

Date: 6th August 2026

Menopause support available for staff

Colleagues looking for advice, support or simply an opportunity to talk about menopause can access a range of help through Wirral Menopause Community CIC.

Wirral Menopause Community CIC is a peer led initiative supporting women across Merseyside who are navigating perimenopause and menopause. With a community of more than 2,000 members, it provides a welcoming and understanding environment where women can connect, share experiences, ask questions and access support.

The organisation is also passionate about making menopause a conversation for everyone. Men are actively encouraged to learn more, recognising the important role partners, family members, colleagues and particularly managers can play in understanding and supporting women through this stage of life.

Wirral Menopause Well Woman Community Hub

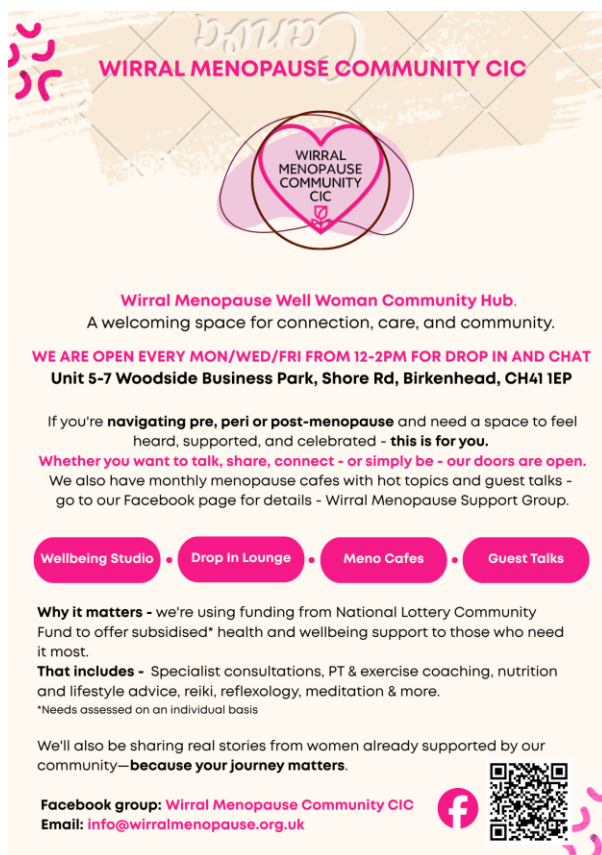
The community has a dedicated hub at Unit 5 to 7, Woodside Business Park, Shore Road, Birkenhead, CH41 1EP.

The hub is open for drop in sessions every Monday, Wednesday and Friday from 12pm to 2pm, providing a space to talk, share, connect or simply spend time with others.

The community also offers menopause cafés, guest speaker events, walks, wellbeing meetups and other activities designed to help women access information, build confidence and connect with others.

Funding from the National Lottery Community Fund also enables the organisation to provide subsidised health and wellbeing support to those who need it most. Depending on individual needs, this can include specialist consultations, personal training and exercise coaching, nutrition and lifestyle advice, reiki, reflexology and meditation.

Women can also join the community's private Facebook group, providing a closed space to ask questions, share knowledge and seek support from others.



WIRRAL MENOPAUSE COMMUNITY CIC

WIRRAL MENOPAUSE WELL WOMAN COMMUNITY HUB.
A welcoming space for connection, care, and community.

WE ARE OPEN EVERY MON/WED/FRI FROM 12-2PM FOR DROP IN AND CHAT
Unit 5-7 Woodside Business Park, Shore Rd, Birkenhead, CH41 1EP

If you're **navigating pre, peri or post-menopause** and need a space to feel heard, supported, and celebrated - **this is for you.**
Whether you want to talk, share, connect - or simply be - our doors are open.
We also have monthly menopause cafes with hot topics and guest talks - go to our Facebook page for details - Wirral Menopause Support Group.

Wellbeing Studio • Drop In Lounge • Meno Cafes • Guest Talks

Why it matters - we're using funding from National Lottery Community Fund to offer subsidised* health and wellbeing support to those who need it most.
That includes - Specialist consultations, PT & exercise coaching, nutrition and lifestyle advice, reiki, reflexology, meditation & more.
*Needs assessed on an individual basis

We'll also be sharing real stories from women already supported by our community—**because your journey matters.**

Facebook group: Wirral Menopause Community CIC
Email: info@wirralmenopause.org.uk




Wirral Menopause Community CIC is also exploring opportunities to work with WUTH on future staff wellbeing sessions, including Let's Talk Menopause sessions and staff drop ins. These could provide further opportunities for colleagues and managers to develop their understanding and access advice, support and guidance.

For further information, colleagues can contact info@wirralmenopause.org.uk or find [Wirral Menopause Community CIC](#) on Facebook.