



Dumfries House Menopause Programme

Dumfries House Menopause Programme is a 6 week group programme which is run virtually via zoom and will help support you to make healthy lifestyle choices, support your wellbeing through discussing and learning about the effects and symptoms of the menopause.

You can attend the programme if you are perimenopausal, menopausal or post menopausal. The group numbers will be small, and the group held online via zoom. There will be the opportunity to speak confidentially or receive individual supports, from our specialist health team.

The programme will include 6 early evening, 2-hour sessions over a 6 week period, from 4-6pm and will include:

- Understanding menopause and HRT
- Nutrition for Menopause and the benefits of supplements
- Keeping relationships healthy
- Managing stress and building resilience

There will also be the opportunity to try some exercise and complementary therapy – including yoga, mindfulness, acupuncture, reflexology and Tai Chi. Our specialist complementary therapists can offer support on an individual or group basis.

You can self-refer to our programme if you are registered with an Ayrshire GP.

If you wish to find out more, please contact:

Shiona or Carolyn
Health & Wellbeing Coordinators
email health@dumfries-house.org.uk