



GMB

UNION

The Menopause at Work

South Western Ambulance Service Trust

Have you experienced, or are you experiencing, the Menopause whilst working at SWAST?

Have you seen one of your colleagues experience the menopause at work?

Do you have ideas for how SWAST could give more support to colleagues going through the menopause?

GMB members are telling us that the menopause is an issue affecting them at work. GMB are currently carrying out a survey of GMB members working in SWAST on how the menopause is treated in the workplace and what SWAST can do to make things better for those experiencing the menopause.

We need as many people as possible to fill out the survey. It is for all GMB members, not just those who have been through or are going through the menopause.

To complete the survey please visit:

www.gmb-southern.org.uk/swast-menopause-survey

If you would prefer to speak to someone outside of your workplace you can contact GMB's Regional Organiser in confidence on **07951 363949** or email **asia.allison@gmb.org.uk**

IT IS TIME FOR CHANGE – HELPING YOU THROUGH THE MENOPAUSE!

For more information on the GMB and how to join – speak to your workplace rep or visit

www.gmb.org.uk/join