

# Changing the Change

## Policy, Practice & Personal Issues

---

Tuesday 18<sup>th</sup> October 2022

16:30 – 18:30

MS Teams –

[Click here to join](#)

**WORLD  
MENOPAUSE  
• DAY •**

**18  
OCTOBER**

**BASW**

The professional association for  
social work and social workers

# Keynote Presentation Session

16:30 -  
17:35

**Shantel Thomas, Anti Racism Lead, [British Association of Social Work](#)**

*Welcome*

**[Siobhan Maclean](#), Kirwin Maclean Associates - Bringing together the personal and the professional: It's silence that does the harm**

*Siobhan will share her experiences of the menopause and will outline how, as she has started to raise the menopause with social workers, it has opened up conversations in so many ways.*

**Nina Kuypers, BSc, PGCert Education, PGCert Health and Exercise, Founder [Black Women in Menopause](#) - The bias that blinds: why menopause for some is different**

*Exploring the 'why's and 'wherefores' of racial and cultural experiences through menopause*

**[Daisy Long](#), Director & [Lizzie Furber](#), Principal Social Worker, Practice Education from [DCC-i](#) - Menopause and non-binary inclusivity**

*Menopause is not something that is openly discussed, or at least hasn't been until we started having a day for it once a year, but what about the other 364 days? As a middle-aged binary woman, it's buried in cultural stigma and shame, so as a middle-aged non-binary person how would you even start that conversation and can we, by saying it out loud, start the conversation that no one really wants to have but in our increasingly diverse world we really need to!*

**Lyse Hurd, Trade Union Official, [Social Workers Union](#) / [British Association of Social Work](#) - Menopause in the workplace**

*Your rights in the workplace, what adjustments you can request and what to do if you are worried about how you are being treated by your employer*

**Q&A**

[Click here to join the keynote session](#)

# Workshops

17:35 - 18:30

Please choose one workshop and click the relevant link to access at 17:35

## Workshop A

**Karen Grinter, [Northants Pilates](#) - What's the menopause got to do with bone health?**

*What do you know about your bone health and how does the menopause affect you? What can you do to improve your bone health BEFORE and AFTER menopause. 1 in 2 women and 1 in 5 men will suffer an osteoporotic fracture after the age of 50. It's not all doom and gloom though, there is much you can do to ensure you keep your bones healthy and this session is about understanding bone health and what you can do to improve yours.*

[Click here to join workshop A](#)

## Workshop B

**Caroline Hill, Freelance Dietitian, [Caroline Hill Nutrition](#) - Nutrition for menopause...what should I eat?**

*Workshop to discuss the role of nutrition in managing menopause symptoms. Exploring whether nutritional supplements are needed and helping you to feel in control of your food choices to make positive dietary changes.*

[Click here to join workshop B](#)

## Workshop C

**[Siobhan Maclean](#), [Kirwin Maclean Associates](#) - Heart Work: Kindness in Menopause**

*Because of health issues, I am not able to take HRT. Experiencing very significant symptoms for a number of years, I have felt desperate at times and also very alone. Over the last few years I have been doing a lot of work about the importance of kindness in social work practice and kindness and certain pivotal moments in my own menopause journey made me recognise the importance of kindness in the menopause. In this workshop I will share how the menopause affected me (and my family) and how kindness was key.*

[Click here to join workshop C](#)

## Workshop D

**[Daisy Long](#), Director, [Chloe Whittall](#), Director, [Lizzie Furber](#), Principal Social Worker, Practice Education, [Gail Heslop](#), MCA/LPS & Safeguarding Lead (Principal Social Worker) & [Helen Kane](#), Principal Social Worker (Adult Practice) from [DCC-i](#) - The HRT journey**

*HRT is a journey, and why is that? Because it needs a map to navigate and asking for directions is like asking a tourist where the local night spots are! While less controversial than previously has been the case, making an informed decision about whether HRT is right for you is still far more difficult than it should be, fraught with misinformation, bias, and assumptions rather than objective accepting support. This workshop will consider the good, the not so good, and the sometimes not so pretty role HRT might (or might not!) play in the menopause experience!*

[Click here to join workshop D](#)