**Impact case-study: Menopause Matters**

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| **Library concerned:** Library and Knowledge Service at Birmingham Women’s and Children’s NHS FT  **Name of case study:** Menopause Matters  **Date of interview: 4.11.19** | |
| **Interviewee** | Name: Helen Cliff  Job Title: HR Organisational Development Manager  Trust: Birmingham Women’s and Children’s NHS FT (BWC)  Email: [helen.cliff2@nhs.net](mailto:helen.cliff2@nhs.net) |
| **S****ummary of problem or reason for enquiry** | The NHS Confederation (2019) recognises ‘Menopause is not just a female issue, it's an organisational issue.  All managers need to know about it and how they can support their staff.  Awareness on this topic is fundamental and reducing the stigma attached to it is vital so that more people will talk openly about it’. At Birmingham Women’s and Children’s NHS FT, Helen Cliff OD Manager, was seeking to raise awareness of the support available to menopausal women and their managers. Helen approached the Library and Knowledge Service (LKS) for support / ideas. |
| **Brief description of the information found / service provided** | LKS staff, Henna Ali and Jay Grieves, helped Helen to organise a *Raising awareness* event that was held at both sites to coincide with International Menopause Day on Friday 18th October 2019. Henna and Jay organised a display of menopause resources including resources that Helen had supplied (video, menopause Toolkit, leaflets with details of support sessions, etc.) and other LKS resources including a collection of menopause books and BMJ Best Practice patient hand-outs (Menopause: What is it? Menopause: Questions to ask your doctor and Menopause: Should I take HRT?). In addition, LKS bookmarks and registration forms were displayed. |
| **Summary of outcome and impact** | LKS staff helped the Trust / HR to raise awareness of support provided for menopausal women and for managers supporting women at this time. Almost all Trust staff attending the event took away information including the Toolkit and BMJ Best Practice hand-outs. In addition, attendees welcomed the opportunity to speak with event organisers and others. The work that LKS staff, Henna Ali and Jay Grieves, completed was integral to the success of the event. |
| **Immediate Impact**  **(including quotes)** | The events were well received and attended; a dozen Trust staff dropped-in at Birmingham Women’s and almost 40 at Birmingham Children’s. Trust staff attended from a wide variety of departments including Estates, IT, Patient Experience and Corporate Management. All copies of the Menopause Toolkit were taken and of the BMJ Best Practice hand-outs. There was a real feeling of interest and assurance that the Trust was raising awareness.  *“The work which the library staff did was really invaluable to the project which I was launching .They were able to add their skills and experience and definitely shared new resources which benefited our trust staff”.* |
| **Probable future Impact** | Raised awareness: Trust staff will have a greater awareness of support the Trust provides for menopausal women and their managers. Menopausal women will feel more supported and their managers will be more aware of resources, including the Toolkit and health information, to help them support their staff. |