

Menopause & Me

M-Powered Volunteer Role

Menopause & Me is an exciting and important project delivered by Suffolk Libraries in partnership with Suffolk Mind and funded by the Department for Health & Social Care.

The menopause affects everyone – at home and at work. It not only affects menopausal people, but their colleagues, families and friends too. [Menopause & Me](#) aims to increase awareness and understanding of the impact of the menopause, and make sure everyone in Suffolk feels supported.

Our libraries host dedicated safe spaces for anyone to come and talk to like-minded people about their experience with the menopause. Meet new people and find support, encouragement and understanding from others.

We are looking for volunteers with lived experience able to support library staff run these M-Powered groups.

Commitment

The level of commitment for this role is approximately 2 hours per month.

Key elements of the role

- Undertaking the appropriate training
- With support of Library staff, set up and provide refreshments
- Follow all safeguarding procedures and inform us of any concerns of participants wellbeing



Funded through the VCSE Health and Wellbeing Fund, part of a partnership programme between Department of Health & Social Care, NHS England and UK Health Security Agency.

- Engage attendees in conversation around (peri)menopause and encourage group discussion
- Welcome new attendees and give resources to them (postcard etc).

Person specification

We are looking for volunteers who are:

- Able to communicate effectively
- Able to maintain confidentiality, be discreet and trustworthy
- 18 years and over
- Friendly and empathetic
- Committed
- Approachable and able to listen carefully.

If you are interested, please contact your local library manager for further details or complete the online application form [on our website](#)

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