

MENOPAUS'ULL SUPPORT NETWORK HULL & EAST RIDING



Supporting you on your menopause journey

Menopaus'ull is a project managed by Neighbourhood Network covering the Hull & East Riding area. We are supportive, inclusive and provide a space for anyone navigating the physical, emotional and social journey of menopause.

We are an understanding community, offering safe spaces to express yourself openly and provide opportunities to connect with like-minded people. We help to build peer support circles through walking, talking, social sessions, drinking tea and eating cake!!

Our mission is to raise awareness, reduce the stigma around menopause, encourage open conversations and ensure no one goes through this journey alone.



EVENTS & ACTIVITIES

Join in with a variety of activities including 'Menopaus'ull Cafes', 'Walk & Talk' sessions, creative and fun workshops and social events with likeminded people.



SOCIAL MEDIA

Join a private female only Facebook group, search for 'Menopaus'ull Support Group' or join our Facebook page, instagram @menopausull or our X account @menopausull



RESOURCES

Whether its browsing the website, loaning a menopause related book from the library or watching a recorded webinar, Menopaus'ull has a wide range of support resources available.



NEWSLETTER

Keep up to date with the latest Menopaus'ull events and activities, along with national stories by subscribing to a FREE monthly newsletter, email support@mnetwork.org.uk to register.



Neighbourhood
Network - Hull



01482 826061



www.mnetwork.org.uk



support@mnetwork.org.uk





TRAINING

The Menopaus'ull team has a wealth of knowledge and can offer a range of training packages to suit businesses and organisations who would like to raise awareness of menopause symptoms in the workplace.



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SHOP

Visit the online shop to source low-cost recommended items to support your symptoms of menopause.
www.mnetwork.org.uk/shop



VOLUNTEER

Why not support others going through the menopause? Opportunities include marketing, website content creation, hosting 'Menopause Cafes' and 'Walk & Talk' sessions along with supporting the team at events.

WHY WE ARE HERE

Menopaus'ull was born from the need for real connection, real talk and real support through one of life's toughest transitions. Menopause isn't just hot flushes and hormone changes - it's a whole life experience, and not always an easy one to navigate alone.

We're here to create safe, welcoming and informative spaces where women can talk openly and feel seen and heard through joyful workshops, social events, cafes and walks.



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