

Thursday 22nd September

Screen 1

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

10:30am

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10:50am

BREAK IN BAR AREA, EVERYMAN THEATRE

10:50am – 11:50am		Personal growth, nutrition & fitness 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	Future ready Drop-in sessions offering pension advice with Wesleyan Brian Smith & Sian Bird
11:50am – 12:15pm	Positive movement Lucy Holtom, Claudia Brown & Dinah Siman – <i>Benefits of movement with practical guidance</i>	The McCloud Judgment Brian Smith will discuss the 2018 ruling that caused changes to the Local Government Pension Scheme Facilitated by Dr Kate Stannard	

12:15pm

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1:00pm

LUNCH IN BAR AREA, EVERYMAN THEATRE

Screen 2

1:00pm – 1:15pm	Welcome and introduction from Newson Health Menopause Society & Women in Medicine International Network
1:15pm – 2:00pm	Challenges facing women at work 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> Dr Louise Newson – <i>Personal challenges with improving menopause care & education</i>
2:00pm – 2:50pm	Women & diversity 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 & how to support your patients</i> Facilitated by Dr Kate Stannard

2:50pm

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3:00pm

BREAK IN BAR AREA, EVERYMAN THEATRE

3:00pm – 3:50pm	Sustaining healthy high performance during midlife & menopause Rachel Cashman – <i>How psychological safety supports wellbeing & 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, LOCATION TBC

Friday 23rd September

Screen 2

9:00am – 9:10am	Welcome and introduction from Newson Health Menopause Society & Women in Medicine International Network
9:10am – 10:15am	Positive action towards change Samantha Allen – <i>Women's networks & allies</i> Emma Stewart – <i>Making flexible working work in healthcare</i> Facilitated by Dr Rebecca Lewis
10:15am – 11:00am	Sound advice Suzanne White – <i>Menopause & the law on consent</i> Nicola Rabson – <i>Employment law & the menopause</i> Brian Smith – <i>How to manage your NHS retirement effectively</i> Facilitated by Lucy Chatwin
11:00am – 11:15am	BREAK IN BAR AREA, EVERYMAN THEATRE
11:15am – 12:15pm	Looking after yourself with focus on mental & physical health 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	Conference summary and plan of action
12:30pm – 1:00pm	LUNCH & CLOSE IN BAR AREA, EVERYMAN THEATRE