

MM MENOPAUSE MANDATE

REVOLUTIONISING MIDLIFE SUPPORT FOR ALL WOMEN



WHO WE ARE

Menopause Mandate is a not-for profit company consisting of a group of motivated women from all walks of life who share a common interest in peri-menopause and menopause.

We are devoted to creating a coalition of campaigners to achieve everyone's ultimate goal of revolutionising the support and advice women receive from both our health service and wider society.

We are working women, campaigners, politicians, menopause experts, celebrities and journalists with an ever-growing list of supporters.



Carolyn Harris MP



Carol Vorderman



Cherry Healey



Davina McCall



Emma Kennedy



Gabby Logan



Chair - Mariella Frostrup



Jo Whiley



Lavina Mehta MBE



Lisa Snowdon



Michelle Griffith Robinson



Penny Lancaster

MENOPAUSE MANDATE PATRONS



THE MANDATE

There are thought to be an estimated 18 million peri and post menopausal women in the UK, and for millennia menopause has been off the map. Now, thanks to tireless campaigning, it's the biggest women's issue of the moment yet menopause provision in the UK remains shockingly poor.

Healthcare professionals aren't routinely educated about the subject, and health advice is often out of date. Women are regularly refused Hormone Replacement Therapy (HRT) and other treatments despite the NICE Guidelines. Even if they obtain a prescription, the medication is frequently unavailable - with ongoing shortages.

We are saying that enough is enough. This isn't a feminist issue or a niche topic. This affects our whole society not just the 51% that are women.



THE MISSION

There could be more than 50 symptoms of menopause, and the majority of women will experience at least one. Plummeting hormones, particularly oestrogen, can lead to symptoms lasting years and long term health problems.

Ensuring that women (whose National Insurance contributions equally support our health service), are seen by trained doctors and nurses and given the latest and best advice isn't a luxury, it's a human right.

Millions in the UK are struggling mentally and physically because of this catastrophic failure in women's health. We are leaving our jobs, our relationships are suffering, and there are even suicides.

This is our mandate. We're demanding that long term changes are made right now and that the government and wider society address the inequalities faced by women in midlife.



OUR WORK SO FAR...

Menopause Mandate was only established in April 2022, and since our conception we have motivated over 18,000 people to sign our petition demanding changes to NHS prescription charges, we have almost 30,000 followers on Instagram, over 1,500 subscribers to our regular newsletters and over 1,000 people have shared their story with us.

We have taken the issue right to the heart of British politics with presentations to press, experts and MP's at the Houses of Parliament. Celebrities & campaigners, Mariella Frostrup, Davina McCall, Lisa Snowdon, Penny Lancaster and Carolyn Harris MP all supported the event and hosted discussions and made speeches.

MM has certainly created some waves with national press coverage in Hello Magazine, The Times, The Telegraph, Daily Mail as well as ITV and BBC News.



OUR WORK SO FAR...

Menopause Mandate seeks partners and funding to carry on with the great work we have already started. Since our launch a year ago we have:

- Held 2 lobbying events and a rally at Westminster
- Published a free book packed with the real stories that have poured into our website
- Launched a FREE menopause nurse advice line with Holland and Barrett
- Launched 12 FREE educational films for GP's and Pharmacists – supported by Theramex



Our Menopause Mix: Hot 100 is a brilliant playlist that reads as a story. Packed with an eclectic range of 100 song titles, including hits by Rod Stewart, Peter Gabriel, Adele, The Spice Girls and Jay-Z, there will be some you know, and some that are more...unusual.

When you read the 100 titles in order, the whole thing adds up to a clever and hilarious narrative of the 30+ symptoms.

Please read and share for a fun way to drive more understanding and awareness of menopause symptoms.

Available to enjoy on Spotify [here](#).

#	Title	Album	Date added	ⓘ
1	I Am	Back Feather: The Album Music From And Inspired By	Mar 2, 2023	3:28
2	A Lady of a Certain Age	Victory For The Comic Muse	Mar 2, 2023	5:50
3	Going Through Changes	Recovery	Mar 2, 2023	4:58
4	Menopause	Whiskey Dick	Mar 2, 2023	3:01
5	Never Saw It Coming	Skewed and Distorted (Expanded Version)	Mar 2, 2023	3:22
6	Now I Have	Just Earnings	Mar 2, 2023	1:39
7	99 Problems	The Black Album	Mar 2, 2023	3:54
8	I Couldn't Sleep a Wink Last Night	Smooth Songs	Mar 2, 2023	3:27
9	Because Of	Dear Heather	Mar 2, 2023	0:00
10	Hot Flashes	Hot Flashes	Mar 2, 2023	3:36
11	Don't Stand So Close To Me	Zeynepi Mandata (Remastered 2023)	Mar 2, 2023	4:02
12	I Don't Want a Lover	Southside	Mar 2, 2023	3:00
13	I Don't Wanna Have Sex	I Don't Wanna Have Sex	Mar 2, 2023	3:02
14	My Vagina	Pump Up The Volume	Mar 2, 2023	2:36
15	It's Dry	PI Communication (2023)	Mar 2, 2023	3:48
16	U Can't Touch This	Please Hammer Don't Hurt 'Em	Mar 2, 2023	4:17
17	I Feel So	Box Car Racer	Mar 2, 2023	4:30

I'M GETTING **HOT IN**
HERE
I'VE SWEATED
THROUGH ALL MY CLOTHES

MENOPAUSE
PLAYLIST.
SYMPTOMS
SHUFFLING

CH-CH-CH-CH-
CHANGES
ALL **WOMEN**
GO THROUGH

YEEEEAAAH
MY FACE **IS ON**
FIIIIRE

WHAT'S A MENOPAUSAL WOMAN'S
FAVOURITE
KIND OF MUSIC? **MOOD-**
SWING

I'VE **99**
GOT **PROBLEMS**
& MENOPAUSE
IS ALL OF 'EM

SIX HOURS OF
TUNES **FOR**
TEN YEARS OF
BLUES

THIS ONE'S DEDICATED
TO **ALL THE HOT**
WOMEN
OUT **THERE**

MM

MENOPAUSE MANDATE



**NAOMI WATTS
CHAIR, MM US**

CURRENTLY WE ARE...

