

Menopause SUPPORT

Menopause is not just hot flushes!

There are **approximately 13 million** peri or post menopausal women in the U.K

Perimenopause is when hormone levels begin to fluctuate and symptoms may appear, **often in the early to mid forties**

Menopause is 12 consecutive months without a period, **the average age is 51-52**

Symptoms last, on average **4-8 years**

1 in 4 will experience **debilitating symptoms**

Menopause Support provides private support via telephone and video consultations

There are lots of **free resources** available on the website (<https://menopausesupport.co.uk/>)

Plus they have a closed/supportive Facebook group, The **Menopause Support**

STARS@wadebridge...

It's never too early in the School year to nominate someone you feel deserves a little something for something they have done, doing or for just be them!!!



Education Support UK charity **dedicated to supporting the mental health and wellbeing of teachers and education staff in schools, colleges and universities.**

Along with their website (<https://www.educationsupport.org.uk/>) they offer a free & confidential support call service, offering support for:

- *Managing difficult feelings or situations*
- *Advice on boundary setting and self-care*
- *Getting the best out of your work relationships*
- *Planning for or processing difficult conversations*
- *Any challenging personal matter*

08000 562 561



Buddy Board

It's never too early in a term to give a little treat to your buddy so please don't forget them.

If you have received something a little special or would just like to say thank you to your secret buddy, remember to pop a post-it on the staff room display.

And... if you would like to join, complete the form at the back of the staff room and place in the box.

Feeling Tired & Fatigued?

Fatigue is something that we will all struggle with at some point. It can be difficult to find a way to beat it when living a busy life, so here are some tips to help you.

- ⇒ Eat regularly ([LINK](#))
- ⇒ Get moving
- ⇒ Make sleep a priority ([LINK](#))
- ⇒ Try talking therapy
- ⇒ Try active stress reduction ([LINK](#))
- ⇒ Drink less alcohol
- ⇒ Drink more water
- ⇒ Reduce your caffeine intake

