

Menopause Festival programme v 1.15

Break the taboo and have some fun!

Friday April 26th:

Menopause at Work: intended audience are HR professionals, managers, trade unions and employment lawyers.

12 noon	<ul style="list-style-type: none">• Registration• Menopause Marketplace with stalls• Buffet lunch
1pm – 5pm	<p>Festival opening by the Minister for Older People and Equalities, Christina McKelvie MSP</p> <p>Menopause at Work seminar</p> <ul style="list-style-type: none">• Dr Vanessa Beck, University of Bristol, co-author of the Government report on how menopause impacts on women’s economic participation• Kate Wyatt, employment lawyer, partner at Lindsays on <i>The Menopause - Legal Aspects of Working Life</i>• Collette Stevenson, South Lanarkshire Council, on <i>“Supporting Menopausal Women at South Lanarkshire Council”</i>• Karen Wright from NHS Velindre Wales on <i>The Journey to Becoming a Menopause Aware and Supporting Employer</i>• Group discussions• Panel discussion with speakers including Moira McLeod from SSE and Ruth Devlin from Let’s Talk Menopause <p>Participants will be sent a sample menopause policy in advance</p>
	<p>Dinner available at Theatre Not included in your ticket</p>
7.30pm	<p>Aurore film Screened in partnership with Perth Film Society. Concession ticket price if you have the Friday Menopause Festival pass.</p>

Saturday April 27th

9am onwards	<ul style="list-style-type: none">• Menopause Marketplace with stalls• Registration and workshop sign up
9.30am	<p>Keynote Speaker: Kelli Jaecks, author of <i>“Martinis & Menopause: strategies, science and sips that empower women to beat the Hormone Groan”</i> , speaking on the Fantastic Four: exercise, diet, sleep, HRT with Q&A.</p>
10.45	<p>Dr Laura Jarvis from Tayside Menopause Service : <i>Medical Aspects of the Menopause</i></p>

12pm	Buffet lunch
1pm	Parallel workshops <ul style="list-style-type: none"> • Creative writing: a novel addition to the Menopause survival tool-kit with Fiona Thackeray • Photography workshop with Malcolm Lind, Perthshire Photography Society
2.30pm-3pm	Tea break
3pm – 4.10pm	Parallel workshops <ul style="list-style-type: none"> • Cognitive Behavioural Therapy (CBT) strategies for managing menopausal symptoms with Emma Persand • How exercise and self-care can help you reduce menopause symptoms and eat healthier with Samantha Valand, • Mindfulness - Accepting and Embracing Changes with Denise Symons
4.15 pm- 5pm	Q & A with Dr Jarvis, Kelli Jaecks and Ruth Devlin from LetsTalkMenopause
	Dinner available at Theatre Not included in your Pass
7.30pm – 9pm	Gusset Grippers Comedy from physiotherapist Elaine Miller Concession ticket price if you have the Saturday Menopause Festival pass.