

Meno & Pause Co-lab/café

Aberdeen City

Gauging Interest

My colleague, Carol Baig, and I are hoping to start a menopause co-lab/informal group called Meno & Pause café in Aberdeen City.

Depending on covid, this will either be held in person within a central location, digitally or a hybrid of both.

Within the co-lab we would like to discuss different topics related to menopause and work together to try and diminish the stigma around menopause, to empower women with relevant information, support & relatable role models who understand the rollercoaster of emotions you can find yourself on. Menopause specific exercise classes would also be a thing we would like to look at starting.

This co-lab will be open to anybody who is interested, men and women, long term we would like to host this monthly and potentially bring in guest speakers to talk about menopause.

Currently we are gauging interest to determine numbers, could you please let me know if you would be interested in attending this co-lab or if you know of anybody else that would like to attend? Please forward this email onto anyone you feel would like to be part of this co-lab

We are also interested in knowing anything that is already going on around Menopause in Aberdeen, currently online, monthly or annual groups that you could help us spread the word about and maybe network with?

Let's get everyone talking about menopause! So that no woman or family should have to go through this alone.

We look forward to hearing from you.

[Kindest Regards](#)

Tracey Buchan

Wellbeing Coordinator

Strategy and Transformation

Aberdeen City Health and Social Care Partnership

1st Floor North | Marischal College | Broad Street | Aberdeen | AB10 1AB

M 07342 075385

www.aberdeencityhscp.scot/