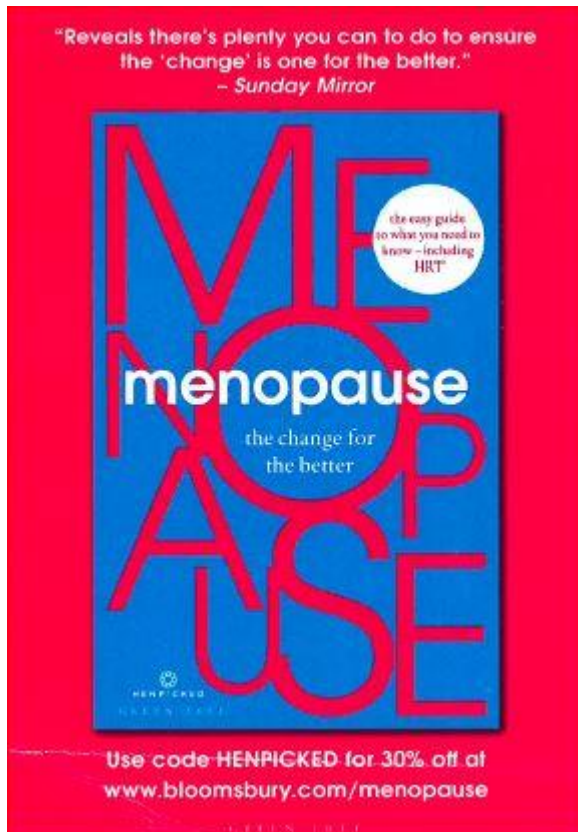


## Menopause: Other resources available:

We have a copy of Menopause, the change for the better authored by Henpicked available for any Network Rail employee to borrow from the Quadrant Knowledge Centre in Milton Keynes.



We have recorded two podcasts, as Network Rail guest speakers and featured as a case study in the Chartered Institute of Personnel and Development guidance for People professionals.

On the CIPD website you will also find lots of guidance and printable resources:

<https://theewgroup.com/podcast/>

<https://www.cipd.co.uk/knowledge/culture/well-being/menopause>

*Menopause ..Keep the conversation going!*