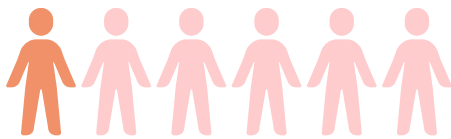
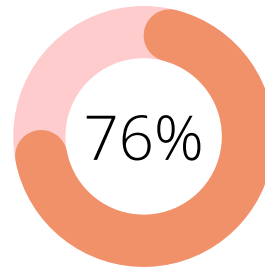


Spotlight on... Menopause



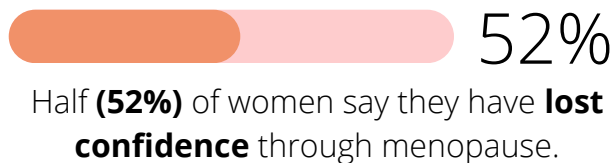
Menopause in school settings

Around **76%** of the overall teaching workforce in England are **female**

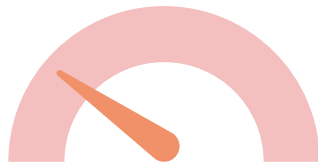


Approximately **one-in-six** of the teaching workforce is estimated to be **currently experiencing perimenopause or menopause**

Menopause in the workplace



Only **22%** of women **disclose symptoms** at work



One in 10 women have **left work** because of menopause

Support for school staff

Does your school provide...?

- A menopause policy
- Training for managers
- Awareness campaigns
- Peer support groups
- Clear information
- Mindfulness groups
- Wellbeing activities
- Menopause champions
- Reasonable adjustments

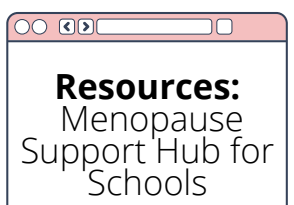
Training from Healthy Schools:

- 'Menopause Awareness Webinar'
17th October | 12:30-2pm | Online
[Launching World Menopause Day - 18th Oct]

- 'Understanding Menopause: Staff Wellbeing and Peer Support in School Settings'
Book for in-house delivery at your school



Quick read: Essential tips for all school leaders

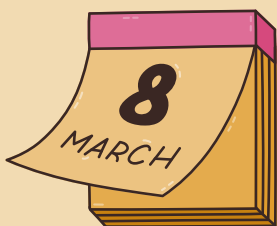


Raise awareness in school

Campaigns



**World
Menopause
Day**



**International
Women's
Day**



**Action for
Women's
Health Day**



Apps, Websites & Podcasts

- [Rock My Menopause](#) - Podcasts, videos & resources
- [Balance](#) - useful information and videos
- [Menopause Café](#) - local support groups
- [First Menopause Appointment Guide](#)
- [Menopause and me](#) - useful information and podcasts

Launch a campaign! Ideas you could try...

- Wellbeing activities (e.g. yoga, meditation, hand massages, mindful colouring, nutrition, skin care)
- Information stalls & support groups
- Symptom checkers
- Guest speakers & talks
- Staff training / information sessions
- Share videos & resources with staff
- Recruit a Menopause Champion
- Posters for local support groups



Support for Parents/Carers

UNDERSTANDING MENOPAUSE PARENT/CARER WEBINAR

Join Healthy Schools on 2 March 2026 to explore menopause, its effects, and how to support those experiencing it. This informative webinar is designed for all parents and caregivers of any gender.

Don't forget to share key resources & awareness campaigns with parents/carers



2 March 2026



1pm - 2pm



Online

**[Launching
International
Women's Day]**

BOOK NOW

To access any of the training or webinars in this Spotlight article, contact cat.chester@mft.nhs.uk

