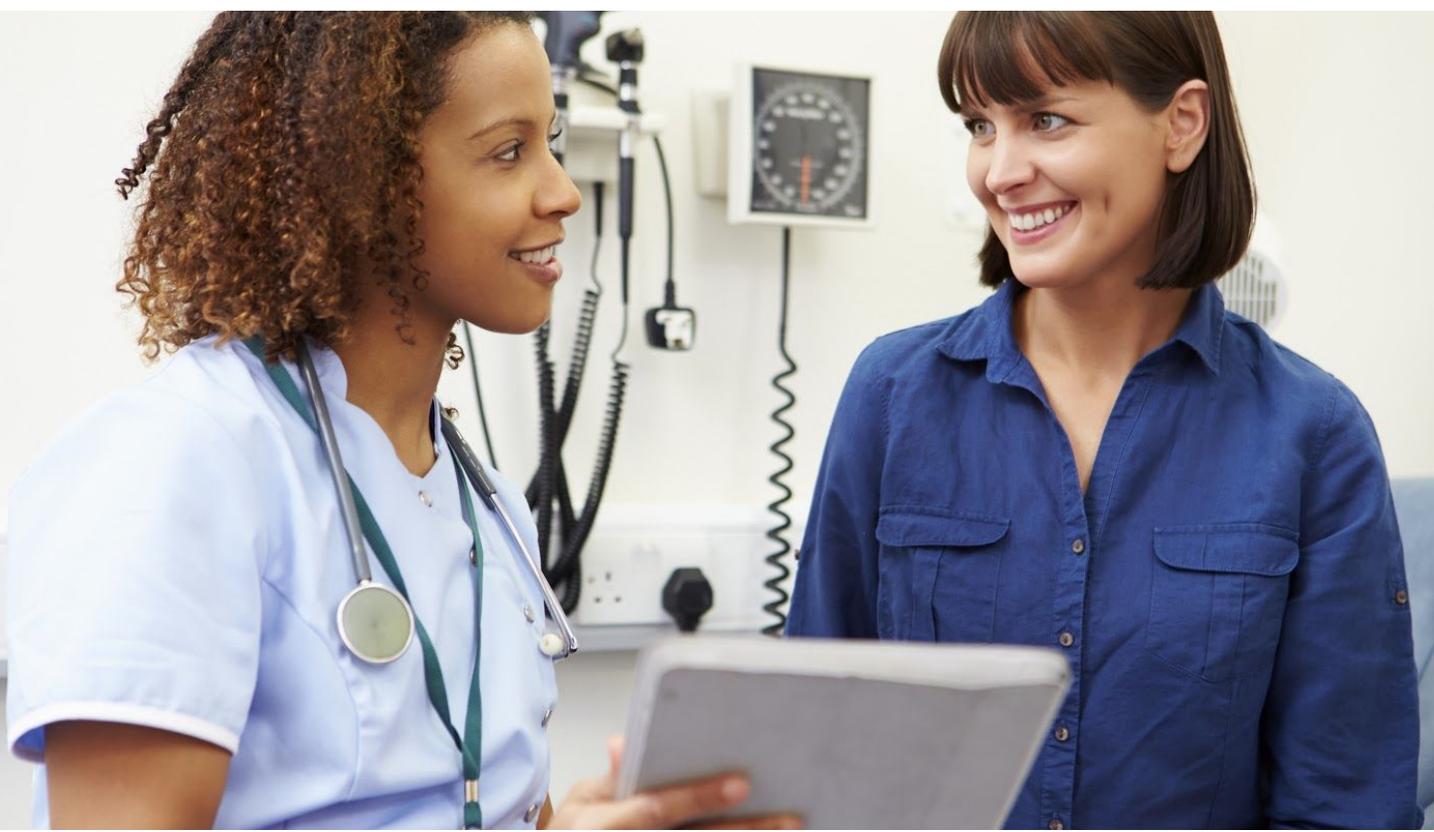




SYLK

# The Sylk BURSARY

Helping nurses to better diagnose and treat menopause  
via funding for courses





*Sylk Natural Lubricant*

## Supporting Nurse Education and Professional Development

We're passionate about women's health, and believe strongly in giving back. That's why we set up the Sylk Bursary, to help nurses access specialist menopause training and educational days. So far, we've helped 78 nurses, but we want to help more.

Over half the population in the country will go through menopause yet there is a lack of funding within the NHS to educate health professionals in diagnosing what can be a complex issue. Fluctuating and declining hormones affect us all differently and with 32 different symptoms, it can be difficult to diagnose and treat. Too often women are prescribed anti-depressants when in fact it is their hormones that need addressing.

Sylk donates 3p from every sale to the fund. Through better education of menopause we hope to make a small difference and help to ensure that women get to enjoy their life through this stage and beyond.

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The ability to help with funding enabled me to attend a 2 day course on menopause which has provided me with up to date information, guidelines for good practice.

I am now able to provide all my patients with sound advice for them to make an empowered choice on their HRT for symptom control improving quality of life and health benefits for HRT.

With the knowledge gained on my course I have also been able to construct a presentation on HRT 'then and now' to the general practice in which I work therefore benefitting all staff

Donna Loose BSc (Hons) Nursing, Family planning and sexual health lead

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## The UK Menopause Nurse Group

*The UK Menopause Nurse group is an email networking group for Practice, Sexual Health, Oncology, Gynae, Occupational Health and other nurses who see and advise women during menopause. The group is free to join, simply go to <https://ukmenopausenursegroup.co.uk> to sign up. Members receive regular communication on the latest events, clinical updates, and menopause related news.*



The Menopause Course has been on my radar for a few years now but I have not had the available time or personal funds to attend. This year I am delighted to have the opportunity to attend, at long last! This will not only be an enjoyable learning experience but will help develop my knowledge and skills to better relate to my patients. Working in the education sector my primary demographic is women and as the the workforce is ageing many of those women are experiencing menopause symptoms in the workplace. Having the knowledge and skills to properly support them and advise them of their available options is invaluable. I am extremely grateful for this opportunity.

**Jamie Green- Bursary Recipient**



### Eligible training days and events

The Menopause Course with Kathy Abernethy  
[www.themenopausecourse.com](http://www.themenopausecourse.com)

British Menopause Society Conferences, Meetings and Training Days  
<https://thebms.org.uk/meetings/forthcoming-meetings>

Women's Health Concern Events  
[www.womens-health-concern.org/events](http://www.womens-health-concern.org/events)

Any other menopause related training or conferences

## How to apply for the bursary

Join the UK Menopause Nurse Group by visiting <https://ukmenopausenursegroup.co.uk> and fill out an application form.

For more information email [Debra.Holloway@gstt.nhs.uk](mailto:Debra.Holloway@gstt.nhs.uk)



*The Menopause Course, run by Kathy Abernethy*

Sylk is a water-based, pH friendly lubricant that contains no hormones, parabens, or harmful chemicals.

Sylk is available on prescription and is recommended by a wide range of health professionals from GPs, oncologists, physiotherapists, menopause specialists and other NHS practitioners.

Free patient samples and leaflets available at [www.sylk.co.uk](http://www.sylk.co.uk).

