



# Carolyn Harris MP

Member of Parliament for Swansea East

## World Menopause Day and the Menopause Mandate Rally

October 18<sup>th</sup> saw my menopausal sisters-in-arms descend upon Westminster to make some noise! It was amazing to see my fellow MM patrons again and to meet with so many menopause campaigners from across the country. We held a drop-in that saw over 30 MPs come down to show their support for MM. From Florence Eshalomi and Wes Streeting to Iain Duncan Smith and Tracey Crouch, it was amazing to see such unified, cross-party support for the cause.

We celebrated the book of stories MM published and the helpline they launched, which allows women to phone menopause trained nurses for advice. Penny even managed to get Keir's support, which is a lovely bonus!



## Menopause APPG Report

Earlier in the month, the Menopause All Party Parliamentary Group (APPG) that I chair published its report. The APPG recommended, following consultation with patients and experts, a health check be offered on the NHS, for all women aged 45 to spot symptoms of menopause.

The APPG also found that there is a lack of knowledge on the menopause amongst GPs, as only 41% of medical school curriculums currently cover it, and thus menopause should be included on the Medical Licensing Assessment for incoming doctors. The report was celebrated cross-party with colleagues like Kate Osamor MP and Caroline Nokes MP endorsing its findings.



## Wellbeing of Women's Lets #ChatMenopause Campaign

Campaigners on women's health and allies of our menopause mission, Wellbeing of Women launched their let's #ChatMenopause campaign. In the spring, Wellbeing of Women got Mr Speaker to sign the Menopause Workplace Pledge. This saw the Parliamentary Estate commit to being a menopause friendly workplace and to implement policies supporting employees going through menopause. The pledge has been taken up by businesses across the country and even by our very own South Wales Evening Post and Swansea City AFC, which I am thrilled by!

The let's #ChatMenopause campaign was accompanied by a survey that found 1 in 4 women of menopausal age felt unsure of where to turn for information and support.





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## Kidney Patients, Evusheld and the Cost-of-Living Crisis

Soaring energy costs mean that those who use dialysis machines as well as stair lifts, oxygen tanks, hoists, nebulisers and other electronic equipment to support their conditions will be subjected to even greater anxiety than the rest of us about their energy costs.

I spoke in the chamber about how the cost-of-living crisis, exacerbated by the previous administration's kamikaze budget, affects the 60,000 kidney patients relying on home dialysis and asked the Government if they would consider more financial support for them. However, given the political turmoil the answer was predictably unforthcoming.

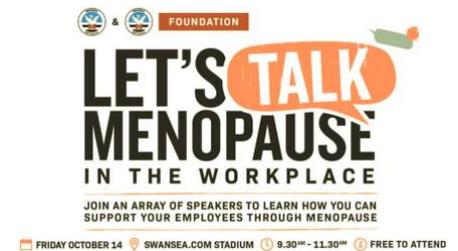
I also joined campaigners on Parliament Square in solidarity, demanding the Government expedite Evusheld so that those who are still shielding can return to normal life. Many of the 60,000 are still shielding and I met with Kidney Care UK, who are very active in the constituency, to discuss how Evusheld would help them.



## Let's Talk Menopause event at Swansea.Com Stadium

Throughout the first weeks of October the team were hard at work, in partnership with Swansea City AFC and the Swans Foundation, preparing for the Let's Talk Menopause event at the stadium.

Over 50 local employers from Swansea and South Wales attended to hear from leading experts, like Theramex and the Balance App, on how best to support employees through menopause. We know that 1 in 10 women will leave the workforce due to menopause and we don't want to lose so many experienced women from our Swansea business community!



Local heroes Lee Trundle and Mal Pope came along to keep the community spirit and try on the MenoVest. I am so grateful for the Swansea community for getting behind this event. I want Swansea to be a world leading city on the menopause, to set trends that other cities across the country will follow, and it is our local businesses that will drive that change. I couldn't be more grateful!

## Aberfan Anniversary

October also saw the 56<sup>th</sup> anniversary of the tragedy that befell Aberfan, taking the lives of 116 children and 28 adults. I joined the Welsh Labour family by paying my respects to those who lost their lives. My prayers and thoughts were with their families throughout the day.

