

MENOPAUSE & WELLWOMAN — NETWORK CIC —

Corporate Partnership & Grant Funding Pack



MENOPAUSE & WELLWOMAN NETWORK CIC

is a Community Interest Company dedicated to improving women's health, wellbeing, and quality of life through accessible, clinically led education, support, and awareness programmes.

Our **mission** is to reduce health inequalities and improve health literacy by providing evidence-based education and practical support, particularly for women living in disadvantaged communities, areas of deprivation, and underserved minority groups.

We believe every woman should have access to accurate, trusted information about menopause, hormonal health, and wellbeing, regardless of her background, ethnicity, location, or financial circumstances.

Our programmes are delivered by a multidisciplinary team of healthcare and wellbeing professionals, including GPs, specialist menopause doctors, nurses, nutritionists, and women's health educators. Through talks, workshops, webinars, and community outreach, we provide practical guidance that helps women better understand their health, manage symptoms, and access appropriate support.

By taking services directly into communities, we help remove barriers to education, reduce stigma surrounding menopause and women's health, and ensure women who may otherwise be excluded from traditional healthcare pathways can access trusted information and support.

Working alongside healthcare professionals, community organisations, employers, and local partners, we are committed to creating healthier, more informed, and empowered communities where women can thrive at every stage of life.





KEY DIFFERENTIATOR



DELIVERED BY HEALTHCARE PROFESSIONALS

All educational talks and awareness sessions are delivered by qualified doctors and healthcare professionals, ensuring participants receive accurate, evidence-based, and clinically informed guidance.

This doctor-led approach combines clinical expertise with community engagement, helping women navigate menopause and wider hormonal health issues with confidence. By delivering specialist education directly into deprived and underserved communities, we improve health literacy, increase early intervention, and support women to take control of their long-term health and wellbeing.



THE CHALLENGE

Women across the UK face significant physical, emotional, and social challenges associated with menopause, hormonal changes, and wider women's health issues. These challenges are often greater for women living in deprived communities, minority ethnic groups, and other underserved populations.

Many women experience:

- Limited access to reliable health information.
- Difficulties accessing appropriate healthcare support.
- Financial barriers to specialist services and wellbeing programmes.
- Workplace stigma and lack of menopause awareness.
- Social isolation and reduced confidence.
- Language, cultural, and literacy barriers.
- Higher levels of health inequality.

For many women from minority ethnic backgrounds, menopause remains a sensitive or taboo subject, leading to delayed help and increased isolation. Women living in areas of socioeconomic deprivation are also more likely to experience poorer health outcomes and have fewer opportunities to access preventative health education.

Without timely support, these challenges can negatively affect:

- Physical and mental health.
- Family relationships and caring responsibilities.
- Employment and economic participation.
- Confidence and self-esteem.
- Community engagement and social connectedness.



OUR RESPONSE

Menopause & Wellwoman Network CIC provides free, accessible, and inclusive education and support programmes for women who may otherwise struggle to access them.

We focus on supporting:

- Women living in areas of high deprivation.
- Minority ethnic communities.
- Women experiencing financial hardship.
- Socially isolated women.
- Women with limited access to healthcare information and support.
- Communities facing barriers to mainstream services.

Through community talks, workshops, webinars, and specialist-led sessions, we provide trusted information, practical guidance, and supportive networks that help women make informed decisions about their health and wellbeing.

Our goal is to reduce health inequalities, improve health literacy, increase confidence, and ensure every woman has access to the knowledge and support she deserves.





OUR VISION

Our vision is a future where every woman has access to trusted, evidence-based health information and support, regardless of her background, ethnicity, income, or circumstances.

We want to see women empowered to understand their health, make informed decisions, and access the care and support they need throughout their lives. By delivering clinically led education directly within local communities, we aim to break down barriers, challenge stigma, and improve health outcomes for those most at risk of being left behind.

We believe that better-informed women create stronger families, workplaces, and communities. Through education, support, and partnership working, we aim to improve wellbeing, reduce inequalities, and create lasting social impact for women and the communities they serve.



OUR PROGRAMME DELIVERY 2026-2027



Through grant funding and corporate partnerships, Menopause & Wellwoman Network CIC will deliver a comprehensive programme of clinically led education, community engagement, and wellbeing support designed to improve health literacy, reduce inequalities, and empower women to take control of their health.

