



Menopause and Perimenopause Awareness

Dates:

Locations:

Please note, this course is only open to residents living within Westminster City Council or the Royal Borough of Kensington and Chelsea. This Community course offers a clear, supportive and empowering introduction to menopause and perimenopause. It is designed to help adults understand the physical, emotional and lifestyle changes that can arise during this stage of life. Delivered by a highly experienced, professionally accredited health and menopause coach, the course brings together up to date research, practical tools and compassionate guidance. Over four face to face sessions, participants explore how hormonal changes affect the body and mind and discover realistic, evidence informed strategies to help manage symptoms, improve wellbeing and make confident choices about their health.

Entry Requirements

This is an introductory course and no previous knowledge, qualifications or experience are required. It is accessible to adults from all backgrounds, whether navigating menopause themselves or supporting someone else. All topics are explained clearly and sensitively, with the coach ensuring that everyone feels welcome and able to take part at their own pace.

What topics does the course cover?

The course takes a rounded approach to menopause and perimenopause. The first session explores the fundamentals, including what menopause is, how the reproductive system functions, the role of hormones and why symptoms develop. It also introduces treatment options, including HRT, and provides space for open discussion. The second session focuses on physical health, examining why everyday movement matters, how to incorporate activity into daily routines and how to understand the body's changing needs. The third session delves into psychological wellbeing, looking at issues such as anxiety, mood changes, sleep difficulties and shifts in intimacy, and offers practical approaches to maintaining balance and resilience. The final session explores nutrition and lifestyle, covering midlife nutritional needs, phytoestrogens, liver and gut health, and understanding weight changes, along with clear guidance on building a menopause friendly approach to eating.

How will I be taught and assessed?

The course is taught face to face by a highly qualified menopause and health coach with extensive experience supporting people

through midlife changes. Sessions combine explanation, group discussion and simple practical activities, creating a safe and supportive space to explore questions and personal experiences. There is no formal assessment. Instead, the focus is on deepening understanding, building confidence and providing practical strategies that can be applied day to day.

Are there any other costs or equipment I need to get?

There are no additional costs. All essential learning materials are provided. Participants may wish to bring a notebook for personal reflection, and wearing comfortable clothing is recommended if we do any light movement activities, although this is optional.

By the end of the course what should I be able to do?

By the end of the course, participants should feel more informed about the physical, emotional and hormonal changes associated with menopause and perimenopause. They should be able to identify practical lifestyle approaches to support their wellbeing, including realistic movement, nourishing nutrition and techniques to manage stress and sleep. The course also aims to build confidence in understanding treatment options, including HRT and complementary approaches, enabling individuals to make informed decisions and communicate more easily about menopause with others.

What are the progression opportunities following this course?

The course provides a strong and supportive foundation for continued learning, self care and wellbeing. Participants may wish to continue developing their knowledge through other WAES Community workshops and programmes. Those who wish to take their learning further may also progress to longer or accredited courses, depending on their personal goals.