

# Thursday 22<sup>nd</sup> September

## Screen 1

## Screen 2

## Screen 3

9:05am – 9:45am	<b>Positive movement</b> Lucy Holtom, Claudia Brown & Dinah Siman – <i>Benefits of movement with practical guidance</i>	<b>Importance of wellbeing</b> Liz Earle – <i>Why women's wellbeing?</i> Dr Deborah Brown – <i>The importance of being social: finding meaning &amp; health in relationships &amp; community</i> Facilitated by Dr Louise Newson	<b>Future ready</b> <b>Drop-in sessions offering pension advice with Wesleyan</b> Brian Smith & Sian Bird
9:45am – 10:30am	<b>Positive movement</b> Lucy Holtom, Claudia Brown & Dinah Siman – <i>Benefits of movement with practical guidance</i>	<b>Skin &amp; hair</b> Dr Sajjad Rajpar – <i>Do skin &amp; hair change with the menopause?</i> Dani Binnington – <i>From breast cancer to menopause to inventing the Manta</i> Facilitated by Dr Rebecca Lewis	<b>Future ready</b> <b>Drop-in sessions offering pension advice with Wesleyan</b> Brian Smith & Sian Bird

10:30am  
–  
10:50am

**BREAK IN BAR AREA, EVERYMAN THEATRE**

10:50am – 11:50am		<b>Personal growth, nutrition &amp; fitness</b> Lucy Holtom, Claudia Brown, Dinah Siman & Emma Ellice-Flint – <i>How to simplify taking care of yourself to help your body thrive</i> Facilitated by Alex Darby	<b>Future ready</b> <b>Drop-in sessions offering pension advice with Wesleyan</b> Brian Smith & Sian Bird
11:50am – 12:15pm	<b>Positive movement</b> Lucy Holtom, Claudia Brown & Dinah Siman – <i>Benefits of movement with practical guidance</i>	<b>The McCloud Judgment</b> Brian Smith <i>will discuss the 2018 ruling that caused changes to the Local Government Pension Scheme</i> Facilitated by Dr Kate Stannard	

12:15pm  
–  
1:00pm

**LUNCH IN BAR AREA, EVERYMAN THEATRE**

## Screen 2

1:00pm – 1:15pm	<b>Welcome and introduction from Newson Health Menopause Society &amp; Women in Medicine International Network</b>		
1:15pm – 2:00pm	<b>Challenges facing women at work</b> Kate Muir – <i>Your menopausal brain at work</i> Gaele Lalahy – <i>Femtech: an enabler for women to thrive in the workplace</i> Miss Chandrima Biswas & Dr Kate Stannard – <i>A female journey in conversation</i> Facilitated by Dr Louise Newson		
2:00pm – 2:50pm	<b>Women &amp; diversity</b> Professor Neena Modi – <i>Advocating for equality in an intersectional world</i> Baroness Warsi – <i>Menopause and public life</i> Dr Nighat Arif – <i>Menopause in ethnic minority communities &amp; how to support your patients</i> Facilitated by Dr Kate Stannard		

2:50pm  
–  
3:00pm

**BREAK IN BAR AREA, EVERYMAN THEATRE**

3:00pm – 3:50pm	<b>Sustaining healthy high performance during midlife &amp; menopause</b> Rachel Cashman – <i>How psychological safety supports wellbeing &amp; productivity in the workplace</i> Emma Plunkett – <i>Learning from excellence: making healthcare a better place to work</i> Dr Carrie Newland – <i>Tackling sexual misconduct in surgery</i> Facilitated by Dr Claire Shannon		
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7:00pm+ **FOOD & DRINKS AT WINTON HOUSE, CV37 6HB**

## Screen 2

9:00am – 9:10am	<b>Welcome and introduction from Newson Health Menopause Society &amp; Women in Medicine International Network</b>
9:10am – 10:15am	<b>Positive action towards change</b>  Dr Louise Newson – <i>Personal challenges with improving menopause care &amp; education</i> Samantha Allen – <i>Women’s networks &amp; allies</i> Emma Stewart – <i>Making flexible working work in healthcare</i> Facilitated by Dr Rebecca Lewis
10:15am – 11:00am	<b>Sound advice</b>  Suzanne White – <i>Menopause &amp; the law on consent</i> Nicola Rabson – <i>Employment law &amp; the menopause</i> Brian Smith – <i>How to manage your NHS retirement effectively</i> Facilitated by Lucy Chatwin
11:00am – 11:15am	<b>BREAK IN BAR AREA, EVERYMAN THEATRE</b>
11:15am – 12:15pm	<b>Looking after yourself with focus on mental &amp; physical health</b>  Carolyn Harris MP – <i>Menopause on the political agenda</i> Dr Hannah Ward – <i>My experiences of hormonal (or reproductive) depression</i> Lauren Redfern – <i>The importance of time</i> Dr Kate Beed – <i>Suicide in doctors</i> Facilitated by Dr Helen Burdett
12:15pm – 12:30pm	<b>Conference summary and plan of action</b>
12:30pm – 1:00pm	<b>LUNCH &amp; CLOSE IN BAR AREA, EVERYMAN THEATRE</b>