The Peri Meri Menopause Moment Project Bulletin

PERI MERI MOMENTS

NOVEMBER 2026 | ISSUE 23

Hello all

Paula's Patch

We hope you all had a spooktacular weekend! 🎃🦇

Before you browse this month's bulletin, we'd just for a moment like to take you back to February 2024 and the start of the Peri Meri Menopause Moments Project!

Whilst coping with crippling menopause symptoms myself, I discovered that there wasn't that much help out there... and if I couldn't find any support then chances are no one else could either!

Then came a light bulb 💡 moment...an idea for a project that could provide a network of face to face and online support for women experiencing what was largely not talked about at all considering the impact it has on us...the Menopause!

After that epiphany the Peri Meri Menopause Moments Project was born...and we're proud to say that it has flourished over the last (almost) 3 years into a network of support for women. There are face to face programmes to share experiences and gain understanding. We have held wellbeing days and information sessions to advise and inform. We have hosted menopause cafes where you can meet to chat openly with no agenda and eat cake! 🍰 Our cancer and menopause co-production group has raised awareness and provided information. We have advised and informed employers about menopause support specific to their organisation. We have supported partners, friends and colleagues of those experiencing menopause, so they have an idea of what to expect and how they could help.

Women have told us how the project has helped them feel less alone and more informed about their choices. How by sharing experiences with others helps them feel reassured and more confident. How they have found practical ways of coping with menopause symptoms and have made connections that will continue way beyond the project. We have been inspired by how women have supported each other and shared their stories.

INCLUDED IN THIS ISSUE:

- HOT FLUSHES & HIGH HOPES
- PERI MERI MENOPAUSE PROGRAMMES
- MENOPAUSE AWARENESS SESSIONS FOR MEN
- PERI MERI PANTS PODCAST
- MENOPAUSE SUPPORT FOR EMPLOYERS
- GET INVOLVED
- EVENING MENOPAUSE CAFE
- MIDDAY MINDFULNESS
- CANCER & MENOPAUSE CO-PRODUCTION
- CANCER & MENOPAUSE SUPPORT
- SOUND BATH GIVEAWAY
- ART AS THERAPY
- MINDFULNESS, MEDITATION & MORE
- SLEEP WELL COURSES

To celebrate all of this we hosted the Peri Meri Celebration on Tuesday 13th October at the Petwood Hotel in Woodhall Spa. We reflected on the impact of the project so far, what's been achieved and the relationships we've built along the way. The room was filled with conversations and laughter, and we shared how the project has improved understanding of menopause and raised awareness...and highlighted what can be achieved when we work together! Take a look at the short film on our website! 🍿

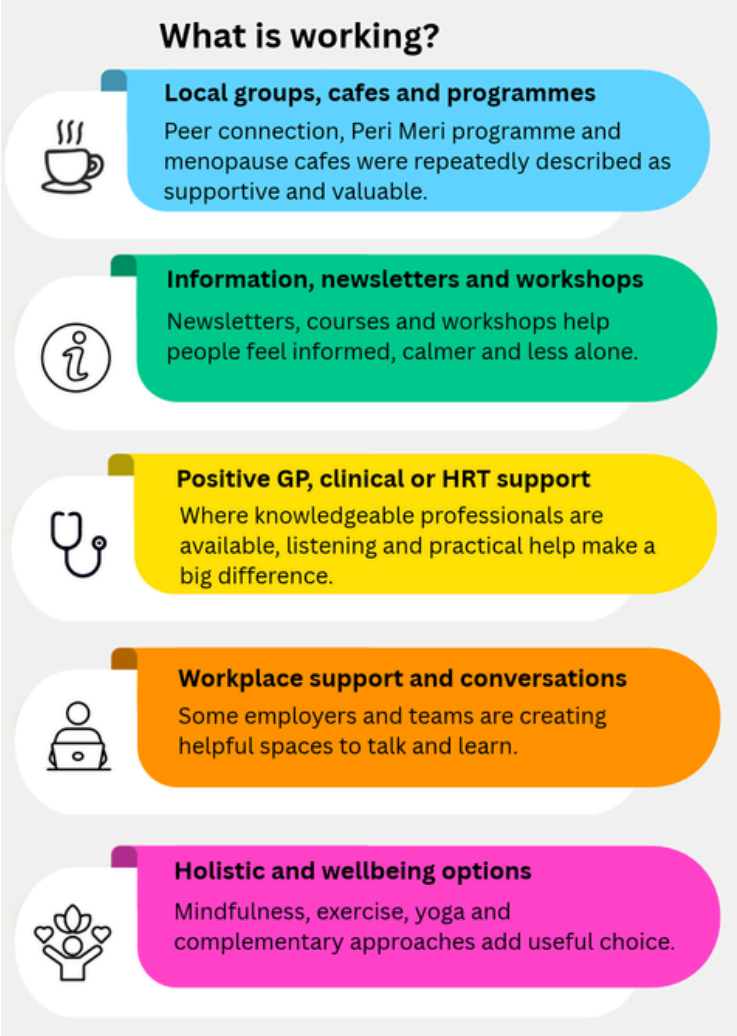
We'd like to thank all those that were able to come along and celebrate with us, those that have shared their stories, attended activities or championed the project. We couldn't have done it without you!

