

GYNAECOLOGY NETWORK

Virtual Engagement Event – Providing women in South East London with advice and guidance around Menopause



What is it?

To help women who are waiting for appointments we are organising some online presentations and discussions to help provide you with information to help understand and manage symptoms of menopause and promote wellbeing.

Sessions will include a short presentations from various different clinical experts, followed by a question and answer discussion from people attending. All sessions will be facilitated by **Dr Ritu Agarwal** (GP and SEL Gynaecology Network Primary Care Lead).



When are they?

Menopause and Pelvic Floor Health 22nd April 2024 18:30 – 19:45

Presenters: **Sophie Ellse** (Specialist Pelvic Health Physiotherapist) and **Leila Jobson** (Specialist Pelvic Health Physiotherapist)

Menopause and Nutrition 22nd May 2024 18:30 – 19:45

Presenters: **Sanem Atakan** (Consultant Obstetrician and Gynaecologist at Lewisham and Greenwich) and **Kirsten Brooks** (Nutritionist with expertise in women with hormone imbalance)

General Menopause Advice and Guidance (*please note this has been repeated due to popular demand and will cover the same content as in February's session*) – **18th June 2024 18:30 – 19:45**

Presenters: **Haitham Hamoda** (Consultant Gynaecologist and Subspecialist in Reproductive Medicine and Surgery at King's College Hospital) and **Laura Salter** (Consultant Gynaecologist and Clinical Director for Gynaecology at Lewisham and Greenwich).



How to sign up?

All sessions will be held via Microsoft Teams and you can register on Eventbrite using your email here:

CLICK HERE

<https://bit.ly/4avTn05>



or



In terms of your data protection there is no link to your medical records from this link though the name you registered will be visible on screen during the event.

The virtual engagement events are about sharing and promoting best practice in menopause care and providing credible information for women to best manage their symptoms whilst waiting for a hospital appointment.

To tailor the series of on-line events to your needs and find out more about your current health and wellbeing we will be circulating out a survey to your emails ahead of the event. This will be anonymous and voluntary to complete.