

Menopause & Me Plain English Summary

The Menopause is when you stop having periods. This usually happens to someone when they're between 45 and 55 years old but it can happen earlier than this.

The Menopause means a woman stops producing eggs and can no longer have children. It also causes other changes in the body and this can make someone feel unwell.

The most common affects are hot flushes, night sweats and anxiety but it can cause other problems too and can last a long time. So it can be a very difficult time for someone.

The perimenopause is the name given to the time just before someone experiences the menopause.

Suffolk Libraries has been given some money from the Department of Health and Social Care to help people going through the menopause. This new project is called Menopause & Me.

Lots of people visit libraries in Suffolk or visit the Suffolk Libraries website. This means Suffolk Libraries can reach lots of people and businesses to help them.

Going through the menopause affects lots of women at work. Some businesses need more help or information so they can support women who work for them who are going through the menopause.

Menopause & Me will help businesses in Suffolk so that more women will get support and understanding about what they are going through from their employers.

Suffolk Libraries will also set up new groups in libraries to support people going through the menopause. There will also be courses to help people and more helpful information on the Suffolk Libraries website.