We hope to carry on all this support and more...so watch this space! 🤗

Hot Flushes & High Hopes!

What you told us about menopause support

At the Celebration we asked you what you thought is working, what is missing and what you wish for! The general concencus is you value local connection and practical information, but want consistent and fair access to healthcare practitioners wherever you live. You responded and here are the results!





What participants wish for.

GP training and specialist women's health support

Experiences vary between practices; participants want trained staff and a named menopause lead.

Local, flexible and online provision

People do not always know what is available or where to find reliable advice.

Education for the public, workplaces and men

Provision can be too far away, irregular or unavailable at convenient times.

Simple and equal access

Participants want to be heard, with greater understanding from men and the wider community.

Peer connection and mental wellbeing

Support is still inconsistent between employers and is sometimes hard to see.

The overall message you gave us!

01

Keep and expand the local programmes, cafes and peer connections people already value.

02

Improve consistency through GP training and a named menopause or women's health lead.

03

Make support simple to find and available locally, online and at practical times.

04

Build understanding across workplaces, partners, men and the wider community.

FREE PERI MERI PROGRAMMES FOR 2026

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!

We are also excited to let you know about a condensed form of the programme being delivered over 2 days... you can read more about it and find out how to join below!

> *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 what was said in this room, stayed in the room - it became a safe space to talk. I really like listening to other people's stories and their symptoms.*
>
> Emma - Peri Meri Programme attendee

Where and when are they being delivered?

2-DAY MENOPAUSE PROGRAMME

This free programme takes place over two consecutive weeks, with sessions running from **10.00am to approximately 3.30pm** on each day.

Day 1 - We will introduce the project, what the Peri Meri programme is all about, then the fun stuff starts – we will explore menopause symptoms, what they are and how they can affect you and combine this with more information around how menopause affects mental health.
Day 2 - We will explore medications, what are these and how they can aide menopause, then look at health, wellbeing and holistic therapies and we will look at "what next", enabling you to create your own future of action plan.

You'll receive the same information and support as the 5-week programme, but in a more condensed format designed to fit into a single day.

To book your free place on the 2-day programme visit The Wellness Network



2 DAY MENOPAUSE PROGRAMME

WHERE

Moorland Centre,
Moorland Avenue,
Lincoln, LN6 7NH

WHEN

Day 1
Saturday 7th November
Day 2
Saturday 14th November

10am to 3.30pm

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

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 5 IS LIVE!

Episode 5 of the Peri Meri Pants Podcast is now live!



In this episode the conversation is around **Lifestyle as Medicine**, including chat around nutrition and physical activity.



You can find out where to listen to
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

MENOPAUSE CAFE

Look out for more Menopause Cafes in the coming months, where you can enjoy 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.

More information about the international Menopause Cafe movement can be found at www.menopausecafe.net

Grantham Squash Club is hosting a Menopause Cafe in December so please feel free to pop along for a cuppa and a chat in a safe and confidential space...with cake! It's being held on:

Saturday 12th December 2026
from 10.30am to 12.30pm



The cafe is hosted by Dr Angela Esiwe at **Grantham Squash Club, Harlaxton Road, Grantham, NG31 7JX**. It's **free** to attend and there is no need to book...just pop in!

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!

SCAN ME!

All sessions are at 12pm on:

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

EXPRESS YOUR INTEREST

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

CANCER & MENOPAUSE SUPPORT

We are delighted to share and celebrate the work of the Cancer and Menopause Co-production Group, who have produced a postcard designed to help support people who may be starting, going through or have completed cancer treatment and are experiencing menopause-related symptoms or concerns.

