

No. 277/2026

16th October 2026

To: All Branches

Dear Colleagues,

World Menopause Day 18th October 2026 and Menopause Awareness Month

Menopause Awareness Month in the UK is taking place from 1–31 October 2026, with **World Menopause Day** falling on **18h October 2026**.

Menopause Awareness Month is observed every October and aims to increase understanding of menopause, promote education, and support women through the transition.

The Purpose of the Month is to:

- Raise awareness of the physical, emotional, and psychological impacts of menopause.
- Encourage open conversations to reduce stigma.
- Provide resources for women, families, workplaces, and healthcare professionals.

The Theme for 2026 is: ‘Chronic Pain at Midlife’

Conducting a menopause risk assessment is seen as a vital first step in providing effective support at work.

[Conduct a menopause risk assessment for your workplace - GOV.UK](#)

In some cases, menopause symptoms may meet the legal definition of a disability if the symptoms have a **long-term and substantial impact** on a person's ability to carry out normal day-to-day activities. When this threshold is met, employers are legally required to make **reasonable adjustments** to support the employee and prevent discrimination arising from disability. A CWU example version of an individual disability risk assessment for menopause can be provided on request.

The [International Menopause Society](#) highlights chronic pain as a significant but often overlooked issue affecting women during menopause. The 2026 theme focuses on improving recognition, research, and evidence-based care.

For 2026, the IMS selected *Chronic Pain at Midlife* to highlight how persistent pain during and after the menopause transition is often underestimated in research and healthcare.

Why This Theme Was Chosen

- Chronic pain affects a significant proportion of women during perimenopause and menopause.
- Symptoms are frequently dismissed as “stress” or “ageing,” leading to underdiagnosis and inadequate care.
- The campaign aims to promote better recognition, gender-sensitive assessment, and evidence-based treatment. [World Menopause Day: The Pain You've Been Told to Push Through - PMAC](#)

Key Messages of the 2026 Campaign

- Chronic pain should be taken seriously and properly investigated.
- Women deserve individualised, multidisciplinary care.
- Increased awareness can improve workplace support, healthcare access, and overall wellbeing.

Resources

The IMS will release:

- A 2026 **White Paper** for healthcare professionals
- Factsheets and educational materials for women and communities
- Engagement and event toolkits for awareness activities

World Menopause Day 2026 emphasises improving recognition and care for chronic pain experienced by women in midlife.

Events and Activities in the UK

A range of UK events and community meet-ups take place around and during October, including:

- Creative sessions and support groups.
- Online community support groups.
- World Menopause Day celebrations on 18th October.

These events help women connect, share experiences, and access support during the menopause transition.

For more information, support and ways to get involved, visit the following websites:

[The Menopause Charity](#)

[Macmillan Cancer Support Menopause Awareness Month 2026: information and support](#)

[The Menopause Network | UK's Trusted Menopause Support & Specialist Directory](#)

[menopausesupport.co.uk – Supporting You Through Change](#)

[The Menopause Exchange](#)

[Menopause and perimenopause help and support - NHS](#)

[Support For Women's Hormone Health Through Life | Henpicked](#)

daisynetwork.org

This LTB is shared on behalf of CWU Central Services.

If you have any questions or need any further information, please contact:

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