



Menopause Staff Network

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Executive Sponsor: Angela Wilkinson
Director of Workforce and Organisational Development

Firstly I am a member of the HDFT Menopause staff network but am honoured to also be the Executive Sponsor. The significant majority of colleagues at HDFT are women and hundreds of those are in the range which may be experiencing menopause so its really important that we talk about and understand how menopause can impact on day to day life and work at HDFT.

I am proud HDFT is an externally accredited 'Menopause Friendly' employer – which is a public commitment to supporting colleagues. The network is a very safe space to meet and talk - with no hierarchy – it doesn't matter who you are or what you do, we are bonded by our shared experiences only. I found reassurance when sharing my personal

difficulties- particularly with memory loss and 'brain fog' in particular - that I wasn't alone and that 'I'm normal' knowing many others are going through the same as me. The network is not just a place to meet and talk however – it also provides support, opportunities to share information, educate and get involved if you want to!

Message from the Network Chair

HDFT Menopause Network is a welcoming, supportive group where we share a listening ear, experiences & seek mutual advice, drawing upon current data & resources.

We're a group who have had, or who are experiencing a range of symptoms, for a variety of reasons. We welcome new members who wish to support each other, partners, managers, friends and allies. We're keen that menopause continues to come out of the stigma shadows,

supported by a senior director sponsor. We have over 80 members now and as a network we're always picking up momentum.

Independently accredited
menopause friendly
employer

