

Menopause & Cancer:

Community Support Groups in the UK

**Community
Led**

Trained
volunteers with
lived
experience

90mins

Monthly

**Expert
information**

Use our
extensive library
of expert
content to share
and inform

**Community
discussion**

Facilitate a
group
discussion,
sign post
support

Menopause and Cancer:

Community Support Groups

15mins

WELCOME & INTRODUCTION - SPACE TO SETTLE IN AND SAY HELLO. A SIMPLE ACTIVITY TO HELP EVERYONE FEEL COMFORTABLE

30mins

INSPIRING LEARNING MOMENT - 30 MINUTES OF EDUCATIONAL CONTENT (OFTEN THROUGH A SHORT VIDEO) TO SHARE INFORMATION FROM EXPERTS

45mins

OPEN CONVERSATION AND DISCUSSION: A SUPPORTIVE, FACILITATED DISCUSSION WHERE EVERYONE CAN SHARE EXPERIENCES, ASK QUESTIONS, AND LEARN FROM EACH OTHER.

Session Topics

1

Menopause
After Cancer:
What Now?
(Intro/
Toolkit)

2

Menopause
After Cancer:
How to
Manage Hot
Flashes, Night
Sweats &
Sleep
Problems

3

Menopause
After Cancer:
Coping with
Brain Fog,
Anxiety & Low
Mood

4

Menopause
After Cancer:
Help with Joint
Pain, Sexual
Health,
Confidence
and Identity