

**Jacquie Da Costa-Myers**

**The Menopause**

# Dr. Maya Angelou

**“You may not control all the  
events that happen to you, but  
you can decide not to be reduced  
by them.”**



# Content

- My background
- History of the M-Word
- Types of webinar and training
- Person of Colour (current project)



# Jacquie Da Costa-Myers

- Qualified and Registered Occupational Therapist since 2002
- Registered HCPC and RCOT
- Experience in acute, outpatient, rehabilitation and the community (NHS and private)
- Work with adults with:
  - Physical disabilities
  - Long term conditions
  - Social care
  - Mental health
  - Elective and non-elective surgery
  - Moving and manual Handling and other areas
- Work with paediatrics in hand therapy outpatient department
- Interest in women's health, miscarriages, doula and the menopause

**we  
Menopause**

# THE M-WORD HARINGEY HISTORY

- Observations in the community
- January 2020, the first Menopause training was delivered onsite
- March 2021 COVID led to delivering online training run over five weeks
- Organisations including the National Health Service, Counselling Autistic Spectrum Support (CASS), London Borough Haringey (Council), Community Hubs (Haringey) and others
- Haringey Adults Learning Service (HALS) now Disability Action Haringey (DAH)
- Developed WeMenopause - outside Haringey and for funding opportunities
- Bespoke training delivered eg Autism and Menopause and Person of Colour (more to following in 2025)



# TYPES OF WEBINAR AND TRAINING

- Online and onsite training and webinars
- Bespoke training and webinars
- Menopause Awareness training x 5 weeks (10 hours)
- Menopause Masterclass webinar with guest speakers
- Bitesize Menopause training 1-2 hours
- Introduction to the menopause- 4 hours
- Holistic Focus including Medical Herbalist and Nutritional Practitioner (guest speakers Aromatherapist, Coach, Pharmacist, Acupuncturist and others)

# Person of Colour

- There are differences in physical and hormonal changes in individuals of different races and ethnicities.
- Significant differences among individual's perceptions, attitudes and expectations surrounding menopause
- Its hugely influenced by their race, culture and ethnicity

(British Menopause Society, 2023).

# Person of Colour

Person of colour that are going through their menopausal transition are more likely to:

- have the highest prevalence and longest duration of vasomotor symptoms, and it can be more severe
- more likely to experience shorter sleep duration, more frequent awakenings and less efficient sleep
- display a smaller decline in sexual function and report a greater importance of sex.
- more than 50% more likely to have a weight gain compared to 10% of their white counterpart.

(have a higher risk of weight gain isn't due to differences in initial weight alone but their biological differences in addition to their social, cultural and economic factors).



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**ANY QUESTIONS**