDIO
- STRENGTH
- FLEXIBILITY
- BALANCE
- COORDINATION

WHEN:
TUESDAY 6.00-7.00PM

VENUE:
WEST LINDSEY LEISURE CENTRE,
GAINSBOROUGH

PRICE:
£2 - subsidised by Sport England funding

SPORT ENGLAND

TO FIND OUT MORE AND TO BOOK VISIT:-
<http://www.bookaby.me/chris-the-mindset-coach/whats-on>

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 the work of Lincoln charity [developmentplus](#).

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.

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!



MENOPAUSE SUPPORT AT BLOSSOM FARM

Wednesday 29th July 2026 – 6.30 to 8.00pm

Blossom Farm Retreat in Laughterton are hosting a free evening Menopause Cafe at their premises in Main Road, Laughterton, Lincoln, LN1 2JZ.

To book your free place email Joy@blossomfarmretreat.co.uk or you could give them a call on [07990 975539](tel:07990975539).

To find out more about the Menopause Cafe movement visit www.menopausecafe.net/



MENOPAUSE WELLBEING WORKSHOPS

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

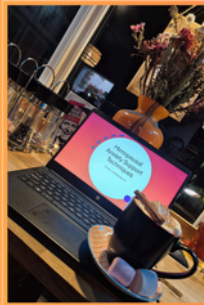
The Rogues, Lincoln

04/08/26

18.30 - 19.30

Contact:

theresilientdawn@gmail.com



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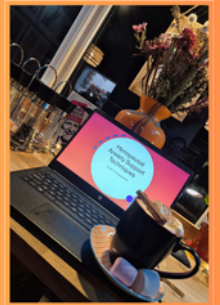
Blossom Farm Retreat, Laughterton

03.09.26 18.30 - 20.00 £15

Refreshments provided

Contact:

theresilientdawn@gmail.com



HIGHLIGHTS OF THE EVENT

“Great being with like minded ladies and feeling very heard, really enjoyed!”

“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”

“Just all so relatable and really useful techniques and strategies”

“Incredibly insightful, very welcoming atmosphere”

Attendees of Menopause Wellbeing Workshops





East Lindsey North Wellbeing Hub

A SAFE AND SUPPORTIVE SPACE FOR MENTAL HEALTH AND WELLBEING

WORKING IN PARTNERSHIP WITH
NEW LIFE COMMUNITY CHURCH, SPILSBY



Monday	Tuesday	Wednesday	Thursday	Friday
Shine On - Louth Trinity Centre 9.30am - 11.30am	Bert-t-t's Peer Support Drop In Trinity Centre 1pm - 3pm	Shine On - Louth Trinity Centre 1pm - 3pm	Shine On - Market Rasen New Life Church 9am - 11am	Shine On - Market Rasen New Life Church 1pm - 3pm
Shine On - Market Rasen New Life Church 1pm - 3pm	Bro Pro Park Avenue Activities Centre, Louth 6:30pm - 9:30pm		Bro Pro please check Bro Pro UK Facebook.	Bro Pro Manby, Tony's Café 6pm- 8pm



Drop in. | Connect. | Take Part. | Thrive

WHERE TO FIND US

Trinity Centre, Eastgate,
Louth, LN11 8DJ

New Life Church, Serpentine Street,
Market Rasen, LN8 3AR

Station Building, 12 Chapel Street,
Market Rasen, LN8 3AQ

Louth Youth Centre, Park Avenue, Louth
LN11 8BX

Tony's Café, Manby Industrial Estate,
LN11 8UX

CONTACT US

If you need help finding the right support, get in touch with Shine Lincolnshire by emailing info@shinelincolnshire.com and include your name and location. We will help you get started and connect you with the most appropriate support

Alternatively you can call our East Lindsey North Team on 07860 922438

WHAT WE DO

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

H.A.Y. helping people find local resources for mental health and wellbeing. www.haylincolnshire.co.uk



NEED URGENT HELP?

CALL 111 AND SELECT THE MENTAL HEALTH OPTION IN A LIFE THREATENING EMERGENCY CALL 999



WELLNESS & WELLBEING PRACTITIONERS WANTED!



★ BARKSTON & SYSTON VILLAGE FETE ★

★ SATURDAY 5TH SEPTEMBER 2026 ★

★ AT BARKSTON PLAYING FIELD ★

FREE
TO TAKE
PART!

