



MENOPAUSE
WELLBEING
SERVICES

HCAHealthcare uk

EMPLOYEE WELLBEING PROGRAMMES

WELLBEING TO FIT YOUR ORGANISATION AND YOUR EMPLOYEE BENEFITS

Employee wellbeing is key to productivity in modern business. Using employee health data, we can build a tailored package to meet the needs of your organisation. We can integrate the programme into your employee benefits provision.

Our leading specialists are experts in a wide range of mental and physical health areas.

Some of our clients priorities include:

- Cardiovascular conditions
- Cancer
- Diabetes and metabolic syndrome
- Men's and women's health
- Mental health, including depression and anxiety
- Resilience
- Sleep
- Sports and exercise medicine
- Employee webinars
- In-person wellbeing lectures and seminars
- Workshops and panel events
- Wellbeing articles, podcasts, pre-recorded webinars, video tips and advice from experts.



Mini health checks



Cardiovascular clinic



Breast clinic



Nutrition clinic



Mental health clinic



Physiotherapy clinic

Return to office wellbeing support and consultancy now available for employers



WELLBEING WEBINAR

UNDERSTANDING MENOPAUSE IN THE WORKPLACE

SPECIALIST WOMEN'S HEALTH GP

One hour webinar:

- Hormones over a woman's life
- Hormonal changes in menopause
- The perimenopause
- Menopausal symptoms
- Long-term consequences of oestrogen depletion
- Treatment options
- "Bioidentical" versus "compounded" treatments
- Menopause and the workplace – key facts and statistics
- NICE guidelines update
- Occupational health guidance to managers
- Practical recommendations to support women in the workplace
- Practical recommendations for personal symptom management in the workplace

WELLBEING WEBINAR: MENOPAUSE AND MENTAL HEALTH

Senior Psychologist

Menopause not only manifests as physical symptoms, but also as emotional ones such as mood changes. This webinar is an overview of how CBT can be an effective mode of treatment for key menopausal symptoms. The presentation will cover the target symptoms, the wider psychological considerations for women going through the menopause, and give examples of how CBT works in this context.

MANAGER TRAINING

MENOPAUSE IN THE WORKPLACE

SPECIALIST WOMEN'S HEALTH GP & SENIOR PSYCHOLOGIST

PART ONE

- Recap of key facts about menopause
- Menopause and work statistics
- Why it's important to support menopausal colleagues at work
- Guidelines for organisations
- Tips for managers
- Useful resources

PART TWO

- Talking about menopause as part of mental health overall across a woman's lifespan
- Making adjustments – creating a platform to talk about the impact of menopause at work
- How to create a team environment that allows flexibility
- Keep the conversation going – this is not a once only topic and should not just be focused on women
- Building a culture of empathy





MENOPAUSE CAFÉS

SPECIALIST WOMEN'S HEALTH GP

One hour webinar:

- One hour facilitated group sessions
- Recommendation - no more than 20 participants per session
- Recommendation – a series of sessions (e.g. one per month)
- Roodlane specialist menopause GP will facilitate a discussion around menopause and its management in the workplace
- Senior dietician and senior psychologists available as guest speakers
- Virtual or face-to-face
- We encourage our clients to involve an internal menopause/women's health champion in these sessions

Example communication:

"The menopause café offers the opportunity to join colleagues to discuss the menopause and share experiences in an informal and confidential space. Whether you are perimenopausal, going through the menopause, or just want to learn more about the symptoms – all are welcome to join this session facilitated by a Roodlane specialist menopause GP.

Our aim is to raise awareness and create an environment where we feel safe and comfortable to talk about the menopause."



Service	Session title	Specialist	Duration	Notes
Wellbeing webinar	Understanding menopause in the workplace	HCA UK Primary Care GP with Specialist Interest in Women's Health	One hour	Includes presentation + Q&A Max attendance 3000
Workshop	Manager training: Menopause in the workplace	HCA UK Primary Care GP with Specialist Interest in Women's Health and a HCA Primary Care Senior Psychologist	One hour	Includes interactive presentation + Q&A
Wellbeing webinar	Menopause and mental health	HCA UK Primary Care Senior Psychologist	One hour	Includes presentation + Q&A Max attendance 3000
Menopause café	One hour facilitated group session	HCA UK Primary Care GP with Specialist Interest in Women's Health	One hour	Recommended max attendance 20 Recommended – internal co-facilitator (Women's health champion within organisation)

*These TWO webinars can be combined into one session run by the two speakers if preferred.

Our group

Connect with us



The Harley Street Clinic

The Lister Hospital

London Bridge Hospital

The Portland Hospital

The Princess Grace Hospital

The Wellington Hospital

The Wilmslow Hospital

Private Care at Guy's

HCA UK at University College Hospital

The Christie Private Care

The Harborne Hospital

HCA UK Laboratories

HCA UK Primary Care

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