

GUIDELINES

Menopause Circles

MENOPAUSE MADE EASY

Knowledge, guidance, and support, all in one safe space

PART OF THE MENOPAUSE EVOLUTION PROJECT

Made possible thanks to



✉ info@menopausegroup.org



🌐 www.menopausegroup.org

Company no. 13547024

HOW A MENOPAUSE CIRCLE WORKS

BEFORE THE CALL

Once your seat has been confirmed you will receive an email containing:

- **The Story of Menopause** video (11min view time)
- Menopause Mapping Journal & Symptom Tracker
- NICE Guidelines on Menopause
- A link to an online **pre-event evaluation form*** which must be completed prior to entering the call
- The Zoom link for the call (please ensure the display name matches the one you used to book with, or we may not permit you entry)

To ensure everyone's confidentiality and privacy please make sure you are alone on the call in a quiet place. If you do not do this we will ask you to leave.

We politely request that your camera be on throughout the call.

No recording of any kind is permitted. No exchange of contact details.

DURING THE CALL

The Menopause Doula leading the call will explain in more detail some aspects of the menopause process not covered in the prequel video.

You can ask questions at any point being respectful of others at all times.

The conversations are calm and informative.

You will not be asked to share details of your own menstrual health journey unless you want to.

The Menopause Doula will encourage you to make an action plan and discuss how you can build your own menopause toolkit. They will explore all the different supportive solutions to guide, nurture and support you to take your next best steps

The Menopause Circles do not:

- diagnose menopause or any other health condition.
- prescribe treatments for any condition

AFTER THE CALL

You will receive an email containing:

- a post-event evaluation form* (it is really important you complete this so we can continue to deliver the best care possible)
- Dates of upcoming Menopause Circles - you are welcome to attend as many events as you like, as long as you have returned both evaluation forms from the previous Circle.
- an option to schedule a 1:1 conversation

*The data we collect is used solely for monitoring purposes to demonstrate we are improving health outcomes with the work we do