Our programmes will be delivered across community venues, workplaces, faith groups, local organisations, and online platforms to ensure accessibility and reach, particularly for women living in deprived communities and underserved populations.

All educational sessions will be delivered by qualified healthcare professionals and subject matter experts, ensuring women receive accurate, evidence-based information and guidance.



OUR PROGRAMME DELIVERY

2026–2027



25 COMMUNITY AWARENESS TALKS

Deliver a minimum of 25 free community-based educational talks, reaching women who may otherwise have limited access to specialist health information.

These sessions will be delivered by GPs, menopause specialists, healthcare professionals, and women's health experts and will provide practical, evidence-based education in an accessible format.



10 PRACTICAL WORKSHOPS

We will aim to deliver at least 10 practical workshops designed to provide women with deeper learning opportunities and personalised support.

These sessions will encourage active participation, discussion, and peer-to-peer learning while providing practical tools that women can implement in their daily lives.



SPECIALIST EDUCATIONAL SESSIONS

We will host specialist sessions and webinars featuring healthcare and wellbeing professionals including:

- Menopause doctors
- GPs
- Pharmacists
- Specialist nurses
- Nutritionists
- Women's health practitioners
- Mental health and wellbeing experts



OUR TARGET BENEFICIARIES

Our programmes are specifically designed to support women who face barriers to accessing information and support, including:

- Women living in areas of high deprivation
- Minority ethnic communities
- Women experiencing financial hardship
- Socially isolated women
- Unpaid carers
- Women with long-term health conditions
- Women experiencing workplace challenges related to menopause
- Women with limited access to healthcare education and support

By targeting these groups, we aim to reduce health inequalities and improve access to trusted health information.



EXPECTED COMMUNITY IMPACT



Our programmes will deliver meaningful and measurable benefits for women, families, workplaces, and communities.

Improved Health Literacy

Women will gain a greater understanding of:

- Menopause and perimenopause
- Hormonal health
- Nutrition and lifestyle factors
- Mental wellbeing
- Available treatment and support options

Increased Confidence and Self-Management

Women will feel more empowered to:

- Recognise symptoms
- Seek appropriate support
- Make informed health decisions
- Advocate for their wellbeing

Reduced Health Inequalities

By focusing on underserved communities, we will improve access to education and support for women who may otherwise be excluded from traditional services.

Reduced Isolation

Participants will be connected to supportive community networks, helping reduce loneliness, stigma, and feelings of isolation.

Improved Workplace Participation

Women will be better equipped to remain active, confident, and productive in employment.

Stronger Communities

Improved women's health contributes to healthier families, stronger local communities, and better long-term wellbeing outcomes.

ANNUAL IMPACT TARGETS



Outcome	Target
Community Awareness Talks	25
Interactive Workshops	10
Specialist Educational Sessions	10+
Women Directly Reached	800+
Healthcare Professionals Engaged	10+
Community Partners	10+
Volunteer Ambassadors	10
Deprived Communities Supported	10+
Minority Community Engagement Projects	5+



WHY SUPPORT US?

By partnering with Menopause & Wellwoman Network CIC, funders will help deliver tangible social impact and address a growing public health need.

Your investment will:

- Improve women's health outcomes
- Reduce health inequalities
- Increase access to clinically led health education
- Support disadvantaged and underserved communities
- Improve confidence, wellbeing, and resilience
- Reduce isolation and stigma
- Support women to remain active in work and community life
- Deliver measurable social value and community impact
- Contribute to Equality, Diversity and Inclusion, and CSR objectives





FUNDING REQUIREMENT

We are seeking grant funding, sponsorship, and strategic investment to support the delivery and expansion of our programmes.

Funding will enable us to provide:

Programme Delivery

- Community awareness events
- Workshops and educational activities
- Venue hire and accessibility costs
- Community outreach and engagement

Clinical Expertise

- GP and menopause specialist speakers
- Healthcare professionals
- Nutritionists and wellbeing practitioners
- Specialist educational content

Community Accessibility

- Free attendance for participants
- Digital and printed educational resources
- Webinar and online learning platforms
- Translation and culturally appropriate resources where required

Impact Measurement

- Data collection and evaluation
- Participant outcome monitoring
- Social impact reporting
- Long-term community engagement



