

GUIDELINES

Menopause *Circles*

MENOPAUSE MADE EASY

*Knowledge, guidance, and support,
all in one safe space*





A MENOPAUSE EVOLUTION

“ the change in the way we educate people about menstrual health across lifespan and generations

Made possible thanks to



✉ info@menopauseevolution.co.uk

🌐 www.menopauseevolution.co.uk

Company no. 13547024

HOW A MENOPAUSE CIRCLE WORKS

BEFORE THE CALL

Once your seat has been confirmed you will receive an email containing:

- The Story of Menopause (short version)
- Menopause Mapping Journal & Symptom Tracker
- NICE Guidelines on Menopause
- A link to an online pre-event evaluation form
- The Zoom link for the call

To ensure everyone's confidentiality and privacy please make sure you are alone on the call in a quiet place. If you do not do this we will ask you to leave.*

No recording of any kind is permitted.

DURING THE CALL

Please make sure to watch The Story of Menopause video before you join the circle.

This way everyone has the same information and helps the session run smoothly.

We prefer it if you have your camera on, but understand that is not for everyone*.

The Menopause Doula leading the call will explain in more detail some aspects of the menopause process not covered in the prequel video.

You can ask questions at any point being respectful of others at all times.

The conversations are calm and informative.

You will not be asked to share details of your own menstrual health journey to date, unless you want to.

The Menopause Doula will encourage you to make an action plan and discuss how you can build your own menopause toolkit. They will explore all the different supportive solutions to guide, nurture and support you to take your next best steps

The Menopause Circles do not:

- diagnose menopause or any other health condition.
- prescribe treatments for any condition

AFTER THE CALL

You will receive an email containing:

- a post-event evaluation form* (it is really important you complete this so we can continue to deliver the best care possible)
- Dates of upcoming Menopause Circles - you are welcome to attend as many events as you like, as long as you have returned the event evaluation form
- an option to schedule a 1:1 conversation

*The unmarked data we collect is used solely for monitoring purposes to demonstrate we are improving health outcomes with the work we do