COULD YOU HELP US CREATE OUR NEW WELLNESS ZONE?

For the first time, Barkston & Syston Village Fete will feature a dedicated Wellness Zone within a beautiful blue and white bell tent.

We're inviting local wellbeing and holistic practitioners to join us and share what they do with the community.

Whether you offer therapies, treatments, coaching, wellbeing support, movement practices or complementary health services, we'd love to hear from you.

EXAMPLES OF TASTER SESSIONS

- ♥ Reiki
- ♥ Yoga
- ♥ Mindfulness
- ♥ Aromatherapy
- ♥ Sound Bath
- ♥ Meditation
- ♥ Nutrition
- ♥ Herbalism
- ♥ Breathwork
- ♥ Relaxation Techniques

and many more!

FLEXIBLE AND FAMILY FRIENDLY

- ♥ You do not need to be present all day.
- ♥ We know many practitioners have families, clients and other commitments.

We'll create a simple rota to ensure the tent is always staffed, allowing everyone time to enjoy the fete, visit stalls, watch activities and spend time with family and friends.

WHAT YOU'LL RECEIVE

- ✓ A free opportunity to promote your business
- ✓ The chance to deliver a 30-minute taster or demonstration session
- ✓ Space within the Wellness Zone to talk about your services
- ✓ The opportunity to provide leaflets and information about your paid services
- ✓ Priority consideration for local practitioners
- ✓ Potential space to sell suitable wellbeing-related products (subject to availability)

INTERESTED?

If you would like to be involved, please get in touch and tell us:

- ♥ What you do
- ♥ The taster session you could offer
- ♥ Whether you would like space for leaflets
- ♥ Whether you may wish to sell wellbeing-related products

Let's create something special together and introduce more people to the many ways wellbeing can support everyday life.

30
MINUTE
TASTER
SESSIONS

FREE
TASTER
SESSIONS
30 MINUTES EACH

SHARE YOUR
PASSION
INSPIRE WELLBEING
SUPPORT OUR COMMUNITY

MIND,
BODY
& SOUL



FREE TO
TAKE PART



LOCAL
PRACTITIONERS
WELCOMED



COMMUNITY
FOCUSED



ALL AGES
WELCOME

★ BE PART OF BARKSTON & SYSTON VILLAGE FETE 2026! ★

TO GET INVOLVED OR FIND OUT MORE, PLEASE CONTACT THE WELLNESS ZONE TEAM:

♥ Together, let's inspire wellbeing in our community! ♥

NEW FOR 2026!

WELLNESS ZONE

★ AT BARKSTON PLAYING FIELD ★

★ SATURDAY 5TH SEPTEMBER 2026 ★

AS PART OF BARKSTON & SYSTON VILLAGE FETE

ALL
FREE
TASTER
SESSIONS!

Relax
Recharge
Feel Good

FREE TASTER SESSIONS 30 MINUTES EACH

- 12.30pm Reiki
- 1.15pm Aromatherapy
- 2.00pm Yoga
- 2.45pm Mindfulness
- 3.30pm Sound Bath
- 4.15pm Nutrition
- 5.00pm Herbalist

A CHANCE TO
DISCOVER THE
MANY BENEFITS OF
HOLISTIC THERAPIES
AND WELLBEING
PRACTICES IN A
FRIENDLY,
WELCOMING SPACE.

ASK QUESTIONS
FIND OUT MORE
HAVE A GO!



WELLNESS ZONE OPEN

12.30pm – 5.00pm

Taster sessions every
45 minutes

Drop in, no need to book!



AT BARKSTON PLAYING FIELD

As part of the
Barkston & Syston
Village Fete



EVERYONE WELCOME

Come and enjoy a taster,
learn something new
and support local
practitioners.

★ SUPPORT LOCAL • FEEL GOOD • TAKE TIME FOR YOU ★

ALL FREE • ALL WELCOME • ALL ABOUT WELLBEING

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!

AVERAGE

4.7 YEARS

Between noticing
peri menopause
symptoms and starting the
Peri Meri programme

Tips for Wellness



Take short breaks
during work or study



Avoid excessive screen
time before sleep



Drink enough water
throughout the day



Spend time outdoors



Have a chat with
someone you trust

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!