

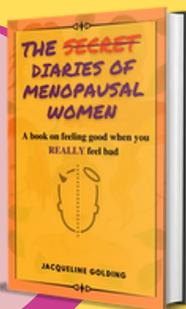
# Shire Oak Hall: Talks and performances

10am:

**Dr Clare Spencer**

*'Empowering you to take control of your menopause and thrive'*

'Clare runs a specialist NHS menopause service as well as working as a GP partner. She recently co-founded 'My Menopause Centre'.



11am:

**Jacqueline Golding**

*'The Diaries of Menopausal Women'*

'Jacqueline is an entrepreneur of 12 years and a first-time author with her debut book 'The Diaries of Menopausal Women'.

12 pm:

**Dr Ella Russell, GP discussion**

*'Yorkshire menopause Doctor'*

'Ella is a highly experienced private GP who is also known as the 'Yorkshire menopause Doctor' specialises in supporting women who are transitioning through the perimenopause and who are post-menopausal.'



2pm:

**Dr Claire Macaulay**

*The Pleasure Possibility*

'Claire is an oncology doctor who treats people with breast cancer. She is also a sex science geek who is passionate about supporting people to create the kind of sex life that is right for them.'

4pm:

**Dance Tribal**

Emma Clayton, Dance & Yoga

'Dance Tribal is a small community of women who perform dance to express what it is like to be a woman, empowering the female body and female energies.'



# Beckett room: Informal café style discussion

## 10am: Conversations about sleep

Ruth Goodwin, Health, mindset and sleep performance coach

## 11am: Living herbal

Natalia Williams, Medical Herbalist

## 11:30am: Homeopathy

Nette Humphreys, Qualified Homeopath

## 12pm: 'The diaries of a Menopausal Women'

Jacqueline Golding

## 12:30pm: Personal insights & the menopause café

Lizzie Gott

## 1:30pm: Nutrition and complementary Health

Sally Duffin, Health writer and Nutritional Therapist

## 1pm: Yorkshire menopause Doctor

Dr Ella Russell, Private GP

## 2pm: Scared Circles

Charlotte O'Bryne

## 3pm: Sex positive space

Dr Claire Macaulay



# Ridge room: Workshops and taster activities

**10am: Art discussion (*interactive discussion, Q&A*)**

Kate Stockwell (Artist) and Anna Douglas

**11am: The transitional stages of being a woman  
(*reflective workshop*)**

Charlotte O'Byrne

**12pm: Yoga (*accessible introductory session*)**

Claire McAlpine

**1pm: 60-minute Compassion Circle (Reflective session)**

Angela Green

**2pm: Poetry (*Interactive creative session*)**

Jill Lambert

**3pm: Estatic Dance (Accessible, dance and movement  
session)**

kim Van Den Putte



# Granby room: Nip-in and see what we're up to

**10-2pm**

## 'Pop up' Menopause portrait studio

Photographer Lizzie Coombes is working on a new project collaborating with peri and menopausal women.

Nip-in for your FREE portrait photo

## 2-3pm: Mizan Therapy

Kim Van Den Putte, will be sharing insights on Mizan Therapy, a gentle by effective way of massaging the abdomen.

## 2-3pm: Decompression space

An hour of quiet reflective space



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**NHS**  
Leeds and York Partnership  
NHS Foundation Trust

# menopause

FESTIVAL / 2022

Headingley Enterprise and Arts Centre  
Bennett Road, Headingley, Leeds LS6 3HN

10am - 4pm  
FREE ENTRY

INFORMATION / MEDITATION / NUTRITION  
SRHYTHMS / ART / YOGA / MUSIC and more

For further details, contact:  
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Janette Ward  
Leeds Recovery College Coordinator  
E: janette.ward2@nhs.net

In partnership with Leeds Recovery College

# 09

SATURDAY / APRIL

