



Understanding Menopause



Events

Join one of Surrey's Menopause cafes and other events announced on the Menopause TEAMS channel



Actions

Sign the petition #MakeMenopauseMatter
<https://www.change.org/p/make-menopause-matter-in-healthcare-the-workplace-and-education-makemenopausematter>

SHTM Wellbeing Monthly



Tips

For women experiencing menopause

- Know that you're not going mad and that you're not alone.
- Connect: Speak to a friend or colleague, your GP, or one of Surrey's [menopause advocates](#)
- Learn about menopause and how to manage it (see resources).
- Be active, relax and eat healthy .
- To ease hot flushes and night sweats wear light clothing and layers, and reduce potential triggers



Resources

Surrey's [Menopause project website](#)
Surrey's menopause policies and support services,
<https://portal.surrey.ac.uk/https/surreynet.surrey.ac.uk/resources>
Anke and Tracy's 'A Conversation About Menopause' FOSS22 event here:
<https://www.youtube.com/watch?v=6t1fuYHBs2w>



Dr Winchebach hiking in the German Alps near Oberstdorf

1. Describe your typical weekend?

Saturdays start with run club followed by coffee with fellow runners. Otherwise being outdoors as much as possible, meeting friends, plus time for relaxing and reading. Sunday evenings I like to cook a big pot of dhal for the week ahead.

2. Have you ever got into serious trouble at home, what for?

Very much so! I was a rebellious teenager with a strong and independent attitude. During that time attending school was not my priority and I had to repeat a year as a result. My parents weren't impressed to say the least.

4. The most famous person you have met, where and why?

I haven't, but would love to meet Malala as I admire her resilience and fight for girls' education and equality. If there was a time machine meeting the German philosopher Immanuel Kant to discuss human dignity would be fabulous.

5. How would your best friend describe you?

Loyal, good listener, fun loving, and first on the dancefloor.

6. If you won the lottery, how would your life change?

Financial freedom and a little house by the sea would certainly be great. But, money can't buy happiness and my life feels pretty good as it is, so don't think my life would change that much actually.

7. Happiness is.....being outdoors during storm/ rain (honestly!) and having people in my life I can count on no matter what.