

# ACTION MENOPAUSE WARWICKSHIRE: AN ANP-LED COMMUNITY SUPPORT MODEL

01

## INTRODUCTION

Use this section to give a brief overview of the research. This may include background information of the topic. How is this research important to the industry? You may include a hypothesis if it is relevant to your research.



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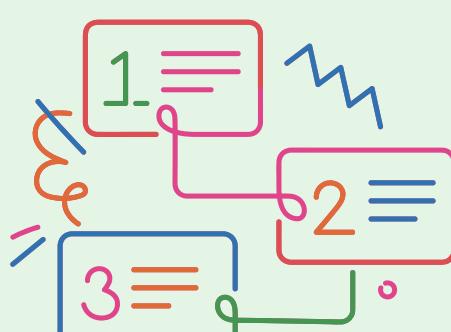
## RESOURCES

- 6-person volunteer committee (~24 person hours per meeting).
- Guest speakers (specialists in HRT, nutrition, pelvic health, exercise, complementary therapies).
- Local clinicians (GPs, specialist nurse) supporting group Q&A.
- Discounted venues (later funded through grants).
- Funding from Leamington Town Council, National Self Care Award, fundraising events (fashion shows, supper club), and small donations.

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## SECURING RESOURCES

- Free venues for committee meetings; clinicians and guest speakers donated time.
- Grants and community fundraising supported sustainability.
- Collaboration with local businesses and charities to raise funds and awareness.



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## OUTCOMES

- 17 peer support meetings delivered, attended by 250+ women.
- Highly positive feedback: women report improved wellbeing, confidence, and social connection.
- Reduced demand on 1-2-1 GP appointments through group consultation model.
- Collaboration with Healthwatch Warwickshire leading to county-wide surveys, reports, and input to ICB Women's Health Steering Group.
- Invitations to co-lead events, e.g., International Menopause Day (Oct 2025).



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## QUALITY ASSURANCE

- In-house templates and speaker agreements; vetting of all speakers.
- Confidentiality agreements, GDPR compliance, secure and supportive group environment.
- Feedback surveys validate impact (latest results due Sept 2025).
- Clinical team maintain BMS/NICE compliance and continuous professional development.
- Venue meets accessibility and safety standards.

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## LESSONS LEARNED

- Major impact can be achieved with minimal financial resources if supported by a passionate, multidisciplinary team.
- External facilitation of focus groups helps ensure unbiased needs assessment.
- Peer support and group consultation models are efficient, empowering, and sustainable.
- Strong partnerships with local agencies and businesses are key to growth.
- Challenges: initial self-funding, limited capacity of small team, need to prioritise commitments.

