

Me, Work and the Menopause Campaign



Women make up more than half of Usdaw's 352,000 members and activists and over half of the UK workforce. All of these women will inevitably experience the menopause at some point in their lives, and not necessarily in their late forties or early fifties.

The menopause can affect younger women too and transgender and non-binary people. It's far from a minority issue. Statistics show that around 1 in every 3 women has either experienced or is currently going through the menopause, with the majority experiencing noticeable symptoms. Of these, almost half experience symptoms they find hard to deal with and cause them difficulties both in and out of work.

Despite a growing recognition amongst employers and policy makers of the menopause as a workplace health and safety issue, too few women are receiving the right support at work.

Usdaw has developed this workplace campaign pack to enable more women to recognise and feel able to discuss their menopause symptoms in the workplace and equip reps with the tools they need to open up conversations about the menopause at work.

If you require any further information about the campaign or rights at work, please do not hesitate to contact Usdaw's Equalities Office on **0161 249 2451** or email equalitymatters@usdaw.org.uk

Yours Sincerely

Paddy Lillis, General Secretary



Order Form

If you've decided to organise a campaign stand in your workplace or would like to order leaflets and posters to hand out and theme your noticeboard please tick the appropriate box below:

I am planning to hand out leaflets, theme my noticeboard or talk to my colleagues about the campaign.

- 5 Menopause is a Workplace Issue - An Advice Guide for Usdaw Reps (Lft 454)
- 5 Could The Menopause Be Impacting Your Pension - Guidance for Usdaw Members (Lft 455)
- 5 Early Menopause - Guidance for Usdaw Members (Lft 456)
- 5 Women's Health -The Menopause - An Advice Guide for Usdaw Members (Lft WE WH 006)
- 2 Me, Work and the Menopause A4 Poster (R73)
- 5 Me, Work and the Menopause Postcard
- 5 The Menopause is a Workplace Issue Survey
- 5 Menopause Talking Toolkit
- 5 Me, Work and the Menopause FAQs

I am organising a campaign stand.
I am running a campaign in my workplace on:

- (insert date) _____
- 35 Menopause is a Workplace Issue - An Advice Guide for Usdaw Reps (Lft 454)
 - 35 Could The Menopause Be Impacting Your Pension - Guidance for Usdaw Members (Lft 455)
 - 35 Early Menopause - Guidance for Usdaw Members (Lft 456)
 - 35 Women's Health -The Menopause - An Advice Guide for Usdaw Members (Lft WE WH 006)
 - 5 Me, Work and the Menopause A4 Poster (R73)
 - 50 Me, Work and the Menopause Postcard
 - 100 The Menopause is a Workplace Issue Survey
 - 35 Menopause Talking Toolkit
 - 35 Me, Work and the Menopause FAQs
 - Handheld fans
 - Water bottles
 - Stress balls

NB: If you've ticked the box for a campaign stand your order will be delivered via our courier and it is essential that a postcode is given - any orders that do not include a postcode will NOT be dispatched. Also, your order will need to be signed for and it may be heavy, so it may be more practical to have the delivery sent to your workplace (please ensure that there will be somebody available to sign for and collect the package).

Please use **BLOCK CAPITALS**:

Personal Details

Name

Home Postcode

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Position

Udaw Branch/Region

Workplace

Delivery Details

Actual Delivery Address

Delivery Postcode

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Tel

Mobile

email

(To notify you when your order has been dispatched)

On completion just write: **FREEPOST USDW** on the envelope and put it in the post. You can also order online at www.usdaw.org.uk/menopause

The data you are providing us will be used to process your order. This is in pursuit of the Union's legitimate activities stated in the Objects in the Union's Rule Book. This processing involves your personal data. The data that we collect about you here will be stored securely and destroyed after three months. For further information see Usdaw's Privacy Notice www.usdaw.org.uk/privacy

