

MENOPAUSE cafe



Tuesday 3rd November 2026

The Red Lion, Middle Street, Dunston, LN4 2EW
All the cafes are from 6.00 to 7.30pm

No need to book, just pop along!
For any queries please don't hesitate to
contact us at meno@every-one.org.uk
and Paula (your host) looks forward to
seeing you there!



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

DRINK EAT DISCUSS MENOPAUSE
www.menopausecafe.net

