Exploring Menopause
A women only event facilitated
by Cabby Laffy and Eileen Bellot

Exacerbated by a lack of knowledge and negative social attitudes, many women find the Menopause a confusing and uncomfortable phase in their lives. Some have fears and concerns about the impact on their libido, self-esteem, and mental wellbeing, and feel reluctant or embarrassed to speak about the subject directly. Many GP’s also feel uneducated and feel they have little to offer, especially if HRT is unwanted or contraindicated.

This workshop is for any women interested in this topic. It aims to give women a voice and empower them to understand their choices for managing a healthy transition through the menopause. We will provide information about:

- the physiological process of the Menopause phase
- the impact of Stress on physical and emotional well being
- managing symptoms like anxieties, hot flushes, sleep difficulties

Through experiential exercises and group discussion there is an opportunity to explore:

- beliefs, experiences and myths about Menopause
- your relationship with your own cycle of life
- your thoughts and feelings about sexuality
- ‘The Change’ - your goals, dreams, hopes

Dates: Saturday 29th February 2020
Venue: Spiral Therapy Centre, 2 Shelburne Road, London N7 6DL
Times: 10.30 am to 5 pm
Fee: £90 waged. Some concessions are available for low/unwaged on request.
To Book: email cabbylaffy@inbox.com Cabby 07981 665 917

Cabby Laffy has been a facilitator of trainings and workshops since 1991. She has also worked as a psychotherapist with individuals and couples, and a supervisor for individual and couple work, for twenty-five years. She is a UKCP registered and NCP accredited psychotherapist, a COSRT accredited psychosexual therapist, a supervisor, an educator and group facilitator, and a member of PCSR. Cabby's book LoveSex: An Integrative Model for Sexual Education (Karnac 2013) presents a model for psychosexual health. Cabby is available for one to one and couple therapy, training and supervision. admin@psychosexualhealth.org.uk

Eileen Bellot, Writer, Health Professional, Speaker & Workshop Facilitator. Eileen founded the Reclaim the Menopause programme in 2012 “My work is inspired by the things that make me curious: in 2012 I became curious about why women were embarrassed talking about the Menopause, so started the Reclaim the Menopause Project to allow women the opportunity to start having a dialogue about this important subject”. Eileen’s work creates space that allow people exploration of their mental, physical, spiritual and emotional selves. In 2018 she produced a peer review paper with Emeritus Dr Myra Hunter (Kings College), called ‘Reclaim the Menopause: A pilot study of an evidence-based menopause course for symptom management and resilience building’, (Bellot et al), published in Post Reproductive Health a journal for health professionals in Jan 2018. Eileen is currently developing a play called Blood Rites exploring women’s rites of passage and the menopause. This will be part of VAULT Festival 10-12 March 2020. To book tickets visit https://vaulfestival.com/whats-on/
eb@questlife.co.uk Twitter: @Questlife2

Cabby Laffy and Eileen Bellot have been running menopause programmes since 2014.

www.reclaintthememenopause.com