This postcard, pictured below, has been developed through co-production, bringing together lived experience and professional insight to create a simple, accessible resource that may help people feel less alone and more able to seek information, advice and support when they need it.

We would like to share this valuable resource with you and the people you support, so if you'd like to receive some of the postcards, **completely free of charge**, please let us know by completing a short form at www.postcardrequestform and we will post them out to you!

We also have a screen slide available, which you are welcome to use in your surgeries, clinics or waiting areas, if appropriate.

Thank you for helping us share this important resource and for supporting people affected by menopause and cancer treatment.





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

SOUND BATH GIVEAWAY!

GIVEAWAY TIME! 🎉 WIN 2 FREE PLACES FOR THE SOUND SANCTUARY SOUND BATH! 💕

Kelly from The Sound Sanctuary with Kelly, who you might have met at the Peri Meri Celebration a couple of weeks ago, has some offers that might be of interest to you!

To celebrate the launch of her new business, The Sound Sanctuary with Kelly, she is giving away **2 FREE places** worth £40 to her sound bath at **Saxilby Village Hall, Saxilby (near Lincoln) on Sunday 13th December!** 🎁

If you've never experienced a sound bath before, this is the perfect opportunity to give it a try! Imagine an hour of switching off from everyday life, snuggling up on a comfy airbed with your pillow and blanket, and relaxing to the beautiful sounds of crystal bowls, gongs, koshi chimes and lots more calming instruments. 😴✨



You'll find lots more half prices sessions on her The Sound Sanctuary with Kelly Facebook page! **Heighington on Monday 16th November** is ready to book for £10 and also **Witham St Hughes on 19th November and Cherry Willingham on 26th November** for an introductory £10 along with other venues over the next few weeks.

And most exciting of all Kelly is hosting a **sound bath and afternoon tea** at the medieval **Beonna Church near Boston** on **Monday 21st December**...this will be ready to book soon!



Beonna Church

COURAGEOUS CREATIVES!

The Lincolnshire Centre for Grief and Loss at Carlton Mews, Lincoln, LN2 4FJ are hosting group art therapy sessions for anyone who has been affected by cancer, whether you are or were a patient, a carer, a family member, a nurse or anyone else who has been affected.

The sessions take place every Monday (term time) from 5.30 to 7.30pm

Facilitated by Ingrid, who is an art therapist, each session will use various methods of creativity, to help attendees express themselves, explore their feelings, and talk to others who may have had similar experiences.

There is a big colourful sign on the door, so that you'll know where to find them!



MINDFULNESS, MEDITATION & MORE!

Stuart offers a range of services within the areas of Meditation, Massage, Reiki, Readings and Mindfulness, some of which can be delivered remotely. You can find out more about the treatments and services on offer on his website at www.couling.co.uk/

stuart couling

Stuart also offers communication and reiki sessions for our four legged friends! He works with all animals to help improve some behaviours and create a deeper bond between human and animal 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!

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

FREE SLEEP WELL COURSES FROM THE HUB

The Lincolnshire Sleep Hub have a series of **free** Wellbeing to Sleep Well courses coming up across the region and also online.

Full details can be found at www.lincolnshiresleephub.org.uk/sleep-well-supporting-better-sleep-across-lincolnshire/

Registration can be made here for all of the courses online or in person at Sleep Well Course from the Lincolnshire Sleep Hub - Register Here – Fill out form

Their final Sleep Talker Train the Trainer Sessions will take place online on the 11th and 18th of November. They are fully funded and CPD accredited.

Applications can be made through their website https://lincolnshiresleephub.org.uk/sleep-talkers/

Lincolnshire sleep Hub





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

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!

Watch this space!

Coming soon:

- Programme participants share their stories and how the programme has supported them.

Tips for Better Sleep from the Sleep Charity



Eat & Drink Smart

Avoid caffeine after early afternoon · Limit alcohol and spicy foods in the evening · Eat a light, balanced dinner · Consider a small bedtime snack if you wake at night · Stay hydrated



Cool Environment

Keep your room 16–18°C · Use fans, breathable bedding/bed clothes and layers · Keep water nearby



Helpful Support

Herbal teas (chamomile, valerian) · Cooling pillows or mattress toppers · Lightweight sleepwear



Find out more

Visit the Sleep Charity website www.thesleepcharity.org.uk/ for more valuable information to help you get a better night's sleep

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

meno@every-one.org.uk
www.every-one.org.uk