

Bosses must recognise debilitating symptoms on World Menopause Day



On World Menopause Day, bosses must recognise the 'debilitating' symptoms which affect 70% of women.

The average age of menopause is 51 but can affect women in their 30s and 40s.

Around seven in ten women of menopausal age are in work in the UK.



At their annual conference in June, GMB passed a motion calling on employers to change their policies and procedures to include the menopause and protect members in the workplace.

World Menopause Day is held every year on the 18th October.

“ It's [#WorldMenopauseDay](#).

Not all women want treatment to relieve symptoms of the menopause, but treatments are available if you find the symptoms particularly troublesome. Read about the treatment options here: <https://t.co/WmqRYtBwFV> pic.twitter.com/kPAvEI3eUP

— NHS (@NHSuk) [October 18, 2019](#)

Nell Andrew, GMB National Equality and Inclusion Officer, said:

“World Menopause day is the perfect time for bosses to think about how their staff are affected by the menopause.

“Our members have spoken out about the number of problems women and trans men experiencing the menopause face in the workplace – including hot flushes, irregular heavy periods, anxiety and memory issues, sleep problems and joint and muscle pain – it's often not an easy transition.

“Whilst most employers still do not have policies to support workers experiencing the menopause, members can face disciplinary action as a result of triggering sickness absence policies, through no fault of their own.

“GMB is committed to tackling this important issue that impacts at least 50% of the workforce.”

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Member requiring help?

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