Health and Wellbeing Benefits from Menopause Cafes

CARE • CONNECTION •COLLABORATION

Menopause Cafes support better health and wellbeing through

Care: creating space for self-reflection and seeking medical support
Connection: reducing isolation by building community
Collaboration: empowering attendees to enact change in their own lives

As a result of attending a Menopause Café…

32%
spoke with a healthcare professional about menopause for the first time

8+
percentage point improvements in self-reported wellbeing

50%
talked in greater depth with a partner or friend about menopause

VOLUNTEER CONTRIBUTIONS

Menopause Cafes rely heavily on the emotional and unpaid labour of volunteers. Hosts undertake substantial hidden work including logistics, advertising, and moderating emotionally intense discussions.

Menopause Cafes…

Build community and reduces isolation
Encourage engagement with healthcare support
Increase conversations with partners or friends
Support confidence, agency and wellbeing

To download free or learn more, go to www.menopauseatwork.org