

# Portishead wellbeing workshops

## Menopause



### SUPPORT RESOURCES

#### BRISTOL MENOPAUSE CLINIC



Dedicated team of British Menopause Society accredited specialists providing comprehensive and compassionate care in women's health, tailored to individual journey's.

#### BALANCE



Provide medical evidence-based perimenopause and menopause information, to help people become better informed and more prepared during this time of their lives.

#### HELS BELLS



Kettlebell club based in Portishead offering kettlebells, barbell and bodyweight sessions.

#### MENOPAUSE CLINIC WSM



Specialist nurse-led clinic based in Weston-super-Mare delivering a person-centred approach to menopause. Providing up to date, safe, evidence-based information.

#### MENOPAUSE IN THE WORKPLACE



Menopause in the workplace experts provide training, videos, eLearning, policy and communications expertise to help line managers and colleagues introduce the right support.

#### JANE BROCKBANK ACUPUNCTURE

St Mary's Road, Portishead  
07834 370949  
jane@brockbankacupuncture.co.uk

#### MENOPAUSE SUPPORT



Provides private support via telephone and video consultations and bespoke menopause training and support solutions for businesses and organisations and menopause training days for therapists and well-being professionals.

#### REAL GOOD FITNESS



Experienced trainers providing functional fitness classes in Portishead and Long Ashton. Offering a selection of different fitness options including personal and online training, in person classes, sports therapy and massage.

#### SECOND STEP



Mental health support for adults and carers living in North Somerset. Helping people develop skills to manage their own mental wellbeing and recovery journey by running group courses and activities.

#### UNDERSTANDING MENOPAUSE BOOKLET



Menopause Support guide to understanding menopause to enable you to make informed choices about how you manage your menopause.

#### WOMEN'S HEALTH CONCERN



A range of detailed factsheets providing information and advice on gynaecological, sexual and post reproductive health issues. The factsheets can be downloaded in PDF format or printed directly from the website.

