

MENOPAUSE



Kenilworth Menopause Group

Aim: to provide information and support for perimenopausal and menopausal women

Who: people experiencing symptoms of menopause in the Kenilworth area (not limited by who GP is, though grateful to Abbey Medical Centre for room hire)

What: a monthly face to face peer support group with speakers at some meetings held at 7-8pm in the Kenilworth Centre

How:

1. **No commitment** – come when you can and as much as you find useful. Share as much or as little about your symptoms as you want to.
2. **Confidential** – we share information outside the group but not identifiable personal stories. If you meet a group member outside do not talk about menopause unless you are certain they are happy to.
3. **We Listen** – we aim to give everyone a chance to speak, especially those new to the group. We recognise that experiences of menopause vary widely yet others in the group will often be able to share helpful information.
4. **Publicity:** We will advertise the group within Kenilworth publications, closed Facebook groups and Kenilworth facing websites such as Abbey Medical Centre.

Kenilworth Menopause Group report: March 2025

The group had a peer support meeting in February at which 'group rules' were discussed and the description above was compiled afterwards. The March meeting was cancelled as a larger 'menopause matters' event at which physio Deborah Thomas and Dr Jaques were speaking was planned for the following day. Around 50 people attended the Soroptimists' Menopause Matters event at the methodist church on Wednesday 12th March. The Kenilworth menopause group was advertised and 8 people signed up to the mailing list.

The following advert is now on the Kenilworth Centre website and will be requested to be put on the AMC surgery website.

Louise Griew, Patient Facilitator

Kenilworth Menopause Group is a monthly peer support group for people anyone experiencing symptoms of perimenopause or menopause. Speaker meetings are mixed with peer support sessions. We listen, respect confidences, and share useful information. Come as often as you find useful.

Future dates 8th April, 13th May, 17th June..

Email cwicb.kw.socialprescribing@nhs.net for more information and to get on the mailing list