

Support for colleagues within Menopause Awareness Month

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As part of Menopause Awareness Month, [The Belfry Hotel & Resort](#) has announced the launch of employee support tools to raise awareness of the impact menopause can have, and to help teams navigate their personal experiences.

The topic of the menopause within the latest issue of [FM Director](#) magazine to provide more support for the efforts of the FM industry to support those experiencing symptoms.

The resort is delivering numerous menopause awareness sessions which is open to all management and staff. The sessions will cover topics such as understanding the stages of the menopause, how it may affect an individual, and what help is available.

Managers will be trained to offer support for individuals who may be struggling to navigate the stages of menopause. Training and learning resources are also available on the campus, in an online platform and accessible at any time by employees, for those who want to research privately.

The resort is offering personalised menopause treatment and support, which will enable staff to discuss symptoms and struggles with a specialised Bupa GP, and identify an appropriate treatment plan. The Belfry will contribute 50% of costs for contracted employees with over a year's service.

As regular exercise can help to reduce common menopause [symptoms](#), such as weight gain and muscle mass loss, while also relieving stress, free group golf lessons are being offered to employees. This is in addition to the existing discounted gym membership available to all Belfry teams.

Head of people and culture Kirsten Priced said: "At the heart of our approach is a commitment to people,

driving us to revolutionise workplace culture using innovative tools, and providing vital education for our valued team. Recognising that menopause remains a stigmatised topic in the workplace, we are determined to break these barriers. The need for change is clear, and we are proud of the transformative support we've implemented. Together, we break the silence, challenge norms, and pioneer a workplace where everyone thrives."