



**GMB**

**UNION**

# The Menopause at Work

## South Western Ambulance Service Trust

**GMB's Menopause survey for our members at SWAST has been online for two weeks now, and it is already apparent that there is a dire need for change. But we still need your help! We need to find out how SWAST treat people when they are experiencing the menopause and we need as many people as possible to complete the survey at [www.surveymonkey.co.uk/r/GMB-SWAST](http://www.surveymonkey.co.uk/r/GMB-SWAST)**

Whilst it is primarily focusing on those who have experienced or are currently experiencing the menopause, we are also asking for input from others. This means we would like **everyone** to complete the GMB survey, before the deadline of **17th September**.

We have been hearing from our members that they are **suffering in silence**, without appropriate support or adjustments in the workplace; and that the menopause is often simply not recognised as an issue. **1 in 3 women** have either experienced or are currently going through the menopause, and it is clear that the menopause is impacting **more and more of our members**.

**We can't get change without being able to show the employer there is an issue!**

If you would prefer to speak to someone outside of your workplace you can contact GMB's Regional Organiser in confidence on **07951 363949** or email [asia.allison@gmb.org.uk](mailto:asia.allison@gmb.org.uk)

**IT IS TIME FOR CHANGE - HELPING YOU THROUGH THE MENOPAUSE!**

For more information on the GMB and how to join - speak to your workplace rep or visit [www.gmb.org.uk/join](http://www.gmb.org.uk/join)