

Dear

I am writing to you to raise awareness of the women in your constituency and nationally who are struggling with their menopause symptoms and the current HRT shortages which have impacted so many women.

My own experience

I have found information and support at menopausesupport.co.uk founded by Diane Danzebrink and particularly amongst the associated private Facebook community The Menopause Support Network. Diane launched the [#MakeMenopauseMatter](https://www.instagram.com/makemenopausematter/) campaign in Westminster with cross party support in October 2018. The campaign is urging the government to improve menopause education for health care practitioners and for menopause guidance to be introduced into every workplace. The aim of having menopause included in the new RSE curriculum was achieved in July 2019.

As a result of the campaign I have become aware of the thousands of women who are affected by a lack of education, information, advice and support. As menopause is a life stage that every woman will experience and three out of four will have symptoms it is simply common sense to make this a priority as women are currently losing personal health, relationships, jobs and even lives. The highest rate of suicide for women is those between the ages of 45-49 when most will be in peri menopause.

The #MakeMenopauseMatter petition has received over 96,000 signatures to date. I am keen to know what you will be doing to engage with colleagues in health, work and business to raise these issues and to work towards real and lasting change to improve the lives of women, their partners and families and to address the socioeconomic issues related to menopause.

I look forward to your reply.

Yours Sincerely