ACUMEN

Advancing **C**ommunity **U**nderstanding of **M**ental and **E**motional **N**eeds

RAMH ACUMEN has received funding from the Renfrewshire Community Mental Health and Wellbeing Fund to deliver our Talk Menopause programme across Renfrewshire in 2024/5

Our workshop sessions will provide a friendly and welcoming space where participants will be given

- **Information about local, national and digital supports and resources around menopause and mental health**
- **An opportunity to share lived experience around menopause and mental health**
- **A creative activity - we will be making 'menopause crowns' from natural materials**
- **A resource pack which will contain information, a guide to keeping a menopause journal and a Menopause Meals booklet**
- **An invitation to participate in the creation of a Menopause Voices soundscape piece which will promote the voice of lived experience and challenge stigma.**

RENFREWSHIRE COMMUNITY MENTAL HEALTH & WELLBEING FUND

RAMH recovery across mental health

Hope Inclusion Respect Empowerment

Workshops will be taking place in the following areas

Paisley, Lochwinnoch, Howwood, Ralston, Renfrew, Johnstone, Bridge of Weir/Houston, Erskine, Bishopton

Get in touch to find out more

enquiries@acumennetwork.org

or call 0141 847 8900

To take part in our Talk Menopause survey click on the QR code that takes you to a pinned post on our facebook page or email ACUMEN for a direct link

to keep up to date with ACUMEN scan the QR code or visit our facebook page