

Menopause Awareness For Managers



Course Code SS01CV31H

Venue: **Room**

Online (Microsoft Teams)

Start Date: 19 July 2023
End Date: 19 July 2023
Sessions: 1
Day(s): Wednesday

PL4 6LF

Start Time: 10:00
End Time: 12:00

Cost of course:

Cost of course Free

Before you enrol on this course Please follow the link or speak to our learning advisors who can support you to enrol on 01752 660713.

<https://forms.office.com/r/SRfrXUy6Vb>

Entry requirements There are no specific requirements for this short course.

On Course South West will be supporting Plymouth residents, aged 16 and over, to upskill. The SMART SKILLS programme is funded by the European Social Fund. We can work with individuals, including the self-employed and unemployed who are in receipt of benefits. Plymouth based employers and their staff can also benefit from this offer. If you are employed we will require evidence of your employer's support. There will be paperwork to complete to access the funding along with proof of your eligibility to work and live in the UK. Please use the attached form to get in touch we would love to hear from you.

Course Intent The 2 hour sessions are for everyone, regardless of gender, and will cover the following:
 Can you signpost to the correct organisation for advice and support?
 Can you spot the signs and symptoms of someone suffering with menopause?
 Are you a manager and really do not know how to tackle this topic and offer support?
 Are you aware of the impact menopause can have on family life?
 Are you aware of the laws around menopause?
 Why the menopause is a workplace issue
 Did you know:
 - Menopausal women are the fastest growing demographic in the workforce.
 - The average age for a woman to go through menopause is 51. It can be earlier than this, naturally or due to surgery, or illness. And symptoms may start years before menopause, during the perimenopause phase.
 - According to the Faculty of Occupational Medicine nearly eight out of ten of menopausal women are in work.
 - Three out of four women experience symptoms, one in four could experience serious symptoms.
 - One in three of the workforce will soon be over 50, and retirement ages are now 68

How will the course be delivered? You will be working with your tutor and other learners face-to-face.

Will I need to study or practise outside the classroom? It is always good to practise your skills, your tutor may encourage home research.

How will I know I am making progress? Your tutor will set objectives for the session and give feedback on how you are progressing. You will agree personal targets as part of your Individual Learning Plan (ILP), and you will review your targets at the start and end of the session.

What will I need for the course?

Please bring a pen and notepad.

Progression

Look out for information regarding follow-on courses. Learning Advisors will be happy to provide you with information of what progression is available. Visit our website at www.oucoursesouthwest.co.uk or contact us on 01752 660713 to make an appointment.

On Course South West

Tel: 01752 660713

HYDE PARK HOUSE, MUTLEY PLAIN, PLYMOUTH, PL4 6LF

www.oucoursesouthwest.co.uk



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