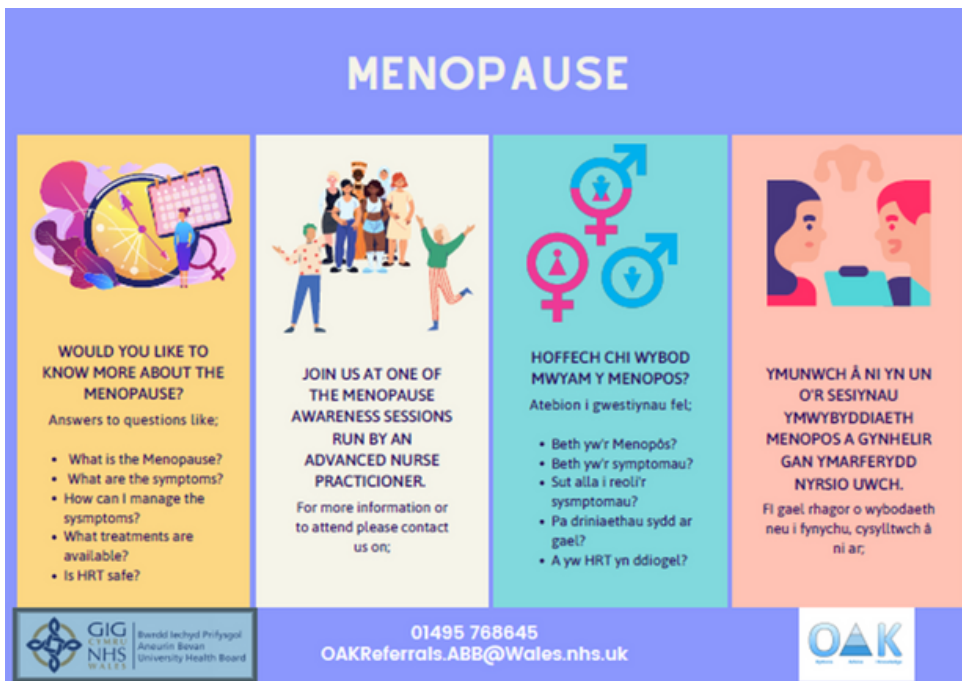


OAK (Options, Advice, Knowledge)

Ring or email for a 90 minute session with an Advance Nurse Practitioner.

Tel: **01495 768 645**

Email: **OAKReferrals.ABB@wales.nhs.uk**



MENOPAUSE

WOULD YOU LIKE TO KNOW MORE ABOUT THE MENOPAUSE?
Answers to questions like:

- What is the Menopause?
- What are the symptoms?
- How can I manage the symptoms?
- What treatments are available?
- Is HRT safe?

JOIN US AT ONE OF THE MENOPAUSE AWARENESS SESSIONS
RUN BY AN ADVANCED NURSE PRACTITIONER.
For more information or to attend please contact us on;

HOFFECH CHI WYBOD MWYAM Y MENOPOS?
Atebion i gwestiynau fel:

- Beth yw'r Menopós?
- Beth yw'r symptomau?
- Sut allu i reoli'r symptomau?
- Pa driniaethau sydd ar gael?
- A yw HRT yn ddiogel?

YMUNWCH Â NI YN UN O'R SESIYNAU YMWBODDIAETH MENOPOS A GYNHELIR GAN YMARFERYDD NYRSIO UWCH.
Ff gael rhagor o wybodaeth neu i fynychu, cysylltwch â ni ar;

01495 768645
OAKReferrals.ABB@Wales.nhs.uk

OAK

Active Angels

Bringing light and life to your city.

Tel: **07926 163 814**

Email: **info@activeangelsgroup.co.uk**

Web: **www.activeangelsgroup.co.uk**



'Meno-Steps' is one of the best menopause well-being courses ever created, especially for those new to physical & emotional changes during menopause. The course guide book will help individuals and health workers to take control of menopause symptoms through dance fitness and healthy eating sessions.

Meno Active

Tel: **01633 656 757**

Email: **customerservice@newportlive.co.uk**



Meno Active is a range of targeted classes for pre to post menopausal women who want to take back some control, be supported and gain insightful tips and combat myths.

Meno Active encompasses all the things to do with the menopausal changes and offers exercise, nutrition and well-being advice to help you understand what is happening to your body.

Sessions can be booked via the [website](#), or on the Newport Live app.



GAVO's Education Programmes for Patients (EPP) run 2 sessions per year on the signs and symptoms of menopause and provide guidance on ways to manage them.

To find out more, or register for a session, please contact: **epp@gavo.org.uk**

DWP 50 Plus Choices



Web: **[Help and Support for older workers - Gov.UK](#)**

Most women will experience symptoms of menopause, and many are able to carry on their life as normal, discussing any issues with their manager at work while continuing with their career. However, in some cases, symptoms may be debilitating and have a significant impact on everyday activities. DWP's 50Plus Choices offer is designed to support both groups of women, and everyone going through the menopause.

MELO

Mental health can be affected at menopause. Mood changes such as feeling low, anxious, irritable and/or tearful are common. Fluctuating progesterone, oestrogen and testosterone levels can be responsible for many psychological symptoms including panic, anxiety and poor concentration.

Our self-help resources provide information on how the menopause affects mental health and advice on how you can manage symptoms.

Web: **www.melo.cymru**



Your Newport, Your Wellbeing.

A free wellbeing map to help you find wellbeing services, activities & organisations in Newport.

yournewport.co.uk



Your Newport is an exciting NEW and FREE online map that connects you to everything that can help your mental and physical wellbeing in your local area.

With everything from clubs and activities, to groups and organisations, you can use this free map to find things to help you and your family enhance your health and wellbeing.



yournewport.co.uk