

Dear KLMC Patient Group

Many thanks to everyone who joined our Zoom meeting 18/10/22 – it was a real success! Attendees and apologies are listed at end of this email.

**The main action from the meeting is for anyone who'd like to join a sub-group being set up about menopause.**

- If you're interested, please reply to confirm if you are happy to share your email.
- Men are welcome - the topic also impacts us – through the women in our lives.

**The focus of the discussion was the menopause, perimenopause, and HRT** (hormone replacement therapy).

- By fantastic coincidence the meeting was on world menopause day!  
<https://www.nhsemployers.org/news/world-menopause-day-18-october-2022>
- General feedback from the group was positive support from KLMC (one negative exception, but later positive).

#### **Themes were**

- The population (especially men), and some GPs don't know much about the topic
- Experiences are different for different women, it's an emotional topic and needs to be approached sensitively by everyone
- There is still some 'stigma' to avoid talking about menopause, but that is changing
- There are still many popular myths which make people worry or shy away from treatment eg about HRT and breast cancer
- KLMC has done some teaching sessions with staff from the Louise Newsam online course. But this is long and not yet completed
- Dr Beanland is the KLMC lead on female health including menopause, perimenopause, and HRT

#### **Outcomes were**

1. Lots of attendees were keen to setup a sub-group about menopause.
2. Specifically, about education eg website content, waiting room noticeboard, leaflets. With input from surgery staff.
3. Sub-group meetings will be a mix of face-to-face, online, and a combination of both.
4. Anyone who'd like to join the menopause sub-group please reply to confirm if you are happy to share your email.
5. Preferences will then be taken on how, when, where to meet for the first sub-group.
6. Helen Cooke will explore options for a face-to-face venue.

7. Gavin McNaughton will ask Evie King what flexibility there is to update the website.
8. Dr Chauhan to raise topic of completing online training for surgery staff.

#### **Future meets**

- It was noted that Dementia and Mental Health were preferred topics for future focus.
- All members will be asked to select their preference from the full list before the next meeting
- Next full meeting will be Tuesday 31 January 2023
- There will be some sub-groups about menopause before then, dates to be confirmed.

I look forward to our next meeting :)

Gavin

Chair

Kirkstall Lane Medical Centre (KLMC) Patient Participation Group (PPG)