



# Healthwatch Bolton

Menopause and Me

**healthwatch**

# Summary of the aims of the project


- To improve information and support for women experiencing perimenopause and menopause, using feedback from local communities to inform recommendations for change.
- To empower communities to share their knowledge and experiences to provide support and information.
- To encourage health professionals to improve availability of up to date information and support.
- To contribute to the development of a women's health hub in Bolton.

## What change was needed and what did you do to achieve change?

- **We asked for improved support from health professionals.** To ensure GPs and other health professionals have sufficient knowledge and training on perimenopause and menopause. We encouraged local GPs to lead information sessions in the community and develop their own training.
- **We asked for more support and information for communities and particularly Black and Minority Ethnic groups** to utilise existing community champions and set up menopause cafes. To work with schools and help develop a dedicated booklet 'Your Guide to the Menopause'. We joined the women's health network in Bolton to contribute to the setting up of a women's health hub.
- **We asked for better information on Hormone Replacement Therapy (HRT)** medication and awareness of prescription pre-payment certificates.

## How have people's experiences have been improved/what change was made by your work?

- **'Your Guide to the Menopause'** booklet to be included in GP Quality Contracts and booklet given out at over-40s health checks. Posters being developed advertising the booklet, for inclusion in GPs and pharmacies. Community champions are being trained by local GPs to provide information and support in communities and the development of menopause cafes. **Women will be better informed and supported.**
- **Prescription Pre-payment Certificates:** Women now receive a text message about this after they have had their Hormone Replacement Therapy (HRT) consultation with their GP and information about HRT is on the women's health hub website. **Prescription costs will be more manageable.**
- Training on menopause being delivered to local schools with information on sessions advertised in school newsletters. **Parents and pupils can take advantage of menopause awareness sessions.**
- **Health professionals will be better informed**– one training session on menopause has taken place with specialist health professionals, and another one is due in March. Further training is available for doctors, nurses, and physician's associates working in primary care settings. Specialised Cognitive Behavioural Therapy (CBT) sessions for menopause are also running in Bolton.



*I feel like I will be approaching this in the coming years (as I am 41 now) and as a direct result of your report, feel I will know more about what support is available, not just for myself, but my peers and also for my patients. Helen*

**We really welcome the comprehensive piece of engagement, and useful recommendations. We will work with our newly established women's health network to ensure we take forward a comprehensive action plan to address these. This will include launching our new women's health hub and expanding this to deliver group consultations on menopause, a comprehensive communications plan for both primary care clinicians, the wider workforce, and the people of Bolton, and a new training package around menopause.**

**Many thanks**

**Liz Wigley**

**Senior Commissioning Manager – Maternity and Children's Services  
Greater Manchester Integrated Partnership**



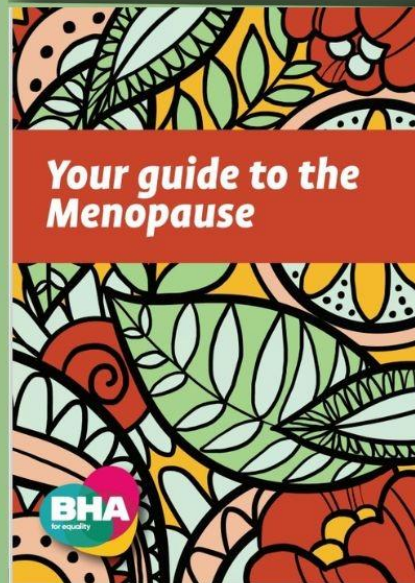


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## Your guide to the Menopause

BHA's new Menopause Guide - designed in collaboration with minoritised ethnic women.

This guide aims to provide you with the necessary information about menopause, empowering you to make informed decisions and access the support you deserve



[www.thebha.org.uk/menopause](http://www.thebha.org.uk/menopause)

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## Essentials of Menopause Care

A half-day course to help you develop the skills and confidence to consult with patients about perimenopause, menopause, and their care needs. Aimed specifically at doctors, nurses, and physician's associates working in primary care settings, this course may act as an ideal starting point for many, while also providing a useful update for more experienced staff.

It is designed to include an interactive programme with scenario-based learning, presentations, as well as time for discussion and quizzes.

**Lead Facilitator:** Dr Asha Kasliwal, Consultant in Community Gynaecology and Menopause specialist

**Facilitator:** Dr Thomas Hesse, Consultant in Community sexual and Reproductive Health

**Date and time:** Friday 11<sup>th</sup> April 2025

There are two courses available on this day

9.00 am- 13.00 pm

13.00 pm to 17.00 pm

**Location:**

The Gorton Monastery  
Gorton Lane  
M12 5WF

How to register:

Email: [thenorthernish.training@mft.nhs.uk](mailto:thenorthernish.training@mft.nhs.uk)

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[fsrh.org](https://www.fsrh.org)

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