



Struggling with Menopause Symptoms?

We're here to help. If you are aged 45+, join our **Menopause Group Consultation Clinic** for support from Social Prescribers, Health & Wellbeing Coaches, and Clinical Pharmacists, alongside other women who are experiencing similar symptoms.

What can you expect?

- Understand menopause and its symptoms
- Seek expert guidance and ask questions
- Share experiences in a supportive setting
- Receive wellbeing and lifestyle advice
- HRT prescribing as appropriate



Not sure if it's for you? You won't know unless you give it a try! Check the FAQs on the back or scan the QR code for details.

Held weekly at Abington Park Surgery.

Take control of menopause - ask at your GP reception for support!



**GENERAL
PRACTICE
ALLIANCE**

Frequently Asked Questions



SCAN ME



What is a Group Consultation?

It's an opportunity to have more time with your clinician, receive a one-to-one review, and get your questions answered while speaking with other women going through Menopause.

What happens during a Group Consultation?

Your group clinic lasts 60-90 minutes and typically includes 6-8 people. You'll have the chance to ask your clinician questions that are specific to your needs.

What is the benefit of a Group Consultation?

It offers a tailored experience - giving you more time to discuss your symptoms whilst also learning from others who are going through similar challenges.

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