

Providing a citywide approach to improved menopause support



The You are Not Alone – Menopause Support in Sunderland project aims to raise awareness, increase knowledge and understanding and help improve access to support for people of all ages and backgrounds who are experiencing the impact of menopause.

We want to help everyone understand the mental and physical changes that occur during all stages of menopause and provide supportive tools to help make a difference to the lives of those experiencing symptoms.

Do you recognise any of these symptoms:

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|----------------------------|--------------------|
| • Difficulty sleeping | • Fatigue |
| • Memory problems | • Urinary problems |
| • Irritability | • Weight gain |
| • Difficulty concentrating | • Hot flushes |
| • Night sweats | • Low mood |

To achieve our aim, we will develop a citywide approach working with local health providers, organisations and workplaces in partnership with Sunderland's "You Are Not Alone" focus group.



The Menopause Support in Sunderland project is funded by the North East and North Cumbria NHS



How can I find out more information about the Menopause Support in Sunderland project?

Contact us via:

Email: menopause@ageuksunderland.org.uk

Telephone: 0191 514 1131

Additional source of information:

wellbeinginfo.org/self-help/health/menopause/
www.nhs.uk/conditions/menopause