



We are delighted to announce our next event, a Ladies Health and Wellness evening, focusing on the treatment and management of the peri-menopause and menopause.

We are incredibly honoured and delighted to have one of the country's leading menopause experts coming along to talk to us, **Dr Imogen Shaw** joined by **Dr Rosie Atterton** a highly experienced GP with a career-long interest in women's health. These two amazing doctors are hugely respected in the field of menopause medicine and are looking forward to sharing their fantastic knowledge, experience and tips with members of Purple Horizons and their friends. There will be an opportunity for questions and answers following their talks and presentations. It is also important to have men involved in conversations around the menopause too. Further details on all our guests are included below.

DR IMOGEN SHAW

MA MB Bchir MRCGP DRCOG DFRSH PG dip gynaecology

Dr Shaw is a national expert on the menopause and has appeared on TV, radio and in national newspapers. She is co-author of the 2015 NICE (National Institute for Health and Care Excellence) guidelines for menopause and has written a book for GPs on managing the menopause. <https://cambridgemenopauseclinic.co.uk>

Dr ROSIE ATTERTON

GP - Menopause Clinic

MBChB MRCGP FFSRH Cert Menopause Care

Dr Atterton is passionate about providing women with advice about all their options in the peri-menopausal years and beyond. She holds the Faculty of Sexual and Reproductive Health Care Certificates in Menopause Care. <https://www.spirehealthcare.com/spire-cambridge-lea-hospital/consultants/dr-rosie-atterton-c6049484/>

PANEL GUESTS:

As well as two amazing speakers we have five wonderful ladies who will be joining our panel to talk to you about other ways of managing and treating peri-menopause/menopause symptoms. Each lady has a different skill set from a holistic approach, managing hair loss, counselling for menopause symptoms and nutrition and exercise. They all compliment each other and collectively, with our speakers, provide a unique opportunity to find out more about the treatment and management of the menopause.

JULIE GRINT - Holistic Health Practitioner

<https://www.juliegrint.com>

EMMA HARPER - Counselling

Diploma in Therapeutic Counselling (Edexcel), Certificate in Counselling Skills (CPCAB) BA Hons

MBACP - 00968620

www.mistletoecounselling.co.uk

SANDY HAVERCROFT - Yoga

Yoga teacher

shavercroft@anika.com

LITA PESCOD - Exercise, nutrition and strength training

Personal Trainer and Strength Conditioning in Menopause

litapescod@gmail.com. Instagram: strive performance

HELEN ROOS - Hair loss

Trichologist (Trainee) and Hairstylist

helenroos@yourtrichology.co.uk

In addition to our speakers and panellists we will have some resources available including:

CLARE BROOKER - Pella Pura - Nature and Skincare in Harmony

FULCRUM HEALTH LTD - PureHA Collagen Advanced

All funds raised from our evening will support Papworth Trust's invaluable work helping disabled people have equality, choice and independence - <https://www.papworthtrust.org.uk>.

Details are as follows:

Date: Thursday October 12th 2023

Time: 6.00pm - drinks reception with canapés

6.30pm - 9.30pm Talks, panel guests and opportunity to ask some questions and answers

Location: Brampton Memorial Centre, Thrapston Road, Brampton, Huntingdon, Cambridgeshire, PE28 4TB

Ticket price per person £20.00 which will include a glass of wine, canapés and soft drinks

Tickets are only available in advance by emailing purplehorizons2019@icloud.com with the required number of tickets. Confirmation of ticket allocation/s will be sent by email once payment has been received either by bank transfer or by cheque. Tickets are restricted by the size of the venue so we encourage an early application.

Payment details for tickets are:

Bank transfer to the following:

Bank account name: Papworth Trust

Sort code: 20-17-68

Account No: 20699357

Reference: PH followed by your surname

Please make cheques out to 'Papworth Trust' and post to:

Mrs Angela Kenyon
26 - 28 Church Lane
Tilbrook
Huntingdon
Cambridgeshire PE28 0JS