- Launching MM in the US with Naomi Watts as our Chair.
- Launching the Menopause Mandate “Walk in the Park” – 2K or 5k in Hyde Park on WMD
- Launching the MM podcast featuring all of our advocates, experts and patrons

HYDE PARK, 18.10.23 @ 3PM

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A WALK
IN THE PARK

BECAUSE MENOPAUSE ISN'T

MM MENOPAUSE MANDATE **H&B**

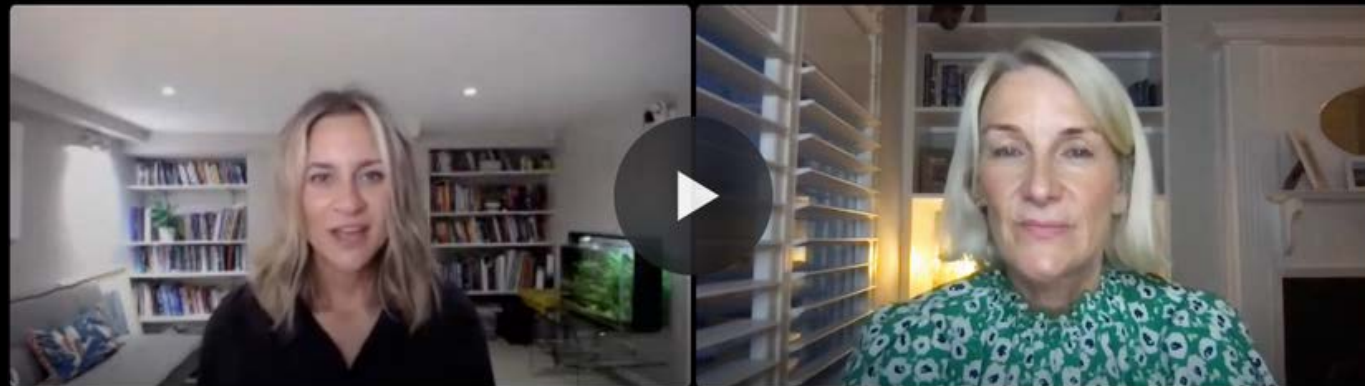
HYDE PARK, 18.10.23 @ 3PM




HYDE PARK, 18.10.23 @ 3PM

MENOPAUSE MANDATE A WALK IN THE PARK.

Sponsor the Menopause Mandate
A Walk in the Park. – a 2K or 5k *Walk and Talk* through Hyde Park, London
on World Menopause Day.

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00:01 / 00:35 Do things improve with mental health and menopause? I'm post...   

PODCASTS: SUPPORT & INFORM

Including our founders we have over 40 (and growing), advocates and experts who have either personal stories to share, or are menopause experts. All will be invited to join us on a hosted podcast, where we will ask our advocates and founders to share more about their menopause journey and menopause experts will share with us their top tips on the menopause, HRT and keeping well and healthy in midlife.

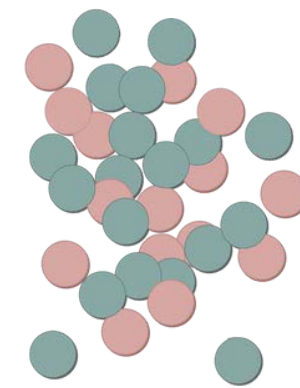
Our aim is to schedule at least 40 x 30 minute podcasts to run from January 2023.

Investment - £850.00 per podcast (min of 4, 10% discount for 10+)

OUR PARTNER ALUMNI INCLUDE...



Holland & Barrett



“LET’S ALL TALK
menopause”

gunnercooke

dmg :: media

**DARK
HORSES**



HARMSWORTH MEDIA

DENTONS



To continue with the aims of Menopause Mandate's mission, we need supporters to help us fund our day-to-day administrative costs, the events we plan and the communication strategy to keep the conversation going and our aims moving forward. We are looking for just 4 Foundation Partners.

As Foundation Partner:

- Logo will appear on MM website, with a 50 word narrative on your reasons for supporting MM
- Profile in one of monthly emails
- Thank you on our social media channels
- Included in all relevant press releases
- A representative to be a MM Supporter at our events
- We will give you Full Access Passes for up to 500 users for the Let's All Talk Menopause online hub.
- Dedicated Menopause on-line talk with Menopause and workplace expert

We are a not for profit organisation, and we urgently need funding to help us run our day to day activities, such as website, social, PR, events & anything else that comes our way.

If you would like to be our partner/s to help us on our mission to keep menopause at the forefront of the media & political agenda, then we would love to chat more about how we can work together.

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**THANK YOU AND WE
LOOK FORWARD TO
WORKING WITH YOU**

IT'S *BEYOND* A JOKE

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CONTACT US

If you are interested in becoming one of our partners, please contact:

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