

# Health and Wellbeing

## Menopause

As part of our STW ICS Menopause Offer, we now have a staff menopause clinic. This will be a safe confidential space with an opportunity to discuss with our Occupational Health nurse your personal experience, including symptoms and potential treatment options and also gain further knowledge and understanding about this specific life stage.

These clinics are here to help women ask any questions and feel more confident speaking about their symptoms and obtaining help to manage these symptoms. They will help to raise awareness of menopause and will provide support in managing symptoms and wellbeing for people experiencing the menopause.

Appointments can be face to face at Gains Park, via MS Teams or telephone – whichever is convenient to you.

Please book via email to: [shropcom.hwb@nhs.net](mailto:shropcom.hwb@nhs.net). All clinics are confidential and are not part of your employee record.

## Mental Health

Practitioner Health: <https://www.practitionerhealth.nhs.uk/>

BMA Counselling Services: <https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-services>

Project5: <https://www.project5.org/>

## Finance

Royal Medical Benevolent Fund: <https://rmbf.org/>

GP Finance Charity: <https://www.cameronfund.org.uk/>

BMA Charities: <https://bmacharities.org.uk/>

NHS MoneyHelper Service: <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/financial-support>

## Fitness

Gyms: The Shrewsbury Club and Bannatyne Health Club, Shrewsbury both offer an NHS discount on their membership

<https://www.theshrewsburyclub.co.uk/>

<https://www.bannatyne.co.uk/health-club/shrewsbury>

Park run: <https://www.parkrun.org.uk/shrewsbury/>