

## SUPPORT AVAILABLE THROUGH NHSBT

- **People First** – go to chrome main page – directorates – people first – menopause in search – top one on that page – useful websites – self help
- **Menopause support Yammer group** – just download the yammer app – you require your NHSBT email.
- **The New Wellbeing Hub** – This can be accessed on your phone. It has up to date information such as How are you today, guidance on returning to work, getting urgent help, living with health conditions, and making lifestyle changes. As well as all the blogs and videos released.  
Wellbeing Hub – <https://nhsbloodandtransplant.sharepoint.com/sites/ourwellbeinghub>  
Wellbeing Virtual Tour – <https://web.microsoftstream.com/video/029fb08d-2a68-46cd-8793-6a46657a3d3e>
- **Occupational health** – the Occupational Health service has a help desk, which you can call for any generic medical advice, about any condition and how it affects you in the workplace. There is also a self-referral option, where you can request an Occy Health advisor to talk through your personal situation, your line manager would not be given any output from this unless any adjustments were recommended in the workplace. They can then make a referral for you and be involved in discussions about adjustments.
- **Tailored Adjustment Agreement Reporting Tool –or TAART**, workplace adjustments can be put in place to support you during this time in your life. Speak to your line manager and discuss the issues you are having. Agree a plan of action and use the adjustment tool to record what you agree. The agreements should be reviewed regularly to make sure they are still suitable and effective for you. Such as flexible working, alternatives for uniforms, additional toilet breaks, good availability of drinking water, better temperature control i.e., fans / ventilation, time off to attend medical appointments.
- **Menopause Policy** – went live on the 16<sup>th</sup> June 2021 - only 13% of organisations offer this in the whole of the UK
- **Books now available from the NHSBT Library** – such as *SHOW MINE*  
<https://nhsbloodandtransplant.sharepoint.com/sites/NHSBTLibrary/SitePages/Library-catalogue.aspx> or e-mail [library@nhsbt.nhs.uk](mailto:library@nhsbt.nhs.uk)
- **Individual Menopause Support Plan** – This gives clear guidance on what the manager can offer you and what help and support you can expect.
- **NHSBT** are supporting an awareness training package and are part of only 5% of organisations that offer this in the workplace.